

Free | July 2014

Happier — Healthier Women

Empowering You to Thrive!



Letter From the Editor

We are half way through summer vacation. Kids are still off school, family vacations are being shared and TV channels are running Christmas in July movies once again.

Everywhere we look we can feel the summer mode, be it less people on the road during rush hour or more parents taking their kids to work here and there.

So, where does that leave us ... your Happier Healthier Women writers?

Well, enjoying our family too! :)

However, I didn't want to leave you empty-handed during these hot summer days. So, this issue is a little smaller than the rest, but with articles as wonderful and fulfilling as you've come to expect.

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I'll leave you to it to enjoy!
Hope you are enjoying your Summer!





Discover Your Life Purpose in 5 Easy Steps

By **ANGIE ROMERO**

Society as we know it today has become a giant playground of hamster wheels. We all run around in our own individual wheels (aka: routines) spinning days in and days out.

Weeks come and go unnoticed. Months roll by one after another. Years tread along marking decades we have just left behind. Once in a while we pause for a minute and question ourselves, “Just what did I do this past year? This past decade?”

Then, mindlessly we start our own individual wheels once again thinking that this is all that life has to offer.

Doesn't sound much like living purposefully, does it?

See, many live to work, while very few work to live.

Those who just live to work perform their duties, tasks or responsibilities in exchange for a salary, but not because they really have a passion in what they do. And, please understand, that when we do things without passion - it drains our energy, it staggers our creativity and ultimately creates us numb to happiness. The next day we recreate the scenario all over again.

Another day turning the hamster wheel.

So then if the majority of one's life is spent running and running, then what exactly is it that we are really chasing after?

Is it happiness?

Is it fulfillment?

Is it balance?

Is it peace?

Generally speaking - no.

All of us (at one time or another) were probably told to choose a career that would pay the "the big bucks" (ex., 'Be a lawyer or doctor, they make tons of money!"). We were unconsciously (or consciously for some) asked to follow the dream our parents had for us. We were taught to work hard so that you can buy the car, the house and the luxuries money can offer.

We've been conditioned by our society to believe in a material world of goods where we always want more and more of things outside of us - no matter the cost.

But what has been the real cost?

Losing your passion. Ignoring your dreams.

Missing out on your true life's purpose.

I believe that none of us were meant to come to this life to live a dreadful, tiring and depressed experience. Have trust that we are free to choose what we want for our lives.

We can choose to 1) follow what our heart silently whispers to us, or 2) we can simply choose to ignore it and continue spinning the wheel.

Although every one expresses it differently, we all have the desire to be happy, to feel free, and to experience life and love in all its forms. And we can experience this when we live our life purpose - that deep dream buried in the most cherished part of your heart.

5 Simple Steps to Discover Your Life Purpose

If you are not currently happy in your life right now, and you are looking for that happiness, feeling of freedom, and wanting to experience life and love in all its forms, then I suggest to you the following:

1. Listen to Your Heart: Go back to those dreams you once had. You know... the one's you had "*before life happened.*" Maybe its that book you've always wanted to write, or that photography studio you dreamed of opening when you were young. Maybe its going back to school to really study that career you always have loved. When you think of really doing that (whatever it is for you) how does it feel to you? Does imagining yourself really living that dream bring you joy?

2. Consider Your Hobbies: What brings happiness to you when you do it? Those so called hobbies that you can lose yourself in that bring you a sense of peace and balance? When we allow ourselves to delight in our hobbies, we open the door to creativity where ideas and intuition flows in. We begin to see new opportunities where before we thought there were none.



3. Evaluate Your Unique Skills: What are you naturally good at? Since our life purpose comes from within us, we already carry within all those skills, that intuition, or that knowingness of what will help guide us towards that life purpose.

4. Values: Do you live by your values? What do you strongly believe in? What values and achievements will you leave behind as a great legacy for others?

