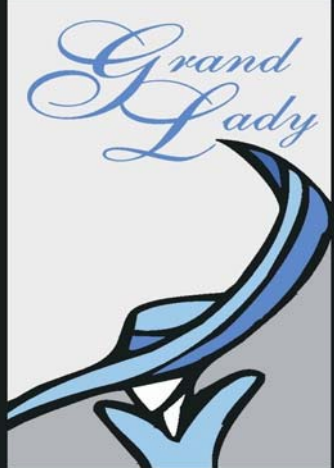


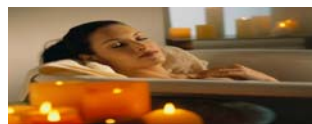
## Happy New Year's—Pamper Away Stress & Tension



Basket Boutique

You made it! Through the holiday shopping, the office parties, the family gatherings, the rowdy relatives, pets and the major clean up after dinner. Now is the time to pamper yourself, relax your body and rejuvenate your mind. Grab a couple of your closest friend or venture off alone to Spa retreat for some me time. Take this time to evaluate your life's mission, set a plan for organizing your life, and get on the road to accomplishing those goals in your head. Believe it or not, Texas has some great spa retreats if you don't want to leave the state. I know, after all that shopping it may be wise to be frugal. Well, maybe a three day excursion is all you need to get your motor revved up for 2007. We have compiled Spa retreats (Stay spas) for you to check out.

What better way to relieve stress than having your muscles massaged, your skin exfoliated, and your body pampered. It would be desired to get a massage weekly, but maybe not realistic. Try to get a massage monthly at a day spa when you can't get away to a retreat.



This list includes everything from luxurious spas at exclusive retreats to hardcore (roughing it) ranches and everything in between.

**Windflower Hyatt Regency Hill Country Spa** www.hillcountry.hyatt.com.

**Arabella Garden Retreats & Bed & Breakfast**-Lindale, TX  
www.aGardenRetreat.com.

**The Crossings**-Austin, TX  
www.thecrossingsaustin.com.

**Cibolo Creek Ranch**-Marfa, TX  
www.cibolocreekranch.com.

**Lake Austin Spa Resort**—Austin, TX  
www.lakeaustin.com

When a couple of hours won't do it, Stay. *Enjoy the Journey 2007!*



## Introducing... Grand Lady 2007



*Please join me in giving a warm welcome to our Grand Lady 2007, Ms. H. Ramona Crayton of Houston, TX.*

Ramona is a Convention Services Manager with the Greater Houston Convention and Visitors Bureau. The selection committee thought she made the perfect candidate because of her humbleness and her mission to serve. Everyone was moved by Ramona's success story and commitment to her goals. She is a kind, witty, warm, and personable individual. Her professionalism will be an asset to the Grand Lady team.

### Ramona's story.....

After becoming an independent adult I received my BS degree. This was not a small feat for me. Through cynicism, negative criticism, and

many times completely drained, I attained my goal.

A product of Houston Independent School District (HISD), University of Houston (UH), and a student of the Universe, I recognized potential in a student from my high school and participated in her educational endeavors. It was my time to reach back and give a hand. Somewhere in this city is a Pharmacist that carries a very small print of me.

My NAACP volunteerism is not incidental. This was another opportunity to assist in youths' realization of positive goals. The call went out for board members for the YMCA, and I heeded the call. This was another avenue for me to reach people with a message of unity and understanding.

My purpose is to serve. My

career as a Certified Meeting Professional provides contact with people. MY Livelihood is a ministry.

My message of the importance of perseverance, determination, tenacity, and self-care is not only theory but practice. Through adversities along my journey, the practice can be realized. To Grand Lady Basket Boutique I avail my voice, time, and commitment to make our world a better one.

*H. Ramona Crayton*

Look forward to hearing more from Ramona in the months to come. She is an inspiration to young women and truly a Grand Lady. Congratulations and we look forward to working with you.

