

# INTUITIVE NUTRITION

CONNECTING MIND, BODY AND SPIRIT

## ✧ Nourishing Your Soul ✧

### HOW DO YOU NOURISH YOURSELF?



*A Note from the Editor:*

*Hello Friends and Welcome to our Second Edition!*

*Nothing says summer like a happy toddler indulging in an ear of corn.*

*Summer is always a little bit of a relief for me. Dinner can be as easy as corn on the cob, sliced tomatoes and a tossed salad- no oven required, instead of spending a lot of time in the kitchen I can take my book out to the back yard and watch the kids play. A great way to sneak in a little "mommy time" and I am one mom who can cheer for that!*

*Be well,*

*Heather*

The definition of nourish is: "to provide with the food or other substances necessary for growth, health, and good condition."

So, what are those other substances? Here are a few that I have thought of; **time** (to meditate, read, relax, hike, be creative), **friends** to chat with and offer support), **beauty** in the form of art or nature.

The next time you find yourself opening the fridge or reaching for that snack bag, I want you to try an experiment- just an experiment - to see what happens. First, I want you to stop and just ask yourself, "am I hungry." If the answer is yes, than by all means honor that hunger, but if your answer is no I want you to ask yourself, "what would really nourish me at this moment." Try not to

judge the first answer that comes to mind, just notice it.

Maybe your first response is, "these chips would nourish me." That's OK, but if you allow yourself a few more minutes to think about what would *really* nourish you, you may realize that chips are not going to make you feel less stressed, or angry or lonely but maybe a call to your friend or writing in your journal would help.

Once you practice stopping and begin to acknowledge the moment, it becomes easier to follow your intuition. As you begin to practice truly listening to your body, you will find that when you are not truly hungry, you will begin to find other forms of nourishment.

Just another piece of learning to eat intuitively!

# Summer Recipes

## ***Tossed Green Salad with Citrus Poppyseed Dressing:***

### **Salad:**

1 bag of mixed baby greens or bib lettuce  
1 can of mandarin oranges drained  
Handful of Craisins  
Handful of chopped walnuts (optional)  
Feta cheese crumbled over top

### **Dressing:**

2 oz. Apple Cider Vinegar  
4 oz. olive oil  
2 Tbsp. OJ  
1 tsp. ground dry mustard  
1/4-1/2 tsp. poppy seeds

## ***Malibu Bay Breeze Cocktail:***

Makes 1 Pitcher: Serve over ice

6 oz. Malibu Rum  
24 oz. Pineapple Juice  
6 oz. Cranberry Juice

## ***Carefree Flounder:***

Ingredients:

1 lb. Fresh Flounder Filets  
4 tsp. Dijon Mustard  
2 Tbs. Lemon Juice  
1/3 cup White Wine

Preheat oven to 350

1. Lay Flounder in single layer in large greased baking dish
2. Spread with mustard
3. Pour lemon juice and wine over all of top
4. Bake for 20 minutes

If you would like to learn more about intuitive eating, please visit my website: [www.intuitive-nutrition.com](http://www.intuitive-nutrition.com)

I would love to hear from you! Please send me ideas, questions, etc. See our page on Face Book, where you can ask a question- Read my blog <http://intuitive-nutrition.blogspot.com>- Follow me on Twitter <http://twitter.com/RDmom3>

My cyber door is always open; email me! [Heather@Intuitive-Nutrition.com](mailto:Heather@Intuitive-Nutrition.com)