

Thriving WOMEN

BUSINESS, MINDSET, MONEY, WELLBEING, SPIRIT
DECEMBER 2020

Mastering
the art of
Human
Connection

Unlock
Your
Code to
Thrive!

THE
EASIEST
LIFE HACK
ON THE
PLANET

10
MONEY
MINDSET
HACKS

The Secret to
Expanding
Your Brand

A Five Minute
Morning Routine
That Will Change
Your Life

Family Holidays:
The Good, the
Bad, and the
Curious

THE
Longevity
EDITION

Welcome

LETTER FROM THE EDITOR

Welcome to fifth edition of *Thriving Women Magazine!*

Can you believe that we have already published four issues of Thriving Women Magazine?

We are ridiculously proud of the quality of not only the writing but the women who have contributed by generously sharing their wisdom with us. As a new digital publication, we have already received tons of positive feedback from our community. The resounding message is that we are on the right track, as our content continues to resonate with readers and provide value for them!

Our theme for our December issue is longevity.

This topic couldn't be more relevant, given the challenging year we have all had. Now more than ever, it's time to get back to the basics of nurturing and taking care of yourself to be the best version of yourself so that you can live a long, healthy, impactful life. This is no time to allow stress and external factors to impact your health and career goals adversely. The world needs you to share your genius!

On our cover, we have featured our Woman of Influence and author of the upcoming book, Codes of Longevity, Dr. Melissa Grill-Petersen.

Dr. Melissa has her Doctorate of Chiropractic and is a Board Certified Holistic Health Doctor, with a Master's of Science in Health & Wellness and a B.A. in Communications with Honors. Her credentials are undoubtedly impressive. But it's Dr. Melissa's 20 years of leadership in the integrative health and wellness space and her passion for helping others embrace their human potential and augment their longevity using epigenetics.

As 2021 inches closer, we hope the articles will continue to encourage you to take inventory of your accomplishments and lessons learned in 2020 so that you can start planning for a brilliant new year! Together, we can all rise above to be AMAZING WOMEN and THRIVE like never before!



If you love being a part of a community of women who support and challenge each other to become better versions of yourselves, we invite you to join the **Amazing Women Authority Club (also known as Amazing Women Entrepreneurs Network Sapphire Club)**. As a member, you can increase your visibility, uplift others, and build an audience of superfans who will be chomping at the bit to buy your next offer. It will also help you to uplevel your business by establishing yourself as an authority in your field. Our new club features include a monthly challenge and biweekly Q&A calls. Because we know the incredible value you will receive from the Authority Club, **we invite you to take advantage of our time-limited 30-day FREE TRIAL**. In no time, you will transform from an entrepreneur who enjoys watching your sisters rise to what seems like insurmountable challenges to a leader in the club who inspires others to do the same. Visit www.amazingwomen.club for more details.

Our sincere hope is that you have enjoyed reading our digital magazine this past year, and you will continue to enjoy future issues featuring our five pillars (business, money, mind, body, and spirit).

If you are a new reader of Thriving Women Magazine, note that it's best to access the magazine from a computer and download the issue for future reading. We have optimized your viewing experience by creating live hyperlinks throughout the magazine so that you can access the accompanying audio and video files.



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We hope you enjoy reading the December 2020 issue of Thriving Women Magazine. If you haven't done so yet, please drop us a line and share what you love about our magazine and what you would like to see in future issues. With your voice, it will only get better in 2021!

As always, thanks to the incredibly hardworking and talented individuals who contributed to the Thriving Women Magazine. To the writers, editors, graphic artists, collaborators, advertisers – thank you! You all know who you are. xoxo

We continue to look for writers, sponsors, and advertisers to contribute to future issues of Thriving Women Magazine.

Please share this magazine with your entrepreneur friends that will benefit from the learning and inspiration. Send them to www.thrivingwomenmag.com

Love,
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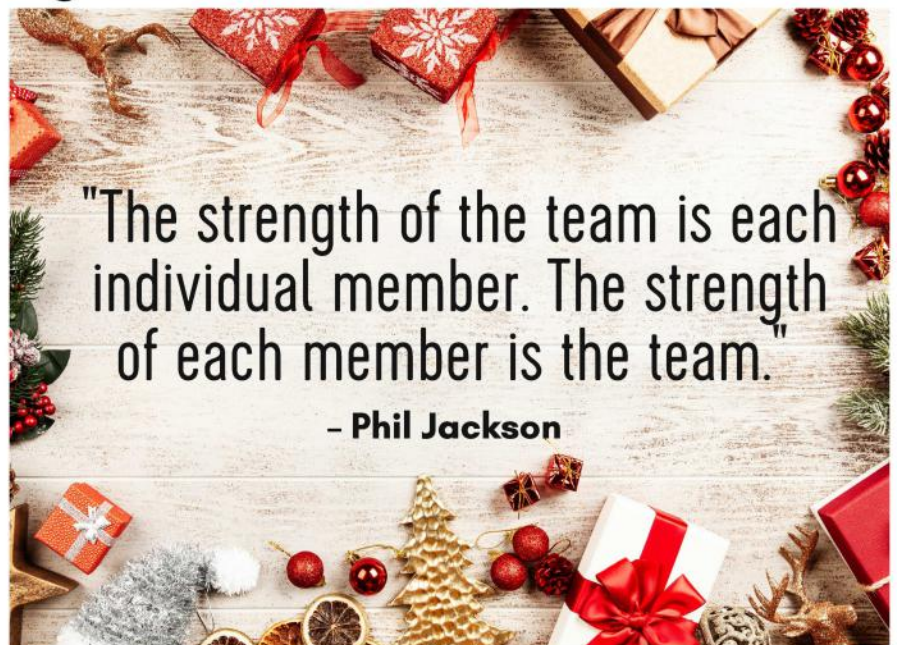
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Christine Morrell



"The strength of the team is each individual member. The strength of each member is the team."

- Phil Jackson



Sara Glazer



Isa Martinez



AMAZING WOMAN OF INFLUENCE

DR. MELISSA PETERSEN

Dr. Melissa Petersen is a sought out expert in thriving! A thought leader in epigenetics and precision longevity, she connects the dots, coaching experts and enthusiasts alike that are ready to unlock their code and harness their limitless potential to flourish while looking, feeling and living their life optimized.

She is the author of the Codes of Longevity, founder of Impact Inc, home to Longevity Life Hub, Women's Impact & Longevity Experts Networks while also holding the position as the Chief Limitless Officer and Director of Apeiron Academy of Epigenetics.

Her clinical training and background includes: a Licensed Doctor of Chiropractic & Epigenetic Human Performance Success Coach, with a Board Certification in Holistic Health and a Masters in Wellness Leadership and Performance. Pair this with her past fitness and television career in the world of professional wrestling and you get a powerhouse that is on a mission to uplift, inspire and ignite people around the globe to express greater states of health, wellbeing and human flourishing for generations to come.

For more information visit:

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Business

EXPAND YOUR BRAND WITH YOUR OWN UNIQUE SIGNATURE SYSTEM

BY SERENA CARCASOLE

A great way to build your brand is to offer a signature system. This is a system you've used in the past to get results. You can package it into a step-by-step program that you then teach other people. You end up with a great piece of content that can lead to multiple streams of income.

Why Build a Signature System?

There are several reasons businesses choose to create a signature system. The program you offer showcases your expertise. As your customers use your program to achieve the same results you did, this builds your reputation as an expert. Even those who don't take the course will see you this way and you'll become a big name in your niche.

Your system will become synonymous with your brand. You'll have this one specific tool that's wildly successful, and this will not only boost your brand among your audience, but also help you reach new audiences who can benefit from your expertise.

Once you have your first system in place, you can expand into other areas. You can create other systems to meet the needs of your market or offer other products and content that's related.

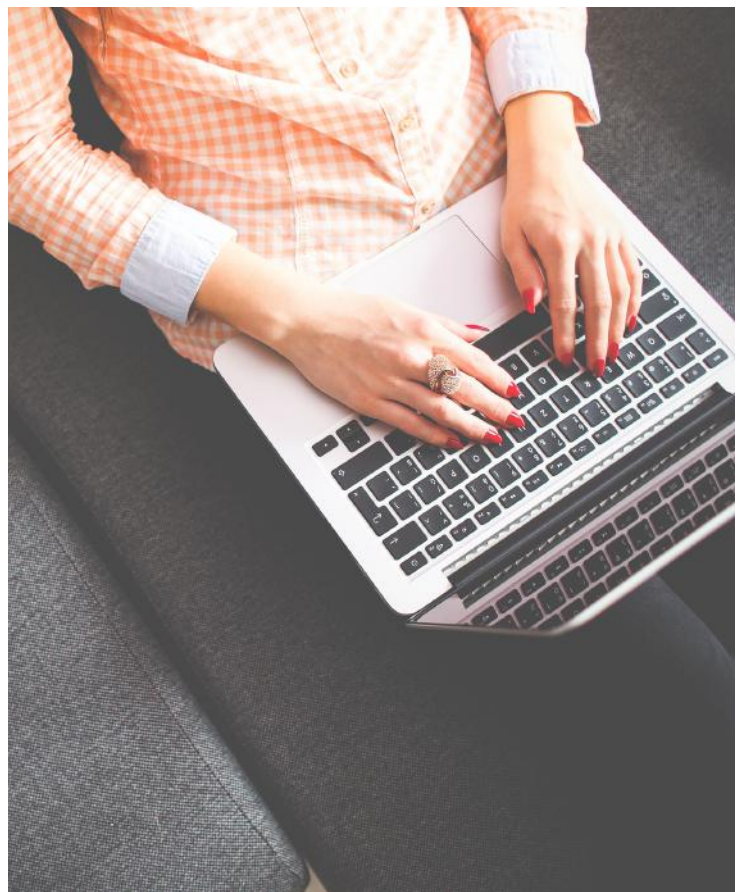
Branding with Your Signature System

In order to help with your branding, your signature system has to be good. It needs to provide unique value to your audience and achieve the expected results. You should spend time building a system that's guaranteed to get its users results. You'll also learn how to improve it through user feedback.

Signature systems tend to be consistent with your current business. However, a signature system can also help you change your brand, or start a completely new business. For example, if you're a health and wellness expert but you want to publish a program on building blogs, you can rebrand yourself as an expert on online publishing, or start a new business dedicated to that new topic.

How to Build a Signature System

Identify Your Signature System. Start by identifying something you know how to do well. Analyze how you did it step-by-step. Map out these steps and plan how you'll teach each one to your audience.



Find Your Market. Someone can benefit from your program. It's just a matter of discovering who. It may be your current audience or a segment of your audience. On the other hand, it could be a totally new audience. The people who can benefit most from your system are those who are suffering from the problem it solves.

Create Your Program's Materials. Decide on the right format for your audience. In addition to the main program, which might be an eBook or a video course, decide what other materials you'll need. Give your students work to do as they go through the program.

Choose Marketing Tactics. Choose marketing tactics that allow you to reach your audience and tell them about your program. Be sure to emphasize its unique benefits. Decide what role the program will play in your sales funnel.

Money and Marketing Breakthrough Coach and Visibility Expert Serena Carcasole is deeply passionate about empowering women to thrive personally and professionally. A best-selling author and renowned podcast host, she has helped hundreds of service-based women entrepreneurs become influencers and scale their businesses. Through her Amazing Women Entrepreneurs Network, Serena offers income-accelerating resources and tools entrepreneurs can use to make an impact while getting the exposure necessary to bring in leads, consistently. She's known for her unique ability to empower women to live their dream lives while achieving financial independence.

Download her popular Visibility Blueprint at www.VisibilityMaven.com, and find income-accelerating goodies at www.AmazingWomenEntrepreneurs.com.

Implement and Follow Up. Once you release your program, keep in contact with its participants. Follow up with them to make sure they received the expected results and get feedback so you can make improvements.

If you want to learn how to create your step-by-step signature system, contact me to discuss how I can help you gain clarity, perfect your messaging, create multiple income streams, and build a large audience for a thriving six figure or more business. Make 2021 the year you RISE as the next leader in your field.





STOP DRIVING YOURSELF CRAZY

BY MISTY KNIGHT

You know you are doing it. You feel it coming on every morning as you sit down at your desk. You start thinking there is too much to do; there is no way you will get it all done; you need a clone of yourself if you are ever going to get caught up. You start feeling overwhelmed and frustrated. Then you start trying to frantically get it all done while also replying to emails, answering phone calls, and stopping 100 fights between the kids. How do you stop this madness?

Recognize the Problem

The first step is to recognize the problem. Hint: it's not having too much to do. It is the thought that you have too much to do. Those thoughts are what make you feel overwhelmed. Feeling overwhelmed is what causes you to spin out in frantic, unproductive action. And the unproductive action keeps you from getting the important stuff finished. So, what are your specific thoughts that are causing you to feel overwhelmed? What immediately comes to mind when you wake up in the morning? Or when you sit down to begin working?