GRAND LADY BASKET BOUTIQUE

Living  
**Grand**

### Inside this issue:

Spirituality: Dating & Mating	2
Proper Care for Your Feet!...Oh My Aching Daws!	2
Are you Wearing the Right Shoes?	3
Lighten the Burden of Stress	3
Personal Medical Record Management	3
What is a Miscarriage?	4
5 Stress Free Steps for the New Year	5

### Special points of interest:

- Health & Harmony
- Alex's Alley
- Southern Scents and Sensibility
- Limu: Nature's Secret Super Food
- From Café Grand

www.grandladybaskets.com



As we begin another year, so many of my single friends are not looking forward to another year of singleness. On the flip side, so many of my married friends are not looking forward to another year of marriage. I can remember what it's like to be grateful for the gift of life and the opportunity to enter a new year and at the same time feel the sadness of not having

that "special someone" of the opposite sex to share my life with. I remember being glad that God allowed me to see yet another year but at the same time I remember being sad because I was not involved in a romantic relationship and if the future was based on the past, there was not even a small glimpse of hope that someone was or would be interested in me.

Well, those days are gone! I am still single as we enter 2007 and I must say I am happier and more whole than I have ever been. There are romantic interests "hanging around" but my happiness has absolutely nothing to do with them. I discovered happiness when I began to walk out my faith in ALL areas of my life. It's easier to believe God for financial, physical, and spiritual blessings than it is to believe God in the areas of dating and mating? Can we trust Him to remain sexually pure while we are single? Can you trust Him to be that dutiful wife when your husband is not walking with God? Can we trust Him in the areas of dating and mating?

Well, several years ago, I made a conscious and deliberate decision to trust God in ALL areas of my life. I decided to live my life to the fullest and to stop waiting for some mystery man to join me in doing all of the things I wanted to do. I decided to be content and happy in whatever state I found myself in. If I am not happy, it is up to me and my faith in God to

"be" happy. As a Christian, I have the power within me to live out the life that God has ordained for me.

I have always wanted to travel to Europe but felt I would not enjoy my travels without a "special someone". Well, in 2001 I threw caution to the wind and took a 10-day trip to Europe that included nights in Prague, Budapest, the Czech Republic, the Slovak Republic, Austria, and other cities. In 2006, I did it again. I traveled to Europe and spent eight days in and around Paris, France. Both trips included a "special someone". Both trips included my best and closest friends Lisa in 2001 and Cheryl in 2006. I had the most awesome time on both trips! I look forward to my five week trip back to Paris this summer. (Paris stole my heart) ♥

No longer will I put off living my God-given life to the fullest and what kind of boldness is it to tell God that I will not live for today? How presumptuous is it of me to assume I will live to see tomorrow or next year?

I have always wanted to buy a BIG diamond ring and a diamond-loaded tennis bracelet. I was waiting for that "special someone" to buy them. Guess what? That "special someone" bought them and that "special someone" was ME! By me buying my own jewelry, I am guaranteed to get exactly what I want.

What I am learning is that we have one chance at life on earth. Once our time on earth ends, we do not get a "repeat" to do all of the things we should have, could have, and would have done. As we begin this New Year, let's commit to living our lives (in ALL areas) in a way that brings Glory to God and demonstrates our faith in Him, His timing, and His will. Whatever state you find yourself in, be content. Pray to God for direction and then move in that direction. The past is gone, tomorrow has not come, and all we have is today. Therefore let's live today to the fullest by

seizing the moment. Do what God is calling you to do and be who God is calling you to be. Whatever state you find yourself in, whether it is as a single person and you don't want to be single, or as a married person and you don't want to be married, be content. Today and right now are gifts from God so let's show our gratitude for these gifts by living each day in a way that brings Glory to God.



...for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength. (Philippians 4:11b-13 NIV)

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me. (Philippians 4:11-13 NASB)

<http://www.1cor9-24.blgspot.com/>

## *Proper Care for Your FEET!..... Oh my aching DAWGS!*



When your feet hurt, your entire body hurts. Those 26 bones in our feet absorb nearly fives your body weight. It never fails, that is the time when some idiot steps on your foot. Now that

holiday shopping is over it's time to pamper those tootsies. If you can't get to the nail shop here are some ways to care for those babies at home. Remember that summer is coming and we need to be ready for those sexy sandals and open toe shoes. So represent right ; the feet must be tight!

