** JOHANNA’S NEWSLETTER No. 31**

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 <http://groups.google.com/group/johannasnewsletter> <http://tinyurl.com/29c9fj2>

*Synchronicity may appear random, but at closer look you will see that the universe is giving what you asked for. Daily Om*

**GSE FOR CLEANING VEGGIES AND EGGS**

Last year there was a lot on the news about salmonella and eggs. I’m sure many of you were worried about eating eggs and how to protect yourself. What you didn’t and wouldn’t hear is the truth about eggs and how to clean them so as not to worry about getting sick. NEWS ALERT!!!! Eggs are hermetically sealed if not damaged or cracked so nothing can get inside. Salmonella lives outside on the shell. So if you clean the eggshells, no problem with salmonella. But many of the methods recommended to clean any food contain chemicals that are ultimately harmful in themselves. So get yourself a bottle of Grapefruit Seed Extract and worry no more. This is a completely safe, and actually beneficial, liquid that will kill all pathogens on any food by soaking in a few drops of GSE in water for about 15 minutes. I use this on all veggies and eggs that I bring home. I also mix a few drops in a pint of water in a spray bottle for fruits or veggies I don’t want to soak. You could even use it on meat by spraying it on the surface. I allow the fruit and veggies to dry completely in the dish drainer before storing because most of them need to be stored dry. I’ve talked about this product in previous newsletters so look them up for more suggestions on how to use this super product (like when traveling). I buy mine from [www.pureliquidgold.com](http://www.pureliquidgold.com) and it comes with instructions on about a million uses (well maybe not a million!), but you can get it in most health food stores.

“Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.” Dr. Seuss

**EXERCISE SHOES, OH YEAH!**

About 10 years ago I bought a really ugly pair of exercise shoes. So ugly, in fact, that I never wore them. Now they come in many cute styles and colors by many different companies. I also had a pair of really ugly Earth shoes back in the 70’s that I did wear even though they were not cute but were really comfortable. I have been wearing Birkenstocks or Naot sandals and clogs for over 30 years and wanted a change of styles so about 5 years ago I decided to see if Earth had improved the styles any and sure enough they did. Earth Shoes are the original exercise shoe with their negative heel technology to put your back into its proper alignment. They say it simulates walking barefoot in the sand. I just know that they are wonderfully comfortable and look very nice. What I didn’t realize until just recently was just how much they do tone up your legs. I was comparing calves with someone and mine were solid and toned whereas the other persons were jiggley. I also noted a while back that my buns are nice and firm, not sagging from the ravages of gravity and age. Thank you Earth Shoes. They are definitely more expensive than say Sketchers, but I like the styles and colors and they last forever. And they’re not quite as clunky as the other brands. But whatever you choose, I think you’ll be very happy with the results after a few months of wearing them.

“Your true happiness happens when you discover that no one other than yourself is responsible for the way you feel.”  from *The Vortex:  Where the Law of Attraction Assembles All Cooperative Relationships* by Jerry & Esther Hicks

**COMMON TRAITS OF LONGEVITY**

This list came in one of the newsletter I frequently receive and they are so true. Stop and think about each one. How many of them have we stopped doing because life is just too busy? Or which ones do we do a little too much? All of these can be harmful if overdone, or we find ourselves with stress and illness if underdone. Society is telling us that more is better or that we need to have it done yesterday and where has that gotten us? Take #6 for example. Community is now done by some kind of electronic device instead of face to face. We have the elderly dying alone and young people committing atrocities. Maybe it’s time to slow down and take back some of what we knew was good in the “olden days”.

Here are the commonalities between populations with high numbers of people over 90:

1. Exercising
2. Meditating in some way
3. Having spirituality or a belief system
4. Having a purpose in life
5. Prioritizing family
6. Belonging to a community
7. Drinking some red wine in moderation to gain the benefits of Resveratrol
8. Eating plant-based foods
9. Stopping eating when 80 percent full

**VEGGIE RECIPE**

This recipe is an adaptation of mine from Savory Veggie Stews cookbook.

In the blender put 2 tomatoes and a 3” piece of cucumber and liquefy on high speed. Add some sea salt and cayenne or jalapeno to taste. Add a large handful of baby spinach and push down with a long, peeled carrot or a celery stick until you need to let it chop with the spinach. Blend on low speed until just chopped but not liquid. You may add more spinach if desired, but don’t blend too much or you’ll have a veggie drink. The end mixture should be thick and chunky. Pour into a soup bowl and top with chopped red or yellow bell pepper, green or purple onion, more tomato and cuke, homemade croutons, and cubed organic cheese. You can vary this by replacing the cuke with zucchini. You can also change the flavor with Mexican or Indian spices to taste.

**A LITTLE YOGA**

Three Part Relaxing Breath: Sit comfortably with feet on the floor or in a cross-legged position with your spine straight and the back of your hands resting on your thighs. Relax your face, neck and shoulders. Take 2-3 full and deep relaxing breaths. Now as you begin to slowly inhale, bring your straight arms up to shoulder level in front of you, then open them out to the sides in a T position and lastly raise them straight overhead. Lower your arms down in front back onto your thighs with your slow exhale. The whole breath will take about 20 seconds. You may have to practice a little to slow down your breath. This breath calms the nerves and opens the diaphragm. You are using the energy centers in the palms to help direct the breath. Do this breathing technique for 5 minutes (or more) and then sit quietly and notice how relaxed you feel.

PS. Newsletters and Index are stored at: <http://groups.google.com/group/johannasnewsletter> . If there’s a subject you would like discussed or you have questions about something I’ve said, email me at jw\_alley@msn.com.

My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner