

Happier Healthier Women

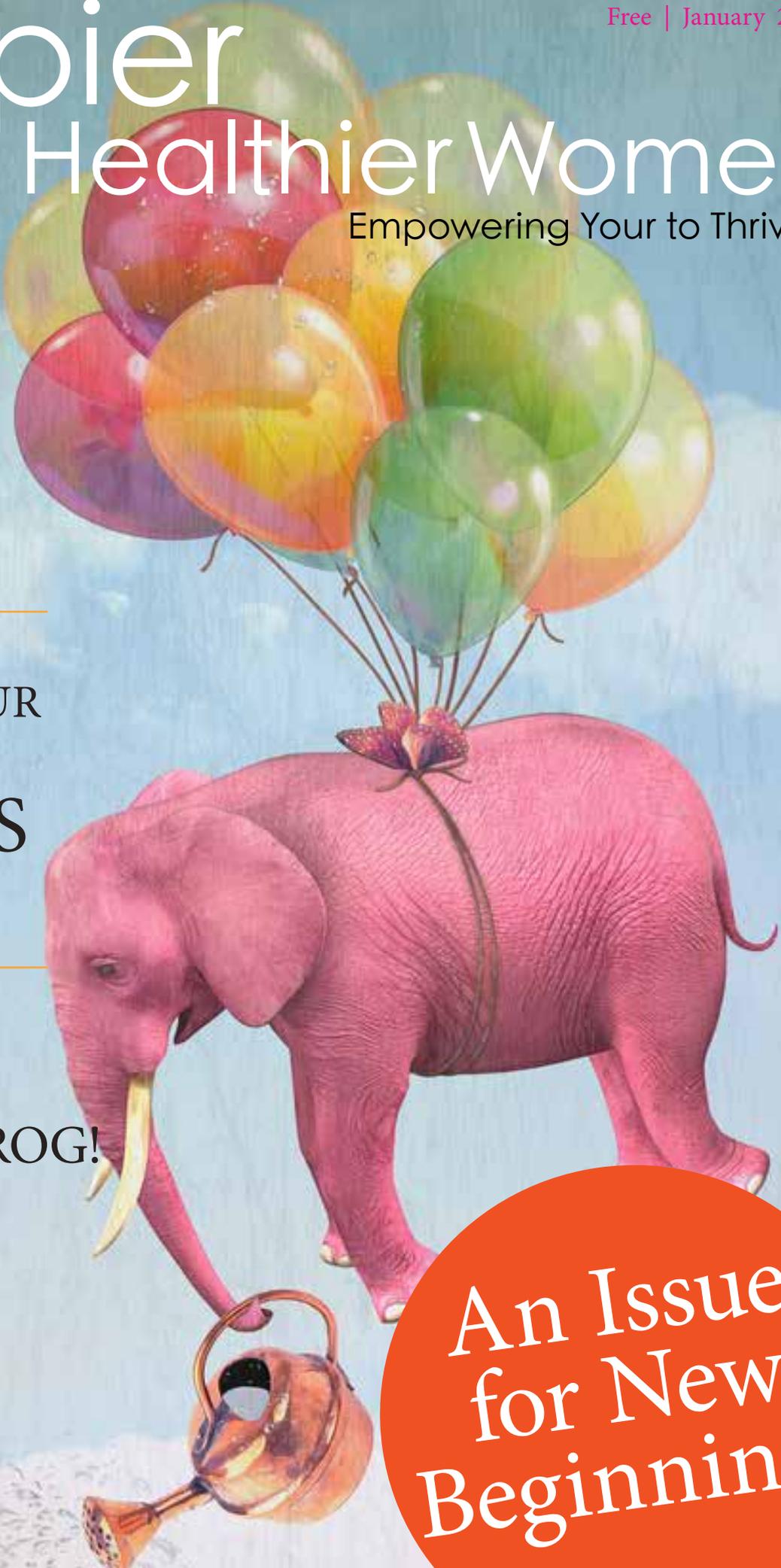
Free | January 2014

Empowering Your to Thrive!

HOW TO
MANIFEST YOUR
DREAM
BUSINESS
& LIFE

ADVICE FROM
A LAWYER TO
EAT THAT FROG!

DOES IT COST
MORE TO
EAT
HEALTHY?



An Issue
for New
Beginnings



Letter from the Editor

Welcome to 2014!!!

**This year is the year for us to do the impossible.
To go further than we imagined we could.
To live up to what we are capable of.
To live a life of our chosen desire.**

Happier Healthier Women will do everything possible for this to happen in your life. And, that is why I am committing, here and now, to do everything in my power to bring you this year the absolute best information, articles, experts and interviews.

Together will take take several adventures into new worlds of possibility. We can explore an array of personal achievements and successes. All while learning to navigate through the many currents of life.

