



HUmineral

October Healthy Share



Here comes the rushthe fun, festive, and frenzy of the holiday season! We tend to think and act as if there's just not enough time to breathe. With so much to do in the business of our lives today, it's easy to understand our lack-of-time mentality. However, there's an important area of our body that deserves our attention, and is often neglected.

"A" for Adrenal Health! Sitting atop the kidneys, these glands weigh less than 1/5 of an ounce. Adrenals are essential for life as they assist the body in dealing with life's challenges, such as; deadlines, walking a flight of stairs, traffic, an exam, a birth, planning a move, etc. When our adrenals are exhausted, the body cannot sustain the energy it requires. Our adrenals secrete over thirty hormones, but two of the main ones are adrenaline and cortisol. Adrenaline comes as a rush, which can be in good times or not so good, which happens instantly and can be over instantly. Cortisol works more slowly, causing no initial noticeable physical symptoms. However, it can remain elevated for 5 minutes, 5 hours or longer. When stress levels are repeated due to life factors, cortisol levels remain elevated, which can lead to chronic conditions.

Remember to take a breath and enjoy the moment, the minute, the hour, the day ...and the coming holiday festivities!

Valerie Rutherford, Dietician & Fitness Trainer

We welcome Valerie , who for 18 years, has specialized in physical fitness training, dietary nutrition, counseling, and program management for weight loss and a healthy fit lifestyle.

Valerie will collaborate with us as we bring you great healthy snacks and meal choice ideas on a monthly basis to aid a "fit and fabulous" healthy lifestyle at every age. See her complete information at humineral.com or sign up for your consultation with Valerie at valerie@humineral.com or call us at 888-765-0087.



A Healthy "ENERGY" Smoothy

KALE

low calorie, high fiber, high in V-K, high in iron, zero fat, powerful antioxidant

APPLE

fiber (called pectin), low calorie, no fat, no sodium

PARSELY

rich in V-C, B-12, K & A, contains folic acid, good for blood pressure

LEMON

anti-viral, anti-bacterial, cleansing, weight loss & digestive aid

GINGER

anti-inflammatory, anti-oxidant, aids micro-circulatory channels, aids intestinal tract

HUMIC RAW LIQUID MINERAL

feeds the cell, mineralization, uptakes ALL nutrients direct to body, nutrient to feed cell.

Add water and ice



humineral.com + 888-765-0087 + sales@humineral.com

HUmineral Humic Raw Liquid Mineral and Zeolite Raw Liquid Detox Mineral can be added to any smoothy (drink or food), for extra boost. Many tonic and smoothy Bars (as well as home juicers), add these minerals as an added boost to increase health benefit and uptake nutrients.

Humic Acid Mineral consist of 79 Organic Major and Trace minerals that enhances the bioavailability of all nutrients to the body, working adaptogenically.

Zeolite RAW Liquid Mineral is a molecular trap that has the ability to selectively trap toxins, metals, etc and carry these toxins from the body in its natural detoxification process.

HUmineral
TO MAKE A DIFFERENCE TO YOUR HEALTH
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info@humineral.com



**Candice's
Corner**



from the EARTH + for all LIFE

humineral.com

A really good and simple Vegan Burger

INGREDIENTS

Lentil Beans
Brown Rice
Mushroom
Onion
Almond Flour
Olive or Grape Seed Oil
Spice: Optional

1. Sautee mushroom in your choice of spices (the spicier the better, cumin, tumeric, sea salt, cayenne pepper, fresh lemon, cilantro)
2. Cook brown rice until almost done (medium soft)
3. Mix, lentils (Trader Joes has a great choice already bagged and cooked), mushroom mix, and brown rice.
4. Roll in almond flower and olive or grape seed oil, throw on grill or in skillet until cooked to choice

YUM!