



WELLNESS GEMS



Do you want to sleep like a baby and wake up refreshed? Here's a *holistic* approach: Something that could greatly help in that regard are 'blue blocking sunglasses, as they block the blue ray (from iphones, ipads, computers, and TV) that interferes with your body's natural melatonin production (the lenses are orange in color). Wearing these sunglasses for two hours before going to bed prepares you for a good night's sleep. When the sun sets, your body wants to wind down also. While these 'blue ray blockers' are a great asset, they are not a panacea, i.e. staying on an electrical device doing 'busy mind work' for the last hour before bedtime or watching a violent movie on TV, **will** interfere with the 'winding down' effect the lenses help induce. In my own experience, the blue blocking glasses work very well if used along with the suggestion: 'wind down from tech devices' the last two hours before going to bed.

QUOTE OF THE MONTH

When given the choice between being right or kind, choose kind.

— Author: Wayne Dyer

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“Slow Burn” Fitness...Yeah. That's What I'm Talking About!

What if almost everything you knew about exercise was wrong? What if you discovered that all the time you've spent jogging or doing aerobics was doing you more harm than good? In *The Slow Burn Fitness Revolution*, the authors team up with a leading fitness expert, Frederic Hahn, owner of Serious Strength, to revolutionize the way America gets strong, lean, and healthy.

The bad news: Once we hit age 30, we begin losing muscle mass each year. The worse news is that aerobic exercise won't help, and conventional weight lifting can be tedious and dangerous. But in *The Slow Burn Fitness Revolution*, you'll find **the good news:** The Slow Burn workout holds the secret to getting stronger and turning your body into a powerful fat-burning machine. **The best news:** It takes only half an hour each week!

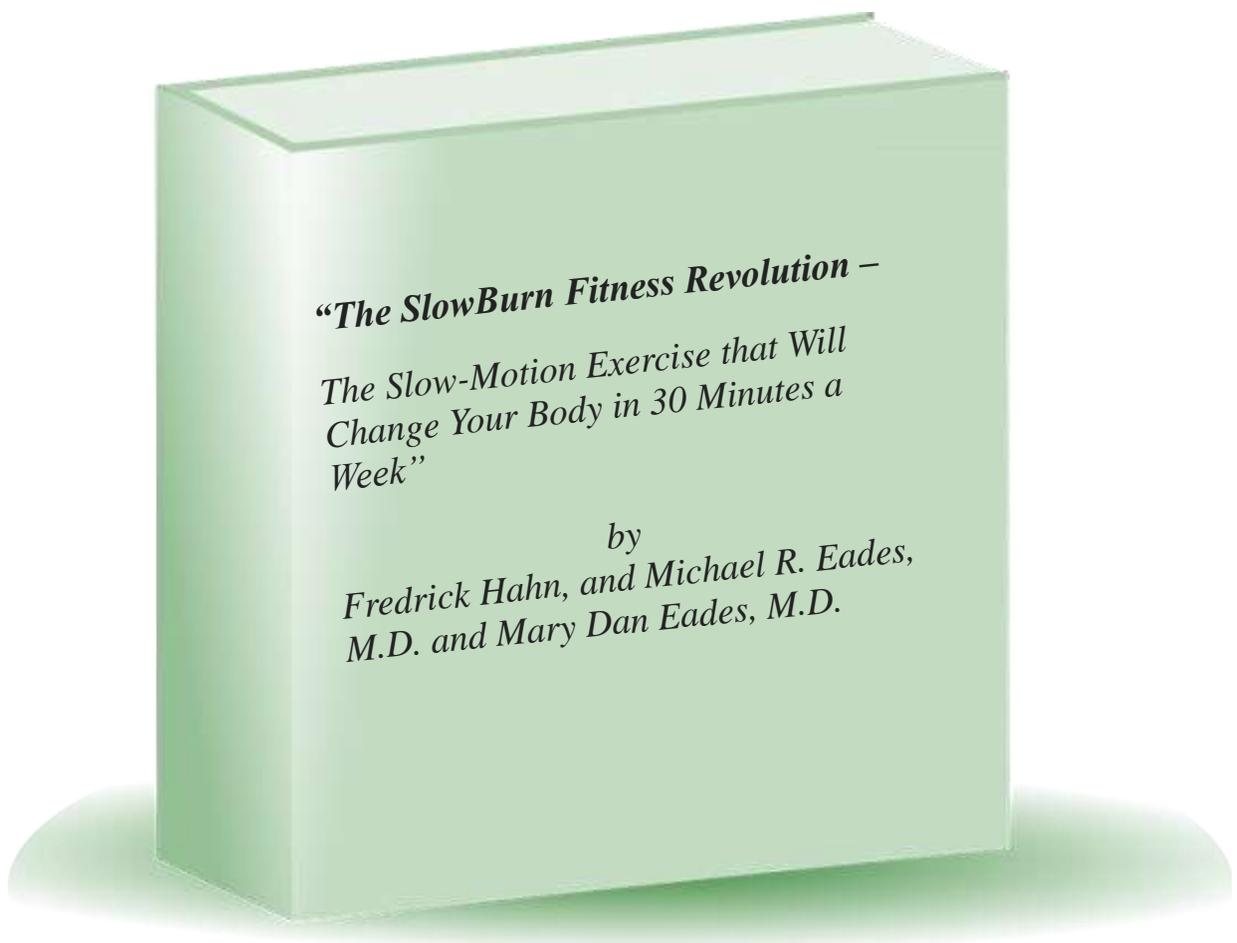
The Slow Burn Fitness Revolution shatters the myth of the spend-hours-in-the-gym approach to exercise, replacing it with a much safer and more efficient method that provides maximal benefits in minimal time. As Hahn and Drs. Michael and Mary Dan Eades explain, a slow-motion strength training routine forces the muscles to work much harder; studies have shown that a slow-speed workout produces 50 to 100 percent greater strength gains than traditional lifting. And the gains are not only in strength. The Slow Burn program causes metabolic changes that provide cardiovascular benefits which make separate aerobic workouts unnecessary. For the millions who are discouraged by workouts with no visible results, for those whose knees ache from jogging, for those bored with hours on the stepper, and for those who are intimidated even by the *idea* of strength training, Slow Burn is truly an exercise revolution! Slow Burn will transform the way we get and keep fit. Getting in shape has never been simpler, swifter, or more satisfying.

