

Christine-Anne Plâtel Newsletter: LOVE YOUR EARTH, LOVE YOUR BODY



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7.07.07

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LOVE YOUR EARTH: LIVE EARTH GLOBAL CONCERTS TODAY

There is little doubt that our Mother Earth is out of balance, and in crisis on so many levels as evidenced by: Violence in the Streets and in Homes, Hunger, Poverty, War, Epidemics, Pollution, Political Corruption, Corporate Greed and Lack of Accountability, and Climate Crisis. Today, 7/07/07 the S.O.S. Organization has orchestrated LIVE EARTH, a Global Concert to highlight the devastating effects of Global Warming.

Get the LIVE EARTH CONCERT FEED here: <http://www.liveearth.msn.com>

Do your bit to Change the Climate by Loving Your Earth. See my April 2007 Newsletter [LOVING MOTHER EARTH](#) for tips on how you can change the climate and save money at the same time.

COMMUNITY DRUM CIRCLE 7.07.07 @ Main Beach, Fernandina Beach

My Drum Circle Friends and I are doing our bit to highlight the work of S.O.S. and the Live Earth 7-Continent Concert that is ongoing today 7.07.07.

Sandie Lythgoe has been leading this circle on the 1st Saturday of each month. It normally starts at 7 pm, but today in **Celebration of Live Earth and S.O.S.s efforts to Change the Climate**, we are gathering earlier so that we can get started with a **blessing and the drumming exactly at 7:00 PM.**

Please join us with your hand drums, rattles, shakers, soda pop cans filled with dry beans, or whatever percussion instruments you have. If you don't have any, Sandie and her Drummer Friends from Jacksonville are graciously bringing extra drums to share.

METABOLIC MORSELS: LOVE YOUR BODY

As you work to clean up the Environment it's a good idea to also work on the inner environment of your own body. You can LOVE YOUR BODY by creating Metabolic Balance so that you improve your well-being Physically, Mentally, and Emotionally. It's really simple to do because you can create balance on all these levels if you start **Eating the Right Foods for Your Individual and Unique Metabolic Type.**

Dietary Recommendations differ within the various Metabolic Types. **Doing a Computerized Assessment will tell you which Type you are, which foods are beneficial for you, and also which ones you should avoid.** Sounds too good to be true, doesn't it? But it's not. The other bit of good news is that even if you eat the wrong foods in one meal, and you feel the negative effects, it's easy to get back into balance by making the right choices in your next meal. You'll be able to monitor your reactions to food choices by using the Diet Record Sheet for a few weeks until you see how much better you feel when you eat the right foods for YOUR METABOLIC TYPE.

What's Bacon Got to Do With It?

When I first started eating right for my Type, I noticed that every time I ate bacon, I started singing. A weird but wonderful reaction Metabolic Balance. **I wonder which food(s) will make you sing, or even dance?! Want to find out?**

This can be done through The Advanced Metabolic Typing Diet Program - a computerized assessment of Your Unique Metabolic Type, a Results Session, and a Fine-Tuning Follow-Up Session to get you on your way!

SPECIAL OFFER: Book and pay for your Advanced Metabolic Typing Diet Program by July 17, and take \$25.00 off. You can read more about the Program [here](#).

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FRIENDS' CORNER: My friend Laurie Buckley of AniMassage, is a Certified Equine and Canine Massage Provider. She offers At-Home Massage for your beloved pets. Here are some of the benefits:

- * Promotes overall **health & well-being** for all pets
- * Increases circulation, improves mobility, and energizes **geriatric and convalescing pets**
- * Improves performance, prevents injuries, and promotes flexibility for **Athletic & Working Animals**
- * Eases discomfort from **arthritis** and **other joint and muscle conditions**
- * Helps to decrease anxiety & facilitate **behavior** training
- * Promotes healthy growth among **large breed puppies**

*To schedule your in-home AniMassage appointment,
call Laurie at 904-415-0632 or email her at passion4pooches@yahoo.com*

JUST-IN-TIME COACHING via SKYPE Prime Services

From the Skype Link [here](#), or at anytime from my [website](#) pages, you can now contact me for **on-the-spot coaching without having to make an appointment**. Skype will bill you directly. So if you need some coaching in a hurry, or you have some ideas/issues that you'd like to sound out with me, you can now have instant access. **Of course it is still more cost-effective to book a series of sessions with me by [E-mailing](#) rather than using SKYPE Prime Services.**

Wishing you Happiness and Peace!

Chris

Christine-Anne Plâtel

* Life and Relationship Coach & Mender of Broken Hearts!

* Coaching and Classes to Empower and Enhance Your Mind Body and Creative Spirit

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