

PEPTIDE WRINKLE
RELEASING CREAM
by Aara's
Essentials



The Peptide Wrinkle Releasing Cream is a rich, moisturizing cream which helps to prevent collagen and elastin breakdown for firmer, more resilient skin. Advanced peptides help reduce wrinkle depth and improve skin tone. Paraben-free. Matrixyl® Synthe'6™ Mimetic Peptide, the key ingredient, works to improve underlying skin structure, while performing the function of a “chaperone” molecule. Vitamin E provides antioxidant protection against environmental assaults.

Macadamia Seed, Hazel Nut and Cucumber Oil are nurturing oils rich in fatty acids and other nutrients.

Apply this cream nightly to cleansed face and neck, massaging gently using upward strokes.

Mind, Body, Soul & SPIRIT



UNIQUENESS • COMPLETENESS • PERFECTION

Business Expose



Eggactly Breakfast & Deli is a cutting edge breakfast and deli restaurant, combining a southern style eclectic atmosphere with excellent service and quality food. Eggactly Breakfast & Deli will be the restaurant of choice for all people. Founded in the Whitehaven Community District, Eggactly Breakfast & Deli features 3 settings in one: A Full Breakfast Menu, Old School Deli Bar, and Full Service Lunch. This concept offers customers variety in cuisine and a traditional yet contemporary atmosphere. Our customers will encounter a different experience on each visit.

Owners Wendell & Adrena Jackson bring more than 30 years of experience to the industry and hope to make Eggactly Breakfast & Deli an inviting and friendly atmosphere for the Whitehaven community and the City of Memphis.

Quiet Corner

LOVE THAT SURPASSES ALL UNDERSTANDING

As I sit and reflect on the coming of the Spring Season, and all of the events that have transpired over the past few months, one common theme rings loud within my spirit, Family! From the endless pictures that flood social media, to the many gatherings that are taking place within our homes, families are joining together to celebrate and love on one another like never before. This influx of love and attention can be only credited to God's Power and Spirit working within each of us to gently remind us of the things in life that matter the most.

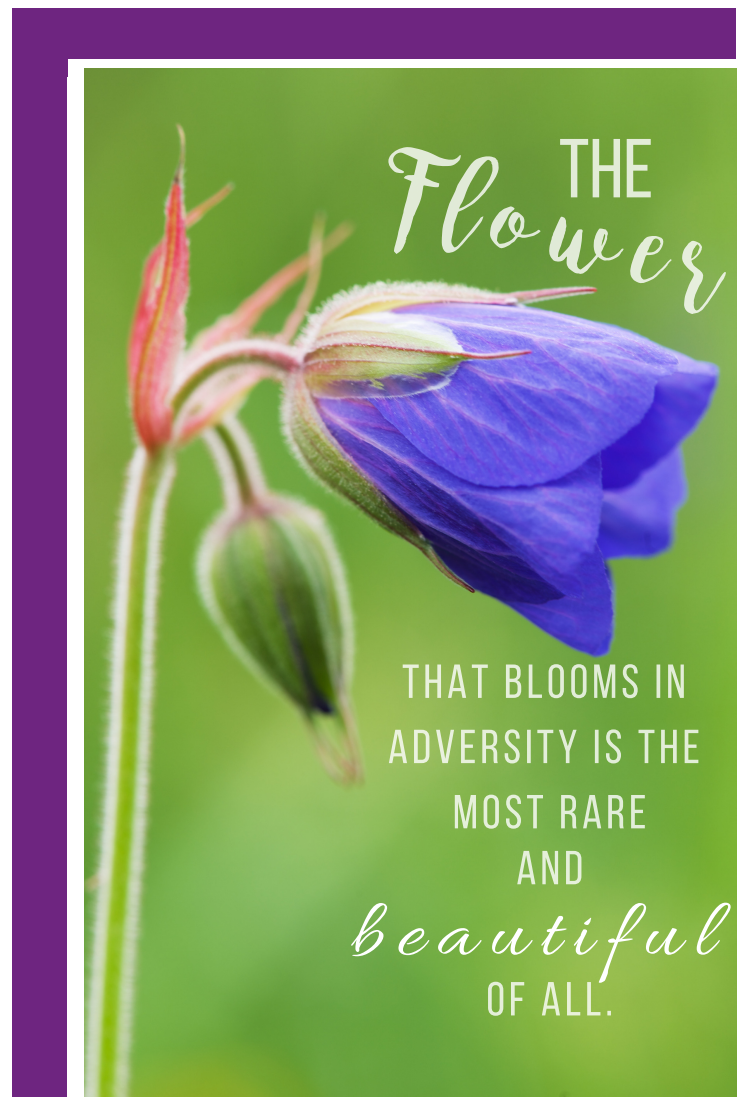
It's not about who can achieve the greatest accolade or who makes the most money. It's not even the works that we do that stand out the most; but it is the power and connection that can only be experienced when we demonstrate love for one another just as Christ did for us on the sacred cross. In His wisdom, our Father God reminds us that things will fade away but Love and Family still remains. In this new season, as you prepare for all the promises that are awaiting you on your road to destiny, take a few minutes and refocus on what matters the most.

