

# GET THE *Red* OUT!



## January 2011 Newsletter

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“BODIES BY ALICE”

presents...

**RESOLUTION: SOLUTION WORKOUTS!**

**HERE WE GO AGAIN... THE NEW YEAR!!!**

**HAVE YOU FINALLY REACHED THE YEAR YOU ARE SATISFIED  
WITH THE WAY YOU LOOK AND FEEL?**

**Are you at your desired weight?**

**Are you eating healthy and to feeling energized?**

**HAVE YOU ACHIEVED YOUR GOALS?**

**If not, it's time to RESOLVE “YOUR ISSUES” ONCE & FOR ALL!**

**Most Americans have gained 7-15 lbs during the past 2 months, that's  
on top of the pounds gained in previous years!**

**Call me immediately to discuss all the options available to  
GET & STAY FIT FOR THE REST OF YOUR LIFE!!!**

FIRMLY YOURS,

*Alice Marino*



**START THE NEW YEAR RIGHT... Helpful Tips**

[www.GetTheRedOut.org](http://www.GetTheRedOut.org)

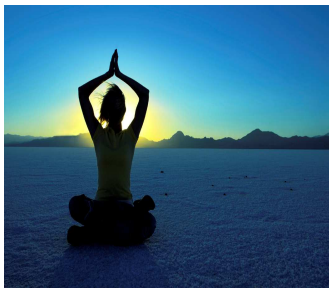
### 1. Lose weight with water.

Water is essential for everybody - it is also key to losing weight. If you haven't been drinking enough water, your body has developed a pattern of storing water. This water retention equals extra-unwanted weight. By drinking more water, you are not only flushing out toxins, you are also teaching your body that it no longer needs to store water. Water is also a natural appetite suppressant. *Drink at least 8 glasses a day.*



### 2. Soup it up! (See recipes below)

*Eat a bowl of soup at least once a day.* Nutritious, low sodium soups will nourish you as they flush waste from your body and aid with satiety. Eat homemade soup whenever possible, s canned soups are loaded with salt and chemicals. If you cannot make your own, buy organic, low sodium canned soups as an option.



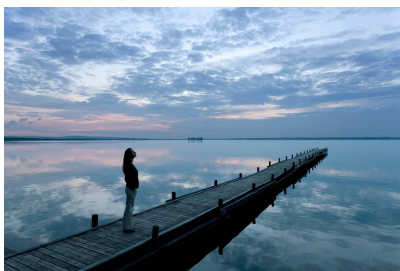
### 3. Eat early to keep weight off.

The human body follows a circadian rhythm, which means that the same foods eaten at breakfast and lunch are processed differently than when eaten at dinner. Studies show that when you eat your most of your daily protein and fat at breakfast and lunch, you tend to lose weight and have more energy. However, eating the same things at dinner tend to increase tendencies toward weight gain. *Eat your last meal of the day 3 to 4 hours before you go to sleep.*



### 4. Eat smaller meals or healthy snacks more frequently.

*Do not skip meals or wait to eat until you are too hungry.* Eating 3 meals and 2-3 snacks steadily through out the day keeps you from becoming famished and overeating at your next meal. Make a low-fat trail mix from organic raw almonds, pumpkin seeds, goji berries, and dried apples and have it available at all times to avoid the seduction of high-calorie snacks.



### 5. Adopt a balanced approach to your diet.

Most of the fad diet programs out there nowadays are extreme in a few recommended foods, or else deprive the body of food altogether. This works in opposition to our metabolism and the results usually don't last long at all, producing a yoyo effect that depresses your metabolic function - not to mention your self-esteem. *Your daily diet should consist of a balance of lean proteins, lots of veggies, especially large leafy greens, whole grains, legumes, nuts and fruits.*



### 6. Walk off the weight.

The No.1 cause of weight gain is inactivity. Physical activity is the key to speeding up your metabolism and burning excess calories. One of the best way to be physically active is to use your legs! Walk as often and as long as you can.

Step outside during your break at work and take a walk around your building. Consider joining a walking club (you can always create your own!). Try taking a 30 minute walk in the morning or/and 30 minutes in the early evening. And...**Why not think of your pooch as “exercise on a leash” and take them too!!!**

**FYI: Comfort Food...** *By gender, men want comfort food as a reward or as part of a celebration. They long for the warm, filling fare that their mothers’ prepared like soups, stews, and casseroles. On the other hand, women need the comfort of food most when they are unhappy. Their choices are less likely to require cooking and include pre-packaged confections like chocolate, cookies, and ice cream. However, unlike men who feel satisfied after indulging in their favorite dishes, women often feel guilty afterwards.*

### EAT LESS, PLAY MORE!



Remember when you were a child, and you were so wrapped up in playing, imagining or creating that you didn’t want to stop when it was time to eat? Do you remember leaving your meal half-finished to run off and continue playing? Children innately understand that food is secondary to what is most nutritious and primary in life: fun and play.

As adults, we seem to have lost our instinct to prioritize play. In our busy world, with its emphasis on work and responsibility, to be healthy and balanced we must work on more than just our bodies; we must feed our hearts, minds and spirits.

Have you noticed that when your body, mind and spirit are engaged in a creative project or happy relationship, your reliance on food seems to decrease? Likewise, when you are unsatisfied with your relationships, your job or other areas of your life, you may depend on food to cheer, soothe or numb you. When your life is out of balance, no amount of food can feed you where you truly need nourishment. The food that we eat is very important for health and balance, but what really feeds us—a full and fulfilling life—doesn’t come on a plate.

What is fun for you? What makes you light up? What excites you? Make time for it this week. Even if you don’t have much time for fun, try approaching a “serious” activity with an attitude of play. This can greatly reduce stress and anxiety and bring more pleasure to your day. Take your focus off food, try adding more fun into your life and watch the magic unfold.



### RECIPES: SOUP IT UP!



#### **French Onion Soup**

Prep Time: 5 minutes  
Cooking Time: 30 minutes  
Yields: 4 servings

#### **Ingredients:**

4 organic onions, sliced into half-moons  
Whole grain organic croutons or toasted organic whole grain bread

3-4 tablespoons dark miso or organic tamari sauce  
1 teaspoon organic sesame or olive oil  
4 cups filtered water

**Directions:** Sauté onions until they start to brown, add water and bring to boil, reduce heat and simmer for 20 minutes. Add diluted miso (use some of the stock from saucepan to dilute) or tamari sauce and simmer for 3 minutes longer. Float a few croutons or toast on top of the soup just before serving.

**\*Optional:** Add a slice of fresh organic raw milk mozzarella to top it off!



### **Warming Red Lentil Soup**

Prep Time: 10 minutes  
Cooking Time: 30 minutes  
Yields: 4-6 servings

#### **Ingredients:**

1 cup organic red lentils  
1 organic medium onion  
2 organic parsnips and/or carrots  
1 tablespoon organic umeboshi vinegar or 2 tablespoons lemon juice  
1 tablespoon organic cumin  
1 teaspoon sea salt  
1 tablespoon organic sesame or olive oil  
Chopped organic parsley or scallion for garnish  
5 cups filtered water

**Directions:** Cut all vegetables into small pieces and sauté them in oil for about ten minutes. Add washed lentils and water. Bring to a boil. Skim off ALL the foam. Lower the heat, add cumin and simmer for 20 minutes. Add the umeboshi vinegar or lemon, sea salt and simmer for another 2-3 minutes. Sprinkle with parsley or scallion and serve.

*Adapted from Dr. Maoshing Ni*

### **Upcoming Events**



**BE ON THE LOOKOUT FOR MY NEW BUSINESS COMING THIS SPRING...**

#### **“BODIES BY ALICE” GOES “K9”!**

**\*Private & Group Sessions w/Your “Best Friend”**



Your dog is usually an accurate reflection of you; *with that said...* look at that precious pup... Could your pooch **be** the motivation to get you to shake your tail? Then let's get it moving with **“TAILS A WAGGIN!”** Join me for the **“K9”** workout of all times. Think of your 4-legged friend as exercise on a

leash, it's that simple! This is unprecedented, so get in on the newest craze!



**Now forming All New 2011 “WOMEN’S GROUPS” ...**

An intimate group setting to share our needs with each other and be heard! A moment in time where *you count, you speak and you get answers!* It is not only about weight, but also about living in harmony within you. It's the "Mind, Body, Spirit" connection we all need so desperately.

**"WHY WEIGHT"? 2GETHER WE CAN GET THE RED OUT!!!**



Join in a group of educated, well rounded (no pun) women in a 100% Confidential Intimate Women's Group to realize and address your innermost obstacles and overcome them. Regain your self-esteem and self-worth and become empowered to engage in self-love and reach your ideal weight as well as live your ideal life! We will explore many different methods including positive visualization, breathing techniques, exercise and meditation just

to name a few. Nutrition will always be addressed as a key element to enable you to live a life you truly love!

**Cooking classes:** One-on-one or group classes, my kitchen or yours, \$\$ priced accordingly.

**Guided Food Shopping tours:** One-on-one or with a group, \$\$ priced accordingly.

**Group Workshops:** **Body Image: Facts vs. Fiction ~ the Sugar Blues**  
**Eating for Ultimate Energy ~ Women's Health Concerns**  
**Create Your Future Using Imagery ... and more.**

Workshops arranged in your home, office, or mine, \$\$ priced accordingly.  
Contact me today for details, Alice Marino at 718-815-4007

**Forward to a Friend...** It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.



