

THE NU METHOD

Expand Your Definition of Health and Wellness

CHOOSE NU from the INSIDE out

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PHOTO: TANYAFLY

LETTER FROM THE EDITOR

Growing Forward

By Tanya Fly

12 months in a year doesn't start from January - December for me but more like a school year--September to June. As an adult I still have paradoxical universes going on: the standard calendar year and the scholastic one which does have one huge benefit for me: you subconsciously have 2, not just one official NU beginning every year, January and September! LOL

I only mention this because lately, I've been reflecting on how many NU beginnings I've been blessed with over my lifetime, many which I didn't even notice till AFTER the restart button had been pushed and my second, third and forth chance were well underway. I imagine lot's of people experience this moment and even when they know the

way they are living is not quite working for them anymore they are still more willing to eat the whole loaf of French bread, drink the entire bottle of wine and or love the one they are with instead of taking the chance on the one they really are connected to because...it hurts too much to face the truth head on? Hurts more than going through the same ridiculousness like freakin' Ground Hog day instead of learning from the challenge and growing forward? OK, let's now agree to disagree then cause' I promise you I've spent many years doing that thinking it was better than trying to change and it wasn't a good look nor a healthy place to be but we'll talk about that later.

Whether you believe the way you



PHOTO: JADUNFLY

are living in your life right now is not the life you should be living or you're pretty ok with the ride you are on but just want to take it up a notch, This Plan B issue of TNM Blog and Newsletter is definitely for you.

We will explore an alternative option for diabetes, begin a 2 part journey with a woman embarking on the death/rebirth of her family and most importantly herself, begin exploring the weight room in your local

LETTER FROM THE EDITOR

Continued...

Tanya Fly

gym, answer a Community question regarding friends sucking you dry, an update on that Mammogram I had a minute ago and more. The train is bout' to leave the station. Time to get on board...

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://www.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!

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Red, silk screened 100% cotton.

Sizes: 3T - 10/12

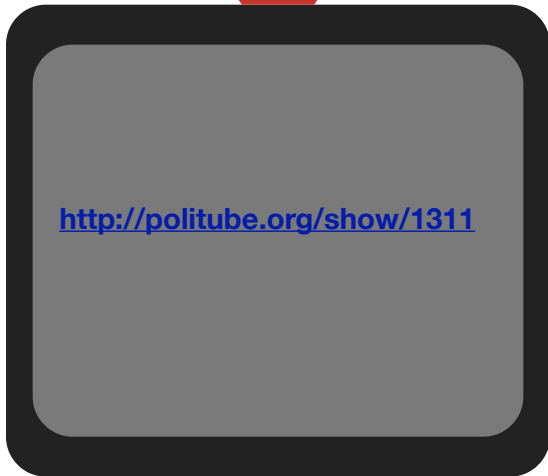
\$10.00 (Mailing: plus shipping & handling)

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.

Reverse Diabetes in 30 days? Raw Food diet in Arizona



<http://politube.org/show/1311>

Raw Food Diet

One of my people forward me, (thanks, Billyne), this interesting link that suggest you can reverse diabetes on the Raw Food Diet.

A snippet of an article on WEBMD below:

Depending on the source, a raw food diet is either a path to perfect health or to serious undernourishment. The truth is somewhere in the middle. Devotees insist that a diet consisting mainly of uncooked, unprocessed plant foods leads to a leaner body, clearer skin, and higher energy. They also believe it cuts the risk of disease.

But what exactly is a raw food diet? Is following a raw food diet healthy? Can anyone become a raw foodist? Read on for some answers.

Want more of this info go to <http://www.webmd.com/diet/raw-food-diet>

and/or...

when you have time check out the link above taking you on the journey of several people who decided to go to Arizona and try the diet out for themselves.

What do you think? TNM wants to know. Email your thoughts to the.nu.method@gmail.com.

upromise.com

Tuition Tales

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May 5, 2009.

http://www.upromise.com/partner/acqLanding.do?partnerName=tuitiontales&ax=acq-tt&cm_mmc=Other-tuitiontales-Web-promotion

NEW HOPE for ALZHEIMER'S

Some five million Americans already suffer from Alzheimer's Disease (AD), and experts expect that number to reach 16 million by 2050, But recently a group of Japanese scientists may have found a way to slow that incidence down. They managed to isolate two compounds from the medicinal mushroom *Heridium erinaceum*, commonly known as Lion's mane, that impact two primary causes of the disease--too little nerve growth factor (NGF) and too much amyloid peptide. One of them, hericenones extract, protects against cell death caused by amyloid peptide--a major contributor to the plaque that causes inflammation and neural degeneration. Small clinical studies have shown consistent but varied improvement in Functional Independence Measure (FIM) scores in Alzheimer's patients who supplemented with 5gH. erinaceum each day for six months. Both extracts are available in a supplement from Maitake Products called Amyloban 3399. \$89.95 for 90 tablets; maitake.com--Nora Simmons.

