

INSPIRE *health*

Empowering Natural Living

Dandelion
GUT HEALTHWONDER

PREPARING YOUR FURRY
FRIENDS FOR
FLEA AND TICK
SEASON

NEW BODY
NEW YOU!

INSPIRING
YOUNG WOMEN TO
DREAM BIG

AWARD WINNING ACTRESS
KASIA TREPAGNIER



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INSPIRING YOUNG WOMEN TO DREAM BIG

AWARD WINNING ACTRESS
KASIA TREPAGNIER

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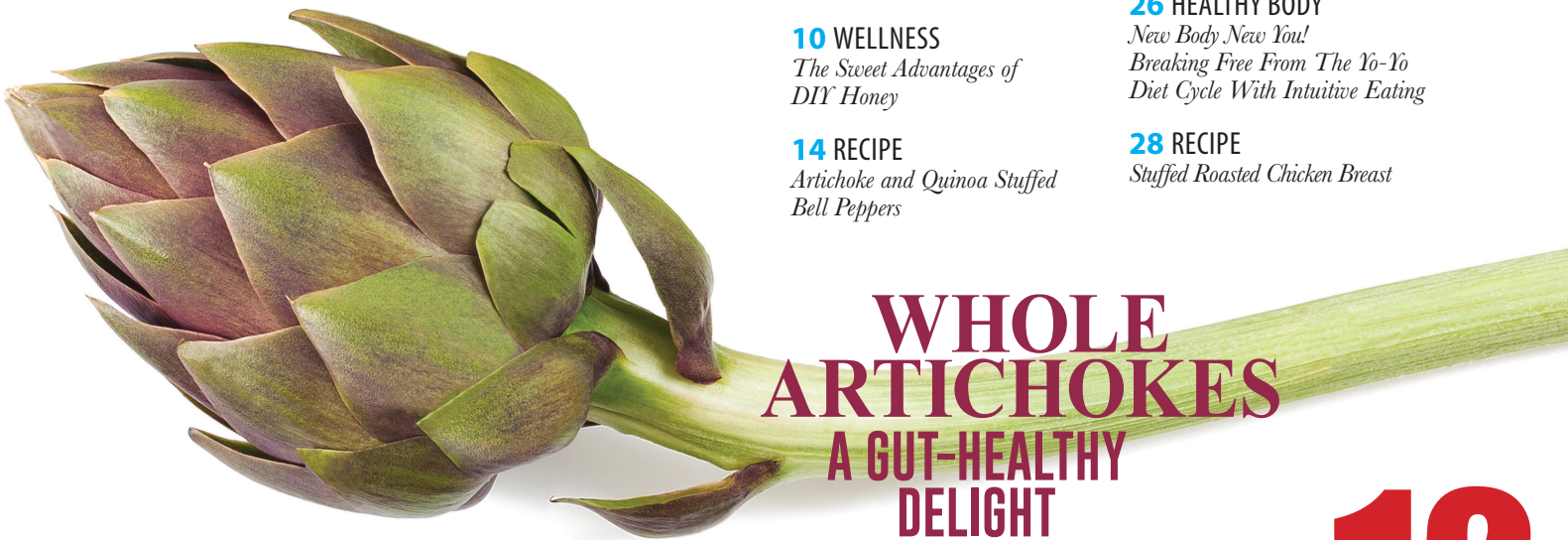
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super food •

Dandelion root is abundant in inulin, a type of soluble fiber known as a prebiotic.



Dandelion

GUT HEALTH WONDER

By Grant Parker

Dandelion, often dismissed as a mere weed, emerges as an unexpected hero in the realm of gut health. Beneath its vibrant yellow petals lies a root teeming with nutritional benefits, particularly for the digestive system. Dandelion root has been treasured for centuries in traditional medicine, celebrated for its myriad health benefits. What makes it a powerhouse for gut health?

Rich in Prebiotics: Dandelion root is abundant in inulin, a type of soluble fiber known as a prebiotic. Prebiotics act as food for the beneficial bacteria in the gut, promoting their growth and contributing to a balanced and thriving gut microbiome.

Supports Digestive Enzymes:

Dandelion root is believed to stimulate the production of digestive enzymes, facilitating the breakdown of food in the digestive tract. This, in turn, aids in nutrient absorption and supports overall digestive function.

Anti-Inflammatory Properties:

The root contains compounds with anti-inflammatory properties, potentially helping to soothe and calm the digestive system. This anti-inflammatory effect can be particularly beneficial for individuals dealing with conditions like irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD).

Mild Laxative Effect: Dandelion root has a gentle laxative effect, promoting regular bowel movements and helping to prevent constipation. This contributes to a healthy and efficient digestive process.

Liver Support: The liver plays a crucial role in digestion, and dandelion root is believed to support liver function. A healthy liver contributes to the efficient processing of nutrients and the removal of toxins from the body.

While dandelions may spring up abundantly in lawns and fields, it's essential to ensure the roots you harvest are free from pesticides and contaminants. If foraging isn't your preference, dandelion root is readily available in various forms:

Health Food Stores: Many health food stores carry dried dandelion root, either as a standalone product or in blends with other herbal teas.

Online Retailers: Numerous online platforms specialize in herbal remedies and supplements. Reputable sources offer organic dandelion root products, including dried roots, capsules and tinctures.

Specialty Tea Shops: Some tea shops feature herbal tea blends that include dandelion root. These blends often combine the root with other digestive-friendly herbs for a holistic approach to gut health.

Farmers' Markets: Local farmers' markets may have vendors offering fresh dandelion roots. Ensure they are organically grown for optimal health benefits.

Incorporating dandelion root into your routine, whether through infusions or supplements, can be a flavorful and beneficial way to promote gut health. As with any herbal remedy, it's advisable to consult with a healthcare professional, especially if you have pre-existing health conditions or are pregnant, to ensure it aligns with your individual health needs. Embrace the natural goodness of dandelion root and cultivate a healthier, happier gut. ■

feed YOUR SOUL

Dandelion Root Infusion

Ingredients:

- 1 tbsp dried dandelion root (organic)
- 1 tsp dried peppermint leaves
- 1 tsp dried ginger root
- Honey (optional, for sweetness)
- Lemon slices (optional)

Instructions:

- 1 Boil 2 cups of water.
- 2 Add the dried dandelion root, peppermint leaves and ginger root to a teapot or heatproof container.
- 3 Pour the boiling water over the herbs. Cover and let it steep for 10-15 minutes.
- 5 Strain the infusion into a cup.
- 6 Add honey for sweetness and a slice of lemon if desired.
- 7 Sip and enjoy this gut-nourishing herbal infusion.

