

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

MAY 2022

## THE NEVER ENDING SEARCH FOR TRUE NUTRITIONAL VALUE

*In our society, we are told to believe that everything labeled and named "skinny" is better for us. These versions are often touted as the "better or guilt free option," but does this truly correspond with reality? What exactly is making these products "skinny"? Is it just lower in fat and calories? Even if that may be the case, the nutritional density may not be a factor, and may just leave many of us unsatisfied.*

*Clever marketing surrounds us daily, and we understand that companies need to promote their products. But what happens when these messages are incorrect or misleading (nutrition value) and also deliver an underlying message of fatphobia? I'm inviting you to be more aware of this. The next time you see something labeled "guilt-free," instead of just assuming that it's "healthy," take a look at the ingredients. Are there more than 5 ingredients, and, if so, can you pronounce and/or recognize half of these ingredients? Take a step back and do a deep dive of the nutritional value of the product.*

## BLOGS OF THE MONTH

### **BALANCING PHYSICAL ACTIVITY WITH OPTIMAL HEALTH**

<https://www.wellnesswithsandy.com/post/balancing-physical-activity-with-optimal-health>

### **THE LONG YET FULFILLING ROAD TO HEALTH**

<https://www.wellnesswithsandy.com/post/the-long-yet-fulfilling-road-to-health>

## Did You Know?

*Did you know that flossing your teeth twice daily removes food debris and bacteria buildup that can potentially lead to gum disease and even an increased risk of stroke? Gum disease entails inflammation, and as the barrier between the gum and teeth erodes, bacteria from the infection can enter the bloodstream. These can in turn increase plaque buildup in the arteries, even leading to clots. Flossing is ultimately good for the brain!*

**Feel free to check out my Instagram page and my website for more information and updates!**

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