1. **Soak Feet** 10 to 15 minutes in a pan of warm water with Grand Lady's Peppermint Party bath salts to ease achy feet and reduce swelling. Great for just relaxing after a long day on your feet.

2. **Trim toe nails** straight across taking caution not to cut too short at the corners. Use a file to shape. No claws on the feet.
3. **Remove rough skin** with a pumice stone or a sloughing cream. There is nothing worse than dry, cracked, rough heels hanging off the back of sandals and mules. Ladies that's not cute. Invest in the proper tools to care for your feet weekly.
4. **Moisturize!** your feet with a nourishing Body butter or foot salve by Grand Lady to soothe feet and keep them soft and smooth. No one wants to risk getting cut up trying to cuddle with sandpaper. Body butter on those feet will extend your pedicure and heal those heels. **Moisturize!**
5. **Massage feet & ankles** gently up and

down and in a circular motion to ease away any stiffness and tension.

6. **Wear clean socks & stockings** to avoid athletes foot and fungus problems. It's the healthy thing to do.
7. **Use foot powder** to absorb moisture when wearing shoes to avoid fungal build up. It helps in the heat too!
8. **See Podiatrist** if you have persistent aches, pains, or skin conditions that will not go away.

*If you take care of your feet, your feet will take care on you!*



## Are You Wearing the **RIGHT** Shoes?

Remember the days when women would try to squeeze size ten feet into size seven shoes because of vanity. Ouch! That has got to hurt. Well that is only the beginning of picking the correct shoe for you. Wearing incorrect shoes can cause the need for surgery or irreparable damage to your feet.

### SHOE CONSTRUCTION

- Leather is best because it breathes like skin and molds to your foot.
- Soles should be strong and flexible with a good gripping surface
- Insoles should be cushioned to absorb the jolts of walking on hard surfaces



- Arch supports distribute

weight over a wider area. Rigid shanks also give added support.

- High heels are fun and look good, but they should not be worn too long at a stretch or for much walking. Besides cramping the toes, they change body posture, making backaches more likely.

### THE RIGHT FIT

- Try on shoes prior to purchase. If they aren't comfortable, leave them there.
- Feet spread with age. Measure feet often.
- Go shoe shopping late in the afternoon. Feet swell to their largest by then.

- Size depends on shoe style. Go to a large size if it feels better.
- Pointed toe too tight. The toe box should be roomy enough to wiggle all your toes
- The heel should fit snugly and the instep should not gape open
- Your forefoot should not be wider than your shoe
- If you can't find shoes that fit, ask your doctor for advice

Happy Shopping!



## Lighten the Burden of Stress Through Your Senses



There are many ways to relax and relieve your stress. Did you know all of your senses can be used to put you in a peaceful state.

**Sense of Touch** is the most common way we think of relieving stress. It is only natural to want a back massage or a full-body massage if there is time. The practice of rubbing and kneading the body and its muscles to release tension and stress has been done for centuries. A light stroking of the skin or a hug from a loved one can also help comfort and ease tension. Babies and adults like to be caressed as a way of communicat-

ing love and affection. Touching can be emotionally healthy for us all.

**Sense of Smell** has attributed to the mass hype with aromatherapy which has been around for ages. A modern name to an old remedy to charge more money for sundries. Certain fragrances can trigger memories of peaceful, more relaxing times. Scents can evoke emotions, memories, and actions. Lavender can relax the sense, Gingerbread can remind you of a loving secure home, and pine may cause you to want to cuddle in front of a warm fire. What scent relaxes and puts you at ease? Take to work!

**Sense of Sound** can be as simple as a running brook, birds chirping, or Luther Van dross crooning to calm your nerves. These sounds can calm babies in the womb as well. Music can be therapy for your mind, body, and spirit. Let music heal you!

**Sense of Taste** can be as comforting as Mom's Sweet Potato pie. Just the thought of it makes melt like a pound of butter. Food can nostalgic, calming, and comforting to the palate and the soul.

**Sense of Sight** of a raining day, a quiet pond, or warm golden sunset can give peace to your spirit. Nature has everything we need for harmony and tranquility.