Resource: natural solutions magazine

IN SEARCH OF A NEW SNACK THAT

YOU SO WOULDN'T HAVE THOUGHT OF BUT

QUICK, EASY AND TASTY AS ALL HECK? MAKE

SURE YOU CHECK OUT THE LAST PAGE.

Quiet After The Storm

By Bethany Wood



41 year old woman, married 17 years to a husband who suffers with depression and an addict, mother to a Bi polar stepson, daughter who had to take the back seat to all the drama most of her life, 2 nieces whom I raised for 3 yrs and with a consistent back and forth through the court system.

All my life I took care of people. I always had some form of responsibility, always the rock, the calm the source. Met my husband in high school. He was the popular guy and I was the wall flower, not quite blossomed into her looks. He was the confident, strong, had much passion and a don't mess with me guy that had major respect around town. I was attracted. He was the one. The one who didn't need me, just wanted me, passionately and purposely. Our love was immense, people would stop me and say how much he professed his love for me and yet baffled at the choice he made in me. He pursued me through family members and asked my dad for our first real date, which was big. My dad said no. He knew of the reputation and after a few months, true colors where shown. He started drinking in front of his mother at the age of 15, constantly being suspended for fighting, angry at times, and women young and old wanted him. I was his quiet after the storm, the voice of reason.

He continued with his ways and I continued to assist him through the pain. Pain of his childhood, pass and present. He left for the Navy and I

went through a slight depression for years. I missed the passion, the crying, the making up, the chaos.

So for about 7 years, we were on and off. He went off and had babies and reckless fun. I dated and most of the time played it safe. I met incredible men, moved to NYC and had great fun. Some professional businessmen and business owners who had great positions at early ages, professional athletes, artists and so on, all treated me like a queen and yet they were nothing like him. I constantly sized them up to compare. Where's the passion?

These men where all very interested and wanted me to be in there lives and all I could think about was my high school sweet heart or should I say "heartache". These men didn't need me like he did. I mean their paths were straight, they just wanted someone special to share it with. I opted out of the peaceful waters and set foot out the open seas, where the waves were undetermined, sharks could attack and yes drowning will eventually occur. It did. Somehow I was determined to leave my life jacket on. My strong willed and my ability to be cool and quiet through the storm has paid off.

After 17 yrs married, the 2 little girls I took care of are with there mom, reluctantly and due to legalities, but I am always praised and looked at in awe of how I changed there lives and tried to teach them to be strong through there storm. The stepson who had emotional, mental and behavioral issues and has dealt with abandonment by his own mom, is now 19 yrs old. He got a scholarship to a very good college, following his dream in the fine art s world and thanks me for hanging in there with him. He says he knows he was a difficult child and if it wasn't for me and my strength he would have never made it. My husband and I have been separated for about 6 months now. He has suffered with depression and drug and alcohol abuse on and off for years and relapsed recently after 14 yrs of sobriety. Why, I'm not sure. I could blame in on a number of things, stress, money or maybe never feeling very

worthy. Don't get me wrong, we had an amazing financial life and sometimes an amazing sex life too, but I always felt something was missing, Me. I sacrificed my own sense of self worth so he could shine. I was the rock the backbone the cheerleader. Every one always thought he made our family strong and grounded through times, good or bad. I felt like the cook in the kitchen and he was the ever so pleasant waiter who got the thanks and the big tip. He is always thanking me for sticking with him through treatment, encouraging him to strive for better and helping him understand he deserves to be loved.

As for me and my daughter, our bond and life together is great. She has me in a way she has never before, undivided and spiritually intoned. She has taken such a back seat to the life that was going on around her. Yet responsible, never a major problem always there to help with the girls, always got herself ready for school as well as the girls, and loved everyone no matter what. She stayed grounded and calm during the storms. She hated to disappoint me and did what she could to help me through it all. She was my rock.

As things started to really go down hill in my marriage, my self worth and ideas about my own life became clear.