5. Journal to Inquire Within: Take a pen and two pieces of paper. On the first paper write your current situation, let it all out. Write what you like and what you don't like. What you would change? Ask yourself why are you doing things that don't bring you happiness. How did you get to where you are now?

On your second paper, begin by writing what unfulfilled dreams you have inside. What goals do you wish to accomplish in this life time? If you could leave behind something positive in the life of others, what would it be? Don't censor yourself with either one - just write.

I leave you now with the most important question: If today was your last day, what would you have done differently?



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Every
Soul has a
Purpose.
Every Life has
a *Meaning.*
So, what's Yours?

- unknown



Don't Be Shy

By MICHELLE LEE

Speaking Up Can Be Good For Your Health

One way to lower your stress level is to speak up, and get things off your chest. By doing this, you can often get things out in the open that are bothersome to you instead of keeping these feelings inside, letting them build up and lead to possible emotional and physical consequences.

By letting others know what is on your mind in a tactful manner of course, you are able to set boundaries of behavior that you will tolerate.

This tactic can actually improve your mental health because you are not keeping things inside you and letting them gnaw away at you.

Failure to speak up when something is bothering you can lead to stress and anxiety issues over time, which if left unchecked can wreak havoc on your immune system leading to weight issues, sleep disturbances, head and body aches, high blood pressure, heart disease, or perhaps even physical confrontations with others.

For example, if you dislike the fact that a co-worker is constantly putting you down in front of other people, you have a right to speak up and let that person know that you find their behavior bothersome. If you continue to remain silent, and the co-worker continues his or her behavior you are doing a disservice to yourself and to that person.

Furthermore, it's just like when you turn the stove on to heat something in a pot, it takes a while for the contents to boil, but sooner or later, if left on the burner, the contents will boil, so too can our emotions reach a boiling point over time. The trick is to learn to speak up before this boiling point occurs thereby possibly preventing a crisis situation.

If speaking up still does not help remedy the situation, you can learn to accept your circumstance by viewing it in a more positive light.



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



What Motivates You?

How Do You Stay Motivated?

By KATIE JEFFREY

“People often say that motivation doesn’t last. Well, neither does bathing—that’s why we recommend it daily.” – Zig Ziglar

How do you stay motivated? What is your secret?

Most individuals are ready to make changes when a new year arrives. They are motivated and start out with plenty of enthusiasm.

Yet, unfortunately, as summer arrives many have lost their motivation and have slipped back to their old routines and habits.

Are you one of those individuals?

What is the difference between those that continue to stay motivated and those that slowly regress to old habits?

Here are a few guidelines for staying motivated so that you can achieve your goals:

1. Engage in positive self-talk every day.

Begin first thing in the morning when you stand in front of the mirror getting ready for the day. Choose one positive statement to say about yourself each morning. It may be the same or different each morning. Try, *“I am proud of my body because it allows me to be physically active or _____.”* or *“I like my body and I am working to become healthier by eating one piece of fruit each day.”* or *“I feel great about myself when I make nutrient-rich food choices at lunch.”*

2. Make realistic, attainable and specific goals

such as, *“I will increase my fiber intake by eating at least ½ cup of fruit or vegetables at breakfast, lunch and dinner.”* or *“I will walk 30 minutes, three times each week after work.”* Write these goals down and post your list where it is easily visible.

3. Be flexible!

Know that certain circumstances are out of your control. So, give yourself a break when things don't go as planned and learn from these experiences. Perhaps being more prepared would enable you to be more in charge.

For example, keep nutrient-rich nonperishable snacks in your car or pocketbook so you have no excuse for skipping a meal or eating unhealthy foods when you are stuck in traffic, have to rush to pick-up your children or don't have time for a meal. For a nutritious portable snack try a piece of fruit, dried fruit and nuts, an all-natural granola bar or a whole grain crackers with natural peanut butter.