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What is PRP?

By Anita Kirby

PRP, or Platelet-Rich Plasma, is a cosmetic procedure that has gained popularity for facial rejuvenation and skin enhancement. It is a medical treatment that involves using a patient's own blood to concentrate platelets. These platelets contain growth factors that can stimulate tissue repair, collagen production and cell regeneration. In aesthetic medicine, PRP is often utilized for its regenerative properties to improve the appearance of the skin.

FACIAL PRP

- **Facial Rejuvenation:** PRP is commonly used to rejuvenate the face by addressing issues such as fine lines, wrinkles and overall skin texture. The growth factors in PRP can stimulate collagen production, improving skin elasticity and firmness.
- **Acne Scarring:** PRP may be used as part of a treatment plan for individuals with acne scars. The regenerative properties of PRP can help improve skin texture and reduce the appearance of scars.
- **Under-Eye Hollows:** PRP injections

can be applied to the under-eye area to address dark circles and hollows. The growth factors aim to stimulate collagen and improve the overall appearance of the skin.

- **Hair Restoration:** While not specifically on the face, PRP has been used for hair restoration procedures. It is injected into the scalp to stimulate hair follicles, promoting hair growth.

WHAT TO CONSIDER

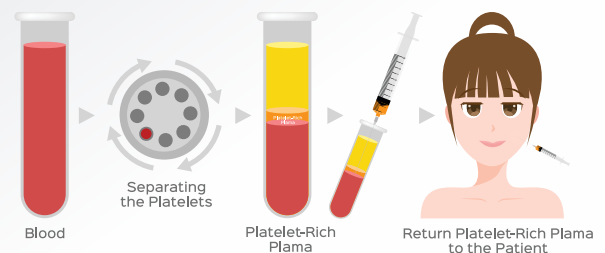
- **It's A Natural Approach:** PRP uses the patient's own blood, reducing the risk of allergic reactions or adverse effects. It's considered a more natural approach to skin rejuvenation.
- **There's Minimal Downtime:** PRP treatments typically have minimal downtime compared to more invasive procedures. Many individuals can resume their normal activities shortly after the procedure.
- **It's Easily Versatile:** PRP can be used in conjunction with other cosmetic procedures for enhanced results. For example, it is often combined with microneedling or used after laser treatments.
- **You May Get Variable Results:** While some individuals experience noticeable improvements in skin texture and appearance, results can vary. Factors such as age, skin

condition and overall health can influence the outcomes.

- **You May Experience Only Temporary Results:** The effects of PRP are not permanent, and multiple sessions may be required for sustained results. Maintenance treatments may also be necessary.
- **Is It Worth The Cost?** PRP treatments can be relatively costly, especially when considering multiple sessions. The cost can vary depending on the provider and geographic location.
- **There's Potential For Discomfort:** Some individuals may experience mild discomfort during the procedure, particularly during the blood draw and injection phases.

Deciding whether to get PRP for facial rejuvenation is a personal choice that depends on individual goals, preferences and considerations. It's important to consult with a qualified and experienced medical professional to assess whether PRP is suitable for your specific skin concerns and to discuss potential risks and benefits. ■

platelet-rich plasma

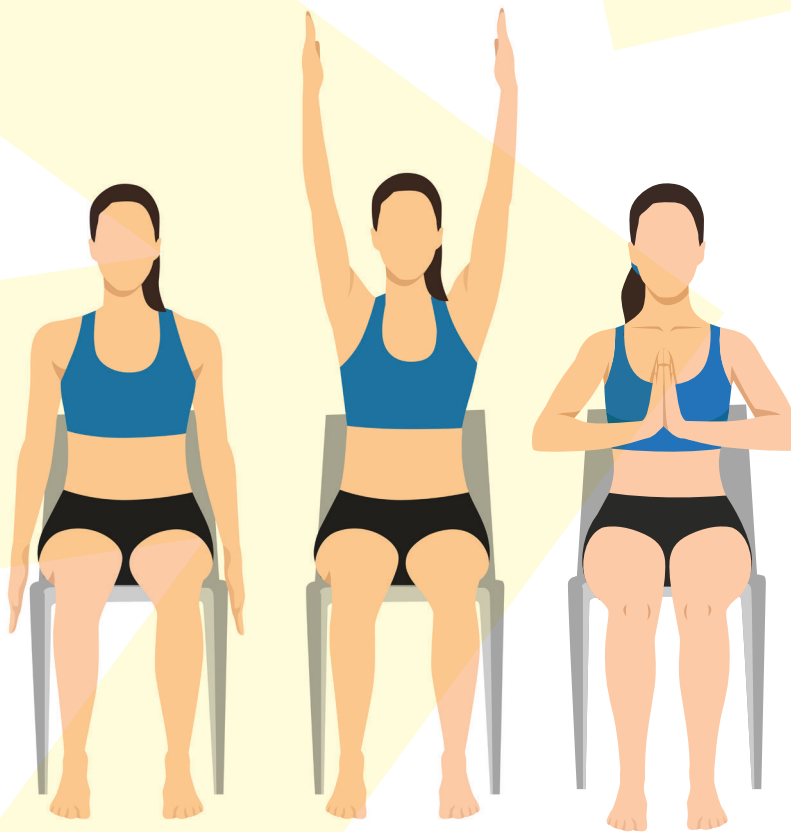


CHAIR YOGA

FOR A GENTLE PATH TO WELLNESS

By Anita Kirby

CHAIR YOGA IS A WONDERFUL AND ACCESSIBLE FORM OF EXERCISE. THIS MODIFIED YOGA PRACTICE ADAPTS TRADITIONAL POSES TO BE PERFORMED WHILE SEATED OR WITH THE SUPPORT OF A CHAIR, MAKING IT AN IDEAL OPTION FOR THOSE WITH LIMITED MOBILITY OR BALANCE CONCERNS.



