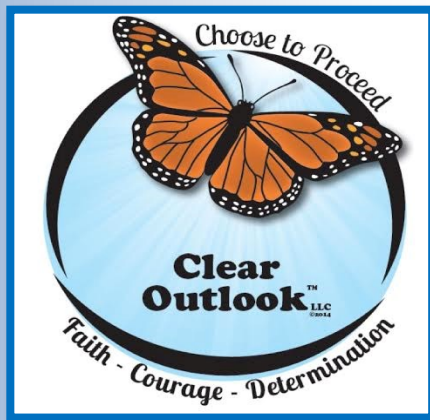


January 2018

Clear Outlook TODAY: Health and Happenings



Laughing Your Way to Health *A Thought from Marisha*

**Children Laugh 300 Times Per Day.
Adults Laugh 18 Times Per Day.
What's Your Daily Laugh Quota?**

1989 Journal of American Medical Association: A pioneering article on laughter therapy as a treatment for improving the quality of life of chronically ill patients. Findings: **strengthens immune system, boosts energy, diminishes perception of pain/anxiety/depression, protects from stress, and increases restful sleep.**

What laughter does. **For breathing**: it clears mucus from the lungs. **For muscles**: it breaks the pain/spasm cycle. **For cardiovascular**: it increases the amount of oxygen delivered to all cells.

Stanford Medical School: Can laughter be a form of exercise and used as cross training? Not to replace, but in addition to? **YES** - 20 seconds of laughter is the cardiovascular equivalent of 3 minutes of strenuous rowing; 20 seconds of laughter can double the heart rate 3 to 5 minutes.

Laughter as "**inner jogging**": metabolism speeds up (50 calories burned for 10 minutes of laughing), body is showered with endorphins, improves digestion, and stimulates central nervous system.
Endures for up to 2 hours after you stop laughing.

Personalize Your Laughter by Creating a Laughter Program

Laughter Journal or Tickler Notebook: journal **past** experiences that made you laugh, including pictures when possible. **Seek out** those things that make you laugh: You Tube channels, sayings, jokes, experiences, people! Make a conscious decision to create laughter in your day. We plan our meals, our exercise, our day...include laughter as another plan for health and well-being.

Make January a month of humor, laughter, and health.

SUCCESS HAS A NAME

30 POUND GOAL

Ruth Plank

60 POUND GOAL

Byron Faustich

90 POUND GOAL

Melia Bryer

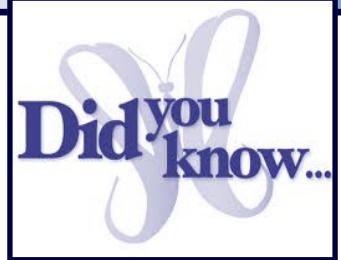
170 POUND GOAL

Derek Thompson

GRADUATE

Duane Roach

Cheese Is Back! Liz Winet, FNP



New evidence that whole natural cheese does not promote vascular disease and has important health benefits has come to light. At Clear Outlook™, LLC the importance of avoiding trans-fats and consuming whole natural fats like cheese and butter from grass fed animals, almonds, walnuts, avocados and olives etc. has long been promoted. An inclusive scientific and historical history of the Fat War is scientifically and entertainingly detailed in the book "The Big Fat Surprise" by Nina Teicholz. Benefits are further supported by health improvements of active program participants.

In the European Journal of Nutrition, 12, 2017 researchers at Soochow University, China, published a meta-analysis of 15 prospective studies from Europe and the US, which tracked the diet and health outcomes of more than 200,000 people. This study concluded that people who on average ate a matchbox portion of cheese daily were 14 per cent less likely to develop coronary heart disease and 10 percent lower chances of having a stroke. Other research has demonstrated whole cheese raises HDLs (the healthy cholesterol) and lowers LDL. One ounce a day is a good portion to consider along with other probiotic rich dairy products like plain yogurt and Kefir.

FROM THE KITCHEN Of Sharon Gilbert Ketosis Approved!

Chocolate Meal Mug Cake

Serving size 1

Ingredients

- 1 New Direction Hot Cocoa
- 1/8 t baking soda
- 1 t vanilla
- 1 t cinnamon
- 1 T Simple Truth nonfat greek yogurt
- 1 t unsweetened dark chocolate
- 2-3 T hot water - use only if it is thick batter
- 2 pieces of Ghiradelli 60% cacao (optional)
- (If you add 2 pieces of Ghiradelli - Add 1 carb



Nutrition Facts

Calories	219
Total Fat	6g
sat fat	2g
Cholestero	140mg
Sodium	778mg
Total Carb	12g
fiber	0g
sugar	4g
Protein	28g

Instructions

Use a coffee mug, add hot cocoa, add 2 T hot water and mix. Add the rest of the ingredients and stir. Microwave for 35-45 sec. Check at 35 sec. If it look like it needs more time, microwave. Do not over cook or it will no longer be moist.