For the Word of God reminds us in
1 John 4: 12, NIV

No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

Be blessed ♥

by Adrena Jackson



Adore the skin you're in!

Shop With Us!

In Salon 5111 Millbranch Rd., Studio 137, LLC
Online www.aarasessentials.com



@aarasessentials



@aaras_essentials

Featured Story:

"YOU ONLY GET OLD IF YOU DECIDE TO GET OLD!"

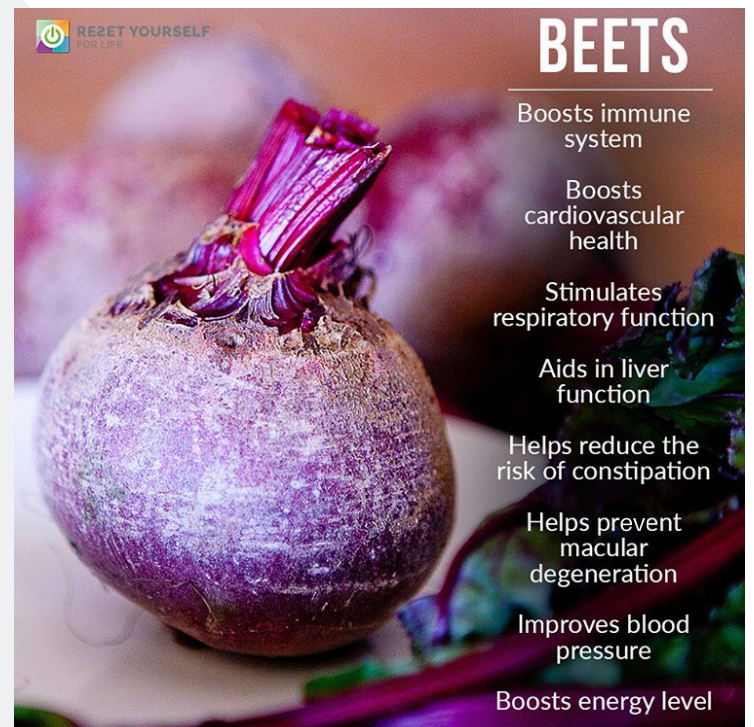
iamfitnessmemphis.com
iamfitnessbyyork@gmail.com
901-596-0072

God has blessed us with fitness to strengthen and maintain our bodies as we age. You have to decide if you are willing to MAKE the time to workout and FEED your temple with protein, vegetables, moderate fruit, and 95% of what you drink should be water. Be sure to include time to stretch daily. Fitness is a mindset (lifestyle). No matter your age, health, or physical condition, I can help you make that change.

No one else can make you lose weight. You must undertake diet and exercise changes to please yourself. What's going to give you the burning drive to stick to your weight-loss plan? Make a list of what's important to you to help stay motivated and focused, whether it's an upcoming beach vacation or better overall health. Then find a way to make sure that you can call on your motivational factors during moments of temptation. For example post an encouraging note to yourself on your office desk or refrigerator.

