

**March 2019 Newsletter.**



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Helping People Change the Way  
They Live Their Lives

## **Greetings to all my friends,**

I will continue with my tips on health and nutrition. Health tip number 5 is shown below.

Stay away from junk food and sugar loaded drinks as much as possible. Eat natural foods to build and maintain a strong immune system.

**I have been invited as a guest speaker on the Alara Canfield Show next week Wednesday 27th March. [www.alara.at/show](http://www.alara.at/show)**

**Change Your Name – Change Your Life.**

**Join us live for Q and A and sign up for the free gifts and list of other great speakers sharing knowledge if you are not already subscribed.**

**One might be just perfect for you! Sign Up Here: [www.alara.at/show](http://www.alara.at/show)**

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## Health Tip for Today.

My last healthy tips have been discussing ideas for your first meal of the day, breakfast. Let's consider a simple but healthy snack in case you get the munchies before your next meal.

I like to have something easy to carry in case I have to break routine and leave my desk during the day. My favorite is cashew nuts. They can be pricey but they are packed with protein and much much more. The powerful nutrients give you a great pick-me-up. I mix the less expensive peanuts with my cashews and love mixing in some almonds from time to time. I add a little sweet touch now and then to break up monotony by including some raisins. You can put your mix for the day in a zip lock bag and nibble where ever you

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are.

Here are some video clips showing the power in nuts. This first link shows you the incredible nutrition value of cashew nuts. (*Needless to say, stay away from roasted, salted, honey glazed or anything processed. Natures raw finest will serve you well*)



A 100g serving provides 73% of your daily needs for Magnesium, a mineral many of us lack and an impressive 28% of your daily needs for Selenium. **Cashews are the king of nuts.**

[https://www.nutritionvalue.org/Nuts%2C\\_raw%2C\\_cashew\\_nuts\\_nutritional\\_value.html](https://www.nutritionvalue.org/Nuts%2C_raw%2C_cashew_nuts_nutritional_value.html)

5 Amazing Health Benefits Of Cashews. 2 ½ mins.

<https://www.youtube.com/watch?v=XP4zglpBs08&list=WL&index=297>

5 Incredible Health Benefits Of Peanuts. 3 mins.

<https://www.youtube.com/watch?v=hsYI799CFjw&list=WL&index=293&t=0s>

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Health Benefits of Almonds. 4 mins.

<https://www.youtube.com/watch?v=QVvnBZHqF1I>

5 Health Benefits of Raisins. 2 mins.

[https://www.youtube.com/watch?v=CaOudl\\_g8eo](https://www.youtube.com/watch?v=CaOudl_g8eo)

*My occasional emails are to update you with information, events or discussions where I have been invited to participate as a guest speaker. If you no longer wish to receive these emails, please simply click reply and I will remove you from my list.*

