



Body Rescue Tips November '08

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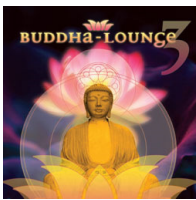
Feed Your 'Mind': The 2nd symptom of inner peace is “An unmistakable ability to enjoy each moment”
From Symptoms of Inner Peace (Saskia Davis):

Feed Your 'Body': This month's focus is **Transition into Winter**. Are you feeling more emotional these days? Winter's are like that, when nature is in her resting season, quiet, withdrawn and deep. This is the time to go deeper within yourself- seek replenishment, rest, reflection and become more aware of your senses.

- **Miso**-This alkalizing food is an important soybean product known as soybean paste. Miso is rich in protein and vitamins and contains about 10% salt. Its fermentation helps the body's digestion and metabolism, and is believed to improve resistance to illness. In Eastern medicine, miso has been used to treat arthritis, colitis, diabetes and tobacco cravings. Drink miso soup in the winter months to warm your body and boost your energy.
- **Recipe for November** - Winter months are a good time to eat ocean food...like fish! Try this quick twist on fish taco without the shell. Makes a great snack, or double the recipe and make a meal (Courtesy of Tiger, Body Rescue VIP).
 - Fish Sticks (substitute fresh, grilled, white fish if you have time)
 - Low fat cheddar cheese
 - Romaine lettuce
 - Tartar sauce (mix with fresh lemon juice for a thinner consistency)

Prepare fish sticks per instructions. Place a couple sticks in a large romaine leaf, top with grated cheese and drizzle the tangy tartar sauce on top. Wrap it up like a taco and enjoy! ☺

Feed Your 'Soul': Buddha Bar III (featured this month at the Body Rescue Studio)



Yet another great CD. It's a little bit of Africa, the Middle East and jazz all combined for a smooth relaxing sound. Fascinating blend of flutes, percussion, vocals and techno go into creating this ultra chill-out CD.

'Body' Facts: Water-The body consists of 70-80% water and is the essential medium of our bodies through which all things pass-the circulation of blood, lymph and waste to name a few. The blood plasma in our bodies is almost identical to seawater, in alkalinity and ph. A simple sea salt cleanse will keep your kidneys, bladder and large intestine healthy.

Keeping it 'Clean': Go green with conserving- Wash vegetables and fruit in a bowl rather than under a running tap. The water collected might even be used for watering pot plants. **H2O fact:** About a third of all the clean, drinkable water you use in your home is used to flush the toilet.

Move Your "Body" in San Diego, Courtesy of Body Rescue SD, Your 911 for Massage!

November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Julian Fall Apple Harvest through 11/15
2	3 Maxwell House of Blues	4 VOTE! (NO on Prop 8!) Oh yeah, and Madonna at Petco	5 Running clinic, Balboa Park-FREE	6 Orwell's 1984, On-Stage Playhouse Chula Vista	7 B-52's House of Blues	8 Pug Walk-A-Thon (Pug Rescue) Tideland's Park Coronado
9 Chargers vs KS Chiefs Shelter Island 5k Run Walk	10 Drum & Belly Dance Class Balboa Worldbeat Center	11 Trans-Am Tuesday's, Beauty Bar 80's music and more!	12	13 k.d. lang Birch North Park Theater	14 Melissa Ferrick – House of Blues	15 Jeff Sanchez La Jolla Comedy Club <u>Aztecs vs Utes</u>
16 Modern Jazz Series, South Park Bar & Grill	17 Half Price Menu night Baja Betty's	18 Yoga in the Park, Balboa	19 In-Cahoots lin dancing lessons every Wed night	20 National Lip Sync Talent Search, Ch 25 El Cajon	21 Annual Breast Cancer 3 day walk	22 OB Jetty Cleanup 9am
23 Chargers vs Falcons	24	25 Xanadu La Jolla Playhouse	26 OB Farmers Market every Wed night	27 Thanksgiving	28 Rocky Horror Picture Show-Birch North Park Theater	29 Ray at Night, North Park Main St
30 Smashing Pumpkins Rimac Arena						

Additional information for event dates & times :www.sdreader.com and www.CoastToCoastTickets.com