Change Those Thoughts

Now that you know the exact thoughts that prevent you from getting things done, you need to identify what thoughts would help you get things done. You can do this by flipping your current thoughts or choosing a feeling that you know would motivate you to start knocking stuff off your to-do list. Maybe the feeling would be confident, courageous, motivated, or powerful. What would you need to think to feel powerful?

Maybe your new thoughts could be: I have plenty of time in the day; every day, I have 16 hours to accomplish my tasks; I get to choose how I use my time each day; I am a powerful creator and doer. Which thoughts motivate you?

Get Clarity

Now that you are motivated and empowered let's help you get those tasks off your to-do list. Take five minutes and list out everything you need to do.

- What projects do you need to finish?
- What appointments do you need to set?
- What emails do you need to send?
- What ideas have you been working on?
- What things are you worried about?

Next, go through your list and put an X next to everything outside your control, such as things that other people or God/the Universe are responsible for. You cannot do anything about them. Put a star next to everything that is within your control.

Rewrite all your starred items in priority order. Then go back through your new list and put a time limit next to each of them. Now, pull out your calendar and time-block those items on your calendar in the next week, committing to yourself to get these things done. You no longer have to waste time and energy by holding this to-do list in your head.

Misty Knight is a Mindset and Business Coach. She helps female entrepreneurs Breakthrough and Become Tenacious. Get Breakthrough at <http://bit.ly/breakthr2>



HOW EMAIL MARKETING CAN GROW YOUR HEALTH BUSINESS

By Isa Martinez

Email marketing is here to stay. Social Media, webinars, live sessions, events, and others bring a new audience.

How can you keep them interested and engaged with your content?

Done right email marketing is an effective strategy to market your business. You don't need to be spammy or sleazy. You can offer value, stay relevant, and answer the questions your ideal client is asking right now.

Let's put it this way: Social Media and other tactics bring people to your door. Email marketing, Let them in and engages them enough to stay at your (virtual) "home."

The longer they stay, the more they get to know you and trust you. Then, they start buying what you offer AND recommend your courses and programs to others!

Here's why email marketing helps you:

1. It keeps your current clients and subscribers eager to hear more from you

If someone gives you access to her inbox, consider it a privilege because it is. People receive (and read, and reply) emails every day, so please, please don't take their attention for granted.

If they have purchased your courses and programs, be connected, offering more valuable content -and new opportunities for you to help them further develop. Remember, you can make a sale, but happy clients keep your business thriving today and (long) after the first sale!

2. Attract new followers, subscribers (and make more sales!)

Social Media, podcasts, interviews, webinars bring them to your door. If they decided to sign up for your list, keep them interested in content that will make their lives easier and better. That's why they joined your list – so that they could see if there was something in it for them. Deliver it!

3. Your content reaches them in a more direct, personal way

Is it possible to compete with cat videos? Probably not. Besides, people receive tons of notifications on social media every day from friends, family. So the attention you get may last one second or less.

But with an email list, you reach them in a more direct way to create a personal connection.

4. Emails sell, whether you're launching or not

An email campaign is a crucial component of any successful launch of a new product or service. But after the launch is over, what happens?

You can keep your audience engaged by offering practical solutions to specific problems, and at the same time, offer something you have (a course, a program) that would help them with that need.

5. Social Media changes the rules all the time

Your organic reach is hitting rock bottom? Have ads that used to work stop working all of a sudden? Social media is a space where people meet and interact, but you don't make the rules. They do.

On the other hand, your list belongs to you. You get to set the rules. Use that power wisely with content and offers that benefit them.

Email marketing is all about relationships. It's not about filling out their inbox, is about adding value to the person managing that inbox.

Isa Martinez is a Marketing Strategist & Mentor helping health and wellness experts to build a blooming health business by connecting them with people ready to live - and invest- in a healthier lifestyle.

Ready to make more sales and bring more clients through email marketing? Get the Email Marketing Roadmap for a Blooming Health Business at www.bloominghealthbusiness.com/email-marketing-bundle

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DO YOU HAVE DECISION FATIGUE?

BY LAURA STEWART SHORTRIDGE

First of all, what is it? According to Medical News Today, July 6, 2020, "Decision fatigue is the idea that after making many decisions, a person's ability to make additional decisions becomes worse."

In other words, our brains get so tired from making decisions that we can't think straight. Even small decisions add up and drain our brains. We get to the point of carelessness. THAT can spell disaster in our businesses, health, and relationships.

Especially as businesswomen, we are constantly juggling career, family, personal life, and more... ALL of which require thousands of daily decisions.

To help reduce the load, consider grouping decisions or making some ahead of time. If you have a family, be sure to include them. For example:

- Prepare a weekly or monthly menu so you don't have to decide every day what or where you'll eat. If you have a family, get their ideas. Have children that are old enough to cook? Teach them! Make a rotating chart for doing household chores such as dishes, laundry, floors, bathrooms, etc. Once you make the initial effort and they get used to it, it will release some daily decision-making.

- Plan your wardrobe ahead of time. It doesn't matter if your entrepreneurship is 100% or if you have a part-time or 9 to 5, it reduces decision fatigue if you don't have to wake up each morning only to thumb through your closet, choosing what to wear. Even if you are working from home and wear the same sweatpants for two weeks in a row, at least line up a different shirt for each day. Suggest your family members to do the same.

- Go through your snail mail IMMEDIATELY when you get it. Decide if it will be 1) tossed into the recycling bin, 2) opened and then tossed into recycling bin, 3) opened, responded to, and filed, or 4) given to another member of your family. Don't let it stack up. A pile of physical mail sucks your mental energy by causing your subconscious to make a decision every time you see it. Will I look through it now? Now? How about now?
- Block out a specific time each weekend to update your calendar. Make sure the big events with unchangeable dates go in first, then the next most important, then the most flexible. Think big rocks first, then pebbles that can fit around the rocks, and finally the sand. If you have a significant other and/or children in your life, include their schedules as well. Also block out some personal time to relax and recharge. By making the decision on how you will spend your time, you don't have to waste mental energy asking, "what do I do now?"

These are just a few tips to encourage you make some big decisions that will slow down the stream of constant little decisions. It's time to slow the brain drain.

www.UnhackableDreams.com



Laura Shortridge is an author, creator, and coach who has a passion for helping others develop their unique, divine gifts that only they can offer the world. www.LauraStewartShortridge.com

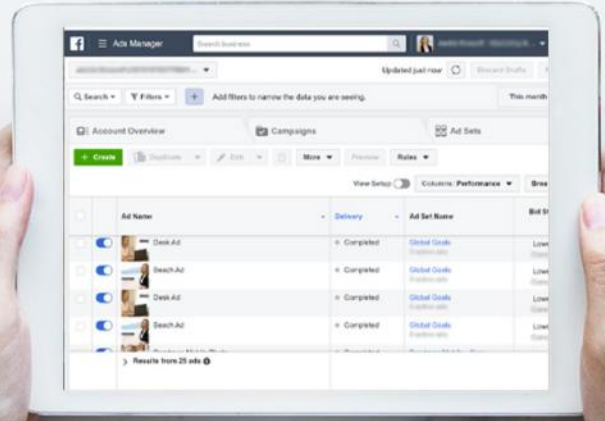




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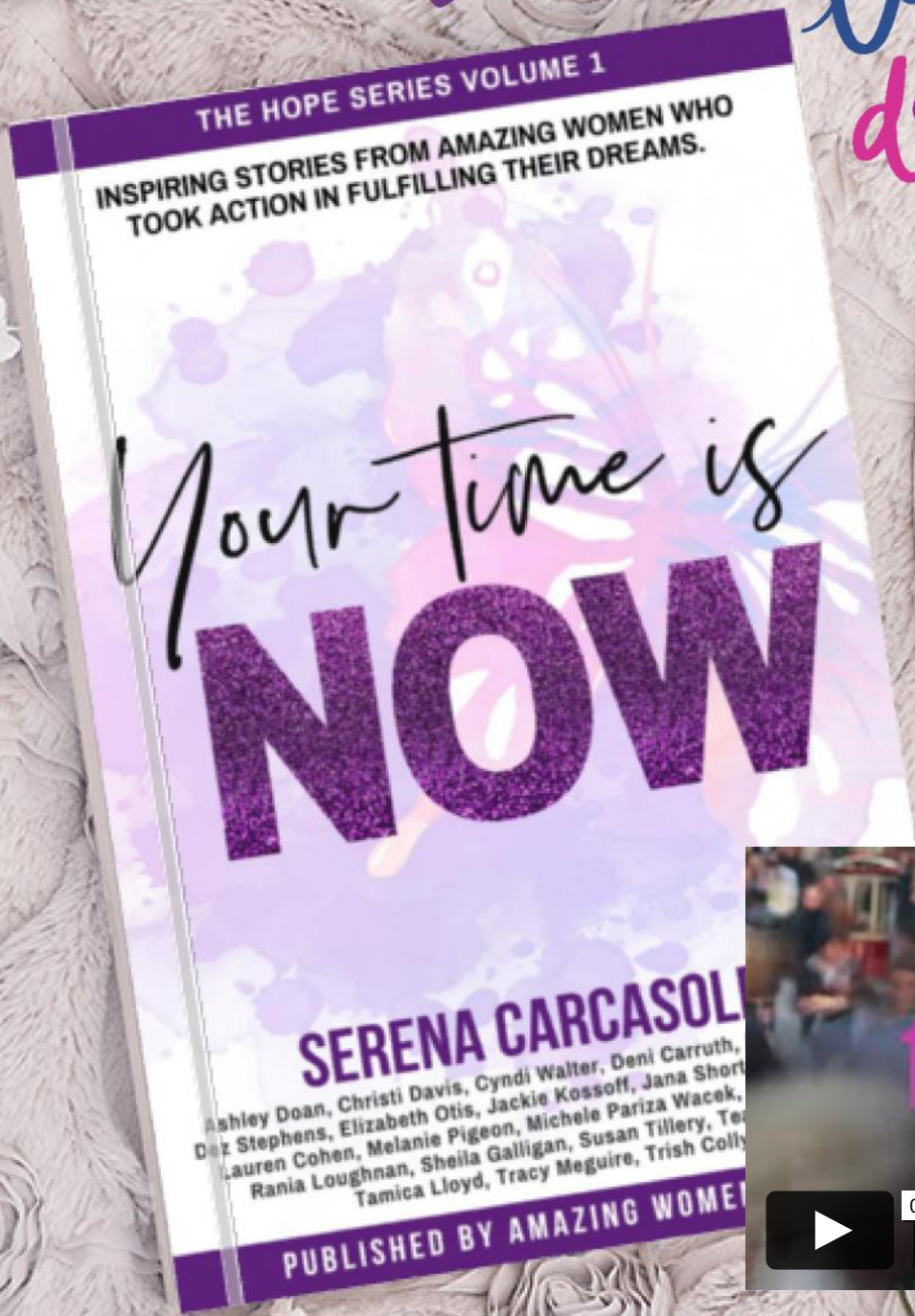
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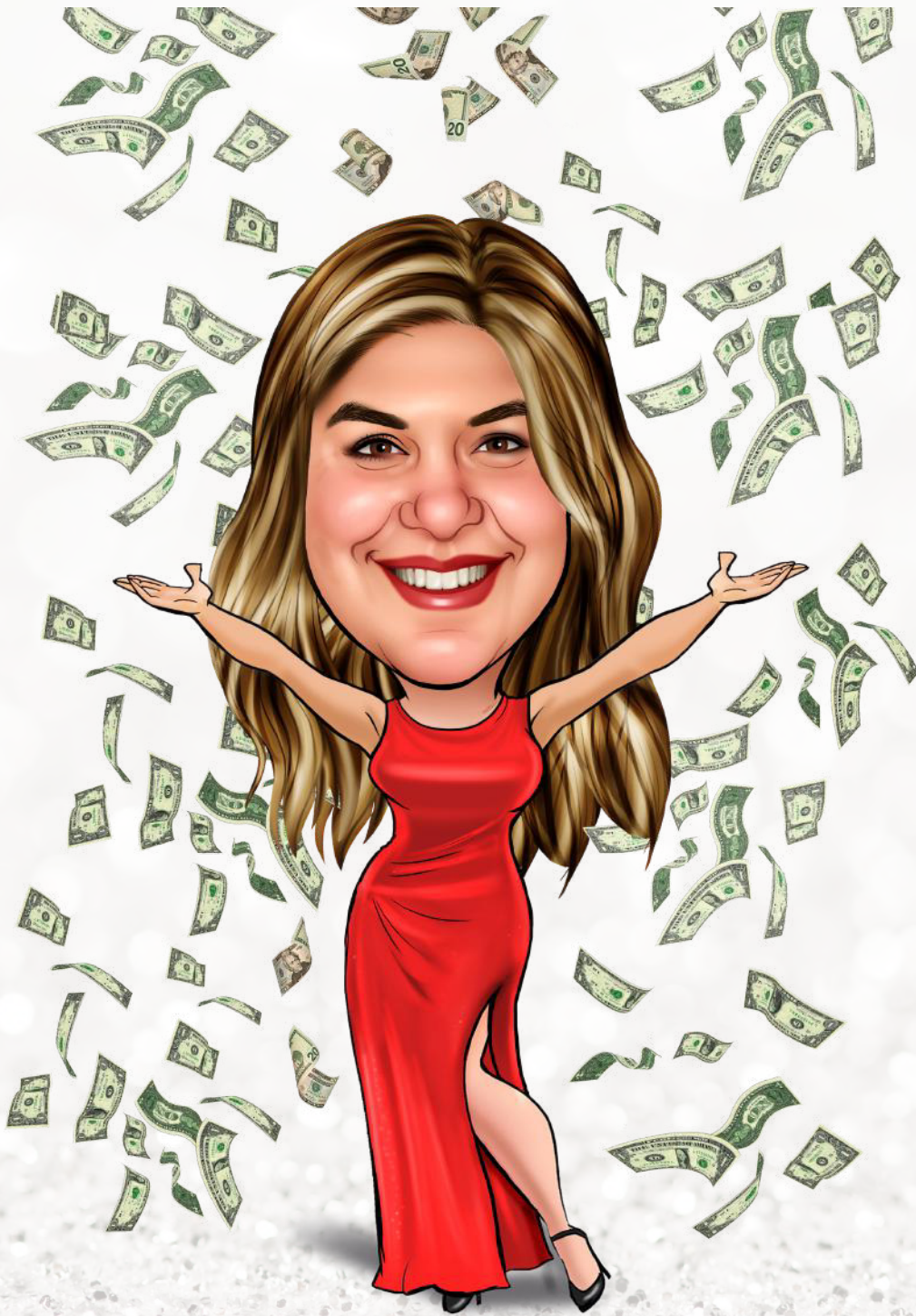