On October 5, my daughters 16th birthday, she and I packed a truck and with the help of my family left the chaos. I felt free. Free to be. I have never felt so accomplished, settled, clear headed and sexy. Yes, sexy. Something about this new life made me talk better, dress better, feel better. My friends and family would see me and say, "Girl, you look and sound great. My stepson called me one day and he said "Mom you sound great! You sound 20 yrs younger". He apologized as if my unhappiness was his fault. I had my days of despair but I knew of the life that I deserved. It had nothing to do with someone else, just me.

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Gym Equipment

Make it Work for You



Seated Leg Curl

So you just joined the gym or missed your favorite class, (hint, hint), and wondering what should you do now? Get your plan B on. Let's hit the machines, together.

Primary Muscles worked? Hamstrings, Quadriceps and Calfs.

Before you get started you need to set up your machine so your body is in proper enlinement.



Bottom Black Pad-you also need to adjust it so that it is about ankle level. You'll see how important this in when you get started.



PHOTO: JADUNFLY

Adjust the back of your seat. Where your back will rest-go on, have a sit down. If you find the back of your knees do not rest comfortably on the edge of where your sitting then you need to pull the blue lever out and pull or push the seat before allowing it to snap back in place depending on your height.



Top Black Pad-You may be tempted to ignore this one but it wouldn't be a good look. See the Blue lever on the top left side? You're once again adjusting, yes adjusting this pad so that it fits snugly above the knee upon the top part of your leg when your seated and ready to get to work.

Want to Burn More Fat?

FEAST ON FLAX

The healthy lignans abundant in flaxseed--as well as whole grains and berries--have been linked to improved metabolism and reduced body fat.

Resource: British Journal of Nutrition.

Quiet After the Storm

from page 4 Continued...

In December I decided to have a new outlook on life. My agreement to myself was that I would wake up everyday in acceptance to whatever the universe had to offer. Things started to shift. I got the job I wanted, I got the car I wanted, even though I moved 300 miles away from my best friend, I see her more often and have a better bond with her and her family, my family fights for my attention and loves doing things for me and my daughter. My sister just had a baby and I'm in love with my nephew.

My whole family spoils us. They are always there to help.

So I decided to take my new outlook on life and take on the agreement to accept what the universe(God) had in stored for me and go shopping. When I entered the department store, I spotted a very handsome man shopping around alone. I mean I see cute guys all the time, but something sparked my interest. I continued to shop and looked up and realized he probably left already.

Not like I was going to approach him and introduce myself or anything, but I thought he could be good eye candy while shopping.

As I walked through weaving in and out through racks, I hear a voice. In a sexy, raspy, Billie Dee Williams in the Billie Holiday movie voice says "excuse me, may I ask your opinion about something?" Looked up at this 6'3/6'4, tall, dark handsome, well dressed, nice shoes man and nervously said "Sure." He had an arm full of mens clothes and a few pocketbooks. He explained that he was shopping for his mom and sister and couldn't make a decision between the few he selected. I smiled and tried to pay attention to the conversation about the items. He said thanks, and we began to walk and shop again. He stops me again and The Voice, almost primal says "Let me introduce myself." He not only recalled his name, but what he was doing, that he was single, how old he was and what he did for a living, I just stood there dumbfounded. Yes I get approached by men often, but this was different. I was first captured by his good looks, but his voice was so confident, sexy, and lased right through me. He waited for my delayed

I told him my name, but was not willing to give up any more info than that. He called me by my name and asked "are you married?" I was so taken a back and nervous I immediately said Yeh? He just looked at me, somewhat disappointed, nodded his head as to say yes and mumbled to himself "your married." Now remember my agreement with the universe, I was telling the universe one thing and this man with the Voice something else, I confused him. I told him I was here visiting girlfriends and he asked were they single. I said yes. He said why don't you take my number and I will just trust your judgment. I need to mention, Along with my new life I got a new fancy cell phone. I only learned how to save phone numbers by dialing the # and then added a name later. So that's what I did. I walked away confused. Feeling like he didn't believe I was married and just went along. I called my single girlfriend and told her about the cute guy who just laid out his life before me so I had much info to give. I gave her the number and told her to give it a shot.

