

YOUR BODY CODE APRIL NEWSLETTER



**WELCOME TO THIS
MONTH'S NEWSLETTER**



On Easter Sunday, according to Scripture, Christians believe and celebrate the resurrection of the Lord, Jesus Christ. Sunday service for this day is documented as one of the highest for the year for Christian churches. As a result, many Christians feel strongly that this day should not be referred to as “Easter Sunday” but possibly “Resurrection Sunday”. For most biblical people the idea that the day be celebrated for the Easter bunny & eggs instead of Jesus’ resurrection seems inappropriate. As part of the Easter season, the death of Jesus Christ by crucifixion is commemorated on Good Friday, just before Easter. Through his death, burial, and resurrection, Jesus paid the penalty for sin, thus purchasing for all who believe in him, eternal life in Christ Jesus.

Easter is also often known as Pasch, which comes from the Hebrew word Pesach, meaning “Passover.” Some Protestants also prefer to call it simply Resurrection Day to remove the commercialized baggage that they see associated with Easter. In addition, the Easter bunny has pagan origins and has no real connection with the Christian celebration, although some churches use eggs as a metaphor for the new life Christians receive because of the Resurrection. In actuality however, no one really knows for certain where the term “Easter” came from. Never the less, enjoy the day however you may spend it and try to keep splurges to a minimum and if you are going to splurge – try to work it into your days calorie intake!

Many people feel when dieting or on a wellness program that it’s just “too hard” or they will start “after” the holidays. One piece of advice... it is not forever, it is until you fix your health issue or reach your weight loss goal.

Once you are in an ideal body range of fat – you now can afford one to two splurges a week and your lean mass will burn it off. Also once you have fixed a health condition you now are able to do moderation with foods you were not able to before. It is just getting to the goal.

So before you pick up that chocolate Easter egg, remember life is short and the sooner you get to your goal the sooner you will not have to think about it in future and can work that chocolate in without issues arising again.

HIGH BLOOD PRESSURE

This month's focus is on High Blood Pressure – also known as hypertension, which is found in people whose blood pressure is abnormally high for their body mass and age; High blood pressure occurs after a substantial amount of damage has been caused and complications and symptoms begin to develop. We measure blood pressure to check the force of circulating blood on the walls of blood vessels and arteries. This measurement is considered one of the body's principal vital signs, however, do not rely on one reading to discover your blood pressure range. It is best to take several readings throughout the day and calculate the average. For example: if your stress level is very high the day you take you're reading it can be a false reading in general. The pressure of circulating blood decreases as blood moves through arteries, capillaries and veins. Most health care practitioners measure the pressure in the arteries (the larger arteries that take blood away from the heart). The easiest place to accomplish this task is by using a blood pressure cuff on the arm, just below the elbow.

Blood pressure is usually given in two numbers – the systolic pressure (when the heart compresses or beats) and diastolic pressure (when the heart relaxes). The systolic reading appears above or before the diastolic reading. Your blood pressure can fluctuate quite a bit through your normal day depending on if you are active or relaxing or when and what you have eaten. It also varies with age and time or stress levels. Sometimes it may increase when the body has an increased need for oxygen and or nutrients. The primary concern is when high pressure is brought on by diet – especially too much sodium, stimulants, hormonal abnormality and obesity. Whatever the cause, remember your heart is a muscle and if that muscle has to work harder and harder to pump an adequate amount of blood to all the tissues of the body (increasing blood pressure), the extra work can eventually lead to heart and kidney failure as well as a stroke. Over time with poor nutrition you may end up with a hardening of arterial tissue which is an accumulation of plaque in arteries and veins. This will cause an increased need for oxygen and nutrients for aging organs and other cells. One more reason to pay attention to your dietary choices!

A diet with at least 35 grams of fiber, fresh fruits, vegetables and low in sodium will be the most accommodating. Increase your intake of live juices, quality whole grains such as brown rice, buckwheat, millet, legumes and oats. If you must eat animal protein only consume skinless chicken & turkey breast and wild fish. Avoid all other animal fats, alcohol, caffeine, simple refined carbohydrates and tobacco. Limit (balance your day – don't overdo) the amounts of foods that contain tyramine - almonds, avocados, beef, liver,

banana, cheese, chocolate, pineapple, pumpkin seeds, raisins, yogurt, peanuts and any smoked, aged or fermented foods. Some of these fresh foods are helpful in small amounts – it is when we overdo that we create an issue. If we eat in a balance correctly for our conditions we not only fix our issues but gain energy, lose fat and gain muscle at the same time. Your body works as a whole – not in parts.

