



Look Good. Feel Good.

Mindful Breathing and Biofeedback Help Manage Hypertension

Our latest blog post is a "Wellness Journey" article written by a client and friend, Michael LaGreca. We wanted to share his "lessons learned" and perspective on treatment of hypertension with you.



"The idea is that we teach our bodies to optimally regulate ourselves in meeting what is facing us. Mindful, self-compassionate hearts help us to connect more deeply with our bodies, and through regular, restorative deep breathing sessions, become teachers to our "day-to-day" breathing selves."

He offers some great tips and resources on how to use mindful breathing and biofeedback techniques to help manage hypertension, and gives us a case history for doing so via his own wellness journey!

[Read Article](#)

Small Changes - Big Shifts

Recently I had the pleasure of getting to know Dr. Michele Robbins of Small Changes, Big Shifts. She'll be a part of our Kansas City Nutrition & Wellness Festival (it has been postponed for now) when it gets rescheduled. For more than 30 years, Michelle Robin, D.C., has helped people create sustainable healthy habits. She has helped organizations centered on improving consumer health, fitness and well-being understand how to make that motivation last a lifetime. Dr. Robin is Chairman of the Board of Small Changes Big Shifts®, founder of Your Wellness Connection, P.A., one of the nation's most successful integrative healing centers, podcast host and a best-selling author.



We wanted to share with you a [recent podcast](#) she did because it's full of local progressive healing opportunities. "As our medical professionals are hard at work to heal people from the COVID-19 virus, the Earth is also healing. It's an incredible thing to witness as this is just one of the many lessons we are learning throughout this difficult time." Join Dr. Michelle Robin (pictured right) for this recent podcast to discuss how we can further help Mother Nature with guest, Sami Aaron (pictured left).

Acrid, Spicy & Pungent. Prevention and Treatment Tools for Lungs and The Immune System

Andrea Beaman, HHC, AADP, Herbalist (www.andreabeaman.com) and internationally renown health and nutrition coach/chef offered a special online class on April 8, and I want to introduce you to some of her suggestions. By focusing on ingredients from the kitchen, she demonstrated foods, even regular kitchen herbs that can help heal/remedy viral infections or prepare the lungs and support bodily systems for prevention or reduction of symptoms. Her recipes and suggestions are all backed up by scientific references and long historical use. I encourage you to take a few minutes to read this for consideration for your nutrition, health and wellness!



[Read More!](#)



For Your Information:

Our online store is open, so you can buy all of your favorite products. All products were manufactured and packaged in early January, and we use the utmost of caution (gloves, masks) when we pull these from inventory to ship to you.

While you are working from home and social distancing, you probably are cooking more now than ever. Give our Land & SEAsonings all spice mix a try, it's full of nutrients so good for you, and provides enhanced flavoring for any of your dishes -- from eggs to ribs; from salads to potatoes. You can buy it as a combo: the packet for cooking, to use in recipes or as a rub;

and the shaker for table use. Special combo price of \$17.50, reflecting a 20% discount! Plus we'll send you 3 free packets of Nori Flakes with each combo purchase.

Need Inspiration? We have [lots of recipes](#) that use Land & SEAsoning including healthy snacks, soups, stews, Bloody Mary's, salad dressings, roasted vegetables and more. So check them out and let us know what you're cooking!

[Purchase Combo Now!](#)

Kathleen Foland The Midwest Mermaid Muse

Kathleen Foland makes small batch, all natural topical and culinary products in Kansas City. A certified health coach, her products take a dual approach to wellness and beauty, both inside and out. The all-natural skincare and food products contain seaweed and/or healing medicinal mushrooms. In her blog "Musings," Kathleen shares her thoughts on superfoods, wellness and health tips, inspirational stories, recipes, and ideas for using many of her products. So [take a look](#) back to pick up some insight for your own personal self-care.



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