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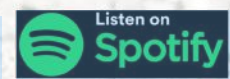
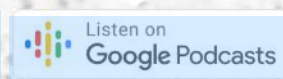
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Real Stories, tools, and strategic tips for your life and business. Hosted by Business Growth Specialist Serena Carcasole, join us for courageous conversations with fellow women of influence that share their journey into entrepreneurship, the ups and downs, and provide the listener with valuable tips and takeaways to create the business and life of their dreams.

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“WEALTH IS THE ABILITY TO FULLY EXPERIENCE LIFE.”

— *Henry David Thoreau*

Money + Mindset



MONEY MINDSET THROUGH THE HOLIDAYS

BY DR. JANICE HUGHES

Money is what we use to exchange for goods and services, and we feel this most evidently through the holidays. It's great to give when we have money for it...and horrible when we don't.

In reality, there is a LOT more to this 'money thing' than what first meets the eye during the holidays.

When was the last time YOU thought about money?

Was it an hour ago or twenty minutes ago? For most of us with this holiday season, it's likely been on your thoughts even within the last few minutes - even before you read this article.

If we are honest with ourselves, we will admit we spend an excessive amount of time thinking about money during the holidays. It is not just what to purchase or not purchase for someone, but then we internalize this to the bigger picture of what we have or don't have in our lives. In essence, the holidays bring up either all of our wins, or for many of us, our debts, losses, challenges, and stress.



Can you wait and deal with the 'money stuff' after the holidays? Fantasy for sure!

Our brain is a supercomputer - and like a computer, it can be overloaded or not functioning at its capacity. When our thoughts are being expended on emotions related to money, we are literally taking away brain power and body energy.

Thoughts Become Things. The negative thoughts about money, emotions about money, fears about money....these all lead to more lack, more fears, and more challenges. Let's change that NOW.

It's time to catch and watch our thinking. Particularly our thinking about money and abundance, or lack of money and abundance. With any stress or negative spiral about money, simply say, "STOP!" You can say it out loud or internally in your mind.

This is called pattern interrupting your thinking. It's based on a more powerful and effective way of understanding or thinking about your money, focusing on the simple concept that Money = Energy.

There is great power in understanding that money is currency. Whether we deal in dollars, pebbles, or some other form of barter, we are exchanging this currency for a product or service. We are generating this currency from the work we do and the things we create. Ask yourself if there is something simple you could give to the people in your life. Is it a handmade card, an offer to do something for them throughout the holidays, or something unique and simple?

How would it feel if you didn't go into the New Year focused on debt and digging out from over-spending over the holidays?

—

Start today to shift the negatives and fears towards more empowering thoughts. Want to learn more? Here are several free resources available to dig deeper to create a powerful Money Mindset: [FREE ebook: Inspired Wealth](#)
[FREE 4 video series: The Health of Your Wealth](#) See more from Dr. Janice Hughes, co-author of Codes of Longevity, or contact her directly for a complimentary conversation about action steps you can take now to thrive financially.



10 Money MINDSET HACKS





When you apply the Law of Attraction to your life anything is possible. You will start to send out higher levels of energy and strong positive vibrations to the Universe and you will attract more than you can imagine. Love, happiness, wealth, and excitement it is all there waiting for you. The magic trick...act as if you already have it. Thoughts + Actions = SUCCESS.

Serena Carcasole

www.amazingwomenmedia.com

www.visibilitymaven.com

www.ultimatecoaching.club

"Teachable People Have A Positive Attitude toward Learning. If you want to be successful tomorrow, then you must be teachable today. What got you to where you are today won't keep you here, and it certainly won't take you to where you want to go tomorrow. If you have not developed a teachable spirit and a positive attitude, I encourage you to start NOW."

- Anupama Kinatukara

How can we make this better? Asking this question opens our eyes to new possibilities and opportunities out there.

- Isa Martinez

Positivity, can do mindset, always looking for opportunities to grow.

- Diane Boorman

www.brandanalytics.co.za

When you feel stuck, and you're not sure why. Listen to your body. Is it anxiety, fear, anger? Focus on the sensation in your body. Allow it to be there. Listen to it. What does it say? I'll never succeed. I'm scared I will fail. What does your fear need from you? How old were you when you created that belief? What does she/he need from you?

- Christy Maxey

www.maxxmethod.com





When you find yourself saying "I can't..." add the word "yet." It might not be possible for you now, but it will be.

Amanda O'Rourke

✉ www.happycoach.co.uk

Whatever you focus on is what you get. Focus on what's right rather than what's missing.

- Dee Robinson

www.peakperformanceprofessional.com

The key to manifesting your desires is simply, allowing. Get clear with what you desire and allow it to happen by believing it is yours.

- Jacqueline Long

www.elevateyourbizcoaching.com

Validate how you feel. Your emotions are responses to people and situations. They give insight into both what you believe and what you may need. We often desire others to validate us when we have the power to do that for ourselves!

- Jenni Graham

www.traumafreeuniversity.com

You are the boss of your thoughts. Torture yourself with the dark ones, or dance with the happy, light ones and thrive. It's always your choice.

- Debra Lupien

<https://AkashaUnleashed.com>

You don't need to have all the resources in place or know how to set big goals, you just need to know the next step and believe you can do it.

- Coralee Beatty

<https://business-coach-vancouver.ca>



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ENTREPRENEUR WHO IS BOTH MOM AND
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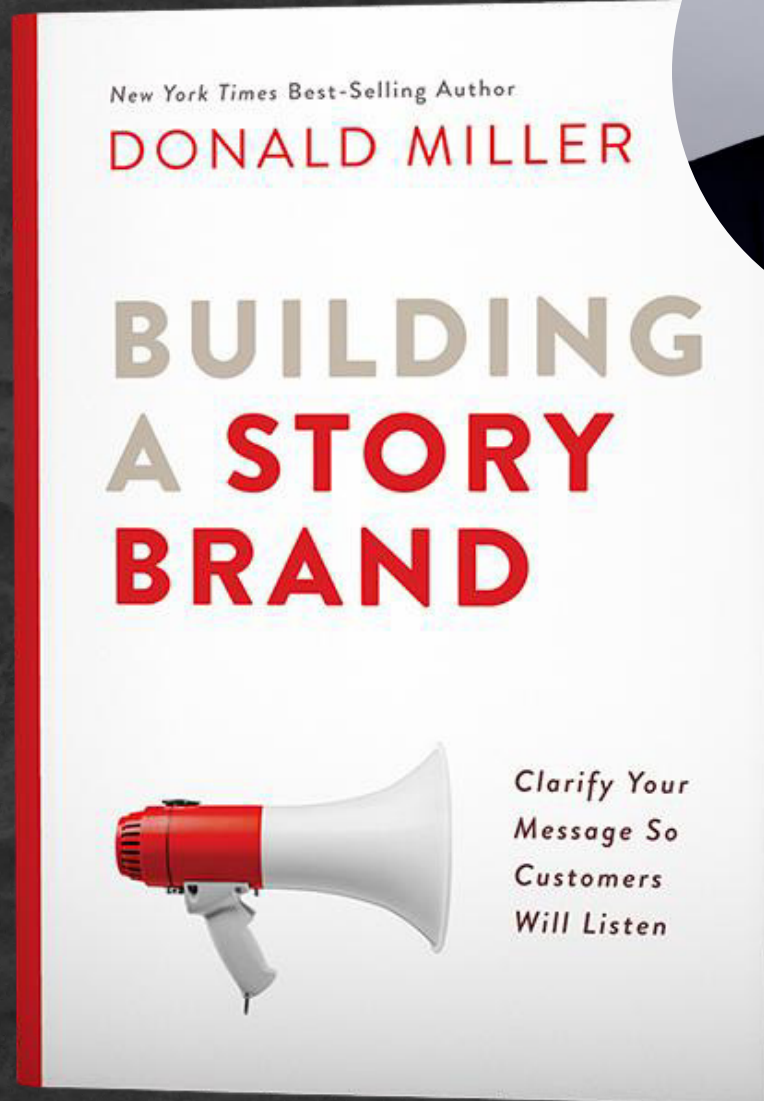
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BUILDING A STORYBRAND:

Clarify Your Message So Customers Will Listen

by Donald Miller



BOOK SPOTLIGHT

By Christine Morrell

If you are like most business owners who want to connect with customers and drastically grow their business, I recommend you read *Building a Story Brand: Clarify Your Message So Customers Will Listen* by the New York Times and Wall Street Journal bestselling author Donald Miller.

The Power of Storytelling

Like with film, theatre, and communication, storytelling is important to use in business, as it's been an integral part of our lives. It has survived the test of time because the narrative provides context that we can relate to.

Our ancestors have been passing stories down to us from generation to generation. And most of us grew up engrossed in mainstream mediums such as television, radio, and newspapers. Fast forward to today, we have a plethora of storytelling mediums with digital media, including video, social media, and podcasts to keep us engaged and coming back for more.

Donald Miller's book, *Building a Story Brand* does more than describe the benefits of the marketing industry's buzzword "storytelling," he teaches you how to harness the power of storytelling to use in your messaging. From creating marketing copy to digital content, a story brand will help you stand out from the competition and teach you how to foster meaningful relationships with your customers by speaking to them about what they need to help solve their problems. A Story brand will literally transform how you talk about who you are, what you do, and your unique value proposition. Ultimately, you will be able to position your brand and your product to become irresistible. Miller does this with his innovative and detailed StoryBrand 7-Part Framework (SB7).

Use Clear Messaging That Speaks to Your Customer's Needs

If you have ever tried to carry on a phone conversation while the television is blasting in the background, you'll know that the witty banter of your favorite reality tv stars becomes "noise," as you struggle to hear what the person on the other end of the phone is saying to you. That noise is what customers experience when they visit most websites.

Companies are all too happy to boast about how fantastic they are at this and that, but to the customer – do they really care? No, it's just noise to them. Customers want to know what you have to offer them that will solve their problems. Because after all, products and services are all about meeting the customer's needs – not yours.

To get rid of the noise, your website and marketing collateral should communicate three simple things:

- Who you are.
- What you're here to do.
- And why a customer should choose you over the competition



Before you craft your StoryBrand BrandScript (aka brilliant messaging), you need to consider what the customer's survival needs are. In other words, how will your product or service help them to survive and thrive? To tap into this, we will look at Psychologist Abraham Maslow's hierarchy of human needs, as he arranged a person's needs according to their importance for survival:

- 1st - **Physiologic Needs** (e.g. food, water, warmth, and rest).
- 2nd - **Safety Needs** (shelter and security).
- 3rd - **Belonging and Love Needs** (companionship with friends and romantic partners to reproduce).
- 4th - **Esteem Needs** (the prestige of feeling accomplished).
- 5th – **Self-Actualization needs** (to achieve one's fullest potential through psychology and spirituality or with creative activities).

Use the SB7 Framework to Make your Messaging Stick!

Miller says our messaging needs to be as catchy as the melody of a hit song. You know, the kind of melody that you can't get out of your head?

The SB7 Framework is structured around seven components of a story: **character, problem, guide, plan, calls to action, failure, and success**. Miller goes into each of these components in great detail in his book and provides specific rules for each component. However, I have provided you with only a condensed version of the concepts due to space limitations.

1. Your Customer is the Hero

- Your customer is the hero in your story – not you or your business!
- Your customer is always the character, and they are always right.
- Focus on the needs and wants of the customer but target only one specific desire.