4. When events occur that are out of your control, make the best out of a negative situation.

In other words, be creative with possible solutions. For instance, do you have a backup plan if it rains when you want to walk outside? Perhaps you have a favorite exercise DVD that you enjoy. What do you do when you are unexpectedly invited out to dinner? Maybe you suggest a restaurant you know where you can order and enjoy healthier options.

Or, because you know that you do not want to turn down your favorite dish of cheesy Fettuccine Alfredo, so you decide ahead of time that you will bring home half of your entree, order a side salad and skip dessert.

5. Build a support network that can include your significant other, family, friends, and/or your health care team.

Let them know how they can best support you in your desire to achieve your health goals. You may ask someone to go for a walk or run with you each week, help you cook healthier meals at home, or request that others do not offer you dessert so that you will not feel pressured to have a sweet if you are satisfied without one.

Now you have the tools to succeed at accomplishing your goals because you know how to stay motivated and set yourself up for success!



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Do You Have
The Wisdom
To Know The
Difference?

By STEPHANIE SALAMEH

You know the feeling when you're dealing with something in your life and you just feel like you're stuck?

You feel like you have no control over the situation and you wish you could change but you don't see a way out?

Well...recently I found myself in exactly this same predicament. Dreading what was in front of me, feeling like I was in quicksand and sinking fast!

A little ole' prayer came to mind...

*God, grant me the Serenity to
Accept the things I cannot change,
the Courage to change the things I can
and the Wisdom to know the difference.*

Here's the thing.

Some things we cannot change, especially if other people are involved. However, we do have the power to change how the situation is affecting us.

You create our own reality and your own destinies. Whether it's your job, a relationship, or your health.

You just have to have the *wisdom* to know the difference. Knowing the difference is what will give you the *serenity*.

Here is something you can try when you find yourself stuck in a situation and you're not feeling so great about it.

First... notice the situation you're in and ACCEPT it. It's happening and you need to deal with it.

Next... figure out if this is something you can change or not? For example, when my ex-husband decided to leave our marriage, this was something that I could not change. He was out! Gone. Gone. Gone. Since I couldn't change the current situation because it was being created by someone else, then it was up to me to ACCEPT what was happening and CHANGE MY MINDSET. Doing so helped me deal with my situation and move forward.

If the situation is something you can change, is it something you can change right now? Or do you need some time to prepare? (Example...Stressing out about a girls weekend trip because you really don't have the financial means to cover it).

Simply let your friends know you would love to go, but you just can't do it at this time and that you can't wait to hear all the details when they return. Ta-dah...you just changed it! Now you can relax. No more stress. Stay in and pamper yourself.

If the situation is such that you need to prepare, then make a plan. Maybe you want to go after the promotion at work, go back to school or eat healthier. The first thing you need to do is find your COURAGE and decide to commit to this new goal. Then sit down and make a list of everything

you need in your life to achieve this new goal. Tackle your list item by item. **A goal takes time and patience.** Sit with your list and tackle one item per day if that's all you can do. Baby steps are better than no steps.

Have the WISDOM to know what you can change and what you can't. Have the WISDOM to know that if you can't change it, then ACCEPT it and change your mindset about the situation at hand. This will help you grow from the experience and not dwell on it.

Above all, be the heroine of your life,
not the victim. - Nora Ephron



Stephanie Salameh is a Divorce Recovery Life Coach. She specializes in working with women to help heal their heart and recover their life after a divorce. Stephanie's intuitive ability allows her to connect with her clients and focus on the areas that are holding

them back from moving forward. Life after divorce can be amazing, sometimes we just need a little inspiration along the way. Visit her at

www.simplyyoulivingforward.com

When it rains, it pours...
but soon,
**the sun
shines again.**

Stay positive.
Better days are on their way.



Goodbye Elephant Man

By DOLORES O'NEILL

I write this month's article to bring attention to a condition that many providers know little about and too many women are unaware of the risks of acquiring after breast cancer surgery.

It is by no means restricted to post mastectomy patients but due to the high number of women who have brought to my attention that they were never advised about lymphedema I thought to write this for a women's health magazine such as this one. It is LYMPHEDEMA.

