



Be Bliss Vibrant Living

March 2010

www.beofbliss.com

Newsletter

Asian Fusion in your own backyard

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Everyone loves to eat with their hands and to take food "to go"--

which explains the popularity of finger foods such as sandwiches. However, the typical sandwich is high in carbs and can leave you feeling weighed down. Asian wraps, such as spring rolls and nori rolls, are the solution to energizing food on the go. Pair these wraps with other delicious entrées, sides, and dessert for an over-the-top pan-Asian feast! In Living Asian Fusion, you will learn:

- How to roll picture-perfect vegetarian sushi

and spring rolls.

- How to use fresh, young coconuts to make home-made Thai coconut soup.
- How to make a vegetable teriyaki that tastes just like the traditional version—without heated oil, MSG, or white sugar.
- How to make a light, colorful, and refreshing tropical fruit sundae—the perfect finale for any Asian-themed meal.



When: Saturday, March 20th from 3-6 pm

Cost: \$60/person

Where: Mother Nature's Sun in Broad Ripple www.mothernaturesun.com

Call 317-501-7606 to RSVP and reserve your seat!

Did you know? Hemp

Despite its past sketchy reputation, hemp is making a comeback and rightfully so. A very distant cousin of the Cannabis plant, Marijuana, hemp's uses are much more versatile. Hemp is among the oldest industries on the planet, going back more than 10,000 years. Aside from hemp's numerous industrial benefits, it excels above other seeds and whole foods

for its protein and amino acid content. Hemp seed contains roughly 30% nutritional oil, 25% unique protein, and both soluble and insoluble fiber. Hemp's protein content is unique, supplying all 10 essential amino acids and essential fatty acids (EFA) in a highly digestible form. These nutrients are termed essential because, while they are essential to

our bodies' function, they are not manufactured in the body and thus must be supplied by the diet. You can use hemp in its whole seed form or even in powder form to make hemp milk, add to smoothies, salads and other recipes. Don't let hemp's "smokey" rap keep you from experiencing its myriad of health benefits!

- A. Barron

Chiropractic Corner with Dr. Mason

11580 Overlook Drive Fishers In 46037 *www.masonfamilychiro.com

Audrey offers Healing Massage at Mason Family Chiropractic every Monday. Call 317-577-9558 to set up an appointment for your blissful massage!

In recent years Omega-3 fats have received increased press in the news media, scientific studies, and countless books. In particular fish oil is one of the most talked about supplements in the last 10-15 years. Every time I go to the supermarket or health food store manufacturers are putting Omega-3's in just about everything, piggy backing the health benefits that are touted by practitioners and researchers alike. Unfortunately, I find the amounts

contained in a commercially available product such as orange juice, do not contain the necessary amounts to affect brain health in a positive way. Research shows that for DHA to have a positive effect on mood, memory, and concentration a person would have to consume approximately 650-900 mg of DHA per day. That comes out to consuming 2-4 capsules of Fish oil standardized to contain a certain amount of EPA and DHA. Most fish oil that

you buy at the store doesn't even come close to this amount; therefore I recommend you buy fish oil from practitioners who specialize in functional medicine. When it comes to supplements what I have found is that if you are going to take something for a perceived health benefit, buy better quality, and make sure the amount in the product actually measures up to research not just what someone tells you
- Dr. Richard Mason

Raw Food Events this month

Saturday March 20th

Living Asian Fusion
Class

@ *Mother Nature's Sun*

3-6 pm

\$60/person

Call 317-501-7606 to
RSVP

Sunday, March 28th

Get your Juice On!

Demonstration

@ *Good Earth Natural Store*

5:30-7pm call 317-253-6380 to RSVP

Mini Massages.....

After a long stressful day, you've probably thought to yourself, "I could really use a massage to help me relax, unwind and get the kinks out." Would it surprise you to know that your baby feels the same way?

Although many cultures have practiced infant massage for centuries, more and more modern parents are learning about the physical and emotional benefits of massage for children.

Many parents want to learn about infant massage to better connect with their babies and help relieve the underlying discomfort that sometimes makes for a fussy infant. Massage is good for baby—and mom and dad too. Infant massage helps babies sleep longer and sounder,

increases relaxation and helps relieve discomfort. Parents benefit from the bonding opportunity, decreased anxiety over caring for the baby and the inevitable relaxation that occurs during the massage. If new parents are feeling stressed or overwhelmed because of sleep deprivation or breastfeeding issues, infant massage can bring a positive element to the relationship. It basically "chemically" helps you fall in love with your baby. Massage also offers many scientifically-proven developmental benefits for the baby.