## Personal Medical Record Management - *Made Simple*

Well, it's January, the beginning of a new year and time to set those annual doctor's visits. Have you been keeping good records of your medications and previous illnesses and conditions? We all, not just the elderly, need to have adequate medical records in case of an emergency. Suppose you are injured and unable to talk? There is no one around that knows anything about your medical history and you need emergency medical attention.

Saving your life can be as simple as using some things we keep with us every-

day.

1. **Cell Phones.** In your directory start important names with ICE, In Case of Emergency. These people could be spouse, doctors, children, and other family members.
2. **Medication list.** Create a condensed list of all medications you are currently using in your purse or wallet. This should include prescriptions, OTC, alternative care and supplements.



3. **Complete Medical Records.** You should have a complete medical file with dates, diagnosis, and treatments of all past and current medical conditions.
4. **Family History.** List any illnesses or conditions that are prevalent in your family no matter how minor. It could possibly save your life.
5. **Personal Habits.** Do you smoke, drink alcohol, drug use, diet, and exercise? It affects your health.

Always keep your records updated. Remember it's your Life!

# What Is A Miscarriage? *by D.A. Robertson*

**M**iscarriage is the loss of a pregnancy in the first 20 weeks. About 15 to 20 percent of known pregnancies end in miscarriage, and more than 80 percent of these losses happen before twelve weeks. This doesn't include situations in which you lose a fertilized egg before you get a positive pregnancy test. Studies have found that 30 to 50 percent of fertilized eggs are lost before a woman finds out she's pregnant. Because of this she just appears as if it's a normal period. If you lose a baby after 20 weeks of pregnancy, then it is a stillbirth.

**Emotional Stress.** From personal experience, having four miscarriages, I found these times were very difficult. I blamed myself, my husband, as well as the high profile healthcare industry in which I worked. Most of all I felt that the healthcare system had failed me because they could not save my babies. Now you know that this was totally self talking during these transitions.

God knew before these children were even conceived that I would not be able to carry them to term because of my prior medical history. I was being selfish instead of submitting to His Will.



**Many women ask.... "When are miscarriages most likely to occur?"**

**Chromosomal.** Research shows that 50 to 70 percent of miscarriages occur within the first trimester. They are thought to be random events caused by chromosomal abnormalities in the fertilized egg. Most often, this means the egg of sperm had the wrong number of chromosome. As a result the fertilized egg can't develop normally.

**Implantation.** Another cause of miscarriage case is problems that occur during the delicate process of early development. When the egg doesn't implant properly in the uterus or an embryo. There are structural defects that don't allow it to continue developing.

**Unknown.** Since most healthcare practitioners won't do full-scale workup after a single miscarriage, it is usually impossible to tell why the pregnancy was lost. A detailed well-woman evaluation examination might be performed after you have had two or more consecutive miscarriages. However, the cause may still remain unknown in approximately half of all miscarriage cases. It took three obstetricians to determine that the cause of my miscarriages were due to insufficient progesterone levels.

**Caution.** If you are pregnant and experiencing vaginal bleeding and/or severe cramping see your physician immediately.

Don't be afraid; Be AWARE!

Dru

## Health & Harmony *KNOW YOUR NUMBERS!*



It's time to start making those annual doctor's appointments. We need to protect ourselves from possible illnesses or maintain our health if we are experiencing conditions. Thousands of people in this country will suffer from and/or die from one of the following: Heart

attack, Diabetes, Cancer, and AIDS. Know your numbers. Start making those Dr's appointments for the year. Preventive care is essential to protect you from many debilitating illnesses.

**Cholesterol** is an important part of a healthy body. Too much cholesterol in the blood increases your risk for coronary heart disease, which can lead to a heart attack. It's also a risk factor for stroke.

### Types of Cholesterol

**LDL (bad) Cholesterol**-the main source of cholesterol buildup and blockage in the arteries:

Optimal	Less than 100 mg/dl
Near optimal/above optimal	100-129 mg/dl
Borderline high	130-159 mg/dl
High	160-189 mg/dl
Very High	190 mg/dl and above

**HDL (good) Cholesterol**-helps keep cholesterol from building up in the arteries. HDL cholesterol protects against heart disease, thus higher HDL number are better:

A major risk factor for heart disease	Less than 40 mg/dl
The higher, the better	40-59 mg/dl
Considered protective against heart disease	60 mg/dl and above

**Triglycerides**-another form of fat in your blood. Triglycerides can also raise your risk for heart disease.

<b>Total Cholesterol Level:</b>	
Desirable	Less than 200 mg/dl
Borderline high	200-239 mg/dl
High	240 mg/dl and above

If you are 20 years and older, you should be screened to measure cholesterol levels once every five years.

**Blood Pressure Numbers.** Arteries carry blood from your heart to all parts of your body. Blood pressure is the force of the blood pushing against the walls of the arteries.

Blood pressure is reported as two numbers or a fraction:

**Systolic pressure** (top number)-a measure of the blood being pumped out of the heart.

**Diastolic pressure**-a measure of the heart at rest between beats.

Normal	Less than 120/80 mm Hg
Pre-hypertension	120-139/80-89 mm Hg
High or Hypertension	140/90 mm Hg or higher

**Blood Sugar Numbers.** Glucose comes from carbohydrate foods and is the main source of energy used by the body. Blood sugar (glucose) levels indicate how much glucose is in your blood. High blood glucose levels over time can damage the eyes, kidneys, nerves and blood vessels.

Fasting blood glucose	70-99 mg/dl
2 hours after eating	70-145 mg/dl
Random	70-125 mg/dl

Resources for your health concerns:

National Heart, Lung, & Blood Institute  
Phone: 1-800-575-9355  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

National Diabetes Education Program  
Phone: 1-800-438-5383  
[www.ndep.nih.gov](http://www.ndep.nih.gov)

American Dietetic Association  
Phone: 1-800-877-1600  
[www.eatright.org](http://www.eatright.org)



# Alex's Alley: APPRECIATION

Alex's Alley is a quarterly column depicting inspiring stories that uplift and encourage. This issue's story focuses on "APPRECIATION".

So often we go through life in "RUSH MODE" taking for granted simple things; such as, in-door plumbing and electricity. We never realize how blessed we are to live in the United States. I couldn't imagine having to go outside to the bathroom, nor could I fathom turning on the faucet and not having a gush of water emerge in 2007. Furthermore, turning on a light switch and not having light. Just imagine! Yet, if you have ever visited a third world country, you may have experienced these conditions for a brief moment. Could you imagine living this way everyday!

My husband has experienced such conditions as a youth in Jamaica. His aunt lived in the country out on a hillside. Though the 500 square foot house wasn't very large, it contained two bedrooms and a sitting area. The kitchen was a little

room detached from the main house with no electricity, and meals were prepared on a coal burning stove. Light was provided by kerosene



lanterns and candles, and water had to be fetched from the bottom of the hill. Just you imagine, hauling five gallon canisters filled with water up a hill three to four times a day. Yet even now, there are still areas in Jamaica, other impoverished countries, and yes, the United States where this is the norm. How would you feel if you had to hike up a hill to use the restroom? When we hear those stories from our elders it seems so long ago and it doesn't phase us. When you hear that taking a bath was done in a tin tub in one of the bedrooms, it doesn't sound real. What about late night bladder urges going out to use a "chimmy pot", a "slop jar", or an "outhouse"? Could you imagine having to do

that in 2007? Unbelievable, but yet it happens everyday. For these people it's their way of life, and they are happy and content.

Having been born and raised in the US, I don't think I would be able to adapt to such extreme challenges. As I sit drinking my grape flavored bottled water, I can't conceive of living in such a way. However, as I listened to my husband tell his stories, there are no signs of unhappiness. As a matter of fact, there is a gleam of pride that comes across his face. This tells me that, although it may seem he was deprived by American standards, he didn't feel that way.