2. Your Customer's Internal Problem is the Villain.

- Identify your customer's problems to engage them so that they feel understood.
- Position their internal problems as the "villain" and them as the "hero" who will conquer the villain (by using your product or service, of course)
- Internal problems are frustrations or pain points (e.g. not having enough time). So, talk about the root cause of the problem and ask how it makes them feel.
- Make a promise to solve your customer's internal problem.
- Remind them of how wrong it is for them to feel this way and bring attention to how horrible they'll feel if they don't take care of the problem.
- Show them how to defeat the villain by using your products or services.

3. Be their Guide

- Like most heroes, at some point, find themselves in a heap of trouble, and the situation seems hopeless, there is always a guide to show them the way.
- Your business is the guide that supports and imparts wisdom, helping the hero to get back on track.
- The guide must exude two important qualities
- **Empathy** – demonstrates you understand their pain and frustration and establishes trust.
- **Authority** – demonstrates your competence.

4. Provide a Process Plan or an Agreement Plan

- Increase compliance and customer satisfaction (and retention) by showing them exactly what to do in the process (e.g. 3-4 step customer guide on "how to buy" and another process plan for "how to use" your product or service).
- Mitigate their fear of making a "risky purchase" by making them a promise (e.g. 30-day risk-free plan).

5. Give them a Clear Call to Action (CTA)

- Challenge your customers to take action with a direct call to action that boldly and clearly asks for the sale.
- Use a *transitional call to action* as a lead magnet (e.g. free downloadable PDF, an invite to a free webinar, subscription to your free mailing list). This type of CTA will encourage them to maintain a relationship with you and hopefully think of your business instead of the competition the next time they encounter a problem. It will also provide your business with on-ramp opportunities for future sales.

6. Motivate your Customers to Buy

- As people are more likely to avoid a loss than pursue gains, make sure your messaging clarifies what they will lose, should they not purchase your product or service.
- Leverage this fear of failure to your advantage by painting a picture of what life will be like if they don't take advantage of this opportunity now (e.g. negative consequences they will experience).

7. Share a Successful Vision of the Transformation they will Experience

- No one wants a tragic ending, which is why you dangled in front of their eyes the dangers of not purchasing. You've demonstrated how they currently feel about themselves living with their villain. Next, paint the picture of what success could look like for them – with your product or service.
- Use these three strategies to communicate this vision:
- **Status** – offer perks that are not available to other customers associating your product or service with an exclusive status (e.g. VIP). Show them how it will feel to become their aspirational identity - who they want to be and who they want to be known as. For example, Apple customers pay more for Apple products because it's an aspirational brand).
- **Completeness** – explain how your product or service will make your customer's life more complete, and it's impossible to feel complete without your product or service.
- **Self-Acceptance** – for who the client is and showing them they can reach their own potential.

By using the seven key components of narrative storytelling within the SB7 Framework, you can create your own story arc to write clear brand messaging (StoryBrand BrandScript) that captivates and keeps your customers' attention and grows your business exponentially.



Christine Morrell

Christine Morrell is a ghostwriter, copywriter, and editor with 18 years of content creation and professional communications experience working in the corporate, public, and non-profit sectors. Christine is passionate about writing, as she believes in the power of words. She has her Bachelor of Arts degree in Professional Communications. www.christinemorrell.ca / cmorrell@mail.com



A LONG LIFE IS A LIFE WELL SPENT.

- *Leonardo Da Vinci*

Wellbeing + Longevity



Unlock Your Code to Thrive

BY: DR. MELLISA GRILL-PETERSEN

What is thriving to you, and how do you know when you are experiencing it?

As we get ready to wrap up what has undoubtedly been a year of contrast, through all of the disruption and change, one thing is clear... This landmark time has shown many examples of what we individually and collectively don't want. While simultaneously inspiring clarity around what we do want, highlighting the many new possibilities to flourish and thrive.

What a prime time as the holidays approach, and the new year awaits, to say yes to you. Yes, to your desires, dreams and clarity. Yes, to doing less reacting to the people, places, and things out of your control and more aligning and allowing your inner guidance to activate your codes of thriving.

To thrive means to flourish and grow.

You are life expressed, and life is defined as growth. You seek to grow and thrive. It is embedded in your genetic code and informed through the epigenetics of life.

The amazing thing is, thanks to advanced science and technology, we now understand what ancient principles have always taught - how to activate the code within to express greater states of optimized living.

Your vision and your desires are your soul's guidance, inviting you into the next highest expression of your life.

This is evolution happening in real-time. You are transforming in each moment from what was into what you now desire to experience.

And yet, even with this innate desire to grow, it's easy to find yourself stuck by questioning, limiting, settling, wondering, comparing, and going backwards instead of forward.

The good news is, your system is designed to flourish, to be resilient and naturally grow forward. Get ready to discover the key available to you, unlocking your potential to thrive at any time.

In the book, Codes of Longevity, I set out on a mission to redefine how we view our potential to live our limitless life.

Age is a perfect example of where and how we get stuck surviving when we were meant to live a long life thriving. One of the key places this disconnection occurs is in the mind, rooted in the unconscious limitations we all place upon ourselves due to our cultural editors. The stories of what we have come to believe as possible, the rules and expectations of life, passed down from our parents, teachers, friends, family, communities, and past generations.

The conscious and unconscious stories play out to create and reinforce the filters through which we perceive, interrupt, and respond to the world around us. This informs your thoughts, actions, habits, beliefs, and the expression of your DNA.

Epigenetics reads the "environment" of life and sends the information by way of a messenger to the cells where the DNA is housed. The signals let the system know if the outer world is safe or dangerous because your body's number one job is to keep you alive. At the most primal level, this means assessing threats to keep you SAFE. If the information coming into the system says, "everything is good," then you move into ease and support for growth and flourishing. However, if it thinks you are stressed with threats, your system will be guarded in hyper-vigilance for protection.

This is intelligently designed, as it's hardwired into us. Yet, just like a computer, we can update our system through new mental software to activate our inner expression of thriving.

To upgrade your inner software, begin with the power of awareness.

Awareness is about tuning in to the present moment, the feeling, the experience, into YOU.

Begin by noticing how you feel about your current reality? Your emotions act as your interrupter between the way you interact with and experience daily life. Does it feel open, expansive, connected, supportive or restrictive, overwhelming, fearful, and unsure?

Without judgement, simply notice and understand this is feedback. Your perception defines "good" or "bad," which informs your system to survive or thrive.



What you believe, you perceive. What you perceive signals your brain and body, triggering a cascade of powerful hormones and chemical messengers that tell the DNA to either express or repress your code. As you are exposed to either real or imagined threats (stress), it will be harder to thrive. Your system will opt to fight or flight vs grow and flourish because your survival is primary.

Use awareness to update your mind to design your new version of thriving.

- Use awareness to notice if and when you desire to thrive yet feel stuck. This resistance is your indicator that your system is perceiving your desire as not being safe for you on some level.
- To activate your code to thrive, affirm to yourself that your desires are safe and essential for your new states of growth, health, and happiness. By standing up and talking out loud to yourself, and FEELING the truth and wholeness of your words, changes your physiology and triggers new chemistry in your body, confirming that what you are saying is actually true for you and your system will respond in kind.

Use awareness to update your body to align with your new version of thriving.

- Become aware of when and how stress may be showing up in your body or life. If and when you are tense, worried, amped up, anxious, pushing, trying or struggling, realize if those emotions persist, the chemicals of stress will be released through the body. These will override thriving, signaling the need for protection.
- To activate your code to thrive, engage your parasympathetic nervous system by immediately signaling the vagus nerve through humming, singing, or laughing. Laughing is so powerful. We often think we are happy because we laugh when, in fact, the chemistry of laughing is what produces the feel-good hormones of happiness.

What better time than the holidays to practice thriving. Yes, there will be times to be stressed, but what if you choose to feel good instead? Sing holiday songs, laugh and play games. Look at the season through the eyes of a child, connecting to that sense of holiday wonder and magic.

As you look to the new year, know that you are the visionary of your life. Design a vision that holds your highest outcomes and feel the fullness of the joy and excitement it will bring. Get out of your head and live through your heart, sharing the emotions of curiosity, growth, love, and joy. Use awareness to update your body to align with your new version of thriving.

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Remember, the default mode of the brain is to find fault and look for threats. Be better than the default. Leverage awareness, choose to grow, flourish, and thrive. You hold the key. It's time to activate your code. It's your birthright!

Yours in Limitless Possibilities,

Dr. Melissa



To learn more about designing a life of thriving, get your free copy of the Codes of Longevity book by visiting;
www.CodesofLongevity.com/ageless

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THE GIFT OF MOTHER NATURE FOR LONGEVITY 12 WAYS TO DESIGN NATURE INTO YOUR HOLIDAYS

By Leann Spofford.



Mother Nature knows the secrets to longevity - she's been here four and a half billion years. Scientific research provides powerful evidence of the importance of nature for our health.

These studies have shown that time in nature can lower blood pressure and stress hormone levels, enhance immune system function, increase self-esteem, reduce anxiety, and reduce inflammation.

All of which help anti-aging. Our connection to nature, such as forest bathing or grounding, has been found to elevate levels of natural killer cells in the immune system, which fights infections, creates anti-cancer proteins, and improves health.

Researchers have established a threshold for a healthy dose of nature - precisely 120 minutes per week for better health and well-being.

Nature is not only nice to have, but it's a have-to-have in our daily life and definitely during the stressful holiday season.

Here are 12 ways to design nature into your holidays and daily life.

1. While it may be difficult for many to get outside during cold months, there are multiple ways to bring nature indoors. The holidays are a perfect time for Christmas trees, ivy, or illuminated vases filled with natural branches.

Pines and conifers release large amounts of phytoncides, an essential oil produced by plants and trees with anti-microbial and stress-relieving effects.

2. Grow healthy herbs to use in your kitchen during holiday cooking. Basil is an easy starting point.

3. Create morning coffee/tea nooks outside on a patio or porch to capture the natural light beneficial to our circadian rhythm.

4. Place mirrors around your home to strategically reflect natural sunlight, which helps our moods and cortisol levels.

5. Install a living green wall filled with moss or succulents designed with health and happiness in mind.

6. Awaken the senses by diffusing woody holiday essential oils perfect for the season and festive state of mind.

(Side note: Google the various studies on Hinoki cypress essential oil for its effect on sleep quality, lowering anxiety, and blood pressure.)

7. Tap into your auditory sense by bringing the sound of the outdoors inside, either naturally if available or an app or nature-themed playlist. Ocean/wave sounds, gentle rain, whale songs, thunderstorms, bird calls, or a waterfall will stimulate your auditory senses.

8. Remember to keep air flowing through your home to avoid stale and unhealthy air.

9. Let your festivity plans include time outside by making a snowman, walking through holiday light displays, hiking, forest bathing, ice skating, or cross-country skiing.

10. Create a family tradition and brave icy waters for the health benefits of cold water immersion. Please take all safety precautions!

11. Give nature-themed gifts like pressed flower journals or botanical bath salts.

12. Plan a nature holiday or nature immersion experience.

Leann Spofford helps women experience the beauty of nature immersion while learning how to harness the power of DNA using epigenetics. Connect today for her free Holiday Gift, Nature's Beauty Field Guide, and to learn more about her upcoming online course, The Ageless Woman.
www.naturesbeautyheals.com



A portrait of a woman with long, wavy, light brown hair, smiling. She is wearing a black off-the-shoulder top, a necklace with three overlapping silver circles, and large hoop earrings. Her arms are crossed.

Family Holidays: The Good, the Bad, and the Curious

BY: LEE ANN FOSTER, MS PSYCHOLOGY, NEUROTHERAPIST, HEARTMATH,
PSYCHK & EPIGENETIC WELLNESS COACH.

The Good

Holidays are a time to gather with family and celebrate life, as many of us find meaningful connections and a sense of purpose at these gatherings. These experiences fill our tanks in ways that help us face life's ups and downs with resilience and optimism. If this is your experience, appreciate the gift you have.

The Bad

However, many of us may feel discouraged when we spend time with our families. We feel the need to put up a good front. But acting as if everything is okay when we are really struggling inside can lead to stress and even illness.

For much of my life, holidays were a struggle. Attending family gatherings left me feeling as if I had betrayed myself.

My parents seemed to think their job was to make their children thick-skinned so we could survive a harsh, unkind world. The family stories shared at gatherings were dark-humored tales of our weaknesses and failures.

The lineage of this behavior was unmistakable. My grandma was well-known for telling stories about dull-witted people who did things that "made as much sense as tits on a boar!" These kinds of family antics might make for entertaining sitcoms, but they don't do much for the human soul longing for connection and affirmation.

The Curious

So, how do we care for ourselves during the holidays when our family gatherings resemble National Lampoon's Christmas Vacation?

1. First of all, decide whether it is in your best interest to attend family gatherings. There are times when it is appropriate to prioritize caring for yourself. Plan ways to connect with loved ones and nourish yourself.
2. If you decide to visit your less than supportive family, get with a therapist or friend and create a plan to use the family time as a growth opportunity rather than just endure it as a survival task.

Sue Monk Kidd wrote that one could survive anything if they could tell a story about it. So prepare yourself to take the perspective of a story curator.

