



Home Is Where Your HEALTH Is!



We are so excited to announce we are finally in our New Home. And we can definitely say that *our home is where the health is!* We are very proud of our new home and would love to show it off to you. If you are in the area stop by for a tour. Our Home Sweet Home is located in the Sabal Palm Plaza at 510 CR 466 in Lady Lake. We are suite 104-B on the first floor. Anytime Fitness is also located in this plaza. 'TNT' will also be holding 'Get to Know Us' Meet and Greets where those interested in our programs and services can come and find out more. Our Get To Know Us meetings are on Fridays in August (7th, 14th, 21st and 28th) from 1:00pm - 3:00pm and on Tuesday, August 18th from 6:30pm - 8:00pm. So spread the word to your friends and neighbors to come find out more about Total Nutrition and Therapeutics and our programs and services.

17 INSANELY WAYS TO MAKE YOUR LIFE A LITTLE GREENER

Most of us can agree that the planet could use a little love, but it's nearly impossible to find an approachable guide to sustainable living.

That's where Grist's *Wake Up and Smell the Planet* comes in. It's a book that offers accessible advice on green lifestyles, written in language that's more encouraging than bleak. It acknowledges that acting sustainably doesn't have to require sacrifice or excessive resolution.

The environment can be a grim topic, but our approach to it doesn't have to be.

Grist's tips prove that it's possible to go green and feel great doing it. Here are a few of my favorites, along with some gripping statistics straight from the text.

FOOD:

1. Bring a bag to the grocery store.

Keep a few reusable bags near your front door or in your car to remind yourself to grab one on the way to the store. They're sturdier and more eco-friendly than their plastic and paper counterparts.

2. Look out for locally grown.

The less ground that food has to cover to reach your plate, the better. Online guides like eatwell make it easier than ever to find locally sourced meals.

3. Get creative with leftovers.

Using up leftovers reduces food waste, and last night's dinner is probably healthier than today's craving. Try storing yours in waxed paper or napkins to be even more of an eco-star.

4. Give up bottled water.

Each year, 1.5 million tons of plastic goes into the production of water bottles. They're clearly not good for the planet - and they may not be so great for you either. Recent recalls show just how volatile and unregulated the bottled water industry really is. Next time you get thirsty, keep the planet (and your wallet) green and turn to the tap.

5. Grow your own grub.

It's relatively easy to grow fruit, veggies and herbs - even if you live in a city! Harvesting some your own food is a pretty delicious hobby, and it's one that breeds conscious eating.

FASHION AND BEAUTY:

6. Ditch your disposable razor.

Two billion disposable razors, along with the plastic packaging they come in, are thrown out annually. Save some space in the landfill and switch to a permanent razor that uses refillable blades.

7. Buy clothes made of cotton, hemp and wool.

Next time you're on the hunt for new outfit, look past synthetic fabrics like polyester, nylon and acrylic in favor of less resource-intensive options.

8. Donate ripped clothes to Goodwill.

Instead of throwing away those ripped jeans, consider taking them to the Goodwill. Their recycle and reuse program reworks unwearable clothes into textiles and fabric filling.

9. Cut down on shower time.

A great way to keep your shower routine in check is to time it to music. Before you head into the shower, turn on a song that lasts around 5 to 7 minutes. Once the tune ends, you'll know it's time to get out.

HOME:

10. Make baking soda your new best friend.

Sodium bicarbonate - or baking soda - is an extremely accessible natural resource. Its estimated that there's at least 100 billion tons sitting under Wyoming alone. It's good for more than just breads and pastries and can be used as a soap substitute to clean sinks and tubs, whiten teeth

and soothe mosquito bites.

11. Hand wash dishes.

Running a dishwasher uses three times more water than a hand wash. If you only have a few dirty dishes, stop your drain and fill your sink with warm water instead of letting the tap run.