Maybe if Americans could visit these impoverished nations such as Jamaica, Haiti, and other countries to see how fortunate we are. They would appreciate the luxuries of electricity and running water we have today. Oh how blessed we are to not have to haul water or read by the light of a candle. **Alex**

## Grand Lady Basket Boutique [www.grandladybaskets.com](http://www.grandladybaskets.com)



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Father's Day

### Special Occasions

Weddings  
Graduations  
Birthday  
Baby Arrivals  
Anniversaries  
Retirements

### Inspirational

Get Well  
Apology  
Just Because

### Pamper Someone

Appreciation  
Special Person  
Secretary's Day

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## 5 Stress Free Steps For the New Year

by B. Delores Hines



There is always one or more things to do, especially when caring for a family. Keeping my stress level down requires that I pray

constantly. It is not always a 'get on my knees' type of prayer, but more of a 'Lord I need help'; 'How do you want me to handle this?'; or 'What is the lesson in this Lord?' type of prayer. Here are a few tips that help me relieve stress tackling life's 'must-dos'.

**Step 1. Set Goals!** Set a few simple goals that are important to you. I write down all the things swimming around in my head, then I pray over the list asking God for guidance.

He will give the go ahead for the direction you should be going. Some things are delegated and others are delegated. I'm left with the things I must do and those things that I want to do. I prioritize the items in order of importance and work through them. I'm not saying it is always easy, but it is definitely more manageable.

**Step 2. Keep goals in view.** Keep that list of goals in constant view. Hang it in the bathroom, on the backs of doors, on refrigerators, and in your planners. Always keep them in sight.

**Step 3. Stay focused!** Things will come up in your life that deter you. Remember, don't

let them rock your faith.

**Step 4. Keep life simple.** Do not add anything or anyone unnecessary to your life. Be content with what you have.

**Step 5. Enjoy the Journey!** Don't stop living while working towards your goals. Spend time with family and friends just enjoying one another.

You will find life will move along easily and your stress levels will go down.

Be Blessed and less Stressed in the New Year!

Dee

## LIMU

### 97 Reasons to Drink Limu Everyday! Maximize Your Health

Today, scientists have discovered through more than 600 research studies that Limu's amazing health benefits can be attributed to complex carbohydrates, called polysaccharides, as well as to glyconutrients, antioxidants, vitamins and minerals. Their secret? A nutrient-dense marine vegetable thriving beneath the warm, pristine waters of the Tongan South Pacific. Known to natives as limu, this brown seaweed's significance lies in its ability to absorb, by the human body, the trace minerals and nutrients from the sea and retain them in colloidal form.

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Weight Control · Recovery Time and Stress · Cancer Cells  
Breast Cancer and Hormone Levels · Blood Clots and Strokes  
Memory Impairment · Improved Cell Regeneration and Anti-  
Aging · Skin, Hair and Nail Health · Hyperactivity and ADHD

Visit the webs site [www.LimuSuccessTools.com](http://www.LimuSuccessTools.com); Ref. # 8516016



## Southern Scents & Sensibility: Lisa's Words of Wisdom



*It isn't uncommon to see and hear the word Aromatherapy in advertisements today. But what is really meant by aromatherapy? Aromatherapy has been used for thousands of years. It is not a new term and I would think it safe to say that many of you have practiced some form of aromatherapy for generations. Many of us used plants herbs, roots, spices to cook foods, heal wounds, ease illness, relieve stress and yes, make ourselves beautiful. I plan to highlight an essential oil each quarter and give it's beneficial properties. January's oil will be SANDALWOOD.*

Sandalwood is currently naturalized and distributed in South India, Sri Lanka, the Malay Archipelago, Northern Australia, China, and Taiwan. The exact origin is not known, but it is probably native to the arc of islands in south-eastern Indonesia. It has used for at least four thousand years for wood carvings, incense, perfumes, and medicinal purposes.

Sandalwood has a deep woody fragrance and essential oils from this tree have been used for the following:

- Balancing oil to relieve skin irritation and inflammation
- Sensual massage base, aphrodisiac
- Stress and anxiety reducer, produce calmness
- Treatment for various urinary tract infections (cystitis and gonorrhea)
- Urinary antiseptic and diuretic, Embalming fluid, cleansing wounds
- Combat Tinea (fungal skin infections)
- Expectorant and pulmonary antiseptic, treat bronchitis,
- Dry coughs, and sore throats
- Surface cleaner and bacteria disinfectant.