Often, we experience complicated emotional responses when we are with our families because we are stuck in perspectives and judgments rooted in our childhood. We get triggered into old mindsets and roles.

But we have a superpower available to us. We can learn to put on a lens of curiosity. We can learn to suspend judgment and look for different perspectives, different stories about why we, and our family members, behave as such. We can become alternative story seekers rather than judgment makers.

If we can show up as more curious versions of ourselves, we might be able to not only tell ourselves a different family story, but perceive and experience ourselves and our families differently as well.

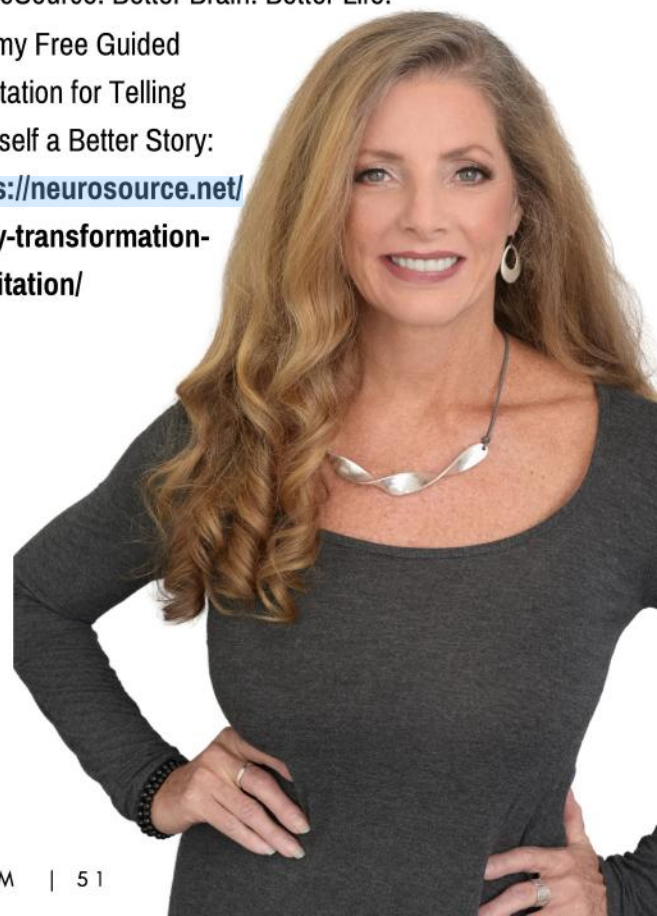
Healthy Holidays!

—

Lee Ann Foster, MS Psychology, Co-Owner of NeuroSource: Better Brain. Better Life.

Get my Free Guided Meditation for Telling Yourself a Better Story:

<https://neurosource.net/story-transformation-meditation/>





THE EASIEST LIFE HACK ON THE PLANET: REST

By Dr. Stephanie Rimka.

Did you buy into the myth of "hustle and grind" as the only way to get the body, income, or life of your dreams? I did for a very long time. Although I could hit my goals and look very successful, I was paying a steep price. The stress of "trying to have it all" cost me my sanity, health, and relationships.

Not only was I exhausted and aging rapidly, but I could also see the same pattern of damage and decline in the eyes of my over-scheduled and perpetually busy patients. To help them, I needed to learn how to recover if I was ever going to teach others the same.

This began my journey into learning how to rest. Rest is an art form to learn if you are as addicted to work, hustle, and stress as I was back then!

You can learn how to increase anything by doing less of everything. This process begins to develop a relationship with yourself. Connection is the essence of what it means to be human.

The human brain requires a connection with others to survive, but the art of connection begins with yourself in your heart. Begin with you, your heart, and no distractions.

30-Day Rest Revolution Challenge

- For the next 30 days, schedule "doing nothing" for 15 minutes every single day.
- Nothing.
- That's it. The concept of "nothing"; may sound unfamiliar to you, so let me explain: that means no reading, no music, no chanting, no meditation, no visualization, no making lists, etc.

These 15 minutes of doing nothing each day may be the hardest easy thing you've ever done at first!

Set a timer because some days, those 15 minutes will feel like 2 hours because you are so used to "doing."

But once you begin to break the addiction to "busy" which is costing your energy, you will feel peaceful, vibrant, and your productivity will explode.

It takes courage to slow down, be still, and to listen in a tide of noisy, rushing "busy" - ness. Be courageous. Rest.

Learn more about brain and longevity expert Dr. Rimka at <https://bit.ly/drrimka>

Email desk@drrimka.com with code ThrivingWoman and get her Sleep Course for FREE





A FIVE MINUTE MORNING ROUTINE THAT WILL CHANGE YOUR LIFE

BY JACKIE KILRAINE

If you knew you could do something for five minutes a day that would transform your life, would you do it? What if it was free and you could do it in bed? No, I don't mean sex. Not only will you feel better, but it can also improve your health and increase your longevity.

I am talking about using your imagination. Take five minutes to imagine how you want to feel and actually feel what it is like to experience that feeling. You will change your brain. You see, your brain does not know the difference between what you vividly imagine and reality. Imagining playing the piano and actually playing the piano **activates and changes the same areas in the brain**. Athletes use this to improve their game.

An article published in the November 2015 issue of Psychiatry Research revealed that subjects that received training to enhance the vividness of positive imagery about the future had less anxiety, decreased negative mood, and increased optimism. Having a positive outlook is associated with **reduced mortality** and **improved heart health decreased coronary artery disease**, a significant cause of death.

So what to do?



Grab a notebook and write down how you'd like to feel. This is an important step. There is science showing the act of actually writing impresses the thought in your brain.

I list five feelings and imagine each one for one minute each. I might list, I feel calm. I would then vividly imagine and actually feel calmness. I say I feel rich! I spend one minute vividly imagining how it feels to be rich. You could say I feel energetic, beautiful, happy, or healthy. Don't limit your daydreams. Imagine like you are a child that believes everything is possible. I keep it in the positive. I say healthy instead of not sick. After this exercise, you will feel more positive and look forward to beginning your day.

This practice will change the way you look at the world. It causes you to be more positive and have a glass half full outlook. You will see the positive in life instead of noticing the negative and **bounce back quickly from stressful events**.

So don't hit the snooze. Let your imagination run wild. You will create more joy and positivity in your life. You will improve your health and live a longer, happier life. With practice, you will incorporate those feelings into your daily life and look forward to the beginning of every day.



Dr. Jackie Kilraine is highly skilled at solving complex problems using a very individualized approach. This approach is designed to restore energy, remove fear, regain clarity and help clients look and feel ten years younger. She is the Director of Neurotechnologies at Apeiron Zoh and the CEO of Expressing Optima and www.Healthybox.me. She is an examiner for the National Board of Chiropractic Examiners. She is the author of the Expressing Optima journal, which is part of her Rediscovering You program and co-author of the Codes of Longevity.

Rediscovering You is designed for women to reclaim their joy and passion and to live life to the fullest to enhance their own life as well as the lives of those they love and serve. Dr. Jackie is the proud mother of three amazing boys and shares her home with her dog Luna and three curious cats. She loves to do anything outdoors especially if it involves water.



EAT FOR YOUR GENES

BY DR. ASHLEY BECKMAN

As a doctor of Chinese medicine and board-certified herbalist that focuses on epigenetics, my mission is to educate people on practical ways to adjust their lifestyle to promote longevity. My specialty of longevity combined with epigenetics allows for a bridge between ancient theory and modern science. Our daily practice of what we eat and drink is exceptionally impactful when it comes to promoting youthfulness. What we put in our body affects our epigenetic blueprint and directly impacts our health and anti-aging potential. Regular use of specific, powerful Chinese herbs and medicinal foods hold the key to reversing aging.

Epigenetics

Epigenetics is the study of how our diet and lifestyle affect our genetic expression.

Traditional Chinese Medicine

There is a Chinese saying that medicine and food are of the same origin. This theory still holds true today, where many typical food dishes are infused with tonic herbs regularly to promote longevity and radiant health.

Herbs such as ginseng, reishi, and green tea are some of the most potent superior herbs with strong anti-aging effects.

Ginseng

- Ginseng is one of the most potent adaptogenic herbs
- Ginseng has been widely studied for its anti-aging properties

Longevity Tip: add ginseng powder or tincture to your morning smoothie or soup.

Trusted Brands: Herb Pharm and Mary Ruth Organics

Reishi

- Revered as the "mushroom of immortality."
- An immune modulator – it will increase a lowered immune system and decrease an overactive immune response
- Protects mitochondria from cellular damage

Tip: Reishi spores are seventy times stronger than the mushroom and are considered one of Earth's most potent immune modulators.

Longevity Tip: add reishi powder to your morning coffee, smoothie, or soup

Top Brands: Sun Potion, Host Defense and Four Sigmatic

Green Tea

- Tea is the most studied anti-cancer plant.
- 5 cups or more per day are needed for therapeutic benefit
- Protects your genes from environmental damage

Tip: ¼ tsp powdered matcha = drinking 5 cups of green tea.

Longevity Tip: add ¼ tsp matcha powder added to hot water or smoothie daily.

Matcha Chocolate Truffle Recipe:

- 1 cup cacao powder
- ½ cup maple syrup/erythritol/raw honey or sweetener of your choice
- ½ cup coconut oil or coconut butter (melted)
- ¼ tsp matcha powder

Mix all ingredients together, put it in the fridge to solidify (about 20 minutes). Use a spoon to mold the chocolate into little balls. Roll them in loose cacao powder to coat them. Voila!

Trusted Brands: Club Magic Hour and Sun Potion.

Your choices affect your genes. Since you have the power to control your genetic destiny, you get to create a life filled with vitality and radiant health.

Dr. Ashley Beckman combines sophisticated functional medicine and epigenetic testing to discover the root causes of chronic conditions and creates a customized protocol for each patient based on their individual needs. www.DrAshley.com





LOVE ROLLS DOWNHILL TOO! MASTERING THE ART OF HUMAN CONNECTION

BY JILL WRIGHT



As I sit and reflect on this epidemic of global isolation and polarization, I ask myself how we can connect in much deeper and more meaningful ways. I believe we have an excellent opportunity to redefine the meaning of authentic connection. What does connection really mean to each of us? How do we 'join together' again after this pandemic is finished? Where do we start?

For me, I consciously move out of my head and into my heart. I get quiet, listen to my breath, and whisper the powerful wisdom that is alive within us all. I recognize that the heart is indeed the birthplace of true connection. When I'm stressed, I stop and consciously bring my focus from my head into my heart. As I feel my energy following my breath in-and-out of my heart, I'm immediately grounded in peaceful wisdom that joins all of us together in universal love.

I often do this exercise before I speak or enter my home, or walk into a meeting. For me, this practice is the foundation of all authentic connection. I've learned that we are all just human beings moving through life wearing different masks with the common desire to be truly "seen" and acknowledged for who we really are.

Harvard Business Review recognized me for using small gestures to make a big impact. My famous saying is, "Love rolls downhill too!"

Have you ever received a very genuine compliment? How did that make you feel? As I mentioned in our Codes of Longevity book, one of my foundational principles is to ask myself the question, "What does love look like here, for the person in front of me right now?" You can substitute the word love with respect, honor or whatever feels best for you.

Try connecting by creating engaging questions like what is the funniest thing you can think of starting with the letter A? Then work your way around the table in order A, B, C etc. What are you most grateful for? What was the best vacation you ever had? What is the craziest thing that's ever happened to you? What would you do if you won the lottery? These are just a few questions that spark great conversation to build a connection.

My favorite practice is to send five random positive messages daily. You can send these messages via text, voice message, post-it note, or snail mail. Have you ever received an unexpected thank you note or a random positive text? Think about how great that made you feel. Remember, your small, thoughtful act can change someone's life. Harvard has proven that those who had a more human connection in their life lived up to 50% longer. So authentic human connection is life-giving!

Right now, the world needs you more than ever! So, please take these ideas with you into the New Year and commit to connecting! Together we can build a whole new world filled with love and compassion and create the happiest New Year Ever!

Jill is affectionately known as the Queen of Shine. She is Heart-Centered Leader and CEO of Executive Shine and has been recognized by both Forbes and Harvard Business Review for transforming the culture of client-based services. As a bestselling author, she shares her 33 years of experience by Speaking and Consulting to inspire other leaders to unleash the human potential within their organizations through the power of belief and authentic connection. Get her free gift 7 Secrets to Authentic Human Connection at www.authentic-connection.com/gift



GAIN WISDOM WHILE LOSING THE BLOAT THIS HOLIDAY SEASON

By Dr. Amanda Krueger

'Tis the season for delicious food! But how often, throughout the holidays, do you find yourself indulging a little too much and then spending the rest of your evening paying the price? As the years go by, many of us find ourselves continuing this same cycle every holiday season. What if this year you create a game plan to still enjoy some of the splendor without the misery that follows?

I've found that creating a game plan allows me to utilize the time I was spending feeling bloated, overstuffed and miserable, and instead spend more time with my loved ones. This is a much more nourishing experience that returns the focus to what really matters during the holidays, such as tapping into loved ones' wisdom and sharing intentional conversations. Here are the tips and tricks that help me enjoy the holidays and be fully present for special moments!