SEATED MOUNTAIN POSE

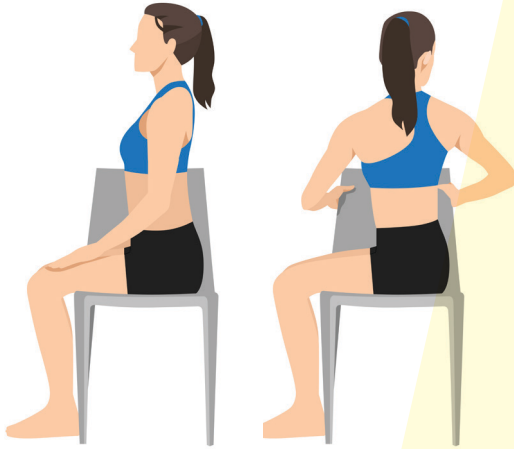
- 1 Sit comfortably in the chair with your feet flat on the floor.
- 2 Inhale, reaching your arms overhead, bringing your palms together.
- 3 Exhale and lower your hands to heart center.
- 4 Repeat several times, focusing on deep breaths and maintaining good posture.

BENEFITS

- **Improved Flexibility:** Chair yoga incorporates gentle stretches, promoting flexibility and joint mobility without putting strain on the body.
- **Enhanced Strength:** The seated poses and modified movements help seniors build and maintain muscle strength, supporting stability and preventing falls.
- **Stress Reduction:** Chair yoga emphasizes mindfulness and deep breathing, aiding in stress reduction and promoting relaxation.
- **Better Posture:** Regular practice of chair yoga can help develop awareness of posture, promoting better spinal alignment and reducing the risk of back pain.
- **Increased Circulation:** The gentle movements in chair yoga encourage blood flow, contributing to better circulation and potentially reducing swelling in the extremities.
- **Mind-Body Connection:** Chair yoga fosters a mind-body connection, helping you become more aware of your body and movements.
- **Social Engagement:** Participating in chair yoga classes provides an opportunity for social interaction, reducing feelings of isolation and promoting a sense of community.
- **Weight Loss:** While chair yoga may not be as intense as some other forms of exercise, it can still contribute to weight management in conjunction with a balanced diet. The focus on mindful movement and breathing can enhance awareness of hunger and satiety, potentially supporting healthy eating habits.

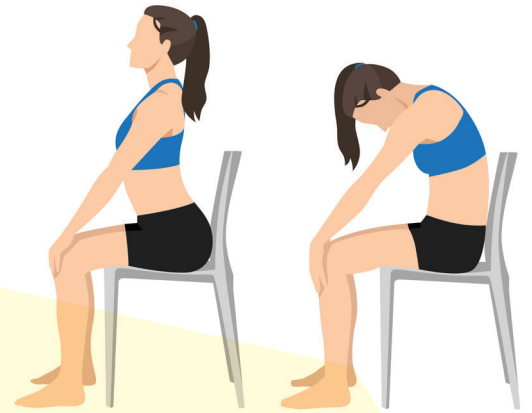
SEATED TWIST

- 1 Sit with your feet flat on the floor, spine tall.
- 2 Inhale, and as you exhale, twist to the right, placing your left hand on the outside of your right knee and your right hand on the back of the chair.
- 3 Hold the twist for a few breaths, then return to center and repeat on the other side.



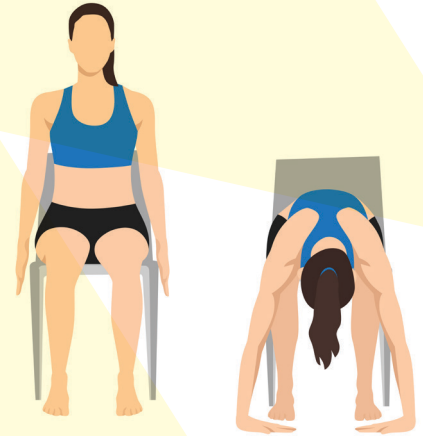
CHAIR CAT-COW STRETCH

- 1 Sit on the edge of the chair with your hands on your knees.
- 2 Inhale, arching your back and lifting your chest (Cow Pose).
- 3 Exhale, rounding your back and bringing your chin to your chest (Cat Pose).
- 4 Repeat this flowing movement for several breaths.



SEATED FORWARD BEND

- 1 Sit on the chair with your feet hip-width apart.
- 2 Inhale, lengthening your spine, and exhale, hinging at your hips to fold forward.
- 3 Reach your hands towards the floor or grasp the chair legs.
- 4 Hold for a few breaths, feeling a gentle stretch in your hamstrings and lower back.



Before starting any new exercise routine, especially for seniors, it's advisable to consult with a healthcare professional or a certified yoga instructor to ensure that chair yoga is safe and suitable for individual needs. Always listen to your body and modify movements as needed.



Appetizers

ARE A FRUGAL COOKS FRIEND



By Nellie Palmer

Appetizers can be an extravagance at a restaurant. But at home, an appetizer, tidbit, canapé, morsel, hors d'oeuvre, mouthful or soupçon can be a frugal, health-conscious cook's best friend. Look up "appetizer" in many dictionaries and you'll see that these delicate bites and their small-portion cousins can be either food or drink served before a meal to stimulate the desire to eat. But hold on! The dictionary mavens haven't kept up with recent research. The right appetizer can fill up your stomach quickly and even suppress your appetite once you sit down to the meal. What's more, the foods

that do this best are both healthy and natural!

Start with drinks. Research has shown that drinking a glass of vegetable juice

before a meal suppresses your appetite. How much? On average the practice allows you to consume 135 fewer calories at a meal. And then there's green tea. Here again, studies have shown that a hot cup (or cool glass) of the green stuff not only suppresses the appetite, it helps burn up to 43 percent more fat. What's not to like?

For stomach-filling goodness though, nothing can beat high-fiber fruits (especially apples) and vegetables. Served with whole grains or a few nuts (almonds are best), cut up greenies presented in style will win over many a picky, vegetable-resistant eater.

And then there are beans, which not only fill you up but cut the sugar cravings that can drive over-eating.

Picky eaters who will pick beans out of a chili or hot dog dish will often accept them in a tasty spread on toasted whole-grain pitas. Hummus is a good choice to start; later you can move on to spicy and garlic-flavored versions of the much-maligned but oh-so-healthy bean.