This book is a collaboration between a pair of physicians with a long history of nutritional and metabolic expertise and a strength-training expert who has spent years refining and improving upon the techniques of slow-speed strength training, which had their inception over twenty years ago.

What if one conversation could change YOUR life? It did for me!

Come visit my new website at www.RosanneSpinner.com for information about **Spinner's Grinners™ Laughter Yoga Sessions** in New Hyde Park. You will also find a treasure-trove of **Resources**.

Rosanne's Suggested Reading:



Recipe of the Month

Chickpea Snack



Ingredients

1 can garbanzo beans, drained and rinsed
1 tbs. extra virgin coconut oil
½ tbs. smoked paprika
½ tsp. cumin;
1/8 tsp. cayenne pepper or more (to taste);
½ tsp. sea salt

Preparation

Preheat pan. Add coconut oil and tilt pan to coat base thoroughly with the oil. Add chickpeas and remaining ingredients. Toss and shake pan until chickpeas are brown and crispy on the outside (and creamy on the inside). Enjoy!

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Laughter IS the Best Medicine! No Prescription Needed! Caution: Habit-Forming!

Laughter Yoga is the Happiest Work-Out Method!

Life Isn't for Sissies!

Laughter and Stress are Physiological Opposites!

Spinner's Grinners Laughter Yoga Class

Now In its Eighth Year!

Laughter Yoga offers a versatile, reliable and easy to use, multidisciplinary and holistic approach to health care that combines various elements from other wellness modalities into a smooth and fluid blend. When you are laughing, the stomach muscles expand and contract, **which means it's a great workout for the abs and your core**—in fact it has been suggested that 10 minutes of belly laughter is equivalent to 30 minutes of the plank.

According to research, 100 belly laughs are the equivalent of 10 minutes of rowing for both your mind and body.

Just like cardio exercise, a good giggle session improves your lung capacity, generating improved respiration.

- Laughter yoga is a series of laughter, breathing and playfulness exercises with a treasure trove of health benefits.
- We meet approximately twice per month in New Hyde Park, NY on Wednesday night at 7:30 PM.
- Class duration: approximately 1 hour, 10 minutes.
- My knowledge of holistic health is incorporated into every laughter yoga class.
- All activities are done either standing or sitting (no laying down) – anyone can do this! No joke!
- Class Fee: \$10 per visit – bring a friend: Your friend's FIRST visit: \$5
- Laughter Yoga is bargain healthcare!
- See what people are saying about Spinner's Grinners Laughter Yoga.
- For a one-minute video intro of Spinner's Grinner's Laughter Yoga Class when Newsday came to visit, click on the following link:
[Newsday Visit to Spinner's Grinners Video](#)
- For more information, scientifically documented health benefits and class dates for the current year, visit my website at: www.RosanneSpinner.com



Wellness LoveLetter™ e-newsletter is distributed by Rosanne Spinner. It is a free publication available to all who request it. The editor, Rosanne Spinner, AS, CHHC, AADP, is a board-certified Holistic Health Coach, Laughter Wellness Instructor, first, second and advanced levels Traditional USUI Reiki Practitioner, Spring Forest Qigong practitioner, and Color Energy Healing practitioner. The goal of this newsletter is to encourage and inspire you to be your personal best – mentally, physically, spiritually and emotionally.

Please visit my newly updated website: www.RosanneSpinner.com

Could one conversation change YOUR life? It did for me!

Please forward this newsletter to your friends, family members or colleagues who might be inspired by it.

Are you passionate about Health and Wellness? Click [HERE](#)

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**To Your
Health!**

Rosanne