Tricks

1. Plan ahead. Before the party or gathering, make sure to set a few guidelines for yourself. I am most successful when I set a few guardrails to stay within while not feeling completely deprived.
2. Eat ahead of time. If you know that you may overeat, don't show up starving. Eat a healthy meal or snack before going.
3. Utilize digestive support. My favorites are enzymes, bile, and/or HCL.

Tip - Increase these foods:

1. Pumpkin - increases SCFA (short-chain fatty acids), which encourages healthy gut lining by increasing butyrate.
2. Pumpkin Seeds - high in zinc, which help in enzyme production (helps break down food) but also the immune system.

3. Peppermint - has been reported to relieve gas, bloating, and indigestion. Studies have shown peppermint to relax the gut and ease pain.

This holiday can still be magical and even more enjoyable by making these simple changes. A mindset shift, along with having a plan and a strategy, can make all the difference this holiday season. Listen to your inner wisdom to be in tune with what foods will nourish you, and incorporate the tips and tricks above. Decide that you will be fully present to embrace the wisdom of those who have walked more miles than you this holiday. Listen to their stories and learn from each one of their gray hairs they have earned. 'Tis the season to love one another and embrace the changes we choose to make. Let's honor our past, own our present, and embrace our future to lead us to optimized health through mind, body, and spirit.

—

Dr. Amanda has 14 years of experience and over a decade of extra education in how the body works inside and out, her focus is to get to the root problem and just finished her diplomate from the board of Chiropractic Internist. If you are interested in her tips and tricks for a healthier holiday, email info@whcwellness.com or visit her website www.whcwellness.com. You will receive a free paleo hot chocolate recipe by emailing, put in the subject WISDOM





CONSCIOUS CURES FOR LONGEVITY. REALIZE YOUR FULL POTENTIAL AND LIVE A LONG HEALTHY LIFE.

BY DONNA MALTZ

Each of us has multiple tangible ways we can support our well-being and live a long healthy life. When we feel good, we can help others navigate a better novel way of being and help heal the Earth. Our physical and mental health strengthens when we focus on the positive and incorporate daily practices and healthy rituals. We get through the COVID era by fortifying ourselves for what is yet to come. A healthy mindset, a robust immune system, and letting go of fear and judgment are a recipe for longevity.

Reduce your stress and live longer: Incorporate exercise, mindfulness, meditation, and breath pulse, making you less receptive to illnesses.

Exercise: Exercise lowers your body's stress hormones and regulates your cortisol levels. Whether it be yoga, Pilates, martial arts, or swimming, being active releases the chemical endorphins, enhancing your mood and acting as a natural painkiller. Daily exercise gets your blood pumping to purify your body. A high-temperature environment helps block viruses from entering, which is why your body reacts to infection with a fever that helps kill a virus, and sweating removes toxins. Sweating and breathing hard is good for us.

Mindfulness and meditation: From Kundalini meditation to music meditation to walking meditation, you have options! Learn to still your mind by your perception of a mindless task and turn that time into a mindful one. Mindfully wash your dishes, feel the pots and pans in the warm water, and experience the difference when you are present in the task. It will make your "work" more gratifying. Listening to the sounds of Nature or soothing music helps get us into a meditative state, as do warm candlelit baths.

Breath awareness: So simple, so powerful. Throughout the day, you can relax your thoughts and still your mind by becoming fully aware of your breathing. Sigh often and give it some sound! Gentle, relaxed breathing is better than deep breathing when you are anxious. Focusing on your breath and repeating a positive mantra, such as, "I am safe, happy, and healthy," can bring peace of mind and help regulate your breath, even while doing simple tasks like making your bed.

Expression, not depression: Having outlets to express ourselves leaves little room for depression. Some of the greatest music, art, and business ideas have come from misfortune. If you find yourself feeling down, pick up something you love to do, and express yourself. Sharing your creations multiplies the expression and joy. When others see you expressing yourself, they are more inclined to catch on to your passion.

Self-care longevity toolbox: Keep these items around your home to enhance your life: a journal, dumbbells, essential oils, turmeric, herbal teas, supplements, a favorite pillow and blanket, Epsom salts to put in your daily bath, candles, downloaded meditation music or rock 'n' roll; you get the picture. Load your self-care toolbox with things that give you joy and comfort.

Laugh, love and rejoice,

Donna



**Donna Maltz is the Author of Living Like the Future Matters ~
The Evolution of A Soil to Soul Entrepreneur.**

I AM Journal

**Coming Soon: Conscious Cures for the 21st Century
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**A FREE guide of 49 Conscious Cures to enhance your health
and live longer. <https://donnamaltz.kartra.com/page/kTt16>**



3 Secrets Not All Energy Healers Are Aware Of

BY LENA THOMPSON



Traditional healing techniques have one thing in common that can limit the development of our clients, and that is

...TIME...

Let's face it, even with the best intentions in the world, you cannot physically be available to your clients 24/7. In this article, I will share with you three secrets of how you can overcome this obstacle so that your practice can thrive even during times of uncertainties.

Top 4 Challenges When It Comes To Supporting Clients and Their Needs

- **Finances:** The client's affordability to pay for one-on-one sessions.
- **Routine:** Committing to a routine - whether it is meditation, tapping, breathing, etc.

- **Convenience:** How easy is it to fit in a new routine into the daily lives of clients.
- **Limiting Beliefs:** Influenced by our friends, family and other's opinions, some clients will just find it challenging to follow holistic and 'out of norm' routines advised by the practitioner.

Secret #1 — Using a range of techniques

Every client is unique and requires a different approach to fix their problems, which is why you need to use various techniques that can be used to adapt to our client's needs. This helps us to ensure they are supported continuously.

Secret #2— Keeping up with the latest research can get stronger and longer-lasting results

Isn't it what we all want?



More and more discoveries are emerging in this world, but they take time to find, learn, and implement. But what if you don't have to spend time looking for them? What if these discoveries were backed up by scientific research and expertise to save you time and energy?

Secret #3 — More people are becoming self-aware, realizing the importance of health

We are living in challenging times, but even during the great recessions, empires were built by those who had a vision. Today's vision is personal well-being and collective consciousness. The public is giving up old ways and thinking to adopt holistic and natural approaches to life.

What Can We Do?

Having addressed some of the challenges that healers and practitioners can't control, what if there was a different way where you can complement your current practice?

Something that could be:

- Used daily inside the realm of known
- Natural and 100% safe

- Does not require time and continues support
- Does not take confidence to use
- Can be used by the entire family

WHAT IF...there was a wearable health and wellness technology with NO ingredients, infused with powerful health-promoting energetic frequencies that deliver energy throughout your body to help achieve better health and wellness energetically?

The latest research using Biofield Resonance Technology (BRT) has discovered the most advanced Wearable Energetic Health and Wellness Technology designed to balance and restore your body's natural energy flow to achieve optimal health and wellness energetically.



Are you someone who wants to be at the forefront of discovering new solutions for their clients and accepting the wonderful and new opportunities that come their way? Leah Thompson is a wellness advocate with 20 years' experience as an analyst and consultant in the corporate world and NLP & Reiki practitioner.

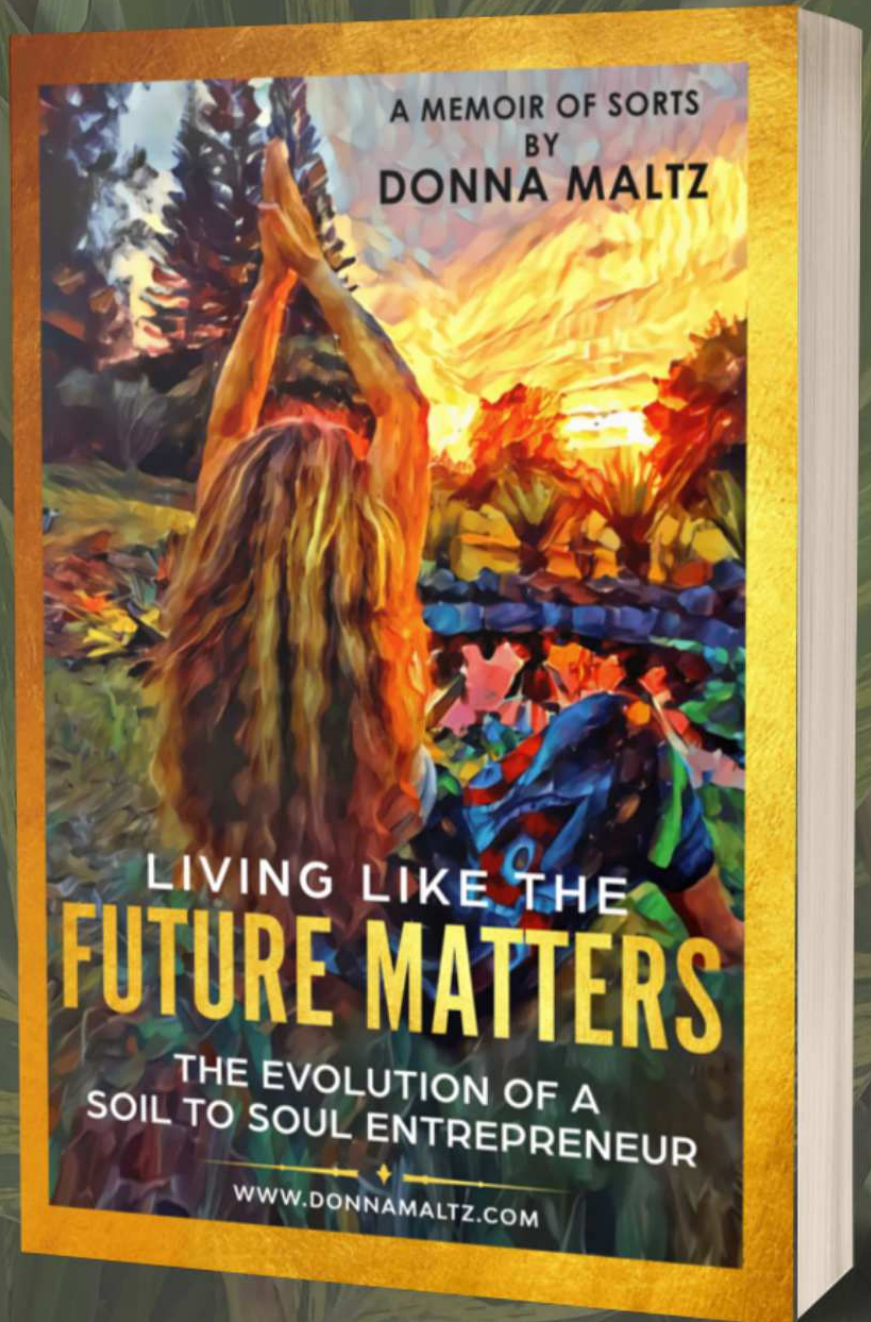
www.naturesfrequencies.com/uk

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In Donna Maltz's
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to pursue a greater world
for ourselves, humanity,
and our precious Mother
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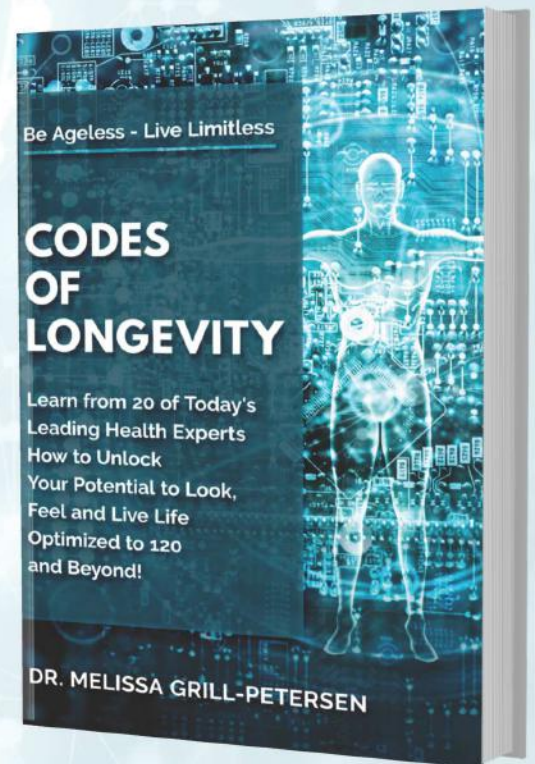
**"Donna reminds us we are more powerful than we think.
She offers years of wisdom that will change your perception of
business, success, and wealth.**

- Dr. Alvita Soleil - OMD., LAc., NCCAOM

A COMPLETE AGE REVERSAL GUIDE TO LOOK AND FEEL TEN YEARS YOUNGER PERFORM AT YOUR PEAK WITH VITALITY AND JOY AND LIVE LIFE OPTIMIZED

Joined by more than 20 of today's top health and wellness leaders, together we share how you can harness the power of your DNA to unlock your code and be ageless. Discover why you age and why you don't have to. Taking a system based approach to enhanced thriving, you will discover how all of the pieces to living a long life well fit together precisely for you to experience your limitless life today.

