

UNIQUENESS.

COMPLETENESS.

PERFECTION.

# Enlightenment with

*"Forgiveness is not an occasional act, it is a constant attitude."*

*- Martin Luther King, Jr.*



## MIND • BODY • SOUL • SPIRIT

### HEALTHY EATING TIPS

#### HOW TO LIVE A HEALTHY LIFESTYLE

Being healthy involves more than eating an occasional salad or going for a short walk once every few weeks, but while you'll need to put in some effort, your health is well worth it. To live a healthy lifestyle, consistently choose healthy foods, fit more exercise and physical activity into your daily routine, and practice good hygiene. You'll also need to avoid unhealthy habits, like fad dieting and neglecting sleep. Making lifestyle improvements may require some gradual adjustment, but improved health is readily accessible once you commit to it.

**Understand the different functions of eat type of fat.** Each fat has a different function and will have a different affect on your health. The types of fat are: Saturated Fat; which comes mainly from animal sources. This type of fat is known to raise LDL cholesterol (the bad kind). Dietary fats high in saturated fat are solid at room temperature, give a crispier texture to foods when used for frying and give soft foods a creamy texture.



~Your Health Is Your Wealth~

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#### Become familiar with nutrition labels.

In both the EU and the United States, fat has to be listed on the nutrition label. Most nutrition facts panels will have total fat, saturated fat and trans fat always listed. Some labels will provide the consumer with extra information on monounsaturated fat and polyunsaturated fat. In America, there are two values, amount per serving and percent Daily Value. In the EU, there are two values as well, quantity per serving and quantity per 100 grams. Many countries have a variation of these labels. Because not all fats have an established daily value, it is best to go by the amount per serving to determine how much fat is being taken in.

#### Use the ingredient statement and nutrition facts panel to understand the fat in your food.

For example, if your item has 7.3 grams of total fat, 0.1 grams trans fat and 3.6 grams saturated fat per serving, then the remaining 3.6 grams of fat is unsaturated fat. The ingredient statement has soybean oil listed as the second ingredient and cheese as the third ingredient. From this ingredient statement, you know that most of the saturated fat is coming from the cheese. You also know that of the 3.6 grams of unsaturated fat, most of it is polyunsaturated fat coming from the soybean oil. With some further research into soybean oil, you will find that the polyunsaturated fat in soybean oil is 87% omega 6 fatty acids and 13% omega 3 fatty acids.

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## Aara's by Studio 137

### Product of the Month

#### OIL-FREE MOISTURIZING SPF-46 CREAM

Protect your skin from the sun all year long with this light weight oil-free moisturizing sunscreen.

What It Is: An extreme moisturizing cream to help protect from harmful sunrays while making skin appear younger and smoother.

What's Inside: Sodium Hyaluronate diminishes the appearance of dry or damaged skin by reducing flaking and restoring suppleness. Vitamin E is a naturally occurring antioxidant that protects and nourishes the skin.

How To Use: Use it as a daily moisturizer or layer it with your daily skincare regimen. *For all skin types.*

## ~BEAUTY TIPS~

**Papaya** is great for both your skin and your hair.

Papaya fruit enzymes are found in many cosmetic, beauty, and hair care products. Papaya brightens skin complexion, reduces acne and pimples, fades skin spots, and treats wrinkles.

### Beauty... from the Inside Out

Want to give your hair, skin, and nails an extra boost? Try **Nature's Bounty Optimal Solution Hair, Skin, and Nails Vitamins**. This vitamin is loaded with vital essentials needed to optimize health in skin, stimulates growth in hair, and strengthens nails. These vitamins can be purchased at your local drug store.



### More from Aara's by Studio 137

Are you interested in an all-natural hydrating soap that not only cleans the skin but also conditions the skin? Try **SUNAROMA's Conditioning Goat's Milk** soap sold by **Aara's by Studio 137**. We also carry *Organic Coconut Oil*, *Organic Peppermint Oil*, and *Organic Patchouli Oil*. Try them all!





## *the Quiet Corner...* Written by Adrena Jackson

*“For we are God's masterpiece; He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”*  
-Ephesians 2:10

Before we were born, God had a plan for our lives. He carefully orchestrated every detail so that each step would ultimately lead His children to their ordained predestined purpose.

This path that leads to greatness no one truly understands the process or the length of time it will take to achieve success. It is expected that the Holy Spirit that dwells within each of us will help us to rise above our physical circumstances and limitations as we adhere to the calling, the yearning that drives us from mediocrity to excellence. We are all created in the image and likeness of God, our creator (Psalm 139); thus achieving purpose is inevitable.

So how do we walk in our purpose? We must only seek Him and ask for guidance and direction. "Many are the plans in a person's heart, but it is the Lord's purpose that prevails" (Proverbs 19:21). When we seek the Lord and sincerely ask Him for guidance, wisdom, and instruction for the purpose in which He created us, He will answer.

His design for our lives is built around His purpose for our lives. Our purposes are predestined. They are created by God, our creator. Our purpose is tied to our passion. God has placed a passion within each of us. It is our responsibility to be intentional about our pursuit in asking our Father to show us how to develop the passion that He gave us. There is always preparation for our purpose. God is decent and orderly. He will never allow you to operate without first preparing you for the assignment. Your purpose is positional and it is always provided for. God creates the timing and place for your purpose to manifest and blossom and then He foots the bill.