Elephantitis is Gross Lymphedema.

I will never forget the first time I saw a patient with Elephantitis. Elephantitis would be the equivalent of Stage IV Lymphedema, a disorder of the Lymphatics that causes disruption in the reuptake of lymphatic fluid that results in intracellular accumulation, and may lead to scarring and fibrosis and ultimately at its worst to Elephantitis.

Well back to my patient. None of us knew much about it let alone how to treat it. The second time I saw it was in a VET who had both legs amputated above the knee and remained with lymphedema with fibrosis anyway. These were dramatic cases that left a profound impact on me.

In 2013 I entered Massage School. Lymphedema was discussed in a mostly cursory fashion but enough to get me interested. I learned that while there still wasn't a cure there were viable treatment options consisting of wearing arm sleeves or

compression stockings for the affected limb. In more severe cases extensive and time consuming wrapping is done that helps with movement of the lymph fluid to other viable lymph nodes at a more proximal or contra lateral location that would help the body utilize and filter it.

Scarring or fibrotic changes occur when the lymphatic fluid remains in an area for extensive periods of time and once evident the lymphatic fluid continues to accumulate causing even more fibrotic changes resulting in disability for the patient as walking becomes extremely difficult if not impossible. Repeat episodes of cellulitis requiring hospitalization for IV antibiotics are not uncommon.

I bring this up because there is a dilemma currently going on.

Medical providers for the most part still know next to nothing about lymphedema and often, as patients complain, tell patients to lose weight or take a water pill or get more exercise. None of which help those suffering.

The fact is this is not about weight gain or lack of exercise or accumulation of water at all and that's where the frustration begins. **Lymphedema is a structural problem of the Lymphatic system.** Some people are born with it; congenital or Primary, and this can show up in a patient up to age 35.

Secondary lymphedema, *lymphedema caused by something else*, can result from contracting filariasis ; the most common cause worldwide but not in the USA, while still others have can acquire it post surgery of any kind.

There is no cure. However there are ways to care for the condition as well as prevent further damage. (See above). There are times when even with the best intent the lymphedema is so severe that areas of accumulation become scared and fibrotic. This causes the garments and bandages to be restricted in efficacy. It is these restrictions that have me writing today.



Myofascial Release: Areas of restriction and fibrosis cause the skin and subdermal area to become hardened and unpliant. This causes disfigurement and many times renders the patient disabled as they are unable to properly use their limbs.

My recent research has me learning not only about lymphedema but about Myofascial Release. Myofascial Release can break up area of fibrosis and “liquefy” the fascia, connective tissue that covers all areas of the body. By liquefying the fascia the fibrosis is broken down thus allow bandaging to work properly if effective.

It is my hypothesis that using Myofascial Release followed by the standard treatment for lymphedema disfigurement and disabilities can be reversed.

I am currently looking for clients and Myofascial therapists to join me in using this modality and reporting on it. I can be reached at massagebodywork@ymail.com for those interested in learning more.

The sad thing about this condition other than the obvious is that currently Medicare won't pay for the

necessary bandages or garments needed. They are considered as preventative care and this is the reason used. Care for IV antibiotics and inpatient hospitalizations, which are caused by lack of proper care due to lack of supplies, costs far more than giving these patients supplies a couple of times a year.

Please join me in signing the bill at <http://lymphedematreatmentact.org>

Together we can help in saying goodbye to the elephant man and potentially restore health and vitality to many.



Dolores O'Neill, PA-C

CLT is a Physician Assistant for the past 21 years, questioning alternatives to pain and stress relief entered the Mind-Body-Spirit Medicine to better assist her patients. She has added Massage, Reflexology and Lymphedema

treatment to her repertoire, and will be working towards a Masters in Nutrition and Functional Medicine. To learn more of her experience and services visit <http://massagebodywork.massageplanet.com>

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