So, yes Virginia—elegance and frugality can be friends. Thoughtfully presented, healthful low-cost appetizers can quell even the most ravenous appetites and decrease the need to offer large servings of main dish meats, fish and specialty (or expensive) entrees and sides. Most of all though, taking time out to present an appetizer is a must-do step in making a meal for your family and friends a real occasion. Try a little elegance and see! ■





THE SWEET ADVANTAGES OF DIY

Honey

By Alyssa Ingram

There's something truly special about harvesting honey from your backyard. Beyond the exquisite flavor and the satisfaction of a homemade product, making your own honey is a rewarding venture that connects you intimately with nature. The bees, as diligent pollinators, contribute to the health of your garden and local environment. Moreover, consuming locally produced honey has potential health benefits, offering relief for seasonal allergies and promoting immune system strength. By opting for the DIY approach, you not only savor the purest form of honey but also actively participate in environmental stewardship. Before delving into the construction process, gather the necessary materials to ensure a smooth and efficient build.



LUMBER

- Select high-quality, untreated wood for the hive boxes. Cedar and pine are popular choices due to their durability and resistance to decay.

HARDWARE

- Procure galvanized screws to assemble the hive components securely.

FRAMES

- Obtain wooden frames to support the honeycomb structure. Standard Langstroth frames are widely used and accepted by bees.

FOUNDATION

- Purchase foundation sheets made of beeswax or plastic to guide bees in building straight combs.

ROOFING MATERIAL

- Opt for weather-resistant material such as metal or galvanized roofing to protect the hive from the elements.

SMOKER

- Invest in a bee smoker to calm the bees during hive inspections.

BEEKEEPING SUIT

- Ensure your safety with a beekeeping suit, including gloves and a veil, to protect yourself from potential stings.

HIVE BOXES

- Cut the lumber into the required dimensions for the hive boxes, typically measuring 16 inches by 20 inches. Assemble the boxes using galvanized screws, ensuring a snug fit.

FRAMES AND FOUNDATION

- Attach the frames inside the hive boxes, leaving adequate space between each frame. Insert the foundation sheets into the frames, providing a guide for the bees to construct their combs.

VENTILATION AND ENTRANCE

- Drill ventilation holes near the top of the hive boxes to ensure proper airflow. Create a small entrance at the bottom to facilitate the bees' ingress and egress.

ROOF ASSEMBLY

- Construct a pitched roof using the selected roofing material, ensuring it overhangs the hive to protect it from rain. Secure the roof in place with hinges for easy access during inspections.

PAINTING AND FINISHING

- Paint the exterior of the hive with non-toxic, water-based paint to protect the wood from the elements. Allow ample time for the paint to dry before introducing bees.

ACQUIRING BEES

- Purchase a package of bees or a nucleus colony from a reputable beekeeper. Introduce the bees to the hive carefully, following recommended guidelines.

ROUTINE INSPECTIONS

- Conduct regular inspections to monitor the health and productivity of the colony. Use the smoker to calm the bees before opening the hive.

HARVESTING HONEY

- Once the colony has established itself, you can harvest honey by carefully removing frames filled with capped honeycombs. Extract the honey using a centrifugal extractor.

WINTER PREPARATION

- As colder months approach, ensure the hive is adequately insulated, and the bees have sufficient honey stores to survive the winter.

Embarking on the journey of building and maintaining a beehive not only enriches your culinary experiences but also contributes to the well-being of the environment. By nurturing a colony of bees, you play a vital role in pollination, fostering biodiversity and relishing the purest form of honey—a golden reward crafted with your dedication and the industrious efforts of your buzzing companions. ■



WHOLE ARTICHOKE

A GUT-HEALTHY DELIGHT

By Giselle P. Trosclair

As spring unfolds and nature awakens, our plates too can experience a vibrant transformation with the arrival of seasonal super foods. Among these, the humble artichoke takes center stage, offering not only a burst of flavor but also a myriad of benefits for digestive well-being.

One of the standout features of artichokes is their richness in dietary fiber, particularly inulin. This unique prebiotic fiber serves as a feast for the beneficial bacteria residing in our gut. As we consume artichokes, inulin acts as a fuel source for these microbes, promoting the growth of a balanced and robust gut flora. A flourishing microbiota is linked to improved digestion, enhanced nutrient absorption and overall gut health.

Beyond mere fiber content, artichokes boast prebiotic properties that actively support the growth and activity of probiotics—the beneficial bacteria essential for gut health. By providing an environment conducive to the flourishing of probiotics, artichokes contribute to the maintenance of a diverse and thriving microbial community in the digestive tract. This diversity is crucial for optimal gut function and resilience.

Artichokes contain compounds, including cynarin, that act as a natural digestive aid. Cynarin has the remarkable ability to stimulate bile production. Bile plays a pivotal role in the digestion and absorption of fats, and an enhanced production of bile contributes to more efficient digestion overall. By supporting this digestive process, artichokes help ensure that essential nutrients are properly assimilated by the body.

In addition to their digestive benefits, artichokes bring anti-inflammatory compounds and antioxidants to the table. These properties can play a vital role in reducing inflammation in the digestive tract. For individuals dealing with conditions like irritable bowel syndrome (IBS) or other inflammatory gut disorders, the inclusion of artichokes in their diet may offer a natural and flavorful way to alleviate symptoms and promote digestive comfort.

Traditionally, artichokes have been associated with promoting liver health—a crucial aspect of overall digestion. A healthy liver ensures the efficient processing of nutrients and the removal of toxins from the body. By incorporating artichokes into your spring meals, you contribute to the well-being of this vital organ and support its role in maintaining optimal digestive function.

Artichokes possess diuretic properties, acting as a gentle and

natural detoxifier. This quality aids in flushing out excess fluids and toxins from the body, promoting a refreshed and revitalized system. As we transition from the heaviness of winter, artichokes offer a light and cleansing touch to our springtime culinary choices.

Incorporating Artichokes into Your Spring Meals

The versatility of artichokes makes them a joy to incorporate into your spring meals. Whether

steamed, boiled, grilled, roasted, or added to salads and dips, artichokes bring a unique combination of flavors and textures to the table. Enjoy the tender heart and meaty leaves as a side dish, integrate them into a main course, or savor them as part of a delightful vegetable medley.

Embrace the delicious and gut-friendly addition of artichokes to your culinary repertoire, and let your springtime be a celebration of health and flavor. ■

By supporting this digestive process, artichokes help ensure that essential nutrients are properly assimilated by the body.



