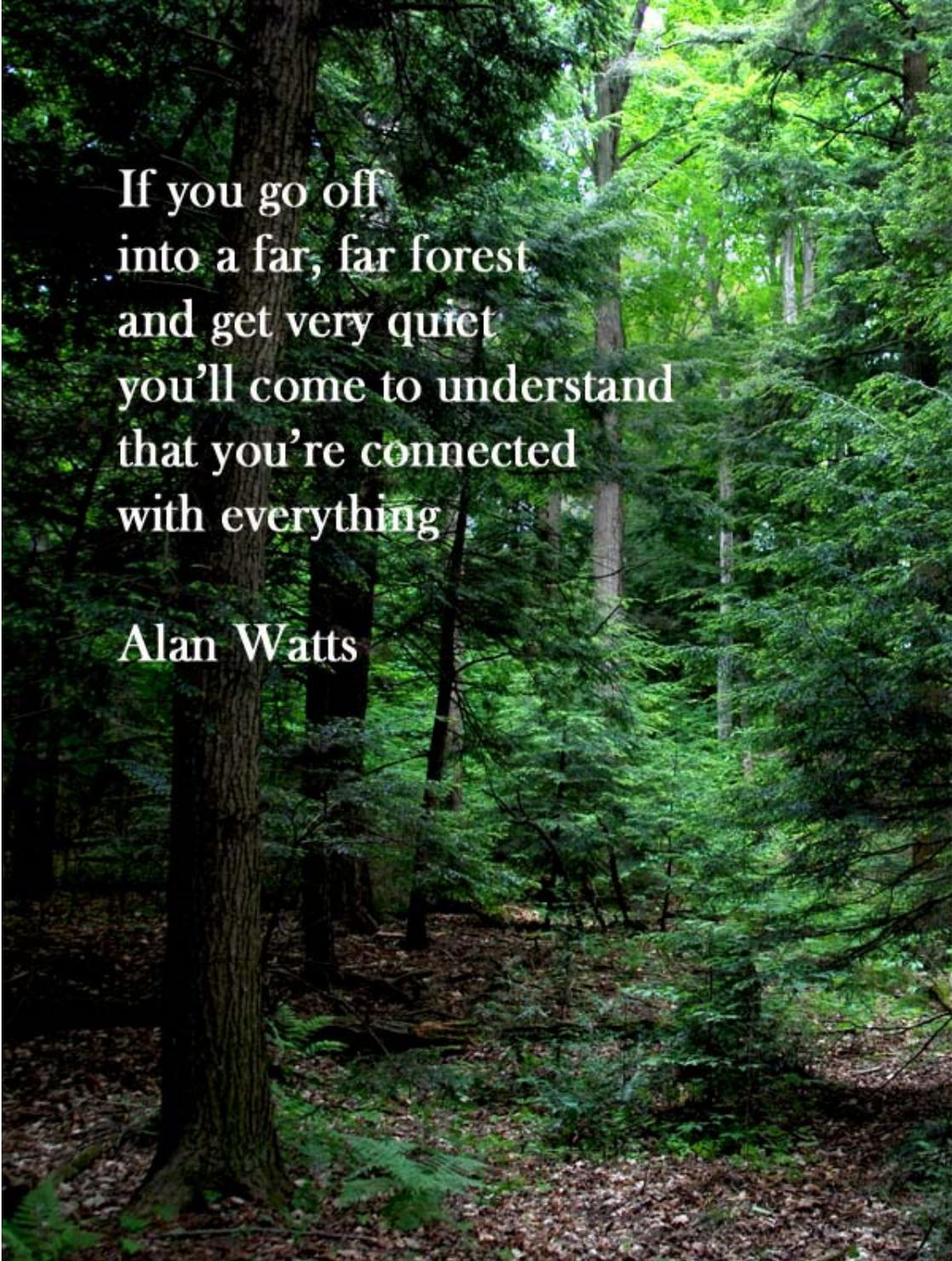


Hello from Jessica Hughes.

[View this email in  
your browser](#)

## *Take yourself on a “Soul Stroll”*



If you go off  
into a far, far forest  
and get very quiet  
you'll come to understand  
that you're connected  
with everything

Alan Watts

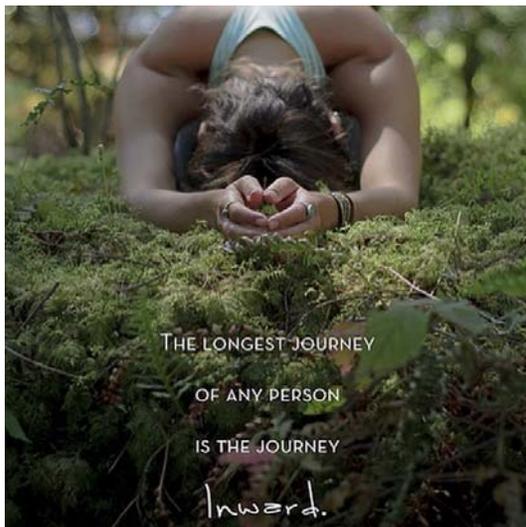


*Continuing with my previous theme of*

## *Get OUTSIDE*

*When you go on a Soul Stroll ask some questions things that have been on your mind - questions that you want answers to.*