Remember you have to take responsibility for your own behavior for successful weight loss, it helps to have support of people who believe in and support your lifestyle change. Pick people to support you who will encourage you in positive ways, without shame or embarrassment. Find people who will listen to your concerns and feelings, spend time exercising with you or creating healthy menus, and who will share the priority you've placed on developing a healthier lifestyle. Your support group can also offer accountability, which can be a strong motivation to stick to your weight-loss goals. If you prefer to keep your weight-loss plans private, be accountable to yourself by having regular weigh-ins and recording your diet and exercise progress in a journal. Now is the time to be selfish! This should be your present to yourself. 2019 is the year you start on this new fitness venture and never look back.

Get Fit, Live Fit & Stay Fit with
York at IAmFitness Memphis LLC

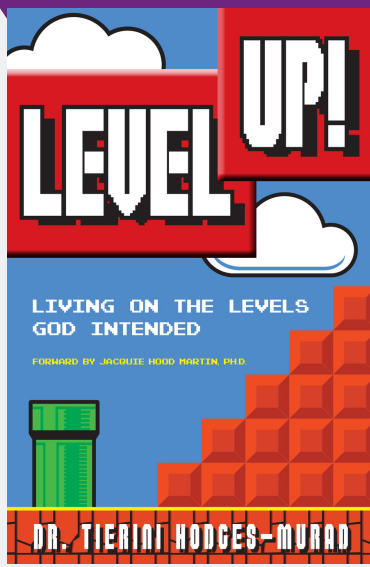




SPRING READING

Dr. Tierini, author of *Level Up! Living on the Levels God Intended*, is a bible study group leader, postsecondary education expert, leadership development professional, public speaker, and soon to be life coach. She is passionate about helping others succeed, living a life of integrity, and her love of chips and salsa!

Dr. Tierini holds a Doctorate of Education degree in higher education leadership from East Carolina University and a Master's of Science in education from the University of Miami, FL. Purchase her book at drtierini.com



Franciscan Estate Magnificat Meritage Napa Valley 2013



Deep scarlet color. Dark cherry, plum, baking spices, and coffee weave into a complex aroma. The wine opens with ripe plum and black currant. The impressive structure is readily apparent in a dense, full body with refined tannins. The extensive finish blends cassis with anise, tobacco, cocoa, and vanilla.

Taste and See...



VEGAN BEET HUMMUS

by
Lazy Cat
Kitchen

INGREDIENTS

- 3 cups cooked chickpeas (approx. 1½ cups dry), peeled
- 250 g / ½ lb beetroot
- 2 large garlic cloves
- 90 ml / ¼ cup + 2 tbsp quality tahini (I used hulled)
- 1¼ tsp salt, more to taste
- 1 tsp cumin (optional)
- about 180 ml / ¾ cup fridge-cold aquafaba*
- 4-5 tbsp lemon juice
- fresh parsley, to garnish (optional)
- black and white sesame seeds, to garnish (optional)
- extra virgin olive oil, to garnish (optional)

METHOD

To cook your beetroots, you could bake, steam or boil them. I baked mine. To bake your beetroots, heat up the oven to 200° C / 390° F. Place washed beetroots in the middle of a large piece of kitchen foil. Holding the edges of the foil up with one hand, drizzle a bit of water to the bottom of the parcel so that the beetroots cook in their own steam. Scrunch the edges of the foil above the beetroots to create a parcel. Bake until you can easily pierce each beetroot with a knife (about 60 min, depending on the beetroot's size). Once the beetroots are cool enough to handle, peel the skin off.

Pour cold aquafaba and lemon juice to the bottom of the blender (or a food processor, but blender will give you a smoother hummus) with all the tahini, roughly sliced beetroots and chickpeas.

Process until smooth. If the mixture is a bit too thick, trickle more aquafaba (or cold water) through the opening in the lid. Once the mixture becomes homogeneous and thick and your average blender starts to struggle (if you have a Vitamix or a similar hi-tech blender you probably will not need to worry about this) start making circles on the surface of your hummus mixture (in the direction of the turning blades) with a spatula (don't dip the spatula in too deep as you don't want to accidentally touch the turning blades). This simple action will prevent air pockets forming under the mixture's surface, helping your blender process the heavy mixture.

Finally, season the mixture with salt, cumin, garlic and extra lemon juice if you like. Enjoy!