• recipe

Artichoke & Quinoa

STUFFED BELL PEPPERS

By Nellie Palmer

INGREDIENTS

- 4 large bell peppers (any color)
- 1 cup quinoa, rinsed and drained
- 2 cups vegetable broth
- 1 can (14 ounces) artichoke hearts, drained and chopped
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, finely chopped
- 1/2 cup feta cheese, crumbled (optional)
- 1/4 cup fresh parsley, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- Lemon wedges for serving

INSTRUCTIONS

- 1 Preheat your oven to 375°F (190°C).
- 2 In a medium saucepan, combine the rinsed quinoa and vegetable broth. Bring to a boil, then reduce the heat, cover and simmer for 15-20 minutes or until the quinoa is cooked and the liquid is absorbed.
- 3 Cut the tops off the bell peppers and remove the seeds and membranes. Lightly brush the outside of the peppers with olive oil and place them in a baking dish.
- 4 In a large bowl, mix together the cooked quinoa, chopped artichoke hearts, halved cherry tomatoes, red onion, feta cheese (if using), fresh parsley, minced garlic, oregano, salt and pepper. Drizzle with olive oil and toss until well combined.
- 5 Spoon the quinoa and artichoke mixture into each bell pepper,

pressing down gently to pack the filling. Place the pepper tops back on if desired.

- 6 Cover the baking dish with foil and bake in the preheated oven for 25-30 minutes, or until the peppers are tender.

- 7 Remove from the oven and let them cool slightly before serving. Garnish with additional fresh parsley and serve with lemon wedges on the side for a burst of citrus flavor.

Whether served as a main course or a delightful side dish, these Artichoke and Quinoa Stuffed Bell Peppers showcase the versatility and unique flavors of artichokes. The combination of quinoa, vibrant vegetables and savory seasonings creates a wholesome and satisfying springtime meal.



FEED YOUR FAMILY ON A BUDGET

By Alyssa Ingram

As prices continue to rise and uncertain economic times loom over the world, a major concern to many families is how they will purchase food. If you are looking to maintain a healthy and nutritious diet for you and your family, you can use these tips to help you shop on a budget.

One of the best and easiest ways to reduce the amount you spend each week on groceries is to reduce the amount you spend on beverages. Try using **filtered water** and **reusable water bottles** for you and your family. Not only is water a free and healthy choice, but it can also help prevent you from spending too much on groceries. While it may be hard to completely eliminate carbonated beverages and juices altogether, you can gradually buy less and less.

Another great way to help stretch your dollar and get the most you can is to use **coupons**. Look at the different stores in your area and browse their weekly ads. In addition, you can cut out manufacturer's coupons that get mailed to you or that you find in the



newspaper. Coupons are a great way to help save a few cents, and they can add up quickly over time.

One of the best ways to help stretch your dollar further and to avoid food waste is to purchase **frozen vegetables**. Frozen vegetables contain the same nutrients as fresh vegetables and almost none of the sodium that is in canned vegetables. A major benefit of frozen vegetables is that you can use half a bag and save the rest. This allows you to perfectly portion your meals and save the extra. In addition, frozen vegetables are typically more budget-friendly than fresh.

Another ideal way to help stretch your budget further when purchasing groceries is to buy your **snacks in bulk**. It may cost a little more up front but can help you prevent spending more each week. Try purchasing bulk snacks and packing them into smaller plastic bags for lunch or snack time options.

Try to **plan your meals ahead** of time in order to ensure that you get the most for your dollar. For example,

A major benefit of frozen vegetables is that you can use half a bag and save the rest.



if you plan a meal that requires potatoes, try to plan another meal that week that also uses potatoes. This will allow you to use an entire bag of potatoes before they go bad. This helps you use all the food you have before it expires and helps to prevent food waste. In addition, you can plan your meals based on that week's deals.

These tips can help ensure that you are not spending large amounts on your grocery bill. Instead, you can rest easy knowing that you are able to provide a healthy and nutritious meal each day for yourself and your family. So, before building your next shopping list or creating a new budget, take these tips into consideration. ■

Shopping List

*Milk
Eggs*



• cover story

INSPIRING YOUNG WOMEN TO DREAM BIG

AWARD WINNING ACTRESS
KASIA TREPAGNIER

In the vast expanse of the entertainment industry, where stories are told and dreams are woven into the fabric of reality, actress Kasia Trepagnier stands as a beacon of inspiration for young women aspiring to make their mark.

With her acclaimed performance in the groundbreaking film "Mood" and her dedication to uplifting her community, Kasia is not just a rising star but a guiding light for those seeking to live their dreams.

"MOOD": A TRIUMPH OF ARTISTRY AND RECOGNITION

At the heart of Kasia's journey is the critically acclaimed film "Mood," where she takes on the lead role, portraying ten distinct personalities with unparalleled skill and nuance. This cinematic masterpiece has not only left an indelible mark on the world of cinema but has also garnered an astounding twenty laurels at prestigious film festivals globally.

From the Nashville Independent Filmmakers Festival to the Vancouver Independent Moviemaker Awards, "Mood" has resonated with audiences and critics alike, a testament to the exceptional work of the entire team involved. This recognition goes beyond mere accolades; it is a celebration of storytelling, innovation, and the power of a collaborative vision.

PUTTING TANGIPAHOA PARISH ON THE MAP

In addition to her cinematic triumph, Kasia recently took center stage as the Krewe of Omega's Grand Marshal and the Tangipahoa Parish Representative on the Louisiana Float at the 2024 Tournament of Roses Parade in Pasadena, California. This not only showcased her talent but also put a spotlight on Tangipahoa Parish, Louisiana, affirming her commitment to both her craft and her community.

Kasia Trepagnier shares, "I believe that every woman has the power to pursue her dreams and make a meaningful impact. Through my work in the film industry and as a

"I believe that every woman has the power to pursue her dreams and make a meaningful impact. Through my work in the film industry and as a representative of Tangipahoa Parish, I hope to inspire young women to embrace their uniqueness and pursue their passions fearlessly."

representative of Tangipahoa Parish, I hope to inspire young women to embrace their uniqueness and pursue their passions fearlessly."

