

BLOG AND NEWSLETTER

15TH ISSUE MONDAY APRIL 13TH, 2009

THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE **NU** from the **INSIDE** out

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By Tanya Fly



PHOTO: S. MAGLOIRE

LETTER FROM THE EDITOR

Continued...

Tanya Fly

Avocado

For all-around good health, it pays to increase your intake of omega-3 fatty acids and antioxidants, especially vitamin E. You can get all that in avocados--whether you eat them with chips or rub them on your skin. Avocados are naturally rich in nutrients, which get into your skin directly when you apply them topically. And since they contain so much oil, they provide a great pick-me-up for dry or dehydrated skin.

We want to hear from you.

TNM believes everyone has insight about what living a whole and healthy life means for them. From changing your physical habits to dealing with emotional ones.

If you have a story, question or idea that you would like to have explored in TNM Blog and Newsletter go to our website www.thenumethod.com and click on http://thenumethod.com/TNM_COMMUNITY.html for further details.

UNSUBSCRIBE?

REALLY?!?! BUT, but...it's FREE! SIGH--ah, OK 8-(

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SPECIAL

NU KIDZ Tshirts are HERE!

Help us support our movement to teach children, (and adults), how to Choose being their best from the INSIDE out!

Red, silk screened 100% cotton.

Sizes: 3T - 10/12

\$10.00 (Mailing: plus shipping & handling)

contact: the.nu.method@gmail.com for PREPAY instructions.

FYI: If your child is enrolled in the After School Program at PS261 consider enrolling them in the NU KIDZ program beginning after Spring Break. Interested in this class or having a NU KIDZ program at your school

contact the.nu.method@gmail.com for further details.



NU KIDZ PreK HIGHLIGHTS



MY BIOPSY

1. What does a woman have to do to get a patient robe that actually closes? They tell you to leave it open to the front makes sense but can I get some Velcrow and possibly some heat while I wait? The draft...burr.
2. Why did so many women I know say AFTER my experience that they've gone threw a similar situation but no one really shared their experience before? Women will give you blow by blow of why we use a particular brand of lip gloss but you would think there would have been at least one previous discussion about this right? Well, not so much.



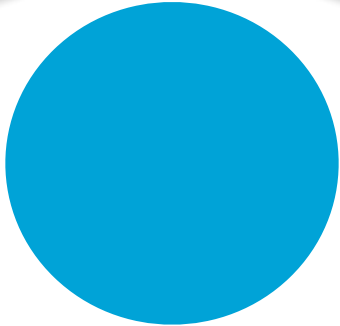
Check these needles...honestly, I wasn't really concerned until they pulled out that top one. I didn't take out a tape measure but it definitely got my attention. My breast was prepared by using a numbing solution similar to dental use. I felt a bit of pressure but that was the extent of my discomfort.

3. I was out within the hour in the AM and by the early PM I was experiencing the honor of the NU KIDZ. That's how you end the day!

The needle biopsy report indicated that I had a complex cyst in my right breast that was aspirated and that it's recommend I follow up in 6 months.



Resource: LICH in Brooklyn, NY



Spa Week Media Group, LLC

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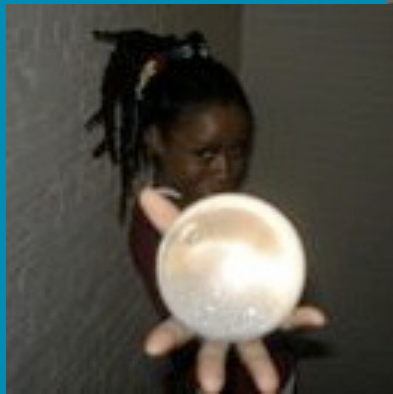
WIN A \$1,000 SPA WEEK GIFT CARD



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One super lucky person will win the Grand Prize- a \$1000 Spa Week Gift Card and 5 lucky people will each win a \$100 Spa Week Gift Card!

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FINAL WORD JUST A THOUGHT

By Tanya Fly

LOVE...have and give some today.
Enjoy your spring break.



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Pay for the amount of classes you plan to attend for the month and that's IT! No membership or long-term commitments.

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