BY DR. MELISSA GRILL-PETERSEN



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DECEMBER TAROLOGY

BY SUZIE KERR WRIGHT,
ASTROLOGER/PSYCHIC MEDIUM/TAROT/LIFE COACH
www.astrogirl12.com



Welcome to the end of one very, very long year LOL!

December ushers in several turning points that will carry us far into the future. We start with a Gemini Full Moon/Lunar Eclipse on November 30th. If your birthday falls on November 29-December 1, you've got an emotional cosmic do-over coming. For all of us, though, this means a chance to recognize and release where we've been scattering our energy, giving too much time and thought to issues we can't change.

The Solar Eclipse (New Moon) on December 14th in Sagittarius ushers in a wave of optimism and the holiday spirit we've all been craving. On any New Moon -especially when there's an eclipse, you want to set your clearest intentions for what your ideal future could look like. The areas you want to focus on are travel, education, spiritual pursuits, and your ability to deliver your message to the world. Whether you're a public figure or very private, we all have a story to tell and sharing yours can no doubt help others.

The biggest news of the year, though, is the movement of Saturn and Jupiter into Aquarius. Saturn has been in Capricorn for the most part since 2017, with a brief sojourn into Aquarius from mid-March to early July. So during that period, we had a glimpse into what this energy could bring for our future.

Jupiter has been in Cap since last December. This massive shift will continue to bring breakthroughs in science and technology, upending the status quo. It will continue to usher in the ability to crash through barriers and old ways of producing art, music (from Zoom to drive in concerts), how we connect with the rest of the world, the way we work, and how we exist in our daily lives, and live the American dream of entrepreneurship and private enterprise.

We've all changed after 2020, and many inventions and advances created this year will be our forever. We're moving from earth to air energy with the Great Conjunction of these two planets.

And finally, we end the month with another Full Moon in Cancer on the 29th. We started the year with this energy, so it's only fitting we wrap it up the same way. The Cancer Moon brings more focus on women and safety/security of our home. So as we wrap up 2020, we hunker down and get ready to move into a new world, taking the time to look back and consider all you accomplished this last year. Reflect on what you've learned and how you want to take these very important lessons about yourself into the future!

Aries (March 21-April 20) Page of Wands: This is a most adventurous month for Aries. Whether exploring a new environment after a move or in anticipation of one or exploring the depths of your passion, you'll find yourself when you stay in the present moment.

Taurus (April 21-May 20) King of Pentacles: You take a new approach to your career as you gain the recognition of a new client you've been hoping would call, or a boss who you thought had written you off. Negotiate wisely during this opportunity to gain financial stability going forward.

Gemini (May 21-June 20) 8 of Cups: Follow your inner voice to new freedom. When you reflect on this past year and all you've learned about relationships with others, you'll see where perhaps you've held onto someone (or something close to your heart) that has been wasting your time. Cut the cord and set your sights on bigger things.

Cancer (June 21-July 22) The Star: What you've wished for comes true. As you advocate for yourself at work, your concern about someone else's feelings in the matter could bring doubt. Everything is as it should be in their life and yours. Allow others to find their way, and head confidently in the direction of your dreams.

Leo (July 23-August 22) Death: Endings are part of life, but so are new beginnings. And several of each are on the horizon this month at work and in partnerships. Accepting things just as they are will allow you to see what your next move should be. You're becoming more focused and clear about what you actually want, and the transformation is complete. Onward and upward!

Virgo (August 23-September 22) 3 of Swords: Use disappointment as a valuable tool to rid yourself of what is no longer serving you. Just rip the band-aid off quickly. Ask yourself, what would life be like if you didn't have that emotional wound? Once you recognize the real source of the pain point holding you back, you're free to live like you've never lived before.

Libra (September 23-October 22) 7 of Cups: Attempting to do it all by yourself may have you backtracking to fix errors. Measure twice, cut once, right? Even if you think you have an alternative way, the tried and true will work best now. Allow yourself to free form and wing it in your creative pursuits. Try a new hobby that gives you space to breathe.

Scorpio (October 23-November 21) The Magician: Synchronicity rules this month, and you seem to be able to make some serious headway in business and finances. You catch a break right when you need it when a bill comes due. You've got enough for presents and entertainment for the holidays. You're kinda good right now. Just be aware of those who seek to undermine your path and give them a wide berth.

Sagittarius (November 22-December 21) Page of Pentacles: You're closing deals and wrapping up projects with strength and purpose. After feeling a little lost for a while, you're kicking into high gear and totally into the little details that have escaped you off and on throughout these past few months. Great way to end a super scattered year.

Capricorn (December 22-January 19) 2 of Pentacles: As you look back at these past several months, you recognize where your original intention of keeping a solid work/life balance has fallen short but also where you succeeded. This month a lot of reflection and quiet time will help you make adjustments. You're incredibly versatile, but do you need to continually prove that to yourself? Chill, relax, accept some grace and lots of love from family and friends.

Aquarius (January 20-February 18) 10 of Pentacles: You're entering a time of abundance. It looks like someone has really been working with the Law of Attraction! This is a time to build on the work you've done all year to build security-both financial and emotional. You'll be ready to start your own business, step into your rightful spot at the office, or just enjoy the commute in a comfy new car. Whatever you desire, it's yours to receive.

Pisces (February 19-March 20) 6 of Cups: Those who work in the creative fields will love this month. The more playful and awed you are by your creations, the more enthusiastically others will receive them. Things that come naturally to you have a powerful impact on others. An old friend resurfaces and assists you in promoting your wares. Don't consider yourself creative? Bull. Every day you use your own perspective to create -it might be as simple as the little notes you leave in your kids' lunches or as complicated as a large art installment. It doesn't matter. Let others enjoy what you have that's totally yours to express and share.



WHEN THINGS DON'T COMPLETELY GO YOUR WAY

BY RAISZS TOERAB

Have you ever experienced that you want something very badly, but whatever you try, you just can't get it into your life?

The thing about the Universe is like this:

The Universe knows how you feel deep down inside. If you secretly don't believe that you can achieve or receive it, the Universe responds to that feeling.

Sounds exhausting, right? You want something; the Universe looks deep inside you and gives you things you don't want. This causes you to be stuck in a loop, which keeps repeating until you make a change.

But how? Your beliefs have different layers, which are part of your belief system. The core is the strongest feeling you send out to Universe. The further your belief is from the core, the less strong your belief is.

Let me give you an example with money. Many people have problems with manifesting money or wealth into their lives because their core feeling is the opposite of abundance and wealth.

How can you change this? First, let's look at all your layers. Let's begin with the most outside layer you have. The feeling you are currently feeling and wanting to feel.

For example:

1st layer - Abundant / Wealthy

You try to feel abundant, and you want to feel wealthy. So that means you are feeling satisfied with having a lot of money flowing into your life and that you now know that this is the normal state you want to be and live in.

2nd layer - Gratitude

You know how important gratitude is. Having gratitude for all the things in life is what you want to have. And that's where you work on.

3rd layer - Fear of not being able to manifest

Deep down, in your third layer, you don't completely believe that you can manifest anything you want.

And that fear of not being able to manifest what you want is a stronger feeling than believing that you have abundance and you can manifest anything you desire.

4th layer - Know that you don't have it

It's nice to believe that you have already received what you have asked for. But for most of you, it is tough to believe and feel that because you can't sense it within your five senses.

And when you don't believe it - you won't get it!

The core - I am not worthy!

The feeling you have deep down inside you is that you believe that you are not worthy of receiving what you desire.

You have created these negative beliefs for yourself throughout your life. And, this is your current mindset, which you want to change!

If you change the core to a positive belief system, you will automatically change the outer layers. And that is the moment you will be able to manifest anything as quick as you want in your life. (But remember, there are always some exceptions, like 'divine timing'.)


So, if you are ready to change your mindset, begin with your belief system!

Visit www.Raiszs.com - Rise to your Infinite Self and start your Creation

A festive blue background with silver ornaments and a ribbon. The background is a deep blue with a textured, slightly grainy appearance. Scattered across the surface are several silver Christmas ornaments of various shapes, including round spheres and a star-shaped one. A silver ribbon is draped across the top of the image. The word "Recipes" is written in a white, cursive font with a slight shadow, centered in the lower half of the image.

Recipes





This holiday season, join together around the table to connect with those you love as you enjoy mouth watering, meals sure to nourish your mind, body and soul. This menu line up is a healthy twist on holiday classics loaded with longevity boosting, nutrients sure to delight your taste buds.

—◆—
Dr. Melissa Grill Petersen

Maple Sweet Potatoes

by Dr. Melissa Grill Petersen



Ingredients

- 5 cups (1/2-inch-thick) slices peeled sweet potato (about 2 pounds).
- 1 tsp Avocado oil
- 1/2 tsp celtic or himylan sea salt
- 1/4 cup maple syrup

Directions

Preheat the oven to 350°. Arrange half of potato slices in an 11x7-inch baking dish coated with avocado oil; sprinkle with half of the salt. Arrange remaining potato slices on top; sprinkle with remaining salt. Pour syrup over potatoes. Cover and bake at 350° for 1 hour or until tender.

Nutritional take away: Sweet potatoes are a complex carbohydrate rich in hormone balancing and microbiome optimizing fibre as well as they contain essential longevity vitamins and minerals including iron, calcium, selenium, along with our B vitamins and vitamin C.



Lemon-Garlic Roast Turkey & White-Wine Gravy

by Dr. Melissa Grill Petersen

- 10 cloves garlic, divided
- 1 lemon
- 1/2 cup celtic or himylan sea salt
- 1 12-pound natural or organic turkey
- 1/4 cup freshly grated lemon zest
- 1/4 cup packed fresh oregano leaves
- 1/4 cup packed fresh parsley
- 1/4 cup packed fresh thyme
- 2 tablespoons grapeseed or avocado oil
- 1/2 teaspoon freshly ground pepper
- 3 tablespoons all-purpose flour or almond flour
- 1/2 cup dry white wine, or dry vermouth
- 1 - 16 ounce organic chicken bone broth

Directions

1. Crush 6 cloves garlic and add to a very large stockpot (or clean bucket). Stir in lemon juice, salt and 4 quarts cold water.
2. Remove giblets from turkey (if included) and trim excess skin. Submerge the turkey in the brine and refrigerate for 24 hours. If the turkey is not fully submerged, turn it every 8 hours.
3. Remove the turkey from the brine, rinse well and pat dry. Discard the brine.
4. Preheat the oven to 350°F.
5. Place the remaining 4 cloves garlic, lemon zest, oregano, parsley, thyme, oil, pepper and 2 tablespoons of water in a food processor and pulse until it becomes a paste. (Or you can, chop the garlic, lemon zest and oregano on a cutting board until finely minced, and place in a small bowl to then stir in oil, pepper and water.) Loosen the skin over the breast and thigh meat. Rub the paste all over the turkey, under the skin onto the breast meat and leg meat and a little inside the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Place the turkey breast-side down in a roasting rack set in a large roasting pan.
6. Roast the turkey for 1 hour. Turn it breast-side up on the rack, add 1 cup water to the pan, and continue roasting 1 hour more. Baste the turkey with pan drippings, tent with foil and continue roasting, basting every 15 minutes, until an instant-read thermometer inserted into the thickest part of the thigh without touching bone registers 165°F, 30 to 45 minutes more.
7. Transfer the turkey to a large cutting board; let rest for 20 minutes before removing the string and carving.
8. Next, pour the pan juices and fat into a fat separator then pour the defatted juices into a large measuring cup. Whisk flour or almond flour with 1/4 cup water in a small bowl.
9. Set the roasting pan over two burners on medium heat. Add wine (or vermouth); bring to a simmer, scraping up any browned bits. Continue cooking until reduced, about 3 minutes.
10. Remove the pan juices from the freezer, skim off the fat with a spoon and discard. Add the defatted juices and broth to the roasting pan; return to a simmer, whisking often. Cook for 1 minute, then whisk in the flour mixture and simmer until thickened, 1 to 2 minutes. Pour the gravy through a fine-mesh sieve and serve with the turkey.

Nutritional takeaway... Parsley, Thyme and Oregano are some of the most nutrient dense herbs that are loaded with micronutrients to support optimal cellular health for enhanced energy, metabolic function, they are anti-inflammatory and antioxidant rich. Turkey contains your essential amino acids, the proteins that are the building blocks for tissue, healing and health. Add this all up and you get key ingredients necessary to slow down the aging process to keep you looking and feeling your best!



EASY MASHED CAULIFLOWER WITH GARLIC

by Dr. Melissa Grill Petersen



Ingredients

- 1 large head of cauliflower, cut into florets
- 1/4 cup unsweetened almond milk (chicken stock is a good sub)
- 1 tbsp ghee (clarified butter)
- 1 large clove of garlic
- 1 tbsp olive oil
- Fresh chives, chopped
- Salt and pepper to taste

Directions

Preheat the oven to 400 degrees F. Peel away the outer layers of the garlic bulb, then cut off the very top of the head of garlic to expose the individual garlic cloves. Place in aluminum foil and drizzle with olive oil, then seal the foil around the garlic. Bake for 25-30 minutes, until the cloves are soft. Allow garlic to cool, then squeeze the roasted garlic cloves out of the skin. Meanwhile, place a couple inches of water in a large pot. Once water is boiling, place a steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and return the cauliflower to the pot. Add roasted garlic, milk (or stock), ghee, and salt to the cauliflower. Using an immersion blender or food processor, combine ingredients until smooth. Top with chives and freshly ground pepper.