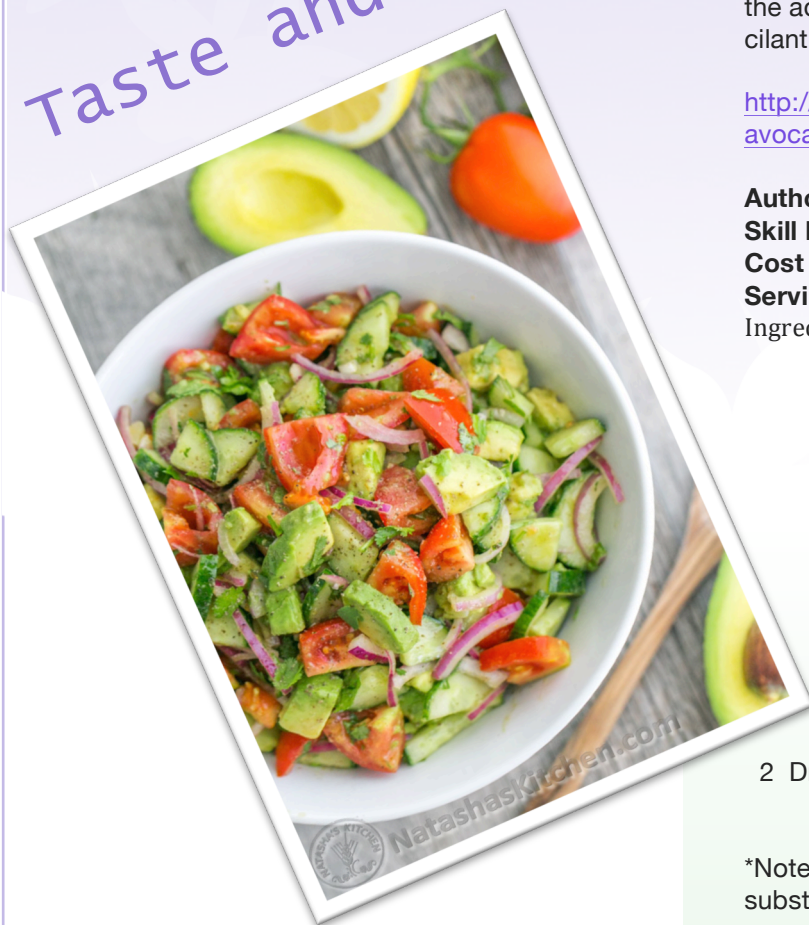
While preparing to attend a training session last week, I looked into the sky and noticed a beautiful rainbow. It instantly reminded me of the covenant that God established between Noah and every living thing and the earth and promised to never again destroy the earth by flood of water (Genesis 9:11). The rainbow is the sign, the constant reminder that God is faithful to His word. Just as His covenant is true, His promises are true and our purposes are divinely connected to His promises. Let's walk boldly into our purposes knowing that God will fulfill His word and His promises to each of us.

We are created for Greatness!!!

*“I praise you because I am fearfully and Wonderfully made; your works are Wonderful, I know that full well.”*

Psalm 139:14

Taste and see...



## Cucumber Tomato Avocado Salad

Our classic cucumber and tomato salad just got better with the addition of avocado, a lemon dressing and fresh cilantro.

<http://natashaskitchen.com/2015/06/01/cucumber-tomato-avocado-salad/>

**Author:** Natasha of NatashasKitchen.com

**Skill Level:** Easy

**Cost To Make:** Varies by season \$5-\$7

**Serving:** 4 (as a side salad)

**Ingredients**

- 1 lb. Roma tomatoes
- 1 English cucumber
- ½ medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp. extra virgin olive oil or sunflower oil
- Juice of 1 medium lemon (about 2 Tbsp.)
- ¼ cup (1/2 bunch) cilantro, chopped
- 1 tsp. sea salt or ¾ tsp. table salt
- ⅛ tsp. black pepper

**Instructions**

- 1 Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
- 2 Drizzle with 2 Tbsp. olive oil and 2 Tbsp. lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp. sea salt and ⅛ tsp. black pepper.

\*Note: if you aren't keen on cilantro, fresh dill is a good substitute.

## FEATURED WINE

### Tom Gore 2013 Cabernet Sauvignon

This wine features enjoyable blueberry flavors, light tannins and an amazing richness. Not only is it flavorful, but it is also smooth and an easy-drinking style.

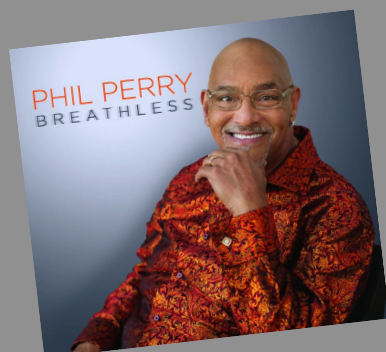


## ♪ Soothing Sounds



Breathless  
By Phil Perry

<https://itun.es/us/Gohrhb>



Designed By  
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