

HEALTHY LIVING WITH TAMMY



March is one of those months where you can really see things changing, one second it feels like the dead of winter, and the next the trees are quickly blossoming, and the tulips are coming up. I challenge you to pay attention to the changes of the earth this month. The reason why, is because when in our lives we feel stuck in a season, that we feel won't pass, the reality is, is that everyday it is already passing us. Our bodies are forever changing, growing, and adapting, just as the earth is, in every single season. Some times it's easier to feel it, and see it, and other times it's not. Be mindful of the changes around you. You're going through life with all that's around you.

THE MONTHLY BUZZ Marching into Spring

Hello Everyone! I hope you all are doing well, and staying happy and healthy! Happy March! For most of us, the weather is starting to get a bit warmer, things are starting to spring up, and there might be some time to even open the windows for a bit, and get some fresh air! We are moving out of winter, and for me, that feels pretty dang great!

During this transitional season I love to do all things FRESH! A little bit of a reset, refresh, and restart! There are so many things that our bodies need from that, and is vital to do those things often! I thought it was important to share those things with you, so I created a 4 week guide called "Declutter Your Life - Mind, Body, Space" under my guide series, and I would love for you to follow along! Later in this newsletter you will find a link to the guide. You can also find it on my website under resources, then guide series!



Declutter Your Life Mind - Body - Space



During this time of year, most people participate in a spring clean. Getting fresh linens, dusting down all the places you usually don't dust, deep scrubs, and clearing the clutter you no longer need. When all that is done, it feels sooo good! Refreshing, and rejuvenating! But sometimes it's a little too overwhelming, it feels like there's too much, or maybe you think cleaning isn't the problem here, it's the millions of other things going on in your life.

This guide I created is more than just cleaning, it's about creating space for what really matters. Making room in your mind, body, and life, for peace, joy, clarity, and energy. When you remove the clutter mentally, physically, and emotionally, you create space for more of what fulfills you.

This guide can be challenging, but very achievable with small bite-sized steps and daily actions. Each task is short, and intentional designed to bring immediate relief without exhausting you. This guide is broken up into 4 weeks, each week highlighting a different area in life, and each day will have different prompts, challenges, and encouragement for 30 days.

I am excited for you to check out this guide, and follow along on this 30 day journey to declutter your life, mind, body, and space!

Declutter Your Life
Mind, Body, Space

Detox Smoothie



What you need :

- 1 cup fresh spinach or kale (packed with fiber & antioxidants)
- ½ cup cucumber (hydrating & detoxifying)
- ½ green apple (adds natural sweetness & fiber)
- Juice of ½ lemon (alkalizing & supports digestion)
- ½ inch fresh ginger (anti-inflammatory & aids digestion)
- 1 tablespoon chia seeds or flaxseeds (fiber & omega-3s)
- 1 cup coconut water or almond milk (hydration & electrolytes)
- Handful of ice (optional, for a refreshing chill)

How to make:

- 1, Add all ingredients to a blender.
- 2, Blend until smooth and creamy.
- 3, Pour into a glass and enjoy!

Optional Boosters:

½ banana – for extra creaminess and natural sweetness

1 tsp spirulina or chlorella – for an extra detoxifying boost

½ avocado – for healthy fats and a richer texture

Protein powder – if you're drinking it as a meal replacement



Mindful Moments

Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.

- "I release what no longer serves me, making space for peace and clarity."
- "I release old beliefs that weigh me down and welcome a fresh perspective."
- "My space is a reflection of my energy, I welcome lightness and ease."
- "I am creating a home that nurtures my well-being and reflects my true self."
- "I detach from thoughts that do not serve my highest good."

Take a deep breath, place your hand on your heart, and let these affirmations fill you with love and confidence.

Force of Nature is an EPA-registered disinfectant & sanitizer that kills 99.9% of germs*, even Staph, MRSA, Norovirus, Influenza A, Salmonella, and Listeria when used as directed. It's on EPA's list of disinfectants for use against SARS-CoV-2, the cause of COVID-19. It's strong enough to kill bacteria and viruses just like bleach, but it has no toxic chemicals whatsoever and it is eco friendly. Besides being used at home, Force of Nature is also being used in daycare centers, doctor offices, dentist offices, fitness centers, salon, spas and more. With only three ingredients (salt, water, vinegar), Force of Nature will become the star of your cleaning product cupboard.



Click the link below to get your new favorite toxin free cleaning product!

**SEND ME MY CLEAR & FREE
CLEANING PRODUCTS**



I hope you enjoyed reading this month's newsletter. Have questions or feedback? I'd love to hear from you! You can reach me at:
healthylivingwithtammy@gmail.com
 For more information you can visit
www.healthylivingwithtammy.net
 Blessings to you all!