## From Café Grand Chef de Cuisine



We are making a lifestyle change at Grand Living. So with the help of our *fabulous* chef we are going to eat healthier for a long happy life in *Grand Style*.

*Happy New Year's from Café Grand. Well you were blessed to see another year and I'm sure your first of many resolutions was to lose weight and eat better. Many of you will not make it to Super Bowl Sunday before crashing back to your old habits. Let's try a few new dishes to entice those palates. We are making to make those taste buds crave a new experience by using Aromatherapy to cook some of my favorite*

*dishes. Aromatherapy is used to rejuvenate, relax and replenish those nutrients our bodies need. Aromatherapy is the use of essential oils (extracts or essences) from flowers, herbs, and trees to promote health and well-being. So you see at Grand Living we are going to pamper your body on the inside and out.*

### Breakfast: Sweet Potato Waffles

2 c all-purpose flour 1c mashed sweet potatoes (cooked)  
2 eggs, slightly beaten 1/4 c milk 1/4 c butter, melted  
3 tbsp sugar 2/3 tsp baking powder a pinch of salt

**Directions:** In a medium bowl, whisk together milk, potatoes, butter and eggs. In separate bowl. Whisk together flour, sugar baking powder and salt. Add dry ingredients to potato mixture. Stir well and cook waffles on griddle until golden brown. Serve with milk, coffee, or juice. *Great start to any day!*



### Lunch: Salmon Salad

4 c water 1 lemon, halves 1-2lbs Salmon fillet salt & pepper  
1/2 lb spring mix salad greens 1/2 red onion, thin sliced 1  
avocado, cubes 8-12 cherry tomatoes, halves  
1/2 c cucumber, slice long ribbons **Dressing:** 1/2 c flax oil 1/4 c  
apple cider vinegar 1/2 c fresh basil 2 cloves garlic, minced 1



pinch red chili flakes salt & pepper 1/4 c soft tofu (optional)

**Directions:** **Salmon**-in a large skillet, squeeze juice from half of the lemon into water, and bring to a boil. Add salmon fillet and simmer for approx. 10 min. or until salmon flakes with a fork. Remove salmon from the water and let drain. Squeeze juice from the other half of lemon onto the poached salmon and season with salt & pepper. **Dressing**-In a blender, mix all dressing ingredients on high speed until well combined. Adding the soft tofu will give the dressing a creamier texture. **Salad**-Combine spring mix with onion, avocado, tomatoes, cucumber. Toss with salad dressing. Arrange salad on large plates and top with poached salmon. Enjoy with a small wheat dinner roll and Raspberry Sweet Tea.

### Dinner: Roasted Vegetable & Turkey Lasagna

5 Red Peppers & 5 Large Zucchini 2 Butternut Squash  
4lb Ground turkey 3 jars Spaghetti Sauce  
1 lb Mozzarella Cheese, grated 1/2 lb Parmesan Cheese,  
grated 1 tsp Basil 1 tsp Marjoram 1 tsp salt & pepper  
1 clove fresh garlic, minced 4 lasagna noodles

**Directions**-Preheat oven at 325°F. Cut zucchini and squash lengthwise into 1/2 inch slices and slice peppers into wide pieces. Boil Lasagna noodles slightly and care that they are firm. Broil red pepper in oven until skin blisters, approx. 5 min. Place in plastic bag. Let stand for 5 minutes to sweat, then peel. Grill zucchini & squash, let stand until cool and then pour off excess liquid. Sauté ground turkey in skillet with garlic, 1/2 tsp each salt & pepper. Heat tomato sauce in sauté pan and add spices and remaining salt & pepper. Place a small amount of sauce on bottom of Pyrex lasagna pan, then layer noodles, zucchini, red pepper and turkey. Spoon sauce liberally over the top, and then follow by 1/2 mozzarella and parmesan cheese. Top with butternut squash and repeat process. Top with mozzarella and parmesan cheese and bake for 20-25 minutes, until cheese is melted and bubbling. Let stand 5-10 minutes before serving with a crisp, hearty red wine and garlic bread.



Bon Appetit,  
Maurice