

Hello from Jessica Hughes.

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Spring is in the air!



And that means more opportunities to...

*Get **OUTSIDE** :)*

Nature helps us reconnect and be more peaceful, calm and free. I often go outside even if it is only for a moment or two.

If you are not touching the natural outdoors as often as you would like, I invite you to. Even a short walk in the park or near some trees can refresh you and make a huge soothing difference in your day.

Every time you come in from a walk you may find you remember more of who you are as a natural person, who brings back a bit of the wind in your hair and nature in your heart into your home or office.



Far too many of the strategies out there for helping others simply don't address the whole person - Mind, body and spirit.

Please visit www.JessicaHughes.ca

I've learned that lasting change and transformation happens when we work on both the nutritional and personal dimensions of life.

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

Let's create the life, health and body you deserve!

"let food be thy medicine and medicine be thy food" - Hippocrates

Super Food Smoothie



1 banana

1 cup frozen organic berries

*Flesh from small organic
avocado*

1 handful baby spinach leaves

*1 1/2 cups coconut water or
purified water*

Optional - ice cubes

*Blend all ingredients in high
speed blender until smooth.
Serve and enjoy!*

Jess's nourishing wisdom

*While the health benefits of keeping hydrated by drinking enough water cannot be overstated, did you know that **it's important not to drink liquid/ water with meals** as it will dilute your digestive enzymes and prevent your body from assimilating nutrients?*

P.S.

Your life is a direct reflection to what's happening inside you.

P.P.S.

*Keep your eye out for my next newsletter as it will have all the details and dates for my **upcoming workshops groups and retreats** :) Super juicy and exciting !*

Wishing you vibrant health XO

Love & light - Jessica Hughes

www.JessicaHughes.ca

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