I have seen clients on our 6 week program lose 20 pounds of body fat, get off heart and cholesterol medications and gain more energy than they have had in years! Life is like a quick cup of tea...so don't let it pass you by with poor health ... turn it around You have everything to gain and nothing to lose – but some unwanted FAT!

THE ULTIMATE MEAL SHAKE

The ultimate meal by the ultimate life company offers a detox shake that allows the body to rid itself of unwanted toxins as it cleanses and fills you up for a nice breakfast, lunch or dinner treat. It is low in fat and is balanced in protein, carbohydrates and nutrients to allow for the ultimate experience in a shake. It is helpful for most all health issues depending on the fruit you choose and other nutrients you may want to add.

1/3 cup ultimate meal
½ cup frozen or fresh organic blueberries
1 -4 or 6 inch banana
2 medjool dates (remove seed)
1 ounce Aloe Vera Juice
1 Tbsp. organic raw almond or sunflower seed butter
1 to 2 cups water depending how thick or thin you like your shake OR 1 cup unsweetened almond milk with however much water you want to add.
½ cup ice (optional – also creates thickness and coolness)

Blend until smooth (a vita blender works best)

Enjoy!

SUCCESS STORY - LEIGH GILENO



BEFORE



AFTER

Dear Amanda,

Thank you for being there for me, and helping me through one of the worst times of my life. I am officially divorced, own my own home now, enjoying my life, and have met someone who is amazing and makes me incredibly happy.

I am forever grateful for you and “Your Body Code” program and teaching me the value of nutrition and a healthy living. I refer you and your book to anyone who compliments me on my transformation or being in shape. You were definitely a big part of the catalyst that put me where I am today.

I am doing great! I have kept my weight off and continuing to eat healthier than I did my whole life. Because of your program I look at everything before I put it in my mouth. I do from time to time splurge but only for that moment then the very next meal I am cautious as to what goes in to my mouth. I don’t salt things like I did in the past and I certainly look for other alternatives to cooking when a recipe calls for butter or high saturated fats or sugars.

Nothing feels better than to have my weight under control and my energy levels staying high. When I started I weighed 156 pounds at 44% body fat, now I am 138 pounds with

20% body fat! The best thing is that I have gained a total of 12 pounds of muscle and lost a total of 24 pounds of fat (as we all know it is not just about scale weight)! No wonder I feel better, but I have to say, being off the high blood pressure meds is the biggest improvement of all! My Blood pressure was 155/94 when I started with you. My last reading this January 2014 was 129/74.

Thank you again for all your help...

Best regards,

Leigh Gileno

CONTACT US TODAY!

We want to help find YOUR BODY CODE! We currently have two walk-in locations in Palm Springs and Palm Desert. We also have an online program and are available throughout the world to help you with your health and wellness goals. Don't hesitate to contact us for a free consultation as we can work with you to meet any budget. www.yourbodycode.com

We also offer personalized retreats for your best Health and Wellness in the following areas:

INTENSIVE WELLNESS & FAT LOSS

FAT LOSS/ ENERGY AND PREVENTION:

AFTER SURGERY DOWNTIME AND HEALING

To learn more about our HOLISTIC DETOX & "RAW" RETREAT and to sign up, visit our website: <http://www.yourbodycode.com/detox> or contact us at: (760) 341-BODY (2639).

YOUR BODY CODE: PERSONALIZED NUTRITION WELLNESS PROGRAM

BOOK

In my career I've learned so much and worked with so many people to help them achieve their nutrition, health and weight loss goals. The book includes descriptions of vitamins, minerals and the common imbalances that could affect health and wellness. The book also contains 11,

seven-day menus that address a variety of disease and health conditions along with a full colorcookbook with more than 50 'chef-tested' healthy recipes. Click here (<http://www.yourbodycode.com/book/readonline>) to preview the first chapter and how you can order your copy!

Thank you for checking out our monthly newsletter! We are in this together and want to help you with your path to health and wellness. For more information on how you can start your change, visit our website at: www.yourbodycode.com or contact me at: 1-760-341-BODY (2639)! Also we'll keep you updated with the latest specials and news! Thank you and we look forward to working with
YOUR BODY CODE!!!

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Happy April Fool's Day!

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