Nutritional take away: Cauliflower is rich in cardiometabolic promoting vitamin k, cellular antioxidant support in vitamin c plus choline, essential for optimal neurotransmitter production for mood, memory and cognitive function.



Guilt-Free Brownies

by Dr. Melissa Grill Petersen



The first time I had these, I couldn't believe how truly delicious they were! They have the exact same perfectly chocolatey chewy consistency as a traditional brownie. Get ready to cook up a pan for yourself and see.

Ingredients

- 1 15 oz. can (1 3/4 cups) black beans, well rinsed and drained
- 2 large eggs or 2 flax eggs (2 flax eggs = 2.5 T flaxseed meal + 6 T water)
- 3 Tbsp coconut oil, melted
- 3/4 cup cocoa powder
- 1/4 teaspoon sea salt
- 1 teaspoon pure vanilla extract
- 3/4 cup raw sugar
- 1 1/2 tsp baking powder

Directions

Preheat the oven to 350 degrees. Put muffin liners in a muffin pan or lightly grease a 12-slot standard size muffin pan. If making vegan, prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes. (*If doing regular simply put 2 eggs in the food processor). Add remaining ingredients and puree – about 3 minutes – scraping down sides as needed. You want it pretty smooth. If the batter appears too thick, add water (start with 1/4 cup) and pulse again until it is less thick than chocolate frosting but nowhere close to runny. Using a 1/3 cup measuring cup, evenly distribute the batter into the muffin tins and smooth the tops with a spoon or your finger. Optionally top with chocolate chips. Bake for 20-25 minutes or until a knife comes clean from the brownie part (the toppings will not come off a knife clean!) Remove from the oven and let cool for 30 minutes before removing from the pan. They will be tender, so remove gently with a fork if you are NOT using muffin liners. The insides are meant to be very fudgy, just like a traditional brownie so enjoy!

Nutritional take away: The black beans make this dessert option healthy and delicious. Filled with resistant starch that takes longer to digest, helping to keep glucose and insulin levels lower while aiding in feeding the good bacteria of the gut for a healthy microbiome.

Green Beans & Pancetta with Whole-Grain Mustard Dressing

by Dr. Melissa Grill Petersen



Ingredients

- 1/2 cup chopped pancetta (about 2 ounces)
- 2 tablespoons chopped shallot
- 1 1/2 pounds green beans, trimmed
- 1/2 cup water
- 1/4 teaspoon salt
- 2 tablespoons whole-grain mustard
- 1/4 teaspoon ground pepper

Directions

Heat a large skillet over medium heat. Add pancetta and cook, stirring often, until crispy, about 5 minutes. Transfer with a slotted spoon to a paper-towel-lined plate. Add shallot and green beans to the pan. Cook, stirring, until fragrant, 1 to 2 minutes. Add water and salt. Cover and cook until the beans are tender and the water has evaporated, about 8 minutes. Remove from heat and toss with mustard, pepper and the reserved pancetta. Transfer to a serving dish.

Nutritional take away: Green Beans for the win! They are loaded down with vitamin k, rich in folate (for cellular health, methylation, energy production and brain health) and magnesium which is an essential nutrient needed in over 300 biochemical processes in the body.



Enjoying health for a lifetime doesn't have to mean restriction. To optimize your system to thrive is as simple as reducing and removing pro-inflammatory, processed foods and replacing them with nutrient dense, bioactive nutrients that fuel your brain and body to keep you looking, feeling and living life optimized to 120 and beyond.

For more great recipes and longevity living tips, visit: www.LongevityLifeHub.com
Written by, Dr. Melissa Grill-Petersen, author of the codes of longevity, epigenetic success coach and precision longevity leader upleveling health and human flourishing world wide.

Dr. Melissa Grill Petersen



Chocolate Cherry Bliss Balls

by Serena Carcasole

Ingredients:

- 14 Medjool dates, soaked in warm water for 15 minutes
- 2 teaspoons pure vanilla extract
- 1/4 cup organic unsweetened cocoa powder
- 1/2 cup whole almonds
- 1/2 cup sunflower seeds
- 1/2 cup of walnuts
- handful of Frozen Dark Pitted Cherries
- 1/4 cup of dry coconut shreds or slices
- optional: 1/4 teaspoon himalayan salt



Coating Options:

- Melted Dark Chocolate (70% or more)
- Cocoa Powder
- Vegan Sprinkles
- Finely chopped nuts
- Shredded Coconut

Instructions

- Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.
- Place pitted dates, vanilla extract, cocoa powder, almonds, sunflower seeds, walnuts, frozen cherries, and salt (if using) into your food processor. Blend/pulse until a moist dough forms. This will take a minute or two of blending. If the dough is too dry and crumbly, add 1-2 more soaked dates or even a teaspoon of pure maple syrup.
- Once dough is formed, scoop out 1 Tablespoon of dough. Roll into a smooth ball and place onto prepared baking sheet. Repeat with remaining dough. Set aside as you melt the chocolate in the next step.
- You can melt the chocolate in a double boiler or the microwave. If using the microwave: place the chocolate in a medium heat-proof bowl. I like to use a liquid measuring cup. Its depth makes it easy for dipping. Melt in 30 second increments in the microwave, stirring after each increment until completely melted and smooth. Let the warm chocolate sit for 5 minutes to slightly cool before dipping.
- Roll each of the balls in the coating of choice. If it is not sticking enough you can dip them in chocolate first.
- If using chocolate only: Dip each ball completely into the chocolate using a dipping tool. When lifting it out of the chocolate, remember to tap the dipping tool gently on the side of the bowl to allow excess chocolate to drip off. Place each back on the baking sheet and refrigerate until the chocolate has set, about 30 minutes.



YUMMY Non-Alcoholic Eggnog

(Non-Dairy!)



- 2 1/4 cups almond milk
- 1 (13- to 14-ounce) can full-fat coconut milk
- 1/3 cup of honey, agave syrup, or maple syrup
- 4 large egg yolks
- 1 tsp ground cinnamon (plus more for garnish)
- 1 fresh vanilla bean pod scraped or you can use 1 tsp vanilla extract instead
- 1 tsp ground nutmeg (plus more for garnish)
- 1 tbsp whole cloves
- 4 or 5 drops of Stevia if you like it sweeter (optional)
- (optional) Cinnamon Sticks to look pretty and add more Cinnamony flavor.

Directions:

- add all ingredients except for clove and vanilla in a blender and blend for approximately 1 minute or until smooth;
- pour the mixture from the blender into a saucepan and add cloves;
- cook the eggnog on medium heat for 10-15 minutes;
- once the eggnog thickened, add vanilla extract;
- use a fine mesh strainer to remove cloves;
- transfer the eggnog into an airtight container and place it in the fridge to chill for at least 6-8 hours or overnight is even better.
- Sprinkle a little cinnamon and a little nutmeg before serving and add optional Cinnamon Sticks.

www.DonnaMaltz.com



Fabulous Fruit Cake Cookie Recipe

by Donna Maltz

All organic ingredients

(You're worth it... and so are those you share them with.)

- 1/2 pound dried figs or dates coarsely chopped
- 1/4 pound raisins
- 1/4 pound dried apricots, or other colorful dried fruit, coarsely chopped
- 1 tablespoon honey
- 2 tablespoons dry sherry
- 1 tablespoon freshly squeezed lemon juice
- 6 ounces chopped nuts of your choice. (I prefer Mac Nuts)
- sea salt
- 1/2 pound (2 sticks) unsalted butter, at room temperature
- 1/2 teaspoon ground cloves
- 1/2 teaspoon cinnamon
- 1/2 cup fine white sugar
- 1/3 cup light brown sugar, firmly packed
- 1 extra large egg
- 2 cups whole wheat pastry flour
- 2/3 cups all-purpose flour



Directions

Combine all the dried fruit, honey, sherry, lemon juice, nuts, and a pinch of salt in a medium-size bowl. Cover and allow to sit overnight at room temperature.

Use an electric mixer, cream the butter, cloves, cinnamon and the sugars on medium speed until smooth, about 3 minutes, then add the egg and blend. With the mixer still on low, slowly add the flours and 1/4 teaspoon salt just until combined. Don't over mix! Add the fruits and nuts, including any liquid in the bowl.

Divide the dough in half and place each half on the long edge of a 12 by 18-inch piece of parchment or waxed paper. Roll each half into a log, 1 1/2 to 1 3/4-inch thick, making an 18-inch-long roll. Refrigerate the dough until firm, about an hour or two.

Preheat the oven to 350 degrees.

Cut the logs into 1/2-inch-thick slices with a sharp knife. Place the slices 1/2-inch apart on ungreased sheet pans and bake for 15 to 20 minutes, until lightly golden. Let cookies cool (eat some first while hot) and then pack in a tin, or clear canning jar. They are beautiful cookies, so you will feel good about showing them off and sharing. They actually get better with age, after a few days.... not a month. ☒

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oh, my heart...

THERE IS HOPE

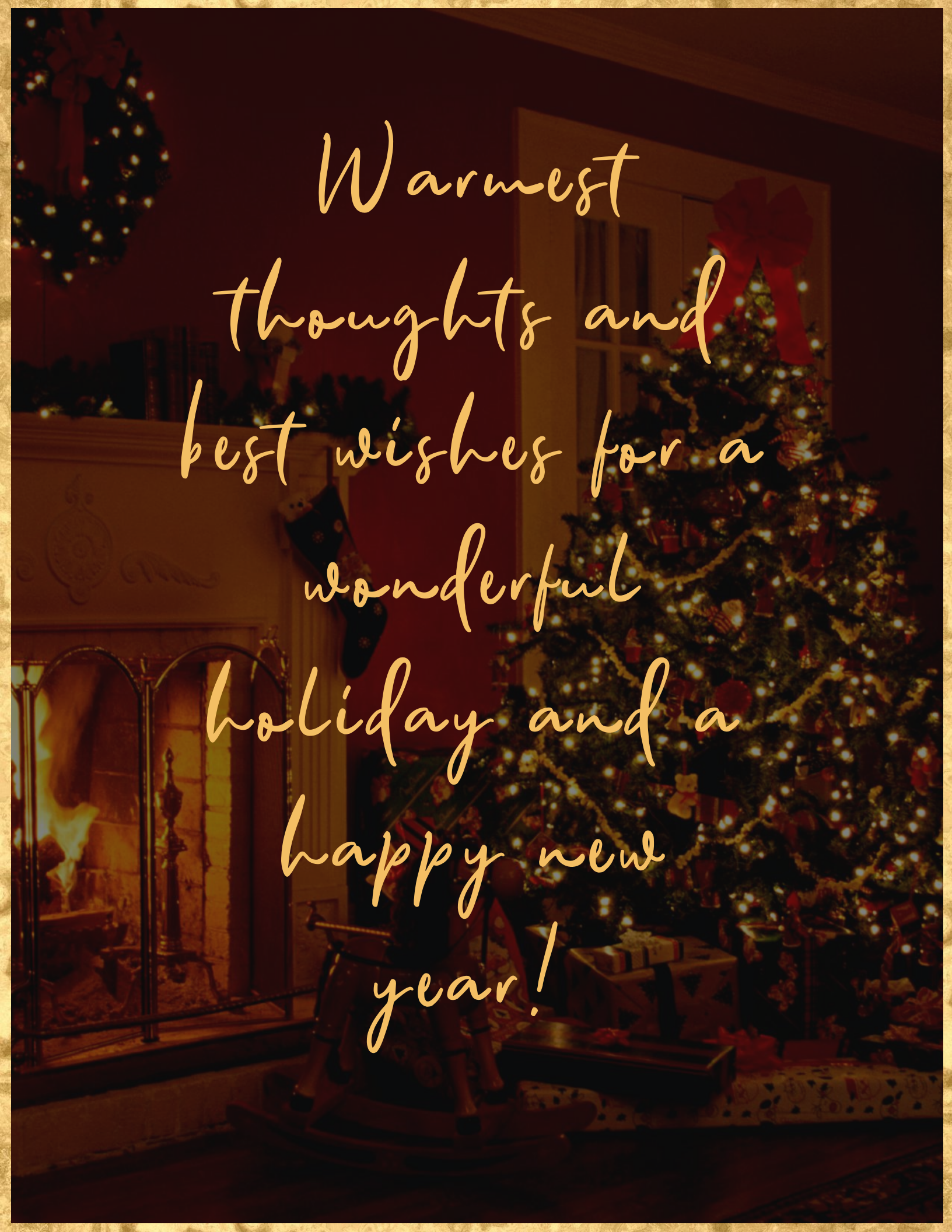
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