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Every Day Ways to Deal with STRESS

EXERCISE, say **NO**, **FORGIVE** the doofus, get some **REST**, stay **Present** and do **YOUR BEST** for *Today*, (your life is not a competition), address **FEAR** head on-the only thing to be afraid of is *running from it*, and my favorite--nurture your **SPIRIT**, (E: yoga, read, study, listen, journal, share, breathe deeply and pray)



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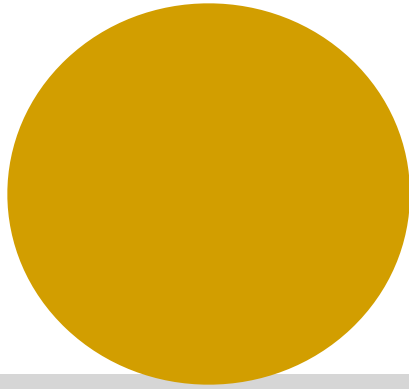
One super lucky person will win the Grand Prize-- a \$1000 Spa Week Gift Card and 5 lucky people will each win a \$100 Spa Week Gift Card!

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Quiet After the Storm

Continued...



15 min, later my phone rings and The Voice is on the other line, "Did someone just call me from this number. Oh it's me I just met you in the department store. He says oh yes, he continues, have you had lunch? You can join me if you like. Again the universe is talking and I continue to be addicted to the old life. Um, I can't, I have to get back and pick up my daughter from the mall with friends. He says "Wow you have a daughter?"

About a month passes by and I'm anxious to here about the hot guy and my friend. I called her and she says we talked once but never got together. Here is a man whom I thought was pretty clear and purposeful with his actions. So I looked through my calls and see if still had his #, I decided to text him. Text read "what happened with you and my friend".

I figured I confuse him a bit to see if a text as that was normal for him. He text back," Great to here from you". Aha I got him! He didn't know who I was and what I was talking about, he is probably some crazy freak. I text back "you don't have a clue who this is, do you? He says, "Yes, I met you in the department store, and you turned me down for lunch. Can I call you." An exciting warm feeling came over me. I wanted to hear that Voice again, that voice that was so sure and seemed to see right through me, but saw Me...

The relationship began and He is becoming My quiet after the storm.

Bethany Perry-Wood

41 yr old Aveda Hairstylist and has been in the fashion/hair business for over 20 years. A mother of 2 teens, 19 year old stepson and 16 yr old daughter. Recently separated after 17 years of marriage. Believes that in life's Journey there are many births and many deaths, seen and unseen. It makes life so worth living when the rebirth happens.

MY MAMMOGRAM UPDATE

Although my actual mammogram came back uneventful my Gynecologist told me that the xray's showed my breast to be "too dense" to give a complete green light. (she couldn't tell if there was anything within the tissue or not). She advised me to have a sonogram, which I did and was told directly after that I needed a Biopsy of my right breast.

If you are reading this Monday, March 30th I am in surgery now.

In the next issue of TNM I will continue sharing my journey of Expanding my Definition of Health and Wellness with a more in depth description of what you can really expect if you ever find yourself in this situation.

Haven't scheduled your mammogram yet? It may be time to do so. 8-)

TNM Community, What's on YOUR mind?

Question: i have a friend whom i care about been friends for 20 years she is falling through an elaborate hole...has been in denial for a long while about her husband and their relationship.. it is nonexistent. he is defensive angry and has not been coming home at all in the past 2 months i keep fielding her phone calls and being a pillar of support but i am starting to get broken down///i give advice from deep within and she calls back assuming i should be available and then cranks about the same problems but a bit worse..i feel like a shit I'm avoiding her but what do i do i'm caught between being a bad friend a being sucked dry.

Thanks, katie

Answer:

Mz. Katie, let me start by saying if this were TV i'd have to say, "I'm not a therapist I just play one on TV" but i'm not on TV so I won't but I dig what good therapist do and highly promote that moment if/when you deem it necessary to move forward. They are some of the best friends to have if you're lucky and it sounds like your friend may be in need of one. Sucking you emotionally dry is NOT a good look. I speak from experience, (during my breakup and breakdown ask my friends--thx God they did for me what i'm suggesting you do). Listening a few times is being a friend, being her emotional garbage disposal...

...should not be an option!

My script: Suzie Q, you know I love you and I will support whatever decision you make but talking to me about it anymore will not help you find the answer. That can only come from digging deep within you and deciding whether this is the life you want to live. or not. Once you

have decided what you would like to do to move forward know I'm there for you but again that is **your** decision and yours alone. Let me know when you have.



INTRODUCTORY PRIVATE OFFER:

1 Consultation and 2 Customized Training Sessions for \$85 (\$185 value).

Join a class currently in session or inquire about creating one of your own.