BEYOND THE LAURELS: THE HUMAN EXPERIENCE IN "MOOD"

"Mood" is not just a film; it's a journey into the complexities of the human experience. The thought-provoking storyline, powerful performances and innovative cinematography have captivated audiences worldwide. Kasia Trepagnier's outstanding portrayal of the film's complex and relatable character has earned her praise, solidifying her position as a rising star in the world of cinema.

CONTINUING THE JOURNEY: WHAT THE FUTURE HOLDS

As "Mood" continues its festival circuit journey under the direction of Anthony R. Page, audiences can anticipate more opportunities to experience this exceptional film on the big screen. Its success at prestigious festivals serves as a testament to its lasting impact and enduring appeal.

EMBARKING ON THE KASIA TREPAGNIER JOURNEY

For those inspired by Kasia's journey, her new website, kasiatrepagnier.com, offers an immersive experience. Visitors can delve into her biography, explore a captivating gallery of images and witness her exceptional acting abilities through her demo reel. The dedicated news and updates section ensures that fans stay informed about upcoming releases, interviews and public appearances.

In a world where dreams fuel the journey, Kasia Trepagnier stands as a testament to the transformative

power of passion, dedication and the unwavering pursuit of one's dreams.

For more information and the latest updates on Kasia Trepagnier, follow her on social media channels @kasiamae and join her on this captivating journey into the world of art, talent, and inspiration.

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ABOUT KASIA TREPAGNIER

Award-winning actress and film producer Kasia Trepagnier, a proud native of Louisiana, is not only capturing the hearts of audiences worldwide but is also setting a powerful example for aspiring young talents.

At just 26 years old, Kasia's exceptional abilities as an actress and her dedication to her craft have earned her recognition as a rising star in the industry.

Kasia's involvement in the film "Emancipation" serves as a testament to her outstanding acting prowess, further solidifying her reputation in the competitive world of Hollywood.

With each new project, Trepagnier showcases her versatility and unwavering dedication, leaving a lasting impression on fans and industry professionals alike.

Having amassed an impressive portfolio of nearly 40 films to her credit, Kasia Trepagnier's career is a testament to her immense talent and versatility.

Beyond her success in acting, she has made a significant impact in the modeling industry, gracing the runways of New York Fashion Week and capturing the attention of fashion enthusiasts worldwide.

Celebrated for her stellar lead role in the critically praised film "Mood," where she also serves as one of the executive producers, Kasia Trepagnier stands



out as the youngest female recipient of the esteemed Presidential Lifetime Achievement Award.

This prestigious accolade, recognizing outstanding character, work ethic and a steadfast dedication to communities presented Kasia with the esteemed award at a ceremony on Sunday, December 17, 2023 from Dr. Verna Caddie, President of Leaders Esteem University in Houston, Texas who presided over the event.

In addition to the Presidential Lifetime Achievement Award, Kasia Trepagnier was honored with an honorary doctorate in humanitarianism from Leaders Esteem University, acknowledging her outstanding contributions to society.

Widely acclaimed for her lead role in "Mood," directed by Anthony R. Page, Kasia has earned over 20 laurels at prestigious film festivals worldwide.

The film explores themes of human connection, self-discovery, and the intricate interplay of emotions, leaving an enduring impact on audiences.

As "Mood" continues its journey through the festival circuit, audiences can look forward to more opportunities to experience this exceptional film on the big screen. The film's success at renowned festivals underscores its enduring appeal and profound impact.

Kasia Trepagnier's extraordinary talent and captivating portrayal in "Mood" have garnered her an impressive collection of 9 Best Actress awards from prestigious film festivals worldwide.

For an immersive exploration of Kasia Trepagnier's artistic journey, visit her official website at [kasiatrepagnier.com]. The website features her biography, a captivating image gallery and a demo reel showcasing her extraordinary acting abilities.

Fans can stay updated on her latest releases, interviews and public appearances through the dedicated news and updates section.

Kasia Trepagnier's remarkable talent continues to propel her career to new heights, with her involvement in the film "Emancipation." Directed by the acclaimed Antoine Fuqua and starring the legendary Will Smith, this compelling project has captivated audiences worldwide. ■

Chicken & FROZEN VEGETABLE STIR-FRY

By Nellie Palmer



INGREDIENTS

Stir Fry Sauce

- 1/3 cup vegetable broth
- 4 tbsp low sodium soy sauce or tamari for gluten free
- 2 tbsp maple syrup
- 1 tbsp sesame oil
- 2 tbsp minced fresh ginger
- 1 tbsp minced fresh garlic
- 1/4 tsp crushed red pepper flakes
- 1 tbsp cornstarch

Stir Fry

- 1 cup cubed chicken, thighs, breast or both
- 4-6 cups cooked rice or quinoa
- Hot sauce to taste
- For garnish: Sesame seeds, chopped cashews, peanuts or chopped green onions as garnish when serving

Vegetables

- 2 tbsp olive oil
- 1 small white onion, sliced or chopped
- 2 pounds frozen mixed vegetables

INSTRUCTIONS

- 1 In a medium bowl, whisk all sauce ingredients until well combined. Set aside.
- 2 Heat the olive oil in a large skillet or wok over medium-high heat.
- 3 Add the onion and stir fry for 1-2 minutes.
- 4 Add chicken to skillet and toss for 3-5 minutes.
- 5 Now add the frozen vegetables (no need to thaw them first) and cook, stirring constantly for about 5-8 minutes or until they are crisp tender.
- 6 Now pour the sauce into the pan and stir constantly while the sauce thickens, about 2 minutes.
- 7 Serve immediately with rice or quinoa and with optional chopped nuts, green onions and hot sauce.



Preparing Your Furry Friends For FLEA AND TICK SEASON

By Nellie Palmer

As the days lengthen and the temperatures rise, the arrival of spring heralds not just blooming flowers and chirping birds but also the unwelcome return of flea and tick season. These tiny pests can wreak havoc on your pets, causing discomfort, itching and, in some cases, transmitting diseases. To ensure your furry companions enjoy a pest-free spring and summer, it's essential to take proactive steps to prepare them for the challenges of flea and tick season.

Regular Veterinary Checkups

Before the flea and tick season kicks into high gear, schedule a visit to your veterinarian. Regular checkups are the foundation of prevention. Your vet can provide advice on the most effective preventive measures based on your pet's health, age and lifestyle. They may recommend topical treatments, collars or oral medications designed to repel or kill fleas and ticks.

