

Stronger

Healthier

Happier

SUNDAY MORNING WITH EMILY

19 NOVEMBER, 2023



READ

Learn More

This read was fascinating to me. Although Dr Bikman does an excellent job of explaining complex scientific processes, I still find myself coming back to the book for deeper understand and clarity- his entire book is a paradigm shift for what is keeping many of us "unwell" and how to address it and treat it.

The real benefit of this read, are the easy to apply concepts for lifestyle changes Dr Bikman shares.

Changing our habits to aid our bodies to become more insulin sensitive holds untold benefits.



EAT (ISH)

Get the Recipe

This is a recipe but not one for you to eat but rather smell.

This time of year who doesn't love the smell of scented candles to create that cozy home feeling. However, many candles are full of synthetic and harmful dyes, chemicals and fragrances that can be pretty bad for us.

Consider this stovetop alternative to have your home smelling festive!



WATCH

The Paradise

Let's be honest. There is little "good" news being presented to us these days.

Though we can't stick our head in the sand and be blind to the tumultuousness that is swirling, we can certainly do our best to not add to the stress, anxiety and even dread it can have us all feeling, frankly on a constant basis. With that, I try to follow a "no disturbing content" policy when it comes to what I watch.

The Paradise is set in 1875, and portrays the lives and loves of the people who work, shop and trade, in and around the first English department store. The show, on Amazon Prime, is very interesting and best of all it doesn't get my blood pressure going at the end of the day when I am trying to "relax".

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