

# Heidi's Health Chat

[www.heidilyndaker.com](http://www.heidilyndaker.com)



*Heidi Lyndaker*

*Nutritionist. Herbalist. Psychologist. Fitness Expert - Truly Holistic!*



## Welcome to July's Health Chat!

Hi reader,

Summer is in full swing! In celebration of this beautiful month I've compiled an A-List of nourishing health tips that will not only keep you "Cool" and in the learning loop....they may just transform your world!

If you're looking to add some ZEN, curious about HERBS, interested in TONING your Summer Self, or could use some QUICK & EASY recipes Heidi's Health Chat is what you've been searching for! Please share my link with friends and family - it's the gift that keeps on giving!

In good health,

Heidi Lyndaker, MS, CNS, LN, CPT

Joyfully.... Nutritionist, Herbalist, Therapist, Martial Artist, Personal Trainer, Yoga Instructor, Reiki Practitioner, and Student of Life.....

**"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." ~Thomas Edison**

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**Book a FREE Health Consultation Today!**

**Looking for realistic and sustainable goals that WORK?**

Would you like to lose weight, feel better, live pain-free, and experience a joyful, fulfilling and happy life? My



goal as a practitioner is to provide health solutions rather than bandaids for temporary symptom relief. Let's work together to rediscover the **“youthful, energetic, and beautiful version of you!”** Finally, a truly holistic approach to healthcare that works!

[Book a FREE consultation!](#)

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## Kitchen Chat

### Did you know.....?

*- Kiwi has more Vitamin C than an orange!*

*-Kiwi is high in Vitamin K - which helps prevent blood clots!*

*-Kiwi is loaded with Potassium - which helps to increase bone density, reduce the formation of kidney stones, helps in the prevention of strokes & with lowering blood pressure!*

### Wondering how to use Kiwi's?

- Salads
- Cereal
- Smoothies
- Ice Cream topping or make a kiwi dessert with an ice cream maker
- [or CLICK HERE TO TRY A KIWI COOLER....](#)

**Forget peeling..... Try this quick & easy kitchen trick!**





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## DID YOU KNOW.....

Diabetes is the leading cause of kidney failure, nontraumatic lower- limb amputations, and new cases of blindness among adults in the United States.

- According to the Center for Disease Control (CDC), research has found that lifestyle interventions are **more cost-effective than medications**.
- Many Foods and Herbal Therapies have **anti-diabetic** properties, meaning they **help lower glucose levels, and can improve the effectiveness of insulin**.

[Education, nutrition, and lifestyle changes are the key to beating this disease.....](#)

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## Herb Chat

### Ever seen this "Weed"?

If so, did you know you were in the presence of **GREATNESS**? This powerful herb is Yarrow!  
Yarrow is a like Royalty incognito as a peasant.  
The latin name for Yarrow is *Achillea millefolium* L. and Yes, it's named after Achilles! Also, traditionally named Soldier's Woundwort, Noble Yarrow and Nosebleed for it's "styptic" ability to stop bleeding quickly (the leaves).



Traditionally this common herb has been used for **colds, fever, cramps, menopause, menstrual irregularity, inflamed gums, urinary disorders, minor cuts, allergies and rashes**. It can be helpful for **diarrhea** due to it's antispasmodic properties and ability to calm an upset stomach. Worried about **varicose veins**? Yet another use for this beauty! Yarrow has been shown to help circulation and improve blood flow.

**How do you bring Yarrow into your life?** Add the leaves to salads! This may be a bit bitter for some so stick with the new, small leaves. The flowering tops, (fresh or dried) can be used for making tea. An excellent tea for reducing sore muscles, and warding off bacteria. Other applications include; tinctures, ointments, essential oils, massage oils, and using the flowering tops for a steam inhalation when fighting off a bacteria or viral infection. You'll be happy to make the acquaintance of this previously thought unremarkable wild flower. Avoid during pregnancy. If you're on medication seek assistance from a trained herbalist to avoid possible interactions. Please do not confuse this herb with Queen Anne's Lace, they look very similar.

[Hire an Herbalist](#)

One-on-one or in a group setting to teach you more about Yarrow & other herbs of interest!  
Please feel free to contact me with questions. I'm happy to help.