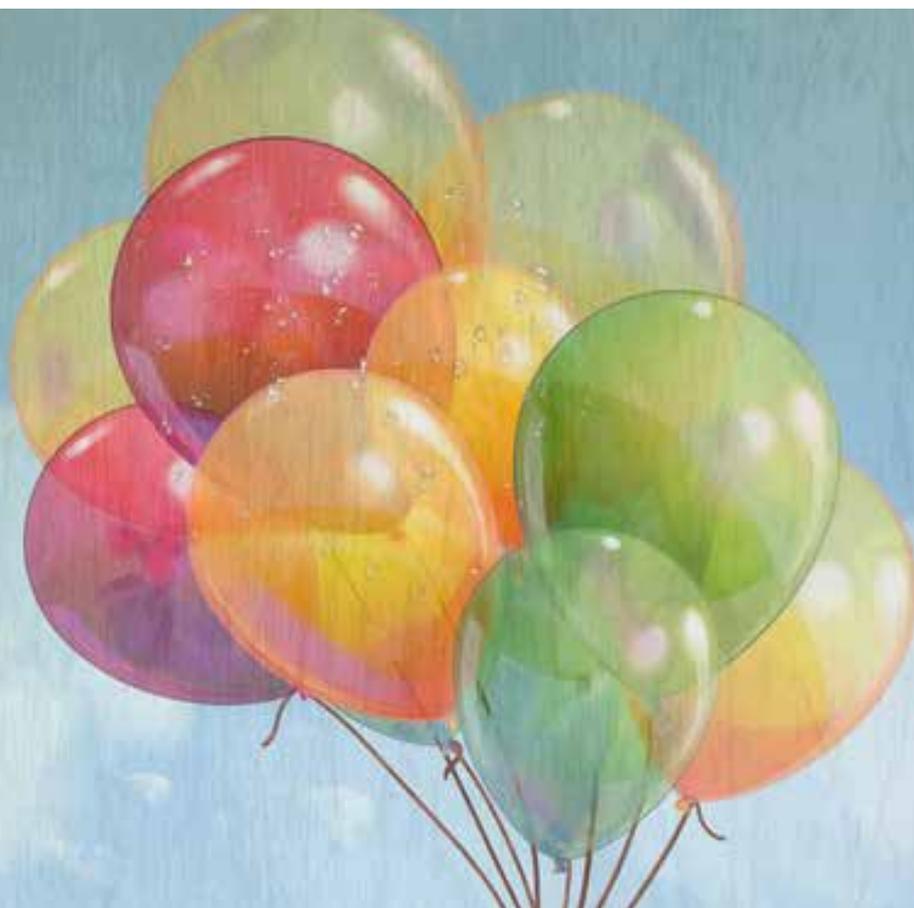
2014 . . . Its a year to reignite that enthusiasm and thrill for life once again!!

Are you with me?

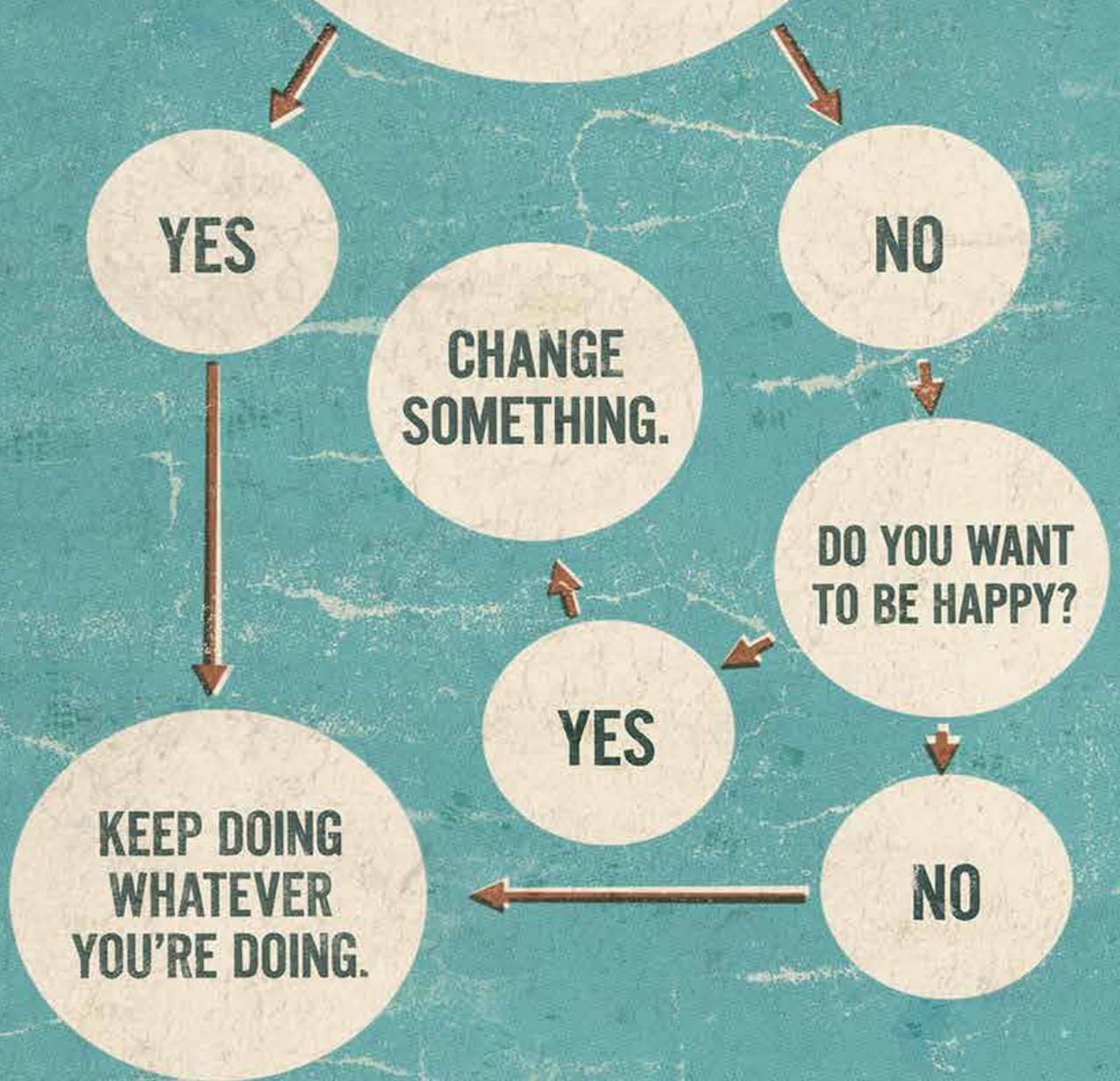
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ARE YOU HAPPY?