Want to learn more about infant massage and how to do it? Check out these resources:



Online

www.infantmassageusa.org

www.monkeysee.com

www.babybabyohbaby.com

Read a book

Loving hands: The traditional art of baby massage, by Frederick Leboyer

Infant Massage— Revised Edition: A Handbook for Loving Parents by Vimala McClure

— Caitlin Murray Giles

Essentials of Cleaning

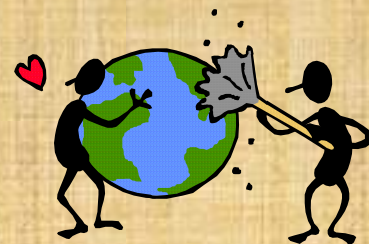
Who doesn't love a fresh-smelling room? The difference between a fresh, clean smell and a toxic chemical vapor is a very blurry line in the conventional cleaning world. Undisclosed (synthetic or artificial) fragrances are generally very dodgy chemicals and can include just about anything, likely eco-toxic, neuro-toxic, bio-accumulative phthalate compounds, (really bad stuff) which are used to make fragrances "stick", but are also linked to hormone disruption,

developmental and reproductive disorders and even cancer. Yikes! A safer, more economical and wonderful-smelling way to go is to make your own simple cleaning solutions with just a few ingredients. Many don't realize that pure essential oils not only smell wonderful but embody antibacterial and antifungal properties. Add a few drops to your home-made cleaning solution and you've got pure magic! Try this recipe out:

All purpose cleaner

2 cups water
1 cup vinegar
2 tsp baking soda
15 drops tea tree oil (optional)
30 drops orange oil (optional)
30 drops lemon oil (optional)
20 drops lavender oil (optional)
15 drops eucalyptus oil (optional)
add to spray bottle, shake and use

Happy Cleaning!



Recipe of the Month.....

*Garden Blend Soup

Ingredients

- 1 1/2 cups water, plus additional to thin, if necessary
- 1/2 cup fresh orange juice
- 1 cucumber, chopped
- 1/2 bunch kale, coarsely chopped
- 1 green onion, chopped
- 1 clove garlic, crushed
- 1/4 cup chopped parsley
- 1/2 cup chopped cilantro
- Dash cayenne pepper
- 2 tablespoons mellow white miso
- 1 tablespoon lemon juice
- 1 avocado, chopped

Place all ingredients except the avocado in a blender and process until smooth (The VitaMix is perfect for this recipe). Add the avocado and blend just until smooth (add additional water to thin, if necessary).

Garnish with fresh herbs or a slice of avocado

Serve immediately.

This soup is perfect as a starter for any meal and can be eaten chilled, room temperature or even gently warmed in the dehydrator or over the stove top. It's also the perfect "on the go" soup for lunch or a day away from home. Just pack in a re-useable container and be on your way!



Variations:

You can use a variety of vegetables in garden soups, such as cucumbers, zucchini, tomato, bell pepper, celery, kale, and spinach. Choose from a variety of fresh herbs, too, such as parsley, dill, cilantro, and basil.

Be Bliss Healing Therapies

317-501-7606 * audrey@beofbliss.com * www.beofbliss.com

The Be Bliss Love Story

Vision

We are all one. How you treat others and your environment reflects back on you, and how you treat yourself reflects back on the others and environment around you.

Be Bliss Healing Therapies is based on love and compassion for ourselves and for all living things. Our vision is to provide Healing Therapies through a variety of services, including Massage Therapy, the use of Aromatherapy, and the education of the benefits of Whole/Living foods and how to use one or all of these therapies to help obtain your optimal self. It is our view that everyone has unique physical, emotional and spiritual needs and preferences. Our views are not necessarily "The Key" to happiness but we are here to provide our knowledge and expertise to help you in your journey to **Your** Happiness and **Your** Bliss.

Mission

It is our mission to provide healing services and education to our immediate community and ultimately to communities all over our country and the world. We are currently fulfilling our mission through three avenues:

- We offer public, private, and individual classes and demonstrations, focusing on the healing properties of Whole/Living foods and how to create delicious and highly nutritious meals with ease. Living Foods Chef, Audrey Barron, provides her services with a passion and flare that can only come from someone who lives the message she is providing.
- Massage Therapy Services that incorporate positive/healing energy into each and every client. We are pleased to say that we authentically love people and love to provide an atmosphere and session of complete compassion and non-judgment. Everyone is beautiful and worthy of radiant health and we are focused on YOU and only YOU during your time with us. Our services include individual massage sessions, corporate chair massage, private spa/healing parties and events, pre-natal massage, and other body-work services.
- We create and sell our hand-made aromatherapy products that are made using only Therapeutic-grade essential oils. We use as many organic products as possible, (60-90% depending on the product) and we only use high-quality amber glass containers that are re-useable and recyclable. We even offer a discount on your purchase when you bring back your previously-used container! While we make a small line of products, our passion lies with custom-making healing oils, scrubs and other items based on your individual needs. Essential oils can be amazingly healing if used correctly and we love to share this wonderful gift from our Mother Earth to all.

Namaste.