

Appearances

HAIR & SKIN
CARE CLINIC
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Spring is here and it is highly welcome. I have lots of blooms in my yard and I want to keep them as long as I can. This is the time of year we want to buy all the plants at the nursery but a bit of caution is a good thing. We need to be patient but there are things we can still plant like peas and lettuce. These cool weather crops are good to go. Some things I've purchased, like coleus and fuchsias, are in my very small plastic greenhouse. Mother's Day is the time to plant most of our annuals and how close is that? My gardening tip: Keep things covered on cold nights until Mother's Day.

Yes, the economy is down, but we don't want to be down, too. This negative attitude is prevalent all over the US and the world but don't get caught up in validating it with worry and not doing anything. This only makes things worse. Have any of you really fixed anything with worry? If you have done that, give me a call. I would like to hear about it. Take charge of your thought and actions. If you are worried do something for the poor. Work or donate to the local food banks. Hire someone that you know is in need to help with your yard or house. I have a friend who recently lost her job and I've hired her to help me with my garden and it looks like I may finally get my office organized. Watch a funny movie. Find a good joke to tell. See your massage therapist and get the kinks worked out. Go for a walk with the neighbor. It will clear your mind and solidify your relationship. Call a friend you haven't talked to for a long time. Talk to the check out clerk and the bank teller about anything else besides the economy.

There is a story about a wealthy young family during the "Great Depression". The father comes home and explains to his family that there are people out there who are really struggling and can't find work. Some who are even hungry and he thought that his family should do something so they would know how everyone else was coping. He decided that they would let their maid go. Did that help? No. It only added to the problem. If we behave as though there is a depression, we are in a depression. I have really appreciated my clients who come regularly and take care of themselves. It is a boost to them and to me. There is a saying, "Don't let the things that matter MOST, be at the mercy of the things that matter NOW".

Now is the time to look at ourselves and see how we have survived the cold and wet winter. We, at Appearances, have a great body wrap that will help you detox and take off those inches that sneak on in the winter months. This is an herbal wrap that is a great detoxer, cellulite and inch remover. Set'n-me-free wrap is great for those getting ready for a cruise or those cruising through life.

HEALTH TIPS

Think before you snack. Those grapes that taste so good are low in fiber and nutrients. Consider raspberries. They are loaded with soluble fiber and anti-oxidants. Out of season? Buy frozen ones.

We all think of vanilla soymilk as a substitute for milk. The vanilla soymilk has a lot of sugar, so a better choice may be skim milk.

Did you know ground turkey may contain white and dark meat and even some skin, adding up to 20 grams of fat and 325 calories for a 5 ounce serving? Ground beef 95% lean has 240 calories and 10 grams of fat.

Taken from *Health Magazine* March 2009

FIVE BEST FOODS FOR THE \$

1. Frozen mixed vegetables: Add to soups or salads or toss them with a little oil and salt and pepper.
2. Canned wild salmon: Scramble with eggs, in place of tuna, or put in salad.
3. Brown rice: High in fiber and filling. Can be added to salads or eaten with milk and cinnamon for breakfast.
4. Frozen edamame: Boil it to use as a snack. Put in stir-fry or mix with rice. High in protein, fiber, B vitamins, foliate, and vitamin K.
5. Sweet potatoes: Put in casseroles, slice for roasting, mash, or use them in quick breads. Loaded with fiber, beta carotene and vitamin A.

BRIGHT NOTE

I have a wonderful new machine that will help you look younger in 10 minutes. I've had the Spa II for a couple of months now and WOW, it is exceptional!! No doubt about it. This will be as big as the birth control pill. This is going to influence the way we age. The new proprietary serums actually stop the aging process! You have to see this to believe it. Call for a free demo. It will change your life. Click on the link provided.

Come and get Jane Iredale's powders, lipsticks, eye shadow, blush and miscellaneous. We are having a 50% off sale of the stock on hand. Come and see if we have your color or to just try a new one.

FUNNY

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, 'Who was THAT?'

Thanks for all you do for me,

Joy Swapp
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