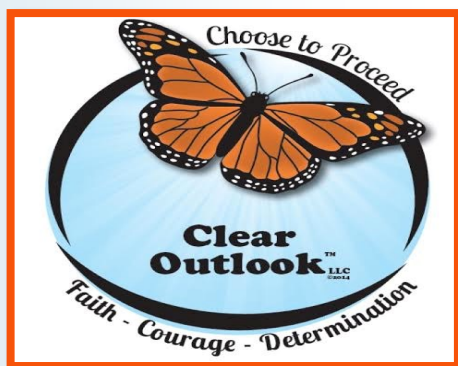


Clear Outlook TODAY: Health and Happenings



When What We DON'T Do Creates Health *Just a Thought from Marisha*

So much of behavior change is setting goals and creating a plan. All of which is helpful, but in all change there is balance. Without night, there is no day. Without rest, there is no action. In bringing balance to creating a healthy life, it is also of value to become aware of what we DON'T do. Yes...in choosing to not do something, we can create amazing change. Big sigh...instead of feeling like we are going upstream in creating health, let's try going downstream!

Health is balance in all dimensions of wellness.
What didn't you do that created harmony in your life?

YOU

1. Didn't engage in that draining conversation.
2. Didn't take that first bite.
3. Didn't lose faith.
4. Didn't waste that \$20 in your wallet.
5. Didn't respond in anger.
6. Didn't stop walking after 10 minutes.
7. Didn't stop the tears from falling.
8. Didn't give in to the inner critic.
9. Didn't start season 3 of favorite Netflix series at 11PM.
10. Didn't give up when it got hard.



What were you doing? Creating space for change!

SUCCESS HAS A NAME

30 Pound Goal

Cindy O'Brien

Kathy Boochoer

Susan Boochoer

Tamara Kidd

April Brinkman

Jen Troyer

Susan Vanskyhawk

Carita Reiter

Michael McKeel

Betty Burgess

60 Pound Goal

Marci Hinsey

Amanda Phillips

Randy Burgess

Jennifer Graveel

Melia Bryer

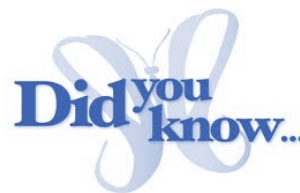
90 Pound Goal

Byron Faustich

Rebecca Bonsib

Announcements

Liz and Marisha attended the 2017 New Direction Annual Conference, which met outside Chicago. It is the annual professional gathering with a wide range of professional speakers and awards. For the second year in a row Clear Outlook™, LLC was honored with the "New Direction Outstanding Achievement Award in recognition of their exceptional performance and innovative contributions". Specifically we were commended for our holistic services that address body, mind and spirit. These services expanded this year with Marisha Schmidt joining us. She shares her expertise in yoga, tai chi, fitness activities and coaching.



We left with many insights into bariatric (obesity) medicine. One we are implementing is recommending visits after reaching your goal to 24 months post graduation. Research revealed that people who stay connected to professional services for two years after reaching their goal have the highest long-term maintenance success. Good to know! As always, if your weight goes up 10 pounds, just come on back and melt it away!

Easy, fast, effective!

FROM THE KITCHEN

Of Sharon Gilbert

Ketosis Approved!

Jello

Ingredients:



1 bottle of bai - Antioxidant Infusion
2 scoops Vital Protein Gelatin



2 can of bai - Sparkling Antioxidant Infusion
3 scoops of Vital Protein



1 bottle of Sparkling Ice
2 scoops of Vital Protein



Directions:

Pour bai in a pan and sprinkle the vital protein on top and let it bloom for 1 minute. Heat on the stove until it just starts to bubble and stir until the gelatin is dissolved. Pour into single serving containers or in a bowl.

Vital Protein is available at Fresh Thyme, Whole Foods, Amazon or Vital Protein website.

Nutritional Data - 1 serving bowl of Jello

Calories 10 Sodium 40mg Carbs 2 Sugar 2 Protein 17
Sweetened with erythritol, Stevia Leaf Extract

Calories 10 Sodium 65mg Carbs 4 Sugar 2 Protein 26
Sweetened with erythritol, Stevia Leaf Extract

Calories 0 Sodium 300mg Carbs 0 Sugar 0 Protein 17
Sweetened with sucralose, green tea extract & food coloring

* Brands chosen based on low sugar and low carb. Can be bought in bulk at Sam's Club or Costco's.