

Don't compromise yourself. You are all you've got.
- Janis Joplin

Beautiful Body Types

Almost all of us have a distorted image of our body, often due to the importance our culture places on outward appearance and the onslaught of media images of airbrushed models and celebrities. Daily, we talk to ourselves in ways we would never speak to another. Imagine speaking to a child the way you speak to yourself about your body. It would devastate and squelch a child, and it affects you similarly, causing stress and emotional pain in your body, which can make improving your health or losing weight even more difficult.

Our culture's preferred body type shifts every decade or so, but whatever it is, it is usually unattainable without spending enormous amounts of time, energy and money. Think of all the intelligence, creativity, time you spend on improving, altering and judging your appearance. Who would you be and what could you accomplish if your valuable resources weren't used this way? Constant emphasis on the external makes us discount the great presence and intelligence that is housed by the body. It makes us forget the magic of our internal rhythms and fail to acknowledge the beautiful bodies we have.

The body you have right now is incredible! It never misses a heartbeat, it maintains homeostasis, and it miraculously digests whatever you put in it. It is your instrument for expressing your creativity, intelligence and love. In focusing on the 1% you don't like or wish was different, you may ignore the 99% about your body that is beautiful, unique and delightful.

What would your life be like if you were simply at peace with the body you have? You may wish to make your body healthier and stronger, but could you do that out of love and respect for your body, instead of the opposite? Could you begin to treat yourself with kindness, to limit the negative self-talk, and to reconnect with your inner wisdom? Take a minute to imagine what that would feel like. It would mean celebrating your body, rather than punishing it, nourishing your body, rather than depriving it. It would mean a chance to watch your body flourish just like a child flourishes with care and respect.

Food Focus: Sweet Potatoes

Sweet potatoes are on everyone's mind this season. They seem to go hand-in-hand with the holidays, but eating these and other sweet vegetables needn't be limited to this time of year. Cravings for sweets can be greatly reduced by adding sweet vegetables, such as sweet potatoes, yams, parsnips, beets, squash, turnips and rutabagas, to your daily diet. Sweet potatoes elevate blood sugar gently, rather than with the jolt delivered by simple refined carbohydrates, so there's no energy crash after you eat them. Much higher in nutrients than white potatoes and especially rich in vitamins.

A, sweet potatoes offer a creamy consistency that is satisfying and soothing. They are healing to the stomach, spleen, pancreas and reproductive organs and help to remove toxins from the body. They can increase the quantity of milk in lactating women and can lessen cramps and premenstrual symptoms. If you don't have any sweet potatoes in your kitchen, go out and buy some (organic and local if possible) and make the recipe below.

Recipe of the Month: Sweet Potatoes with Lime and Cilantro

This recipe is an eye-opener for those who find sweet potatoes cloyingly sweet or who are tired of eating them smothered in marshmallows and brown sugar. Japanese sweet potatoes, with their pale flesh and delicate flavor, are a treat if you can find them.

Prep time: 10 minutes

Cooking time: 30-40 minutes

Serves: 4

Ingredients:

4 sweet potatoes

1/2 bunch fresh cilantro

2-3 limes

butter and salt, optional

Directions:

1. Wash the sweet potatoes and bake them whole, in their skins, at 375 until tender.
2. Wash and chop cilantro leaves.
3. When sweet potatoes are done, slit open the skin and place on serving plate. Season with salt and dots of butter, if you like, then squeeze fresh lime juice all over, and shower with cilantro leaves.

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It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

Interested in learning more about what I do? Please contact me to schedule a free initial consultation.

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