

Important Dates:

- December 1st - 7th** National Hand washing Awareness Week
- December 4th** - National Cookie Day
- December 22nd - 30th** - Hanukkah
- December 26th - January 1st** - Kwanzaa
- December 24th** - Christmas Eve
- December 25th** - Christmas

Natural Pain Relief! Endorphins!

What is that?!

Endorphins are chemicals produced by the body to relieve stress and pain!

You can increase your endorphin levels by the following below:

- Regular Exercise
 - Lifting Weights, Running, Hiking, Swimming Etc.
- Giving
 - Volunteering, donating & helping others
- Yoga and Meditation
- Spicy Foods
 - Hot peppers
- Dark Chocolate
 - at least 70% cocoa
- Laughing

However, endorphin levels vary between individuals, so results will also vary.



Regular exercise, stress reduction, and giving to others are well-known "feel-good" activities that can help a person live a healthier and happier life.

The endorphin "high" is a pleasant bonus that may help a person stick to these good habits.

Membership Spotlight!



Red Mountain Wellness

High Head + Low Shoulders = Long Neck

First, comfortably lift your head high like you do when you get your height measured at your doctor's office. Make sure the tippy-top crown of your head is what is highest (not your forehead). When you have it correct, then your head is positioned so you are looking straight-forward (not up or down).

Then relax, drop, and dangle your shoulders including your collarbones, shoulder blades, and arms.

THAT'S IT!

Be a healthy skeptic and try the other way and see how that feels and looks on you: drop your head + lift your shoulders = shorten your neck. You may see this all around nowadays as so many people look down so often at their phones. This "text-neck" posture is leading to pains and problems for plenty of people. It also creates "poochy belly" and that is not likely your intended look.

An upright vertically-centered posture helps you optimally align your bones and thereby reduces pressure on your joints. Creating this healthy habit helps improve your movement efficiency and reduces wear and tear on your body. In other words, you give your body a longer shelf-life and less down-time.



*Do you want great posture?
A slimmer, flatter tummy,
healthier joints, and a
stronger back? Yes?
Practice the following until
it becomes second nature!*

Lighten Up Healthy Gingerbread Cookies

INSTRUCTIONS

For the Cookies:

1. In a large mixing bowl, beat the butter, sugar and applesauce until smooth.
2. Add the egg and molasses, mix well.
3. In another large bowl, combine flour, baking soda and spices.
4. Add to sugar and molasses mixture, stirring well.
5. Divide the dough into two flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
6. Preheat oven to 350°F.
7. Generously dust the surface of your working area with flour before rolling out the dough.
8. Work with one ball of dough at a time, keep the other refrigerated while you do so.
9. Roll the dough out to 1/4 or 1/8-inch thickness, sprinkle a little flour on top of the dough if it's a little sticky.
10. Cut the gingerbread with a cookie cutter shape of your choice.
11. Place cookies 1 or 2 inches apart on a silpat-lined baking sheet.
12. Bake 10-12 minutes.

For the Icing:

1. Mix the egg whites with lemon juice.
2. Combine with powdered sugar, mixing well. If the icing is too thin, add more powdered sugar, if it's too thick add a drop of lemon juice.
3. Add to a piping bag to decorate cookies when cookies are cooled.

INGREDIENTS

- 3 tbsp unsalted butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour plus more for dusting
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

For the Icing:

- 1 1/2 tbsp egg whites
- 1/4 tsp fresh lemon juice
- 1 cup powdered sugar
- pinch of cream of tartar