*The whole purpose and intention of a Soul Stroll is to connect with yourself and with the universe/nature.*



- *Trust yourself.*
- *Sleep as much as you want.*
- *Stay in bed if you need more rest.*
- *Express yourself physically in ways that feel good.*
- *Eat what your body desires and follow your heart.*

*Having a beautiful body starts with following the natural flow of your energy.*

*If you are willing to trust your body, you'll learn what's best for you.*

*Please visit [www.JessicaHughes.ca](http://www.JessicaHughes.ca)*

## *It sounds simple enough...*

*The problem is that we have been taught to distrust our bodies and see them as needing to be controlled. As a culture, we're accustomed to ignoring our bodies, their messages and their needs.*

*Instead, our minds tell our bodies what to do. We develop theories for*

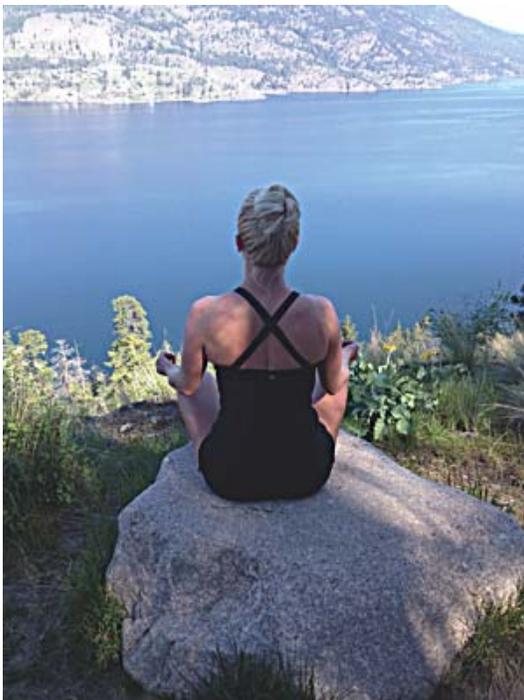
*what is good for us and what isn't; what foods we should and shouldn't eat; we set up rigid expectations of our bodies, special diets and foods, specific eating schedules, and restrictions on what we may and may not eat.*

*Then our heads start to tell our body what to eat and when, depending on the particular diet we're on at the moment. We are sold diets, miracle weight loss products, health cures, and spa memberships. We are constantly beating our bodies to reach some new image we have about health.*

*The problem with the external pictures and "shoulds" we are surrounded by in society is that we are constantly dissatisfied with either the way we look or the way we feel.*

***Meanwhile the way to a strong, healthy body is to start trusting it right now.***

*Let go of the struggle and start to **listen to your body's needs.***



## ***Trust yourself.***

*You will start to look and feel as your spirit is:*

- energized*
- alive*
- beautiful*
- and young.*

***And your body will find its natural weight.***

***If you love your body it will graciously become what it is meant to be.***

*I promise you don't have to starve, restrict or punish yourself in order to have a healthy body, a full life and a happy heart. If you struggle with food and body, my wish for you is to know there is hope, that you are not alone and that your challenges are your greatest gifts.*

*Let's put those years of calorie counting, mirror shaming, self-sabotage and food guilt to rest. Forget conflicting advice and feeling overwhelmed and confused about what to eat. Together we'll explore a world beyond the old outdated strategies that keep you stuck.*

*I offer a whole new way that truly delivers results and looks at people in a holistic and integrative way. I am committed to walking alongside you on your journey to true nourishment, radiant health and freedom with food and body.*

### ***Learn:***

- *Simple strategies for natural appetite regulation*
- *Hidden contributors to weight gain*
- *How to regulate mood through nourishing food*
- *Powerful strategies for positive body image*
- *How to let go of toxic dieting*
- *Relaxation techniques that boost metabolism*
- *Easy to practice tools to nourish body, mind, heart and soul.*

---

## ***Jess's nourishing wisdom***



*My favorite*

## ***Tea! Tulsi***

*– Also known as Holy Basil*

### ***Health benefits:***

- *Reduces stress*
- *Supports the immune system*
- *Abundant in antioxidants*
- *Builds stamina*
- *Powerful Adaptogen*
- *Aids digestion*
- *Anti aging*
- *Balances metabolism*
- *Balances energy levels*
- *Uplifts mood*

*Throughout India Tulsi is acclaimed as “ the Queen of Herbs” and is revered as a sacred plant infused with healing powers. Tulsi makes a delicious and nourishing herbal tea abundant in a vast array of health benefits. Tulsi’s life – enhancing qualities, repeatedly noted in ancient Indian scriptures dating back over 5000 years*

---

*I am committed to walking alongside you on your journey to true nourishment, radiant health and freedom with food and body.*

*Visit my website to learn the many ways you can work with me*  
[www.jessicahughes.ca](http://www.jessicahughes.ca)

*Please feel free to forward this to anyone you feel would be interested.*

***Wishing you vibrant health,***

***Love & light - Jessica Hughes***

[www.JessicaHughes.ca](http://www.JessicaHughes.ca)

---

**Our mailing address is:**

Jessica Hughes  
960 Taurus rd  
Kelowna, BC V1X 0A1  
Canada

[Add us to your address book](#)

[unsubscribe from this list](#) [update subscription preferences](#)