

Gail & Ingrid's...

NEIGHBORHOOD NEWSLETTER

Monthly Tips & Timely Advice For January

Wellness trends to watch in 2016...

The year 2015 was an exciting one in wellness. We expect 2016 to be even better as healthy living is sweeping the world. Here are some trends to watch over:

Juice as we know it could change forever.

With an exciting new company launching called "Juicero", this will bring juicing to your home with farm fresh fruits and vegetables. Imagine a Keurig for juicing, all the yummy juice without the clean up!

More all-inclusive wellness studios.

The thing about wellness is that it's a lifestyle. You don't just go to a yoga class and go to Burger King. You go to yoga then you're probably craving a plant based meal. Afterward you probably hang out and want to meet like minded people. Enter the birth of wellness centers.

Sensory Deprivation tanks will take off.

Imagine stripping down and stepping into a water tank filled with 1,000-plus pounds of Epsom salt. Free of sound, free of gravity, and free of light (yes, you are in total darkness). Just you and your thoughts, floating in the water in total darkness for an hour. Welcome to the latest in wellness treatments: sensory deprivation tanks. The tanks have been around for a while, since 1954, when scientist John C. Lilly supposedly took LSD and did experiments in the tank.

Experience isn't expensive... it's **PRICELESS!**



Establishing lasting relationships
All over Los Angeles



Gail Steinberg

(818) 728-2211

Gailsteinberg411@gmail.com

www.GailSteinberg.com

Cal BRE Lic. #01055710

Ingrid Sacerio

(323)333-7018

Ingridsacerio@gmail.com

www.IngridSacerio.com

Cal BRE Lic. #01905431

This is not intended as a solicitation if your property is currently listed with another broker. Information provided by seller or third-party sources. Information not verified or guaranteed.

Dilbeck Real Estate is independently owned and operated.



Sticking to your New Year's resolutions...



It's all about helping the "rational" thoughts triumph over the "pleasure seeking". You need to outsmart it with these proven techniques.

Give self control a workout. It's like a muscle, the more we use it, the stronger it gets!

Make one change at a time. Will power can be limited, multiple resolutions may not work.

Self-restraint can reduce blood glucose levels to less than optimal but a glass of Oj or lemonade will give you the jolt you may need. The brain relies almost exclusively on glucose for energy so it has to be the real thing. Artificial sweetener won't deliver the jolt!

Why You Should Exercise Every Day:

5 Reasons That Will Get Your Butt To The Gym

Exercise provides a natural high.

What's a better high than three margaritas (without the hangover)? Exercise! When you exercise, feel-good chemicals called endorphins are released in your body and spark a positive, euphoric feeling.

Exercise improves cognitive function and memory

A few studies have found that physically fit kids perform better on standardized tests. Even moderate walking helps boost cognitive functions like reasoning, memory, attention span, and the expansion of information and knowledge. Keep your neurons in shape as well as your booty.

Exercise is a natural antidepressant.

Just going for a moderate walk for 30 minutes will help you battle the blues. Studies support the idea that being physically active should be a part of any depression treatment.

Being fit will boost your confidence.

When you exercise you feel better, you look better, you get stronger, you feel a sense of accomplishment, and that rush of endorphins has a ripple effect on everything you do. When you feel better, you feel empowered and more confident. Win-win!

Strengthens muscles and bones.

We reach our peak bone and muscle mass by the time we're 30, and by our 40s we begin to lose it. With proper nutrition and regular exercise, we can slow and even reverse this process.

If you do NOT want to receive this at your door either call Gail or Ingrid with your address and we will stop and if you want it emailed we can do that too! Just leave us your email address or email us.