12. Dry your clothes the old fashioned way.

Dryers are a one of the home's most notorious energy suckers. Think about line drying laundry outside when the weather's nice. Your clothes will come out smelling fresh and chemical-free.

TECHNOLOGY:

13. Recycle your old phone.

Next time you're due for an update, don't throw your current phone into a drawer (or worse - a trash can). Consider selling it to a recycling program like ReCellular. They keep thousand of pounds of mechanical waste out of landfills each year.

14. Invest in energy-efficient appliances and lights.

If more efficient lighting were installed all over the world, global energy costs could be cut by a tenth. Energy Star appliances can save you hundreds of dollars a year so, while they may cost a little more at first, they're totally worth it over time.

LIFESTYLE:

15. Leave your car in the driveway one or two days a week.

The average American spends more than 1.5 hours in the car every day. Though sometimes time behind the wheel is unavoidable, try and avoid unnecessary driving. Challenge yourself to bike or carpool one or two days a week and see how you fare.

16. Put trains above planes and automobiles.

Trains emit about eight times less pollution than planes. Next time you head out on a trip, consider heading to the rail instead of the tarmac.

17. Adopt a reduce, reuse, recycle mantra.

We've all heard the phrase, but few people actually put it into practice. Reduce what you buy, reuse what you have and recycle what's left over.

Super Simple Salad: Tomato Avocado Caprese Salad



Summer is the season of overflowing bushels of tomatoes and avocado trees. But what do we do with an abundance of these great ingredients? Make Tomato Avocado Caprese Salad, of course.

This caprese is perfect for any dairy-free foodie. The avocado takes a bold stand as a substitute for mozzarella, and still satisfies with it's creamy and "buttery" taste. Serve this at your

next picnic or barbecue.

Serves 2

Ingredients

- 1 large avocado
- 1 large (or 2 small) tomatoes

- 8-12 large basil leaves
- 1 tablespoon extra virgin olive oil
- sea salt + fresh ground pepper

Preparation

1. Slice avocado and tomato thinly.
2. On a large plate, begin to layer your ingredients: avocado, basil, tomato. Repeat until all avocado, tomato, and basil are used.
3. Drizzle with olive oil and season with sea salt and fresh ground pepper. Enjoy immediately.

Meet our New Team Member: Shanda Vann, FS, LMA, LPMA



I have had the pleasure of working in the Aesthetic field for over 15 years. While at the top of my class I excelled in all areas of Medical Aesthetics including injectables such as Botox, and fillers like Restylane, Radiesse, and Juvederm. I have also had the pleasure of working on many types of Laser Hair Removal systems including the Cutera system we currently use at Total Nutrition.

Though working to improve one's appearance is very gratifying for me, my true goal is to work one on one with a client to get the optimal benefits they desire.

Our skin is the largest organ on our bodies and it's very important to treat it well. While diet and exercise helps the overall look and feel of your skin, it is very important to have and maintain a daily routine and maintenance program for your skin. That is where I can help. During my medical aesthetics training I studied in depth all types of skin and the needs for each. One of my specialties is in Chemical Peels - from the mild to the physician assisted deep peels.

My passion for aesthetics runs very deep. While working along side of highly qualified physicians who mentored me in every aspect of Medical aesthetics, I learned many different techniques in regards to skin care along with the newest technology available.

I am so excited to be a new team member with TNT. I am offering complimentary skin care consults to all. I am available Monday through Friday from 8:30pm - 5:00pm by contacting 352-259-5190. Call me today and we will get started on your road to healthy and happy skin.

