



## Reduce Stress & Weight!



Last month, I shared information about the power of meditation to provide the clarity we need to achieve our professional and personal goals. So is it possible that meditation could help many of us achieve the goal that seems so elusive at times: losing weight?

Health and wellness expert Tiffany Crulkshank believes so. She found that when she incorporated meditation into her clients' weight loss regimens, many were able to break through their weight loss plateaus and begin shedding pounds again.

Crulkshank suspects some it had to do with stress, in particular the constant challenge of eating less and exercising more. Reducing stress through meditation may also reduce the levels of cortisol in our bodies, which can impact our metabolism. Mindfulness can also address the impact emotional eating has on weight control, by focusing on what we are eating-and more importantly, why we are eating it.

Healthy, sensible weight loss is all about finding the right balance. Feng Shui encourages meditation as a way to help us discover a new sense of balance and order in our lives that will reap great rewards, both personally and professionally. **Contact me** today to get started.

*If the idea of incorporating meditation into your weight loss plan interests you, let's start a Facebook group and see what kind of results our members get. Want to join? **Email me!***

Join me on May 9, 10:00am at the Verity Club to **Get Inspired!** Escape the frenzy of your daily routine and discover inspiration that will bring you abundant personal and professional rewards. Complimentary, but Preregistration is required by responding to this email.

*Kristi*

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