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This magazine (and my coaching practice) is dedicated to helping you live a happier life. For many of us, the definition of “being happy” may vary, yet we all have the same “feeling” associated to it.

But there is one thing that is common to all of us . . .

When we are happy
we smile.



By ANGIE ROMERO

For me, today is one of those days that I just woke up happy. I've even had a silly little smile that even Mona Lisa would be proud of!

You want to know the best part of it was? That I got to share my smile with others. Yup! Even total strangers, and that is something worth talking about.

Have you ever thought of the power behind that smile of yours?

For example:

😊 A smile makes you look better, more attractive and more approachable. That needs no further explanation in itself!

😊 A smile brightens up the mood of those around us. Let's face it, being near Grumpy makes us grumpy too. Yet, being near someone who is smiling makes us smile too and it brightens up our day because smiling is contagious.

😊 A smile breaks through invisible barriers without really interfering into another's personal space. You can be kind, compassionate, hopeful and even loving with something as easy and beautiful as a smile.

😊 A smile is a universal symbol of happiness where no words are necessary for another to see and sense what you are feeling. Even by looking at someone's picture we can "sense" from their smile just how happy (or unhappy) they were at that moment in time.

😊 A smile is love in motion; its a gift that costs absolutely nothing to give and yet has the capacity to express the infinite love that is within each of us.

“A smile takes but a moment, but the memory of it sometimes lasts forever.”
- Unkown

Now, lets talk the science of it.

Smiling brightens up your mood, and I mean this literally! When we smile we activate biological pleasure sensors in our brain which then sends endorphins (pleasure chemicals) throughout our body.

Smiling has also been documented as a therapeutic effect, and has been associated with reduced stress hormone levels (like cortisol, adrenaline and dopamine) and lowered blood pressure.

Why? Well, let's think about it backwards for a minute. Remember, its our fight-or-flight reaction that releases cortisol, adrenaline and dopamine into our system in order to help us prepare for the "facing danger." It pumps our system with these hormones and raises our blood pressure so that we can be ready to react - - either hit the first punch or have the strength and energy to run out of there fast!

However, when we smile we are sending a signal to the brain that we are happy. If we are happy that means there is no stressor (or danger) to worry about, so the body doesn't jump into fight-or-flight reactor mode. Result: our desired therapeutic effect!

Ok, back to my story of sharing a smile with strangers

As I was driving to and from places today, I smiled at the drivers next to me.

Most of them smiled back - although I think the others just thought I was goofy. (lol)

Walking into a Starbucks, I thanked and smiled at the lady who held the door for me.
She smiled back.

I smiled at the people in the elevator, they smiled back.

The BEST PART of it?
My smile made them smile.
My happiness made others happy.

And, that is the purpose of life ...
to be happy and to share happiness with one another!
It can all begin with just a smile.



Angie Romero is a Life and Wellness Coach for Women, a Holistic Practitioner, Editor/Publisher of HappierHealthierWomen.com, and Recipient of VIP Woman of the Year by The National Association of Women for 2013 for her service to women worldwide to live Happier and Healthier in all areas of their life. For more information on courses, seminars and transformational packages visit www.AngieRomero.com





January Is
National
Oatmeal
Month

Oatmeal Doesn't Have To Be Boring.

That's right, oatmeal even has a month set aside in honor of it.

