



Product Line and Services

# Optimum Health and Nutrition

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## In This Issue

- Mind/Body Connection
- Breath work
- Recipe of the Quarter

## Upcoming Events

## Online Store

[Therapeutic Grade Essential Oils](#)

## Total Wellness

*Self-Help Resources*

## Book of the Quarter

*Exhale: An Overview of Breathwork*

***This valuable book includes explanations of the many ways in which breathing can be therapeutic - the point at which western medicine generally ends its limited consideration of this topic.***

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## Mind/Body Connection

Welcome to our eMailed edition of "Optimum Health and Nutrition"! We are pleased to present you with articles, tools and tips for a healthy living. For this quarter we are focusing on **Breath work**.

We hope you enjoy this month's article on one of the many ways of Natural Health!

**PLEASE NOTE: This will be our last published edition of the Optimum Health and Nutrition eMail edition. We are excited to announce that future holistic self-care articles are now posted on the TARAS TECHNIQUES, LLC Forum's site, powered by WordPress®. For current and upcoming articles on Optimum Health and Nutrition, visit the online forum site at: <http://www.tarastechniques.com/blog1>. Here you can post articles & comments, become a contributor or subscribe to RSS Feeds (Discussion Updates/Comments).**

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Sincerely,

Taras NK Raggio, M.P.A., HHP, CHSMS  
Board Certified in Holistic Health

## Breathwork

Breathing is the key! Breath not only keeps the body alive with vital oxygen, it also has the power to alter consciousness and affect your mental and emotional health. Most of us however pay little attention to how we breathe, taking short, shallow breaths, releasing the air we inhale before it comes close to reaching the bottoms of our lungs.

Once you recognize the influence your emotions and thoughts have on your breath, you can begin to use your breath to influence these states and to reconnect with the natural flow of life.<sup>1</sup>

## Learn How to Breathe...

Lengthening and then holding your **exhalation** after all the air is expelled relaxes you, while lengthening and holding your **inhalation** increases your energy. For example: **inhale** for 4 counts, **hold** for 1, **exhale** for 8 counts, and hold for 4.

<sup>1</sup> Chopra, Deepak, M.D., Alternative Medicine. Celestial Arts: Berkeley-Toronto. ©2002.

### Our Mission...

Our wellness mission is to provide our clients with natural products and information that may promote healing, relaxation, and an enhanced life style.

### Modalities we offer...

Breath work  
Lifestyle & Weight  
Management  
Clinical Aromatherapy  
Stress Management  
Therapy  
Clinical Counseling

Don't have time to cook a healthy meal? Visit "[My Girlfriends Kitchen](#)" for a list of locations. Ready made meals at your finger tips. Use referral code: #64998

This exercise will produce a maximum effect of "relaxation". Be careful, though- breath work takes practice, and if you are not skilled you may experience dizziness or become off-balanced. If you are a beginner at breath work, practice with a Coach or a Certified Yoga Instructor.

[\[Read More...\]](#)

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## Recipe of the Quarter

### Cock-A-Leekie Soup from Scotland (yield: 6-8 servings)

#### Ingredients:

1 2.5- to 3-pound broiler-fryer chicken, cut up  
2 medium leeks, thinly sliced (1.5 cups)  
1 small potato, peeled and diced (1/2 cup)  
1/2 cup quick-cooking barley  
1/2 Cup finely chopped celery  
1/2 Cup finely chopped carrot  
1/4 Cup finely chopped onion  
2 sprigs parsley  
1 bay leaf  
1/2 cup pitted, dried prunes, snipped  
2 cups light cream or milk  
4 cups water  
2 teaspoons salt  
1/4 teaspoon white pepper  
Sliced leeks (optional)

#### Directions:

1. Rinse chicken pieces.
2. In a large saucepan or Dutch oven combine chicken pieces, water, carrot, celery, onion, parsley, salt, white pepper, and bay leaf. Bring to boiling. Reduce heat. Cover and simmer about 25 minutes or till chicken is tender.
3. Remove chicken pieces from broth. Skim off fat. Remove bay leaf and parsley.
4. When chicken is cool enough to handle, remove and discard skin and bones. Cut up chicken.
5. Add chicken, leeks, potato, barley, and prunes to broth. Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or till potato is tender.
6. Stir in cream or milk. Heat through. Garnish each serving with additional sliced leeks, if desired.

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Save 10% on a bottle of [Lemon Essential Oil](#)

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