

FEARS OR CHEERS



Hello [Clubhouse Members](#) and Website Friends!

How are all of you this week? Are you taking care of yourselves? There are so many fears that can crawl under your skin and haunt you. They live inside you every day and sometimes make you afraid of living. There is a fear of not having enough money to live on. You have a house or apartment, a car to drive, and other bills to pay. At times you may be worried about where the money will come from.

There is a fear that you will lose your health. There is a fear of losing someone special to you. Your parents are older, and you can't go see them right now. You have a friend who is very sick that you check on every week, and you are paralyzed by the thought that you may have to experience these losses soon.

I know many of you are feeling fearful now. Things are different. Your life is not what you're used to. You are dealing with these fears and maybe others you'd never dreamed of. But, you can let your fears control you, or you can fight back with cheer. Cheer the areas of your life that are working, and constantly remind yourself of these successes! Take control of the things you are *able* to control, and be proud of the fact you are doing that. If you have extra time, use it to your advantage.

So maybe you have to spend more time at home for a while. You can take this time to get in some exercise! You can really take control of your food. Cook more. Measure those portions! You can write in a journal. You can talk to the people you love. They don't have to be there...pick up the phone and call them. You can try some new recipes. Write letters to people you haven't been in touch with for a long time! Learn something new. Put some time into your favorite hobbies. Read a book. Hey, some of you may even *WRITE* a book. Clean out the closet you've been meaning to clean out. Take some time to really take inventory about what you've been doing, what matters most to you, and what you want to do with your life. And be sure to find some time to laugh.

Are you an honest, caring person with a tender soul? Do you have spiritual peace? Are you a great spouse or a super parent? Do you have wonderful friends that you cherish as much as they cherish you? Make a list of these qualities and all the other things you have to cheer about and look at it daily.

Now you know I'm not going to go without giving you a recipe:

Flourless Vegetable Quiche

(10 servings)

- 6 grated medium potatoes
 - 1 grated sweet potato
 - 4 grated carrots
 - 2 grated zucchini
 - 2 large finely chopped onions
 - 3 finely chopped celery stalks
 - 10 egg whites
 - 1 cup matzo meal
 - 1/4 cup potato starch
 - 2 tsp salt
 - 2 tsp pepper
 - 2 Tbs sugar
 - 2 Tsp oil
1. Preheat oven to 400.
 2. Combine all ingredients except oil.
 3. Grease a large casserole dish.
 4. Pour batter in casserole dish.
 5. Bake 1 hour till set, cut into wedges and serve.

Great served as lunch with a salad, or as a side with dinner. You can experiment and add additional veggies and spices if you like.

Nutritional Information: 181 Calories, 7.6 gm Protein, 36 gm Carbohydrate, 1.3 gm Fat, 0 mg Cholesterol, 549 mg Sodium

FoodMover windows to close: 1 protein, 2 starch, 1 vegetable

Take care of yourself, and your health, during this unusual time. Subscribe to [my YouTube channel](#), or checkout [my Facebook page](#) to find some little workouts to get in some extra movement at home. If you need a DVD, or FoodMover, [check out my store](#). [Join my free clubhouse](#) to find more recipes and connect with others. Remember, we're stronger together! And when you start to feel a fear coming on, read the list you made, get your pom-poms in your hands, and let the cheering begin! I'm cheering for you too!

Love,
Richard