By MICHELLE LEE

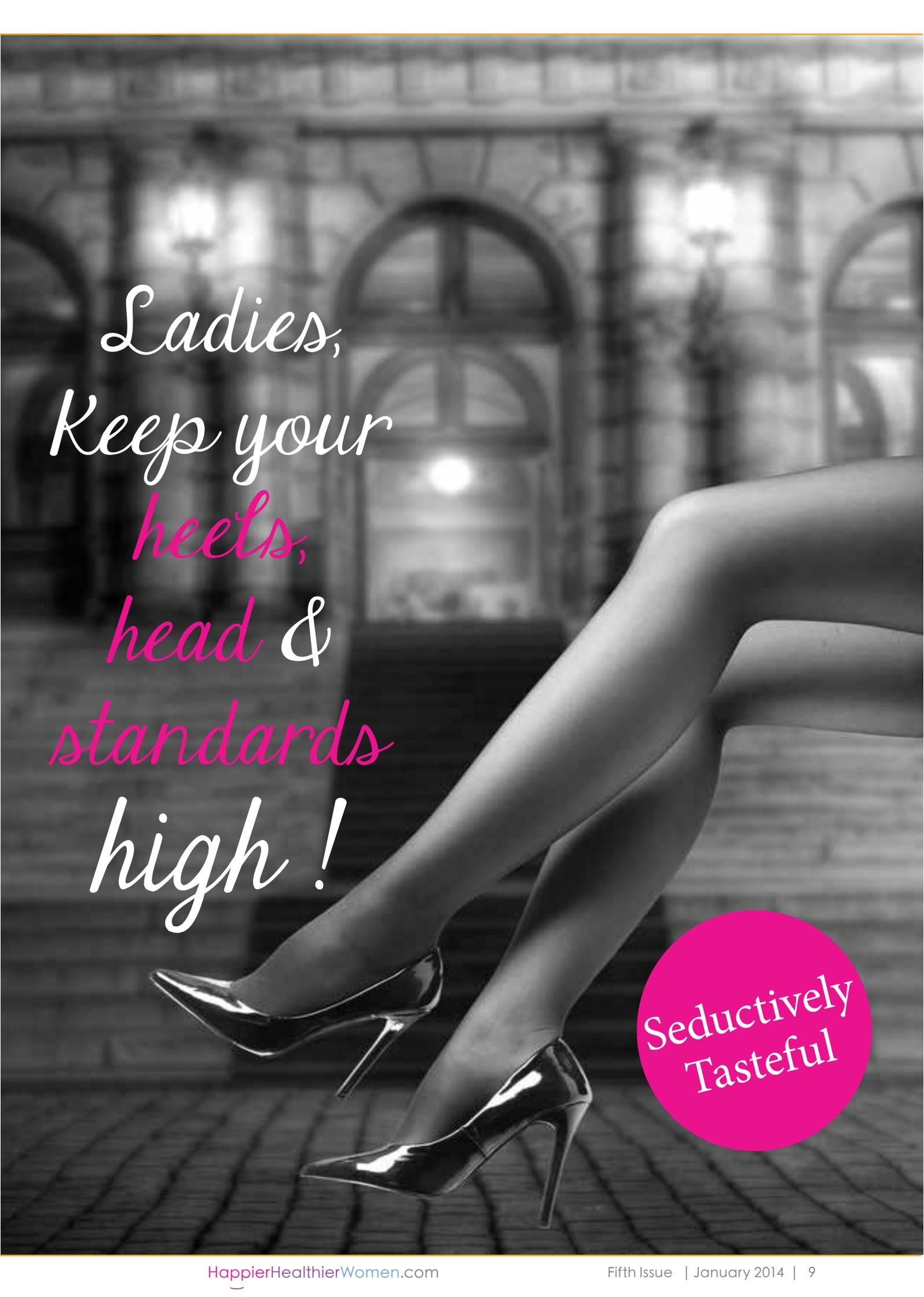
Most of us know that oatmeal has many health benefits; which include lowering cholesterol and reducing the risk of heart disease. The fact that it takes longer for your body to digest oatmeal thereby helping you feel fuller longer also makes it a good choice for individuals wanting to lose weight.

Don't forget to spruce up your oatmeal. Be sure to add your favorite fruits, nuts, in addition to some butter, and cinnamon, or other mouthwatering toppings to add variety to your meal

And nowhere does it say that oatmeal must only be eaten during breakfast hours. It can be consumed anytime you want a low calorie meal that is not only good for you, and with just a few modifications, can be good tasting as well.



Michelle Lee, Life Coach BS, MA, Life Coach, Certified with Coach Training Alliance, M.Ed-Health Promotion. Coaching individuals to reduce stress, create a better work/life balance and shed unwanted pounds without having to diet, so they can start relishing their life now.



*Ladies,
Keep your
heels,
head &
standards
high!*

*Seductively
Tasteful*



Does it Cost More to Eat Healthy?

By VAROUJ KACHICHIAN

Now that the year had ended, and the New Year has rolled around, I believe we can safely assume that it is a universal tradition to make better food choices, lose weight, work out and having an overall healthier lifestyle amongst many other personal goals as part of the New Year's Resolution.

Yet, before January is over, many of us will fall back on old habits, eating the same way we used to if not even worse, drinking just as many mochas, skinny double caramel macchiatos, and diet sodas. After all it is a "skinny" and "diet" drink, right? "Prepared" (if that what you would call it), foods out of cans and boxes, fill up the pantry and refrigerator with processed, additive, preservative and full of sodium "time saving" foods. We will be working out less frequently, if not completely stopped, and somehow, convenience seems to always prevail over health! And that's SAD! This stands for Standard American Diet.

It is certainly easier to stay in the comfort zone, to live the status quo. It is easier to call it quits and feed our mind with as many excuses as we can to justify our decision, rather than pushing a little harder until newer habit patterns are built, If this is you, find a friend, family member or a mentor who believes in you and your dreams. Avoid as much as possible those who don't! I know this is easier said than done, but, you will be surprised how much difference this can make.

Food is one of the pleasures of life;
it's comforting, heartwarming, soothing,
and of course *fulfilling* and *sensual*.

Sadly, almost every single sensation provided from foods that are sugary, starchy, and high in carbohydrates have low or no nutritional benefits. That's not surprising. There is plenty of evidence and many studies published showing that such foods don't only effect your waist, your belly, your liver, and yes, your cholesterol, they actually alter your brain's chemistry, changing the hormones your brain releases.