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## Let's Chat

### [Upcoming Events: Health Webinar!](#)

**Interested in FREE healthcare?** Join me for a lively health webinar and learn how to **avoid inflammation, reduce blood sugar, cholesterol, and feel great!**

In case you missed the Herb Walk & Talk - there is another **Herb Seminar** on the horizon!

[Check www.heidilyndaker.com](http://www.heidilyndaker.com) and [my Facebook page](#) for updates on upcoming events.

[\*Interested in hosting a health seminar or an herb walk near you? Champagne and herbs.... Learn about nature's free medicine with your friends! Contact me to schedule your seminar today!\*](#)



# Snack Chat

## THE FRUITZY!

### Looking for a "healthy" snack kids love?

"FRUIT FREEZIES" Can a Popsicle really be A HEALTHY SNACK? Make the FRUITZY your New Summer Snack. Just 3 ingredients.... Endless combinations of flavors and you'll feel GREAT about indulging - you might even let your kids have one.... (if you don't eat them all first). PREP: 2 MINS + freezer time INGREDIENTS: Choose 1 beverage: 1 Cup or 8oz bottle ...

[Read more...](#)



### ***Feeling sad, frustrated, alone, nervous, overwhelmed with life, consumed with worries, anxious, or having difficulty coping with stress?***

According to the National Institute of Mental Health, the difference between antidepressants and placebos is very small, and at times, absent!

#### ***Other Options?***

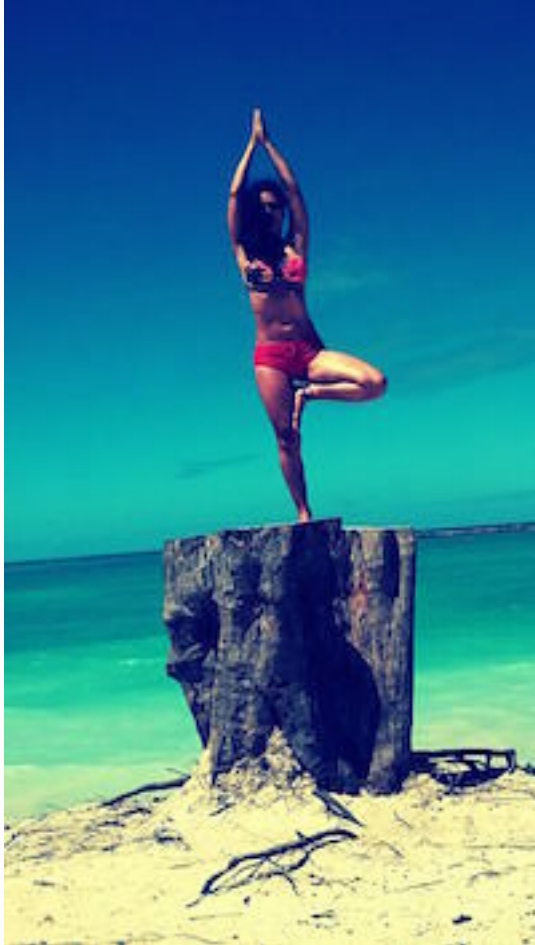
### **Nutritional Imbalances.... Can make you prone to depression and anxiety!**

The following can **impact emotional states, depression, anxiety & sleep:**

- *Essential fats*
- *Homocysteine*
- *Serotonin levels*
- *Amino acids*
- *Blood sugar*
- *Chromium*
- *Vitamin D*
- *Food intolerances*
- *The List goes on and on.....*

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## Fit Chat



## Exercise of the Month:

### Tree Pose (Tadasana)

#### Benefits:

- Coordination
- Balance
- Muscle Toning & Strengthening
- Joint Strength - Ankles, Knees, Hips
- Mental & Emotional - Flexibility and Resilience

#### How to Begin:

- Shift your weight to one foot.
- Slowly lift the other foot off the floor balancing on one - place your foot along the ankle, calf, or inner thigh with your knee turned out to the side.
- Bring your hands into prayer position in front of your heart or slowly raise them overhead (as in the photo).

