



# Mind, Body, Soul & SPIRIT

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## Aara's Essentials Body O'leo



Body O'leo is an unscented, unisex body oil that is so flexible you can enjoy it from your head to your toes! The Body O'leo moisture treatment is made of argan oil, jojoba oil and other exotic oils. The Body O'leo can be used after showers as a base before applying your Zenful Body Moisturizer or simply used alone. The all natural ingredients can also be combined with your favorite fragranced oil if you'd like to add a personal touch!



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## Featured story:



## How to Start a Plant Based Nutrition Plan

Starting a Plant-Based plan or lifestyle is definitely a mindful change and an overall beginning to a new healthier and more energetic individual. Becoming plant-based or vegan is a great way to eliminate illnesses, dis-ease and any ailments that are caused by dairy and meat products. However, the dedication and consistency is a must in order to receive the overall benefits from a plant-based plan. How to begin? So, the start to a vegan lifestyle is preparation both mentally and physically. You should first know your blood type and the recommended eating plan that has been proposed. Some blood types such as “O” or the original blood type as it is often referred to are recommended to have a carnivore based diet plan. Now, even though this may be true for that blood type, you can still live a plant-based lifestyle by incorporating both heme and non-heme iron foods into your diet. Researching your blood type and knowing what foods are likened to your blood type will allow you to be more mindful in your plant-based food selections and understanding what foods you would need more of an abundance of. The next highly needed aspect of becoming plant-based would be exploring food, recipes and restaurants. We all know it’s best to be prepared than to not prepare at all. The preparation in regard to knowing food options available for you will help to ensure success. I suggest visiting your local Farmer’s Market, Health Food Store and local markets to see what available fruits, vegetables, nuts and possible soy based products that you can add to your meal plan. Next, I recommend what I call the “Ease In” phase. During the “Ease In” phase you are choosing a day or

days in the week in which you are only eating plant-based. You have researched your blood type, various foods you can explore, recipes you can try and now ready to ease into the process. During this phase, you would want to schedule days you have a complete plant-based diet. This could be 1 day or the entire week, it all depends on your commitment. Make sure the days you choose that you stay committed to those days. The “Ease In” phase can last for a few weeks, months or even a year. The days can be slowly added weekly or monthly, just depends on how you would like to gauge your level of commitment to the process without slipping up and having to review your plan again. Lastly, after the “Ease In” phase you are completely ready to plant-based as a lifestyle. This is a daily mindful act of making food decisions centered solely around a plant-based diet. You are reading labels ensuring everything you intake does not have any dairy products and you are not consuming any meat. This is your last step, and it is the complete turn over to a new lifestyle. Your energy will increase, weight will be lost and illnesses will automatically leave the body. This is a step towards wholeness and longevity. Taking the first step towards becoming plant-based begins with choosing to do so, everything afterwards is a conscious effort towards making that decision a reality. There may be some mishaps along the way, however remember to stick towards your goal and the “why” you decided to start a plant-based diet and continue to follow through daily. Also, surround yourself with other like-minded individuals in that area of eating habits. These family, friends, co-workers or neighbors will help you on this path as they are on as well. This will help you learn various choices you can make, explore new restaurants that cater to your lifestyle and reduces incidents of falling back to dairy and meat products. Remember to stay motivated by watching documentaries, reading articles that empower your lifestyle and attending workshops to continue to expand your knowledge of living plant-based. This is not a one-time decision but day by day and minute by minute. Stay driven and stay motivated! If you need help ask a professional such as myself or one you may know to enlighten you along your path. Enjoy this New Year and your new lifestyle of living plant-based.



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# quite corner

passes, all my friends are headed to their four year colleges and I'm at home grinding to reach those goals that were set out for me to achieve. It is the summer of 2012 and Middle Tennessee State University accepted me into their institution. I was so committed to my goal and believing in myself. I made everything a reality. From the energy that was borrowed from resilience and optimism, I brushed myself with so much courage to beat the next level. I was so ready for anything.

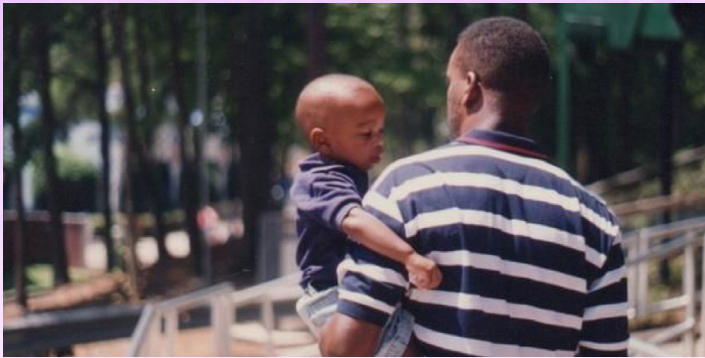
I moved to Murfreesboro! I thought I was ready to attack every obstacle that was coming my way. Life looked at me and laughed. My first couple of semesters I lost track in what I moved to Murfreesboro to accomplish, make my dad proud, make my family happy, and continue to build my legacy as high as Lady Liberty. I didn't want to go back home to Memphis and be lame, so I focused all that same energy I received and put it towards mastering my skills to reach my profession. Deleting all the interruptions hindering me and my success lead me to what I soon would find, happiness. Soon I would join my school's television station program where I would produce my own show, be talent on different shows and produce them as well. I joined the National Association of Black Journalists to help lead the organization to succession. I soon would become a member of Kappa Alpha Psi Fraternity, Inc just as my father did in his collegiate days. Ladies and gentleman, I was making everything happen. I was achieving everything I dreamed!