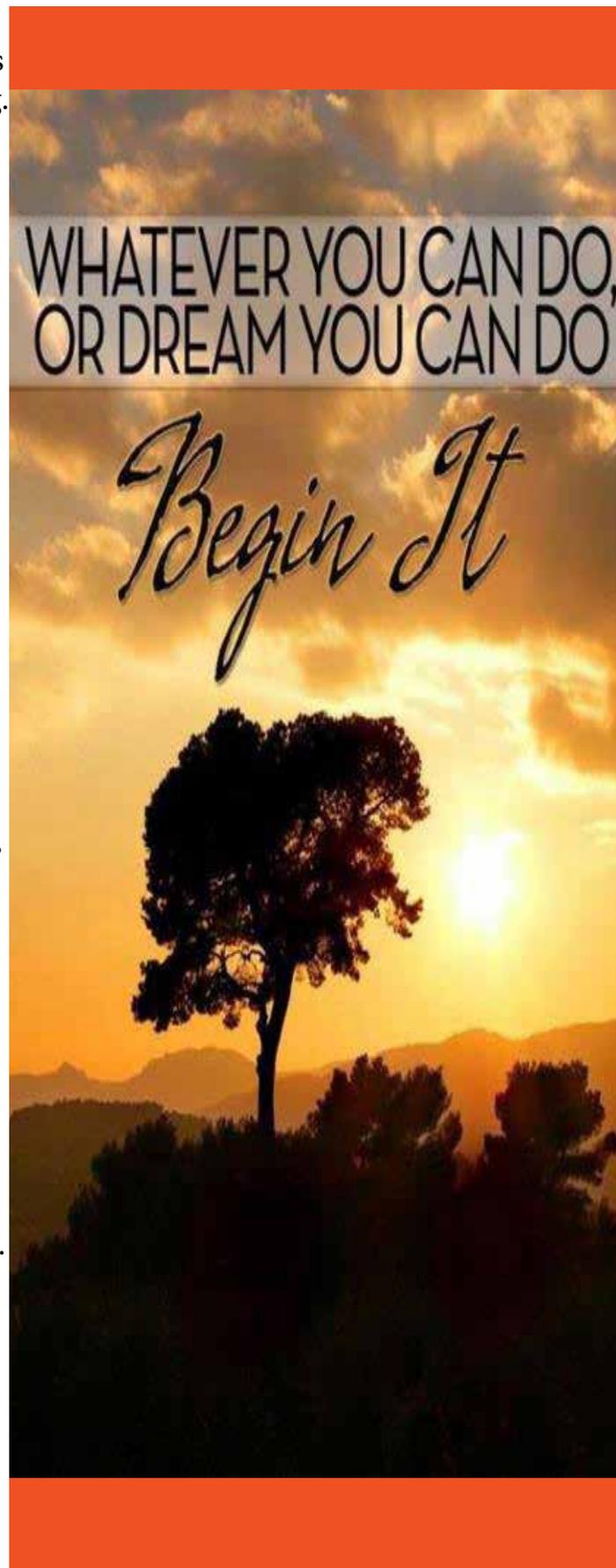
If that's you, cutting all sugars and carbohydrates out at once without support may cause serious cravings and moodiness because your brain is dependent on them. For best results either seek the help of professionals or eliminate your sugars and carbohydrates especially gluten, gradually and steadily on daily bases and start replacing them with healthier options. Gluten-free grains, lower glycemic starches and vegetables, nuts, seeds and natural sugar alternatives, such as Stivia-flavored or plain, Xylitol or other sugar alcohols, Mongfruit sugar are just a few healthier options.

If high fructose corn syrup based carbonated beverages is your weakness, try replacing it with carbonated water, either plain or flavored with few slices of citrus, ginger, cucumbers, or a few drops or flavored Stivia. If you feel that you can't eliminate sodas completely at once, replacing a couple servings per day is a good start.

Remember, you don't have to make radical changes at once. One step at a time. If you have not been in the gym for a while, perhaps walking few minutes per day and increasing the time, speed, and the distance daily is a great starting point. And according to the experts in the field, you don't have to work out for hours to benefit. Carefully planned and executed burst training could be enough, or a good starting point.

I hear it all the time, "It costs too much! I can't afford it! I can't eat organic and gluten free, it's cost prohibitive!"

Does eating healthy really cost more?
If so, how much more? Sure it does!
BUT, not as much as you think.



According to the study recently published in the BMJ Open 2013;3:e004277 doi:10.1136/bmjopen-2013-004277 researchers combined the results of 27 studies from 10 countries and concluded that eating healthier cost only about \$1.50 more per day, that's \$550 per year.

So, is your health, vibrancy, happiness, wellbeing, relationships, and your family's health worth a mere \$1.50 more per day? Do you know how much the cost of ignoring your health and living the status quo is?

Clearly, natural and organic meats, wild caught fish, fresh fruits and vegetables have higher cost. This is due to the higher cost of production, lack of government subsidies, and many other reasons. But the flavors, taste and nutritional profile is much higher as well. As for choosing gluten-free items, it will cost you more only if you are baking, since gluten-free flours cost more than wheat flour. And since you are committed to a healthier you, you are choosing to reserve carbohydrate and sugary goodies for the occasional treat.

Buying bulk, certainly will save you money. If you don't think you can use it all, try splitting your purchase with a friend or family member.

Choose different cuts of meat. While tenderloin is super tender, it will cost far more than a muscle piece that the animal uses more such as leg or shoulder cut. Quality and nutritional profile is more important than a fancy cut.

Plan your week or even month ahead of time. This will allow you to budget and will eliminate last minute empty belly decision making.

Now, I'm not a numbers guy by any means! But I think I can do some simple math, a simple Google search and several available data provided by the experts will pop. So, to prove to you that you have the available funds of \$2.00- \$5.00 to eat and live healthier I compiled some simple routine purchases that most everyone makes without looking into the financial ramifications.

Let's take a look at a couple...

1 Cigarettes and whatever else people smoke or chew: How much is a pack these days? Cut back and/or quit. Meditate, or practice deep breathing techniques instead. Think about this the next time you take a puff.

2 Your daily trip to your local Starbucks, or whichever is your local favorite: Eliminate only one (1) trip and you save more than \$5 dollars, not including gas. Make it at home for the fraction of the price.