Classes currently in session:

Tuesday's & Thursday's: 9-10am Dodge YMCA (Brooklyn-Members Free)
 10-11am Atlantic Avenue (corner of Atlantic & Court)
 Weds: 6:10-7pm
 Thurs: 3:15-4pm PS 261 Boerum Hill (Brooklyn)
 Pacific Street (F/G to Bergen or A/C to Hoyt)

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

GYM EQUIPMENT
 CONTINUED...



Once you got everything ready there's just one more thing you need to test drive-your **weight**. Plan on changing it a few times before it's just right. The way I gage? I should be able to do 6-8 of a 10-12 repetition before I begin to feel taxed. At least 2 sets of course. 8-)

Let's begin: Core tight, chest lifted, shoulders relaxed and hands on the handles and feet are flex.

Slowly bring your legs back towards you until you are in a complete seated position.

BASICS:
 2 sets of 10-12 to start for a few weeks and build from there.

Next Time:
 TNM we will do a upper body machine to help you balance your workout out and throughout the year add machines to diversify your workout!

Did You Know OLIVE OIL is...

a huge benefit to skin and hair? "Natural moisturizer that's rich with anti-inflammatory and antimicrobial agents," says Alan Dattner, MD, a holistic dermatologist in NY.

"It also contains the lipid squalene, which is especially beneficial to dry skin," Dattner recommends applying olive oil after the shower so that it spreads easily and soaks in readily as the skin dries.

BEST? High Grade extra-virgin olive oil.

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<http://www.walkms.org/walkMap.aspx>

ADVERTISEMENT



A girlfriend of mine turned me on to an addictive snack at the check out line that turned out to be Kasugai Green Peas and Saturday I picked up the Hot Green peas. I know you're probably like, "HUH?!?!" Yeah, I would be too but trust once you try it if you like "The crunch" or roasted nuts you'll dig it. The fat intake is not a problem but the salt and sugar is just a bit too high so immediately I went looking for an alternative and here it is:

Curry Roasted Chick Peas

Adapted from WeightWatchers.com



- 2 t. olive oil
- 2 t. curry powder (I used a hot ginger curry)
- 1 15 oz can chick peas, drained, rinsed, and dried
- 1 t. sea salt

Preheat oven to 425 degrees. Line a baking sheet with aluminum foil and set aside.

Heat olive oil in a skillet over low heat, and add curry powder. Cook, stirring with a wooden spoon, until fragrant—about 30 seconds. Add the drained & dried chick peas and the salt, and stir to coat. Pour onto prepared baking sheet in a single layer and place on the middle rack of the oven. Roast for 30 minutes, shaking the pan every ten minutes, until peas are crisp and golden.

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One of my clients is a teacher for the **Brooklyn Music School**

and the kids are about to get their thing on! April 5, 2009 at the Brooklyn Music School Playhouse-126 Saint Felix Street, Downtown Brooklyn. www.brooklynmusicchool.org

FINAL WORD JUST A THOUGHT

By Tanya Fly

When I was in marriage counseling in my church years ago, my pastor, Rev. Anthony L. Trufant said something to my children's father and me that has stayed with me till this day--we needed to "Dream a New Dream". He was saying that at the time, in part, because we had gone through some things in our relationship that altered our initial marriage-dream-course and IF we were willing to stretch our definition of what love and marriage could mean for us, it was *possible* to make it different. However, unlike *your own life*, **partnerships** must ultimately be a democracy to work...ours was not.

However, I took that thought, my Plan B and began to craft yet *another* life...a NU dream that consisted of the things that mattered to **me**, (God, myself and family), to do just that--Dream a NU Dream. It has not been easy or earned me a gajillion dollars but what I've gained as a woman and a mother so far...I would not trade for any amount in the world!

I believe you can have a quality of life without your soul being the sacrificial lamb. Yes, some compromise and sacrifice

is, at times, necessary for the over all value or goal but it requires you to destroy the essence of what makes you the BEST of who you are then maybe the price tag is a wee bit high.

I don't know much but I know this: Accept for a few minor glitches, I feel better in my skin than I have in a long while just by living my life completely as I believe I'm being led to from the INSIDE out. It may not be anyone else's idea of a good time but it certainly is mine. That's all I believe anyone could ever ask for in life: The opportunity to Choose a NU quality of life for themselves, their family, friends, community and beyond each and every day in their own special way. If that's not quality not quantity I don't know what is.

Your Plan B could be a very good thing.

xoxo, t~