

# Newsletter October 2013 Issue

This month, the Smart Life Newsletter includes even more information about making smarter choices about nutrition and lifestyle that will help you live the life you want. A blog by guest contributor, Doron Kahana, M.D., PCNS, founder of Center for Digestive Health & Nutritional Excellence, shares with Smart Life readers how Prebiotics and Probiotics boost our immune system, aid digestion, and promote regularity.

**This month, I share with Smart Life readers my vision** for a Smart Life and how the Smart Life logo, created by TLVD, captures everything about my approach to health coaching.

**Looking for tips on getting what you want?** Read my blog You Want it? Get Smart and Make it Happen and learn how to set your intention and make your goals a reality.

**Two great recipes this month feature my favorite super green,** Kale, which is high in fiber, acts as a powerful detoxifier, and is packed with nutrients. Try my Super Healthy Kale Salad and the nourishing fall Kale & Lentil Soup that makes me feel good any time of year.

Did I mention that the early bird catches the free gifts? Be one of the first 10 to sign up for Smart Life's Monthly Newsletter, and you'll receive 10% off of your Smart Life Health Coaching program of choice.

By signing up for the Smart Life Newsletter you can receive the latest tips, tricks and tools for weight loss, fitness and overall wellness delivered right to your inbox. In each edition to follow, you'll find more seasonal recipes, strategies for helping you reach your health goals and the latest information you need to help you live a happier, healthier life you love.

After you've read the October Edition of the Smart Life

Newsletter, ask questions, send comments, and share your feedback on our Smart Life Facebook page or Smart Life website. The Smart Life Newsletter is designed to be a resource you can truly use to improve your health.

Get it today and get smarter about your life!

Stay healthy,

Ronit

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This month I am launching the first Smart Life Newsletter. The launch edition includes timesaving tips for streamlining your kitchen for your busier fall lifestyle, fun lunch box options for picky eaters (they won't even know it's brain food!), on-the-go snacks that are good for you and take minutes to prepare, and a warm seasonal salad so flavorful it can stand alone as a meal (think Meatless Mondays!).

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Enjoy the beginning of Fall and stay healthy,

Ronit