3 Energy drinks: get your health and energy back and you will not need to guzzle the daily \$2-\$5.00 plus dollars worth of empty calories.

4 Sodas and carbonated drinks: How many do you drink per day? You do the numbers!

5 Sugary snacks: I'm not talking about high quality protein bars or a bag of candy you think you should have with your meal, or while watching TV. Do you really need it? Or is it a habit that's costing you your health and draining your finances.

6 Alcoholic drinks: Studies show that a glass of wine is actually good for your health. However, do you need to drink the whole bottle of wine? I know wine spoils, but, I also know that it will be fine for 2-3 days :) A single glass at any bar will cost you as much as the bottle.

7 Hair, nails and all the other beauty expenses:
Ladies, You look beautiful the way you are, you are beautiful inside! Let it shine. As a guy I don't know how much those costs are, but I know it cost more than my hair cuts!

8 Movies, entertainment, music, bank fees, etc, etc.

9 And there is the cost of not doing it.
Pain, suffering, unhappiness, low energy, lack of self esteem, losing relationships, loss of business, others being promoted instead of you, I think you can fill in the black.

David Back calls this “the latte factor®”; According to his worksheet which you can find online, just \$5.00 a day at 6% will cost you about \$2000.00 a year. How many \$5.00 can you spot from the above list in your daily habits? You do the numbers. I see savings!

If nothing, at least limit your consumption of carbohydrates, carbonated beverages like sodas, refined sugars and artificial sweeteners, preservatives, food colorings and additives, and processed foods.

Eat 3 meals a day, if you need to snack, try some nuts, seeds, vegetables or fruits. Skipping meals will not help you lose your weight, your body will go into starvation mode, therefore storing fat rather than burning fat.

Add more lean (organic preferred) meats and Omega 3 rich fish, fresh fruits and vegetables (organic when and if possible) drink plenty of water or unsweetened natural coconut water. And exercise as much as you can, brisk walking 30 minutes a day, burst training, or any other form of exercise you can get.

If you still think you can't afford to eat healthy, remember...

“Whether you think you can, or you think you can't--you're right.” ~
Henry Ford



Chef Varouj Kachichian (chefV) has more than 20 years of culinary experience and is a certified gluten practitioner. His mission is to help gluten sensitive individuals transition and live a gluten free lifestyle, inspire them to cook and eat healthy and delicious gluten-free meals in 30 minutes or less, so they have more energy, eliminate toxins and manage their weight, all without feeling deprived. He can be reached at chefv@culinarycreator.com

You have the power to change and take control of your life,
it's in your hands, it is your life, live a healthy and happy life.



Its January
**Eat That
Frog Now**

By WENDY WITT

It's January 2014 and it's time to EAT THAT FROG.

Don't be frightened; I'm not suggesting a new Hollywood reality show or stranding yourself on an island to get back to nature. In fact, you don't actually even need to chew – much.

In some parts of the world, frog legs are a delicacy and are readily available for consumption. In fact, my daughter, Kira, and I spotted them in the famed Manhattan Chelsea Market, frozen for our convenience. (I have the photos.)

Admittedly, Kira and I went for the lobster bisque and avoided the frog legs like the plague, but no more. Now, it's the start of a new year and it's time to do all those things I know I should do and have been meaning to do. Yes, it's time to eat that frog.

With a curtsy to beloved author, Brian Tracy, and his book of wisdom, *Eat That Frog: 21 Great Ways to Stop Procrastinating*, I ask you to eat that frog with me.

As Brian Tracy's suggests, get all the important, yet yucky, stuff you don't want to deal with done first. Then, you can sit back, energized, and with peace of mind and do the things you'd prefer to do. You'll get more done and be darn proud of yourself for doing it. As a bonus, you'll remove all that the back of the head self-nagging and feel increased peace of mind.

But Be Forewarned: It's a BIG Frog

What I'm suggesting is, likely, at the very top of your yucky – eat that frog – I don't want to deal with it - list. Here' goes:

I'm suggesting you get an updated estate plan in place.

Wait! Don't be clicking away just because I mentioned the yuckiest of the yucky.

I get it – although I deal with estate planning and legal issues on a daily basis, when it comes to my own family, I don't like it. I don't like dealing with finances, legal papers, money, finances, illness, death, and relationships. Yuck – phoey – worse than the dentist. My own legal stuff is my frog.

Estate Planning is Like a Well Child Check Up

Just like I go for my annual mammogram and pap smear. Just like I take my children for inoculations and well child check ups. And, just like I go to the dentist (even though he drills and I don't like it) I update my estate plan so that I know my family and I are protected, just in case.

I make those hard decisions and take those difficult steps because I know that it's part of being a responsible adult, a responsible parent.

It's actually time to update my own estate plan.

Why? It's been a few years and life has changed, the law continuously changes, and as an estate planning attorney, I constantly learn new ways to protect those I love and those my clients love. My family is too important for this to be a case of the "cobbler's children have no shoes."

It's 2014 and, by the time you read this, my own estate plan will be updated. Go ahead and ask me, "Wendy, have you eaten that frog?"

My email is Wendy@LawAha.com



Do you have a service
or product that would
improve the lives of
women worldwide ?

If you do, we would love to hear from you!

[Email](#) us your name, company and website address, and we will look it over and reach out to you if we feel it's a good fit.

Here's Your Essential "Frog Eating" Checklist

I'll help you eat that frog. And, I promise you won't throw up like college acquaintance, Rudy, did in college. (It was 1986 and Rudy had decided that literally eating a frog was a good idea. It's not.)

Check off each baby frog as you go:

- Use www.estateplanning.com to find a qualified estate planning attorney, licensed in your state.
- Call right now and get an appointment on the calendar.
You know you'll do it if it's on the calendar.
- Jot down your best ideas for the loved ones who are the best fit to help you, just in case.
Keep in mind that you can update your choices at any time; but definitely get something in writing, even if it doesn't feel perfect.

Oh, and be sure to jot down primary helpers as well as back-up helpers:

- Guardians for minor children.
- Trusted friends and neighbors to stay with minor children, in an emergency, until named guardians can arrive.
- Trusted helpers to make health care decisions on your behalf, if you cannot.
- Trusted helpers to manage finances and pay bills on your behalf, if you cannot.
- Trusted helpers to care for your pets, if you cannot care for them.
- Ask all potential trusted helpers if they are willing and able to serve.
- Keep all appointments with your estate planning attorney.
- Provide all attorney requested financial and family information.
- Jot down all of your questions and concerns, so you're best prepared to chat with your attorney.
- Sign your estate planning documents.
- Inform trusted loved ones you have engaged in the estate planning process and show them where you keep your important papers.
- Put all your important papers together. This includes deeds; titles; asset list; bank statements; insurance contracts; investment statements; immigration documents; military papers; birth certificates; marriage certificates; adoption orders; divorce decrees; marital agreements; and virtual account passwords, PINs, and usernames with your estate planning documents.
- Include contact information for your professional advisors such as your estate planning attorney, CPA, insurance professional, and financial advisor with your important papers.
- Pat yourself on the back, take a deep breath, and order a dessert. A large hot fudge sundae tastes especially good after big frog like estate planning.

Important Eat that Frog Questions

Here is a list of questions to ask your estate planning attorney. Of course, you can add as many more questions as you would like. This list will get you started.

Be sure to take notes when you get the answers. All will make sense when you're in the law office and, then, with each step out the door on the way to the car, you'll forget a little bit more. It happens to everyone. Good notes are essential for your own understanding and to help you explain your estate plan to your trusted loved ones.

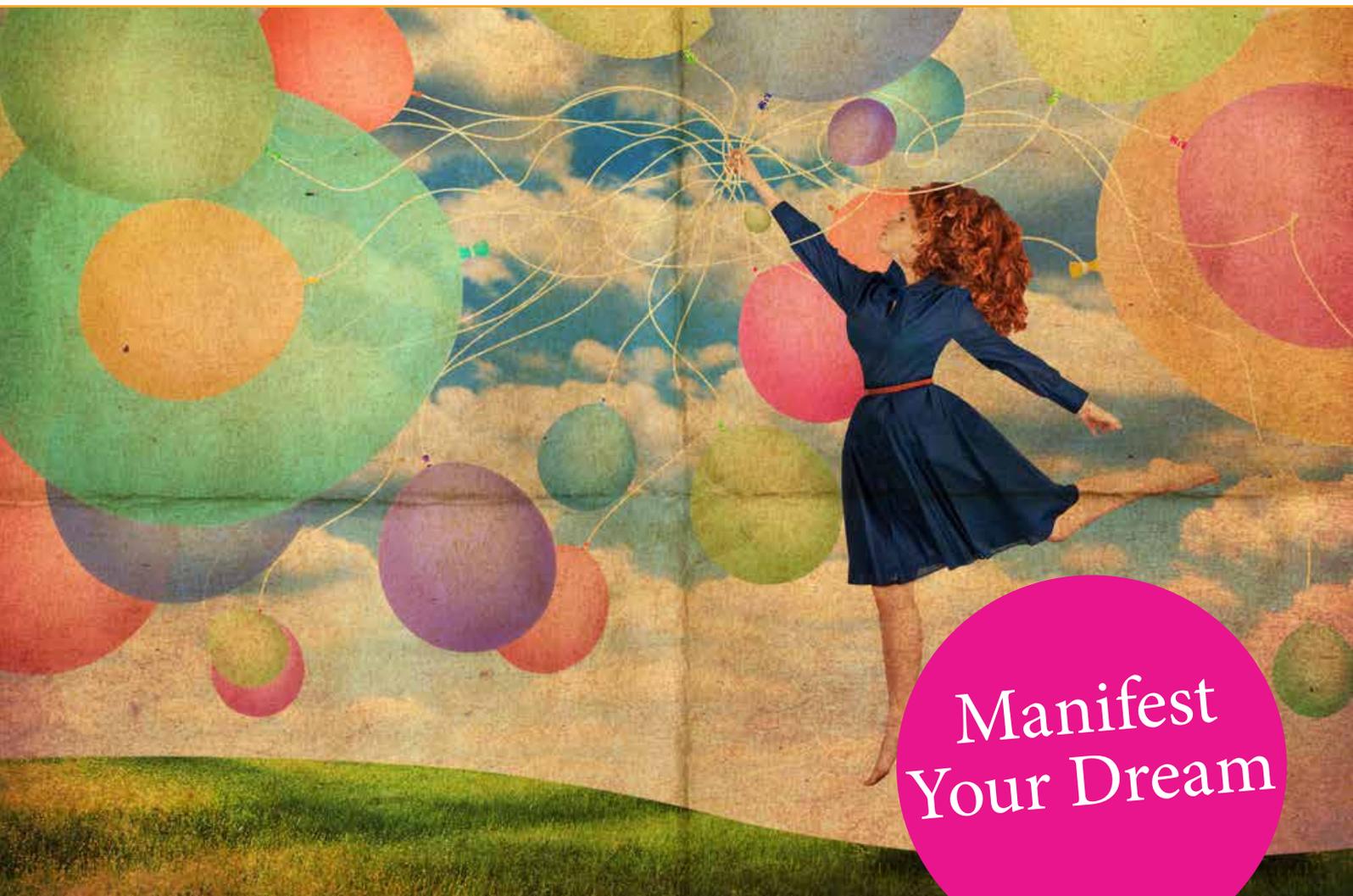
- Do I have enough life insurance to protect my family?
- Do I need other insurances such as umbrella liability insurance, disability insurance, or long term care insurance?
- Do I own my assets properly so that my estate plan does what I think it will do?
- Do my beneficiary designations for my annuities, retirement plans, and life insurance match my estate planning goals?
- When do I need to eat that frog again and update my estate plan?
- Do my children need their own estate plan?
- What's the best way to encourage my parents to eat that frog and update their own estate plan?