Refocusing on my goals again and again helped me walk down the path to achievement. A combination of **perseverance** and passion is all I needed to become the quality man I was meant to be. Research presents, "the quality effort a person puts in their respective fields was never no necessarily talent, but exceptional commitment to ambitions and goals"

When we really think about it, perhaps more than any other quality to have, **perseverance** is what truly gets our major projects out the door, lets us master all our talents we've been blessed with, and continue to make dreams realities. As of now, I've graduated from college with a Bachelors of Science, moved to a new city with new dreams, and I'm continuing soar to the things my father only wanted for me.

More to Come,  
-Julian Emil Seiferth



## Perseverance

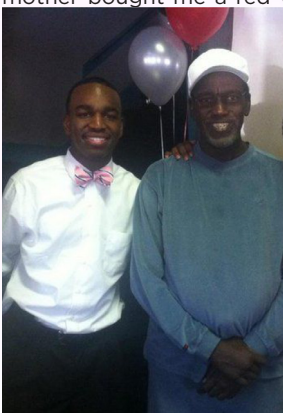
COLOSSIANS 1:11-12

- 11 being strengthened with all power according to his glorious might so that you may
- have great endurance and patience, 12 and giving joyful thanks to the Father, who has
- qualified you to share in the inheritance of his holy people in the kingdom of light.

We currently live in a society where instant gratification, senseless distractions, and short attention spans can veer us off course in our season of success and make us lose sight of our goals. I, Julian Emil Seiferth, am here to share how perseverance, a power key to success, can get us back on track.

**Perseverance** is the ability to keep going, even when your work ethic is met with negativity or complete failures. Let's go back to 2011, right after high school graduation. As I walked across the stage, I knew wouldn't be attending a four year college. I thought to myself, "As I received this piece of paper that slightly can define my life, what am I doing? What's the next move? Are you a disappointment? Man, are you truly meeting expectations of what your family is about?" As I sit back down during the graduation ceremony, I see all my family's beautiful smiling faces. In my head I think, " Ju, you're a Seiferth. You have to do better. Where is my best friend (my dad)?" While linking with my family outside of the graduation I look frantically for my dad because his opinion was the only one I truly felt helped me stay committed to my plan. I did not see him until my graduation party. My dad was/is literally my role model. Prior to this moment, my senior year was faced with various trials and tribulations. Throughout it all, all I could care about was being noticed. After my graduation party, my whole life changed.

As I arrived to my father's club for the party, I walked in and see everyone, but not my role model. I'm enjoying myself and finally he walks in. I looked at him and knew something was wrong. He gave me a hug and apologized to everyone for his tardiness. We did our hand shake, per usual, and started laughing about everything. My mother bought me a red velvet bow tie cake and my dad helped me cut it. As we were cutting it, he told me "Son, I'm proud of you. I expect nothing but big things from you. I'm ready to see you soar." Two months later, I lost my father to congested heart failure. For the first time in my life, I got on my knees and asked God, "WHY!" I was broken. I was baffled about everything. I was turning into this sad little black boy that I never thought I would be a day in my life. After the funeral, I had a lot of helping hands that summer to help me regain my strength. My biggest hand was my mother. She helped me form all my goals and aspirations, which made me the man I am now. Summer 2011





taste and see...

# Wendell's Sriracha Turkey Burger.



## INGREDIENTS

- 1 1/2 pound fresh ground turkey
- 1 tbsp. Hidden Valley Ranch dry mix seasoning
- 1 Egg
- 1 packet Lipton Onion Soup Mix
- 1 tsp. Apple Sauce
- 1 tsp. Brown Sugar
- 1 tsp. Worcestershire Sauce
- 1/2 tsp. granulated garlic
- 1 pinch of Italian Seasoning

## PREPARATION

In a medium mixing bowl, combine the fresh ground turkey and all ingredients and mix together until they are blended well. Form desired number of patties and place in skillet over medium heat. The secret to a juicy burger is to NOT press down on the burger with a spatula. Add a little water in the skillet, cover with a top and allow the burger to steam.

Your burgers will come out Eggxactly Right!!!

*Coming Soon!*

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Eggxactly  
Breakfast & Deli

## Barefoot Bubbly



Barefoot Bubbly is perfect for any occasion. From sweet Bubbly Pink Moscato to dry Brut Cuvée, there's no limit to the things you can toast!



### Liquid Spirit by Gregory Porter

<https://itunes.apple.com/us/album/liquid-spirit/679415851>

**SOOTHING  
SOUNDS**