Choose the Right Preventive Products

With a myriad of flea and tick prevention products available, it's crucial to choose the one that best suits your pet's needs. Topical treatments, such as spot-on solutions, are applied directly to your pet's skin. Flea and tick collars are another option, releasing active ingredients over time. Additionally, oral medications offer systemic protection by circulating through your pet's bloodstream. Consult with your veterinarian to determine the most suitable preventive approach for your furry friend.

Keep Your Living Spaces Clean

Prevention doesn't stop with your pets—it extends to their living environment. Regularly clean and vacuum your home, paying special attention to areas where your pets spend the most time. Wash their bedding frequently, and consider using pet-safe insecticides or insect growth regulators to control flea populations in and around your home.



Regular Grooming

Incorporate regular grooming sessions into your pet care routine. Brushing your pets helps to remove loose fur, dirt and potential hitchhiking pests. This not only keeps their coat healthy and shiny but also allows you to inspect their skin for any signs of fleas or ticks.

Be Mindful of Outdoor Activities

While the great outdoors is a playground for pets, certain areas and times pose a higher risk for flea and tick exposure. Tall grasses, wooded areas and places with dense vegetation are prime habitats for these pests. Avoid walking your pets in these areas during peak times when fleas and ticks are most active, typically during warm and humid weather.

Check Your Pet Regularly

Frequent inspections are vital for catching fleas and ticks before they become a full-blown infestation. Run your hands over your pet's fur, feeling for any unusual bumps or

lumps. Check ears, between toes and other hidden areas. If you spot any parasites or signs of irritation, consult your veterinarian promptly.

Consider Natural Remedies

For pet owners looking for natural or supplementary options, there are various products on the market. Essential oil-based shampoos, sprays, or herbal collars may offer additional protection. However, it's essential to consult with your veterinarian before using these products, as some natural remedies may not be suitable for all pets.

Stay Informed

Educate yourself about the early warning signs of flea and tick infestations. Excessive scratching, licking, redness, or small dark specks (flea dirt) on your pet's skin are indicators that pests may be present. Acting promptly at the first sign of trouble can prevent more significant issues down the road.

By taking a comprehensive and proactive approach, you can ensure

your pets enjoy a flea and tick-free season. Regular veterinary care, appropriate preventive measures and a clean living environment are key components of a successful defense against these pesky parasites. With your diligence and care, your furry companions can frolic in the spring and summer sunshine without the worry of unwanted hitchhikers. ■



• healthy mind



Can HAPPINESS Cure Diseases?

THE POWERFUL LINK BETWEEN MENTAL WELL-BEING AND PHYSICAL HEALTH

In the pursuit of overall well-being, the connection between mind and body cannot be overstated. Recent research has uncovered the profound impact that emotions, particularly happiness, can have on our physical health. While happiness may not be a panacea, the evidence suggests that cultivating a positive mindset can indeed play a significant role in preventing and alleviating certain diseases.

The mind and body are intricately connected through a complex network of physiological and biochemical pathways. Chronic stress, negative emotions and a pessimistic outlook can trigger harmful responses within the body, contributing to inflammation, weakened immune function and an increased risk of various health conditions.

Conversely, positive emotions, such as happiness, gratitude and contentment, have been associated with beneficial effects on the body. Research in the field of psychoneuroimmunology explores the interaction between psychological factors, the nervous system and the immune system, highlighting the profound impact of mental well-being on physical health.

The Role of Happiness in Disease Prevention

- **Boosted Immune Function:** Studies suggest that positive emotions can enhance the activity of immune cells, providing a natural defense against infections and diseases. Individuals who maintain a positive outlook may experience a more robust immune response.
- **Inflammation Reduction:** Chronic inflammation is linked to various diseases, including cardiovascular conditions and autoimmune disorders. Happiness has been correlated with lower levels of inflammatory markers, indicating a potential protective effect against inflammation-related illnesses.
- **Cardiovascular Health:** Happiness has been associated with improved cardiovascular health. Positive emotions may contribute to lower blood pressure, reduced heart rate and better overall heart function, reducing the risk of heart disease.
- **Pain Tolerance:** Happiness and positive emotions have been linked to increased pain tolerance. Individuals with a more positive outlook may perceive pain less intensely and cope more effectively with chronic pain conditions.

but also plays a crucial role in mental well-being. Physical activity releases endorphins, the body's natural mood elevators, promoting a sense of happiness and relaxation.



Mindfulness and Happiness Practices

- **Gratitude Journaling:** Cultivate a habit of noting down things you are grateful for each day. This simple practice can shift your focus toward positive aspects of life, fostering a sense of contentment and gratitude.
- **Mindful Meditation:** Engage in mindfulness meditation to bring awareness to the present moment. Mindfulness practices have been shown to reduce stress, improve mood and contribute to overall mental well-being.
- **Social Connections:** Nurturing meaningful relationships and social connections can contribute significantly to happiness. Building a strong support system provides emotional resilience in the face of life's challenges.
- **Physical Activity:** Regular exercise is not only beneficial for physical health but also plays a crucial role in mental well-being. Physical activity releases endorphins, the body's natural mood elevators, promoting a sense of happiness and relaxation.

The Limitations and Realities

While happiness and positive emotions can contribute to disease prevention and overall well-being, it's essential to acknowledge that they are not a cure-all. Genetic factors, environmental influences and other lifestyle choices also play critical roles in determining health outcomes.

The pursuit of happiness should not be construed as a pressure to suppress valid negative emotions. Emotional authenticity and the ability to navigate and learn from challenging emotions are integral components of mental health. ■

Engage in mindfulness meditation to bring awareness to the present moment.



