

select simpler...

respect the body...



Be Choosy! News, Events and Tips January 11, 2010

MARRIED WITH CHILDREN, SEEKING SPICY SIDEDISH

Can you **satisfy my yearning** for crock-pot rendezvous, spicy tacos, and steaming hot spaghetti sauces on cold winter nights? I am searching for a long-term relationship with grass-fed organic beef to provide endless happy dinners for five.



I am fed-up with deceptive groceries bringing home unwanted antibiotics, pesticides, and hormones into *my* home. Can I rekindle my love, trust, and simple enjoyment with quality happy meat? **Is it possible you are out there, not overpriced?** Do you exist?

Signed, I am Believer

If you enjoyed my attempt at a humorous want ad, grab a cup of tea and listen to [my audio clip](#). This is a presentation I gave for the TriCounty

Toastmasters Club called "Hapy Meat" describing my 2009 adventure and shares where you can find grass fed meat.

TEN LITTLE WORDS

Saturday evening, **Healthy Living Magazine** honored champions in health and wellness. In front of a crowd of a couple hundred guests I was honored to be recognized for my efforts with Choose Wiser. **Dr Bernie Siegel MD.**, worldwide known physician, as well as a multibook best-selling author and motivational speaker presented the award with a warm embrace and handshake. It was an honor. However, the moment I cherish the most from the evening were ten little words in his keynote speech. Dr Siegel was describing creating change and stated, "**Love them, Inspire them, and they will seek the information.**" The ballroom sized audience listened politely, yet the message made a path straight from the microphone into the cells of my body - as if he was speaking directly to me. I did not hear the next section few paragraphs, as my mind continued to fondle the words in my head. "*..inspire, and they will seek the information*" - I love it. I am blessed to do what I love, empowering women, and in return be recognized for my efforts by the community. Thank you.

TIP OF THE WEEK

"I use a lot of baking soda when doing dishes - stuck on and baked on and greasy stuff - it works great. My mom recently gave me a parmesan cheese Tupperware, which I filled with baking soda to have on hand at sink in a convenient, plastic, shaker container. When I just tossed a Kraft parmesan cheese container, I thought that could be used as well. So that's all I have - just a little something that works for me that I thought I'd share with you!" - From a *Be Choosy!* reader

Love the tip! Easy. Inexpensive. Practical and convenient. By reaching for the shaker jar with baking soda you may have replaced scouring cleansers containing butyl cellesolve (associated with liver and kidney damage) or crystalline silica (a carcinogen). Just by choosing wiser!

I started to compute a cost comparison - between dish degreaser and a box of powdered baking soda - and found it was like counting licks to the Tootsie Pop center. Easily distracted and I found myself printing **coupons** at armhammer.com instead!

Thank you for the smart easy change by selecting simpler. I love, love, love readers sending in ideas, emails, and accomplishments!



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PERSONNEL BEST KARATE GRACIOUSLY HOSTS IN FEBRUARY

Would you be worried if there was lead in your lipstick? Formaldehyde in your baby's shampoo? Unnecessary estrogen in your hand lotion? *Head to Toes, Skin & Within* explores 2009 headlines in an empowering workshop, exploring alarms and turning them into informative actions. Personnel Best Karate in Easton MA is graciously opening their doors to the community and providing a opportunity for curious ladies to learn.

- Discover **why** harmful ingredients are in cosmetics and personal care products.
- Implement simple specific changes to fit your lifestyle.
- Focus on money-saving alternatives.
- Become a vigilant consumer.

Explore the movement for safer products and protective laws that has been evolving in our generation.

Monday **February 8th**, 2010

7:30 pm – 9:00 pm

Personnel Best Karate, Easton, MA

Registration: \$20.00

Reserve at the Personal Best Karate counter, or [here](#).

I would like to continue sending educational tips throughout the year. Is there an area you would like to learn more about?

Until next time, **Congratulations** on your journey to choosing wiser, selecting simpler and respecting the body.

Take care,
Kristi Marsh