**We'd Like You To Get To Know Us...
Come Hear Our Story!**



Meet and Greet:

Friday, August 7th
August 14th
August 21st
August 28th:
1:00pm—3:00pm

Tuesday, August 18th
6:30pm—8:00pm

RSVP: 352-259-5190

**510 CR 466
Suite 104-B
Lady Lake, Florida
Sabal Palm Plaza**

**These Meet and Greet are for anyone interested in knowing what TNT is all about.
From programs and services that we offer, to new treatments we are unveiling.**

Your Lifestyle and Breast Cancer



Did you know you could lower your risk of breast cancer by around 30% with simple lifestyle adjustments at home? Many risk factors arouse fear in women causing them to feel they are helpless on their journey searching for breast health such as family history and genetics. However, each woman is equipped with an artillery to fight those odds and make a difference!

For starters, achieving and maintaining a healthy weight is the first stop. Environmental cancers make up 90-95% of all cancers. Of all environmental cancers, diet plays a role in 30-35% with obesity coming in at 10-20%. Everyone knows weight and diet goes hand in hand, so it's going to be a win-win. Eat a nutrient dense diet with lots of color and variety. You'll be trimming up and fighting cancer with each bite!

The next focus is getting up and moving. Exercise needs to become a normal part of each woman's routine. You can keep it simple but keep it fun too! Women should aim to be physically active at moderate intensities (equivalent to brisk walking) for around 30 minutes, 5 times per week. Lace it up ladies!

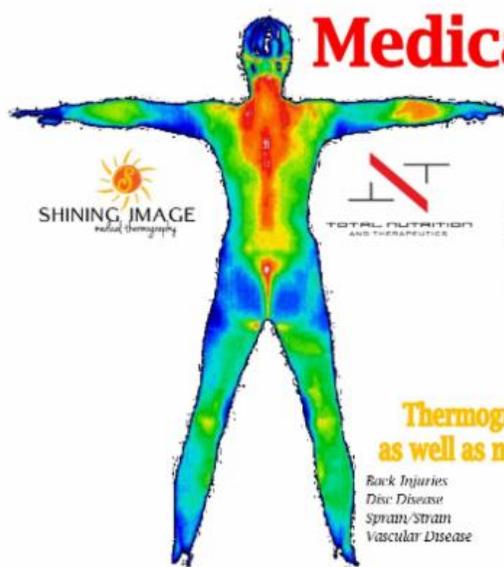
Lastly, reduce alcohol intake. Women should limit alcohol to no more than 5 units (i.e. small glass of wine) per week. You've heard it before but I'm going to say it again...all things in moderation.

Science is proving this isn't too good to be true. You are empowered with choices that could drastically change your quality of life in more ways than one. And don't forget about screening tools like self breast checks and annual thermograms. So what are you waiting for? Go make it a great day!

Excerpts from:

Acct-blog.com/2010/05/30/William-li-can-we-eat-to-starve-cancer/

Risk determination and prevention of breast cancer, Breast Cancer Research, published 28 September 2014.



Medical Thermography

An alternative to radiation testing!

Thermography is a painless imaging procedure that demonstrates thermal patterns present on the skin.

Thermography shows information relating to inflammation, lymphatic activity, hormonal dysfunction and other functional abnormalities.

It is a valuable procedure for alerting your doctor to changes that can indicate early stage diseases.

Thermography is used as an aid in diagnosis and prognosis, as well as monitoring therapy progress for conditions including:

Back Injuries	Breast Disease	Carpal Tunnel Syndrome	Arthritis	Headache
Disc Disease	Fibromyalgia	Skin Cancer	Inflammatory pain	RSD(CRPS)
Sprain/Strain	Stroke Screening	Dental/TMJ	Lymphatic	Whiplash
Vascular Disease	Digestive Disorders			

**For more information join one of our Free Information Sessions:
Friday's in August (7th, 14th, 21st, & 28th)
12:00pm - 1:00pm**

**ESVD for one of the seminars:
352-259-5190**

Save **WELLNESS WORKS MEMBERS ONLY:**
Xymogen: ActivEssentials w/calcium-

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- Provides Foundation Micronutrition for a Variety of Protocols
- Supports Improved Dietary Nutrient Intake
- Provides Antioxidant Support

Offer Expires: 8/31/15