



The Gift of Perspective  
Life Coaching by Karen

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# The Gift of Perspective

WEEKLY NEWSLETTER



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High Quality Sweet Tooth Treats

*You always gain by  
giving love.*

*-Reese Witherspoon*

## Valentine's Day

Karen McKeivitt • Life Coach

Valentine's Day seems to be tough for many people. Their identity is now compared to those tied to having a companion or not. I love that "Galentine's Day" has become a thing. BFFs really do matter! I have my own issues with the holiday, but I'll share that at another time. Whether you think it's a Hallmark holiday or not, Love is a basic need. I was in a training class that discussed Maslow's Hierarchy of Needs. Do you remember studying it in school? If not, it basically says that until you have your basic needs met, you aren't able to focus on your psychological needs or self fulfillment needs. Assuming your basic needs are taken care of, we'll look at the psychological needs.

We all want to feel love. We all want to belong. We all want to have friends, loved ones, partners. But also, I think it's important to have self love. I genuinely think you have to like yourself! We are all very hard on ourselves and you're the only one who's with you 24/7! Do you do things that make you proud? Are you happy with your own actions, heart, mind? These are all good signs!

Now, give yourself a break! No one is perfect. No one expects you to be! If you find yourself single this holiday, celebrate you! It's ok to buy that box of chocolates! Enjoy!



## High Quality Sweet Tooth Treats

We don't need to tell you that sugar isn't good for you! BUT it doesn't mean you have to kiss your sweet tooth goodbye forever!

### What's the deal with high quality sweeteners?

We've all heard that too much highly processed, refined sugar can have devastating effects on your metabolism and contribute to all sorts of diseases. This is no joke... Here's why:

- Sugar equals tons of calories with no essential nutrients. All it does is cause tooth decay by literally feeding harmful bacteria in your mouth! (yuck!)
- If you eat high quantities of refined, processed sugar but do no exercise, you're at risk for the extra sugar to turn into fructose to get lodged in your liver and give you fatty liver disease.
- When you consume too much sugar, it can cause resistance to the hormone insulin, which can lead to metabolic syndrome, obesity, cardiovascular disease and Type II diabetes.
- An excess amount of sugar can have negative effects on your metabolism.
- Sugar is highly addictive because after ingestion, it causes a huge dopamine release in your brain.
- Sugar is a major contributor to heart disease, which is the number one killer in the world.

But what people don't realize is there are healthier, alternative sweeteners out there that won't damage your health as much and taste just as sweet, if not more!

### So what are some of these high quality sweetener alternatives to processed sugar?

Stevia - A plant used by the Guarani people of South America for more than 1,500 years.

- Tastes about 300x sweeter than table sugar (a little goes a long way!)
- No calories, no impact on blood sugar and may reduce blood pressure
- Make sure to buy only 100% whole leaf stevia... look for RebA.



Coconut Palm Sugar - From the sap of cut flower buds of the coconut palm:

- Same sweetness as table sugar.
- Look for labels that say coconut sugar, coconut crystals or coconut palm sugar.
- Has a low glycemic index and contains some nutrients and fiber.

Agave - Produced from the leaves of this Mexican succulent plant:

- It is about one and a half times sweeter than table sugar.
- Make sure to buy organic agave.
- It lowers the glycemic index more than table sugar does.

Honey - Bees, bees, bees:

- Slightly sweeter than table sugar.
- Buy raw, local and organic honey.
- Can help boost immune system and seasonal allergies and soothe sore throats

There are other sweeteners, such as Maple syrup, Monk Fruit that are great natural alternatives too, but the above are my favorites. I like the natural sugars over other sugar alcohol alternatives like Xylitol or Erythritol.

### **How can I use one of these alternative sweeteners in my cooking?**

Here is an awesome, healthy and sweet recipe for **Candied Walnuts** to get you started:

Prep Time: 5 minutes; Serves: 4

1 cup raw walnuts, chopped or whole  
1 tsp cinnamon  
2 T coconut oil  
1 T honey  
Salt to taste

In a medium hot frying pan, add coconut oil, walnuts, salt and cinnamon. Cook until toasted, about 10 minutes. In the last couple of minutes, add the honey for a sweet taste.

### **What do I do now?**

If you're unhappily addicted to processed sugar and want to make a change to greatly benefit your health, click below now to schedule a time to talk with me about the next steps you can take. I'm here to help you make a plan to reduce or eliminate processed sugar in your diet and completely change your life!

To your health!  
Karen