• Allow yourself to hold onto a chair if needed when you first begin. If you fall, simply move back into the pose. There is no perfect way to do Tree Pose - Please practice tree pose with patience and without self-judgment. - WE ALL FALL! Improvement comes from persistence, determination, and self-love. Learning how to fall and get back up is part of the journey.

#### Goal:

1 x per day, 2 minutes on each leg

**That's only 4 minutes out of your day!**

**We are all skilled at being hard on ourselves- Practice Patience and Compassion!**

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# One simple way YOU can help Mother Earth!

Americans make more than 200 million tons of garbage each year, enough to fill Bush Stadium from top to bottom **twice a day!**

The Container Recycling Institute (CRI) estimates that the 36 billion aluminum cans landfilled last year had a scrap value of more than \$600 million. Over the past twenty years we've scrapped aluminum cans worth over \$12 billion on today's market. **Some day we may be mining our landfills for the resources we've buried!**  
(Source: <http://www.epa.gov/reg3wcmd/solidwasterecyclingfacts.htm>)



(Source: [http://www.kab.org/site/PageServer?pagename=recycling\\_facts\\_and\\_stats](http://www.kab.org/site/PageServer?pagename=recycling_facts_and_stats))

## How can you help?

# Recycle!

## Not sure where to recycle an item?

Go to <http://recyclenation.com> -Type in your item and zip code and it shows you a map with all of your options for recycling that item - **It's that easy!**

**Remember:** *Purchasing recycled goods is a great way to promote jobs, support the growth of the recycling industry - AND cut down on waste!*

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## Blog Chat

### In Case you missed it.... on the Blog

[Can you move AND breathe at the same time?](#)

If you answered YES.....you are fully qualified to practice yoga! The word YOGA is a Sanskrit word meaning





"union". Yoga is often referred to as the union of breathe and movement. A silly concept considering we must breathe to move....yet, this is the beauty of yoga. We learn to deepen our breath, control our breathing, and link it to movements (or ...

[Read more...](#)

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## Healthy Home Chat

### *Did you know that White Vinegar has antimicrobial properties?*

"In a 2003 study at the University of Florida, researchers tested disinfectants on strawberries contaminated with E. coli and other germs. They found the vinegar mixture reduced bacteria by 90 percent and viruses by about 95 percent."

(<http://www.versatilevinegar.org/researchnews.html>)

#### **Healthy & Helpful Tip:**

- Fill a spray bottle with white vinegar
- Add your favorite essential oil - (peppermint, cinnamon, lavender - are all great options)
- Be sure to add enough that you can smell the essential oil over the vinegar aroma
- Shake Well

#### **Uses:**

- STREAK-FREE windows!
- Greasy marks and fingerprints on your kitchen cabinet
- Countertops
- Toilets
- Showers - removes soap residue
- Faucets -polish stainless steel and chrome fixtures to a perfect glow!
- Floors

#### **Advantages:**

-Cheap!

-Environmentally Friendly!

-No Harmful Toxins to breath in while you clean!

-Kills bacteria and viruses!



## Zen Chat

### *Powerful Daily Intentions*

*"Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love." Deepak Chopra*

#### **Exercise:**

- **Set an Intention for the day** - prior to beginning your "fit-bit" count or daily to-do list.
- **Silently repeat the "Intention" 5 times.**
- **Let go of the Intention!** - Let go of any attachment to the outcome, productivity, or result.
- Allow the vibrations and direct energetic consciousness of your intention manifest as it will.
- Let go of any judgment, self-deprecation, or criticism of whether you "made" your intention come true or worked hard enough to achieve it. We're all very skilled at beating ourselves up.
- Have Faith that doors will open, new adventures will arise, a path to success may present itself, new friendships might develop, or you may simply learn something new.

You may use the same intention or begin each day with a new intention - *it's like throwing seeds into a field, having faith that the seeds are now where they need to be for something beautiful to appear, and being pleasantly surprise at what flowers arise within your view.*

## Don't Miss Out.... August Newsletter

The Best Nut Butter Balls EVER!  
Homemade Granola Bars Made Perfect!  
Monthly Medicinal Herb!  
Kitchen Tips, Health Tips, and MUCH MUCH MORE!!!

[Share this Newsletter Opportunity with Friends, Family, and Loved Ones!](#)



