

# Clear Outlook™, LLC



Call 574 277-5555

Visit us [www.clearoutlookllc.com](http://www.clearoutlookllc.com)

4609 Grape Road Suite D7B Mishawaka, IN 46545

## **This Newsletter Includes:**

- **Meet Liz Winet, FNP**
- **Meet Ashlinn Kipp, RDN**
- Free Gift for the Season by Liz Winet, FNP: **Keep the Holidays Special (Stress BE GONE) Wednesday: December 18 6pm – 7pm at Clear Outlook™, LLC** Sign up by calling 574 277-5555 and leave your name, telephone number and names of friends and family who will be joining you.
- **Healthy recipe on a holiday favorite by Ashlinn Kipp**
- **"The Truth about Trans Fat" by Ashlinn Kipp, RDN**
- **A Clear Outlook™, LLC Personal Journey of Leta Nielsen**  
Follow Leta's candid weight loss journey in our monthly newsletter.

Striving to provide useful tips, gifts & editorials to equip you to Be Your Best You!

## Meet Liz

Liz has found her passion: supporting you with many unique tools to create your passion and health! As a nurse practitioner Liz's joy is getting people OFF of medications SAFELY as their body heals. One very effective way to create health when you are overweight is to LOSE WEIGHT NATURALLY! Obesity is more about eating the WRONG foods FOR YOU than about eating too much food. You are unique and must eat for YOUR body to be healthy! You want to be able to eat a lot of healthy vegetables to feel satisfied... They turn on genes that prevent obesity and create health! Learn more at Clear Outlook™, LLC! See you there!



## Thought for the holidays: Know what you want to give to those that matter to you ... Give it with love! Liz Winet

Stress is a misunderstood natural response to our need for increased alertness, energy, and quick thinking. It works best when understood and respected. Our Gift to you is a free active presentation: **Keep the Holidays Special (Stress BE GONE)** by Liz Winet, FNP. You will practice stress relief from 3 instant techniques you can use anytime... anywhere! You will also understand the chemicals your body creates in response to your THINKING to serve you well.

## Meet Ashlinn

Ashlinn Kipp is a Registered Dietitian Nutritionist with a passion for helping people live happier and healthier lives. Her



areas of interest include weight loss, cardiology, diabetes and chronic diseases with the ability to be reversed or prevented. In a world full of food myths, weight loss pills and diet fads, Ashlinn helps individuals understand the truths to these matters and take home the basic messages to make the necessary changes to improve their lives. Combining her interest of art and food, Ashlinn has a love for cooking and enjoys sharing this skill with others to bring our world back to a "whole food philosophy". Ashlinn is excited to form relations with the patients at Clear Outlook™, LLC and aid them in living out a healthy, happy life.

## Cauliflower "Mashed Potatoes"

### Ingredients:

- 1 medium Cauliflower, chopped
- 1 T Low-Fat Cream Cheese
- ¼ C Parmesan cheese
- 1 clove Garlic, diced
- 1 dash Salt
- 1 dash Pepper
- 1 T Butter

### Directions:

Bring a pot of water to a boil over high heat. Set a stockpot of water to boil over high heat. Cook cauliflower until well done, about 6 minutes. Drain well, pat dry using several paper towels but do not let cool.

In a food processor puree cauliflower, cream cheese, Parmesan cheese, garlic and seasoning. Garnish with butter and chives, if desired.

Serve warm.

### Nutrition Facts per Serving:

Makes 4 ½ cup servings

Serving Size Entire Recipe: 632g (158 g/serving)

Amount per Serving:

Calories 97

Calories from Fat 47

Total Fat 7g

Saturated Fat 3g

Trans Fat 0g

Cholesterol 15mg

Sodium 157mg

Carbohydrates 9g

Dietary Fiber 4g

Sugars 4g

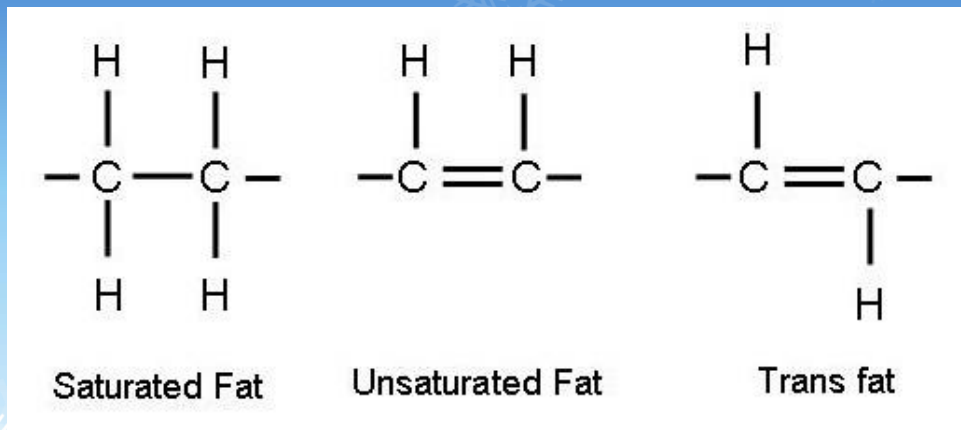
Protein 6g



Recipe provided by Ashlinn Kipp, RDN

## The Truth About Trans Fat

By Ashlinn Kipp, RDN



At the turn of the 20<sup>th</sup> century the process of hydrogenation was founded and partially hydrogenated oils & trans fats were born. This new, man-made oil was popular as it provided foods with longer shelf life, less saturated fat and a new taste and texture. Partially hydrogenated oils were originally defined as GRAS (Generally Regarded as Safe) by the FDA (Food and Drug Administration) as there wasn't reason to believe the new fat would pose any harm. It wasn't until the 1990's that we started to become weary of what trans fats had been doing to our bodies. Through research we learned that trans fats increase the bad cholesterol (LDL cholesterol) and reduce the amount of good cholesterol (HDL cholesterol) in our blood. Because these man-made trans fats are not from nature, our bodies aren't able to adequately process them, leaving the fat to harden and clog our veins and arteries, increasing our risk of heart disease and strokes. In 2002 the government concluded that this man-made fat is harmful to our health but it wasn't until this year that the FDA concluded that partially hydrogenated

oils should no longer be labeled GRAS. Food processors have been decreasing the amount of trans fats in their products over the past ten years but the fat is often hidden on the ingredient list of many foods as partially hydrogenated oil. Although there is talk that the FDA will require all trans fats be completely removed from all food products, it can still be found today in many baked

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*		
Serv. Size		Total Fat	7g	11%	Total Carb.	20g	7%
4 cookies (32g)		Sat. Fat	4.5g	23%	Dietary Fiber	1g	4%
Servings 9		Trans Fat	0g		Sugars	10g	
Calories 150		Cholest.	0mg	0%	Protein	2g	
Calories from fat 60		Sodium	115mg	5%			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%							

**INGREDIENTS:** Enriched flour, riboflavin, sugar, partially hydrogenated vegetable oil, cocoa, cornstarch, hydrogenated oils, soy lecithin, salt, caramel color, artificial flavors.





### **A Clear Outlook™, LLC Personal Journey by Leta Nielsen**

Liz's "Clear Outlook" came into my life right when I needed it the most. With my strained family obligations I had forgotten the important teachings of Liz when I attended her previous program about 6 years ago. My weight started to climb over these years despite the fact that I can pedal a bike thousands of miles in a season. I personally can't get at the correct weight for me by just physical exercise. I need to eat properly too.

Liz starting her own program now called "Clear Outlook" was the motivation I needed to help me take that extra unhealthy weight off my 5'1" frame. I have just started, but with the guidance of this Program, I set my goals of being fit and healthy and able to climb each and every hill I find with ease. This time I am making a life commitment to myself to reach my goals and maintain them for my life. This time I plan on using the program's support to maintain and not think I have to go it alone.

Failure is a means to success as you learn from mistakes. So I needed to pick myself up and find the way to succeed. I've found my way now!

Leta Nielsen

## **To be your best you, call (574) 277-5555**

Did you enjoy our newsletter?

Feel free to share it with a friend. If they like it too have them contact us at [start@clearoutlookllc.com](mailto:start@clearoutlookllc.com) be added to the newsletter email listing! Have a very blessed Holiday Season! We hope to see you soon!