Wendy Witt is America's Aha! Attorney, empowering Americans to understand the law and make good decisions through Aha! moments. You are invited to request FREE hot legal tips and access to the Law Aha! community at www.LawAha.com

In 2014, Wendy will eat that frog. As promised, she will update her own estate plan. She will also get a new Mama Bear Attorney website launched, so she can empower more moms and grandmoms to protect their cubs with good estate planning.

Look for Wendy's article in the February issue for a free gift (not a frog) to celebrate her Mama Bear Attorney website going live.



HOW TO MANIFEST YOUR DREAM BUSINESS & LIFE IN 2014!

By AMY MODY

Thanks to Rhonda Byrne's 'The Secret' was published a few years ago, people all over the world turned to visualizations, manifestations, vision boards and what have you, to make their dreams a reality.

Although there is place for all of this in co-creating your reality; (I say co-creating because you are working alongside the Universe to make it happen) there is absolutely more to it than just affirming and visualizing all day long.

With this year coming to an end, I want to share with you how you can manifest your dream business and life in the New Year in 4 simple steps:

Step # 1:

Make a Decision of What You Want

Most people stop themselves from wanting something because they start thinking about the 'how' and the complexity involved in the process. A lot of times this stops people dead in their tracks and sadly most of them don't go for their dreams.

The first thing you need to do when you want to manifest anything is get really specific about what you want. Better yet, write this down in your journal. Studies show that writing thoughts down on paper increases their prominence in your mind. The Universe responds to a declaration but it requires you to make a firm decision first. Think about what you really want and write it down.

Written thoughts have a way of transforming wishes into wants; can't's into cans; dreams into plans; and plans into reality.

Step # 2:

Believe that the Universe will deliver

I view the Universe as my delivery vehicle. I genuinely believe that it has received my request once I declare it, has made its way into it's intricate system and will deliver it to me when the time is right.

After much practice and experience I have to come to realize that I cannot control or manipulate the outcome or the timing. I cannot constantly spin my wheels thinking who's going to help me or how will I get this accomplished.

What I have accepted and do is to let the Universe do its job and I will do mine. I continue to take action on my goals and leave the rest to the Universe to take care of. I may need to course correct from time to time or face obstacles but I stay in positive expectation that the Universe will deliver.

Step # 3:

Take Action

If you expect the Universe to deliver something, without you even lifting a finger you're going to be gravely disappointed. You have to take action consistently on your goals. You create your reality by the actions you take – or by the actions you don't take. When you ask for something, the opportunity comes your way, you must choose to accept it, instead of making excuses. You must be willing to do what others are not willing to do.

Step # 4:

Stay in positive expectation

The instant gratification culture has seeped into our behaviors and attitudes but sadly this has no place in the manifestation world. Yes sometimes miracles occur and we should be thankful for them but most of the time when you are stretching out of your comfort zone and going for the big things it takes

time for the universe to rearrange itself and accommodate your request.

Sometimes people get frustrated when they don't see the results and give up on their dreams. I'll present a gardening analogy here. A gardener must plant hundreds of seeds, knowing that many, but not all, will sprout. He waters, fertilizes and thins the plants to give room for the strongest to grow.

With consistent care, the harvest is abundant.



I release all feelings of
worry and guilt.

- Wayne Dyer

To attract an abundance of ideal clients and whatever you may wish for your business:

1. Plant hundreds of seeds on the most fertile ground you can find-where people in your tribe are found.
2. With regular connection and active enrollment, some people will hire you.
3. Even when your practice is full, keep connecting with your market to grow future clients.

The important takeaway is that it takes time for the seed to sprout and bloom into a flower. Similarly it takes time for you to grow your business!

My Coach's Request:

Think of what you really want to create in 2014 and write this down. Simply follow the remaining steps and manifest your goals in business and life. I urge you to honor the gestation process that's required for the universe to rearrange itself for the outcome(s) you've asked for. Remember being in business is a journey not a destination so it builds on several steps. Continue taking action and enjoy the fruits of your labor.

How may I serve you?

If you could ask me any question about how to attract more prosperity in your business and life, what would your most important question be? Please shoot me an email me at amy@amymodycoaching.com and I'll feature your answer in my newsletter.



Amy Mody is a Marketing Coach teaching heart-centered entrepreneurs how to create a business they love, make more money and live a life of purpose and fulfillment.

To learn additional tips for effortlessly attracting ideal clients and accelerating your income make sure you claim your complimentary 30-minute "Boost your Business Breakthrough" strategy session by contacting her at amy@amymodycoaching.com

"You must remain focused on your journey to greatness."

- Les Brown



Cheer Up!
Take a Smile!