• recipe



By Nellie Palmer

Spring Blossom Salad

INGREDIENTS:

For the Salad:

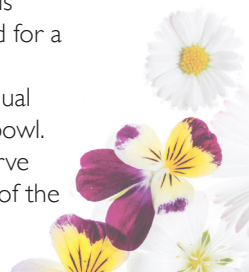
- 4 cups mixed salad greens (baby spinach, arugula, watercress and butter lettuce)
- 1 cup edible flowers (pansies and violets)
- 1 cup cherry tomatoes, halved
- 1 cucumber, thinly sliced
- 1/2 red onion, thinly sliced
- 1/2 cup radishes, thinly sliced
- 1/4 cup sunflower seeds (toasted for extra flavor)
- 1/4 cup crumbled feta cheese (optional)

For the Dressing:

- 3 tbsp extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- Salt and pepper to taste

INSTRUCTIONS:

- 1 Wash and thoroughly dry the salad greens, ensuring they are crisp and free of excess water. If using larger leaves, tear them into bite-sized pieces.
- 2 Gently rinse the edible flowers under cold water and pat them dry with a paper towel. Remove any stems or sepals, leaving only the petals for a delicate touch to your salad.
- 3 In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber slices, red onion and radishes. Toss the ingredients together gently to distribute evenly.
- 4 Carefully scatter the edible flowers over the salad, allowing their vibrant colors to add visual appeal. Handle the flowers delicately to preserve their shape.
- 5 Toast the sunflower seeds in a dry pan over medium heat until they become golden and fragrant. Sprinkle the toasted sunflower seeds over the salad for a delightful crunch.
- 6 In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard and honey until well combined. Season with salt and pepper to taste. Adjust the sweetness or acidity according to your preference. Drizzle the dressing over the salad just before serving. Toss the salad gently to ensure an even coating of the dressing on the greens and flowers.
- 7 For an extra layer of creaminess and tang, sprinkle crumbled feta cheese over the salad. This is optional and can be omitted for a vegan version.
- 8 Arrange the salad on individual plates or in a large serving bowl. Serve immediately to preserve the freshness and crispness of the greens and flowers.





NEW BODY NEW YOU!

**BREAKING FREE FROM THE YO-YO DIET
CYCLE WITH INTUITIVE EATING**

By Giselle P. Trosclair



Embarking on a weight loss journey can be both empowering and challenging, especially for women who have found themselves stuck in the frustrating cycle of yo-yo dieting. Instead of succumbing to the allure of fad diets promising quick fixes, a sustainable and holistic approach to weight loss is key. Let's explore the first steps to jump start your weight loss journey, the essentials in achieving lasting results, and a tried-and-true regimen that is safe for all body types.

Mindset Shift: Before delving into specific actions, the first and crucial step in jump starting your weight loss journey is a shift in mindset. It's essential to abandon the notion of temporary fixes and embrace a long-term, sustainable approach. Understand that true and lasting transformation involves a lifestyle change rather than a quick solution.

Balanced Nutrition: Instead of adhering to restrictive diets, focus on balanced nutrition. Include a variety of whole foods such as fruits, vegetables, lean proteins, whole grains and healthy fats in your meals.

Regular Physical Activity: Incorporate regular exercise into your routine. It doesn't have to be intense; find activities you enjoy, whether it's walking, dancing or swimming. Consistency is key, so choose activities that fit your lifestyle and can be sustained over the long term.

Adequate Hydration: Drinking enough water is crucial for overall health and can support weight loss by promoting satiety and aiding in digestion. Aim to consume at least eight glasses of water a day and more if you're physically active.

Quality Sleep: Lack of sleep can negatively impact metabolism and increase cravings for unhealthy foods. Aim for 7-9 hours of quality sleep each night to support your body's natural processes.

Stress Management: Chronic stress can contribute to weight gain, particularly around the midsection. Incorporate stress-reducing practices such as meditation, yoga or deep-breathing exercises to promote overall well-being.

Intuitive Eating: One of the safest and most effective approaches to weight loss for all body types is intuitive eating. Intuitive eating is not a diet; it's a mindset that encourages you to listen to your body's natural cues. Intuitive eating promotes a sustainable and personalized approach to weight loss by emphasizing the importance of tuning into your body's signals. Unlike fad diets that often lead to restrictive behaviors and unsustainable results, intuitive eating encourages a healthy relationship with food and supports overall well-being.



INTUITIVE EATING

LISTEN TO YOUR BODY: Pay attention to hunger and fullness cues. Eat when you're hungry and stop when you're satisfied.

DITCH THE DIET MENTALITY: Instead of viewing certain foods as off-limits, adopt a more flexible approach to eating. Allow yourself to enjoy a variety of foods in moderation.

MINDFUL EATING: Practice mindful eating by savoring each bite, eating without distractions and recognizing the flavors and textures of your food.

HONOR YOUR CRAVINGS: If you're craving a specific food, allow yourself to enjoy it. Depriving yourself may lead to overeating later.

CULTIVATE SELF-COMPASSION: Be kind to yourself throughout the journey. Understand that progress may be gradual and setbacks are a natural part of the process.





Stuffed

ROASTED CHICKEN BREAST

By Nellie Palmer

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 1 cup mushrooms, finely chopped
- 4 green onions, finely chopped
- 1 red bell pepper, finely diced
- 1 cup goat cheese, crumbled
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- Salt and pepper to taste
- 2 tbsp olive oil
- 1 tsp paprika
- Salt and pepper to taste
- 2 cups mixed vegetables
- 1 tbsp butter
- 1 tbsp fresh lemon juice
- Salt and pepper to taste

DIRECTIONS

- 1 Preheat your oven to 375°F (190°C).
- 1 In a skillet, heat 2 tablespoons of olive oil over medium heat. Sauté the mushrooms, green onions and red bell pepper until softened. Add garlic, thyme, salt and pepper. Cook for an additional 2-3 minutes. Remove from heat and let it cool.
- 1 Lay each chicken breast flat on a cutting board. Carefully slice horizontally through the

middle of the chicken breast, stopping just before cutting through the other side, to create a pocket. Season the inside of each chicken breast with salt and pepper. Stuff each pocket with the cooled mushroom mixture and crumbled goat cheese.

- 1 Secure the stuffed chicken breasts with toothpicks to hold the filling inside.
- 1 In a bowl, mix olive oil, paprika, salt and pepper. Brush the chicken breasts with the mixture. Place the stuffed chicken on a baking sheet and roast in the preheated oven for 25-30 minutes or until the internal temperature reaches 165°F (74°C).
- 1 In a steamer basket over boiling water, steam the mixed vegetables until they are tender-crisp, about 5-7 minutes.
- 1 Transfer the steamed vegetables to a bowl and toss with butter, fresh lemon juice, salt and pepper.
- 1 To serve, put vegetables in the center of plate and place the stuffed breast on top.

“Every great dream begins with a dreamer.”



Get Inspired!

“Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” — Harriet Tubman



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