

Brought to
you by

ANDREA SWENSEN,
Certified Sales,
Business & Success
Coach



AVOCADOS ARE IN
SEASON!



LAUNCH PARTY
NOV. 4TH!



INSPIRING LEADER
OF THE MONTH

SEPTEMBER NEWSLETTER



This newsletter and www.HelloBeautifulLadies.com was created to share stories of wonderful, amazing beautiful ladies (that means you) **at any stage** in life. These stories may be heartbreaking or inspiring, either way your soul sisters from Hello Beautiful Ladies can help you **mend, recover and move on**. As we build our community of sisterhood, I invite you to share the site with your Facebook friends and forward this newsletter to your tribe.

I was thrown back into the world of **finding a new career** and a new relationship in the middle of my life. It's been a little crazy, sometimes scary, and lots of lessons learned. I share those lessons, not just from my experiences, but from the adventures of friends, acquaintances, fellow bloggers and those who are **seeking the same path towards love**,

*I want my legacy to
be that I helped
people & made a
difference in this
world.*

-Andrea Swensen

transformation and happiness. Hello Beautiful Ladies encourages you to participate and interact on the website as often as possible! www.HelloBeautifulLadies.com

Please join us by *sharing photos of your life events*, **before and after photos** under the photo share section.

Tasty Temptations - *share your fun drink recipe* with us along with a photo or video. If you are selected for the book or if your drink is shared on the site, you'll receive a **FREE "Hello Beautiful T-Shirt"** and will be featured on the site and could be featured in our "Tasty Temptations" Book.



DAILY GIVEAWAYS throughout September!

Simply follow the Hello Beautiful Ladies **Facebook page** and join any one of our ongoing giveaways!



Where business & pleasure make love.



Rebuilding yourself and your life can be scary!

New people, new scenery and new ideas about who you are. In this newsletter we'll have fun while also tackling hot topics like divorce, dating, self worth and career changes.

Blog baby blog, please share your thoughts and opinions. This is a site where we share, empower and grow strong! We will be posting a video in September to show you how to blog on the site, and from Facebook.

Help us grow our **Rock Star Referral list**. If you know a business that has superior performance and customer service please share them with us on through the “*contact Andrea page*” so we can spread the word and help grow their business.

Book of the Month, please share your good reads with us as we share thoughts each month in our online book club and reviews.

Please share the wealth and spread abundance and donate to one of the **charitable organizations** listed on the site.

Join our VIP fundraiser at *The Cottonwood Country Club!*

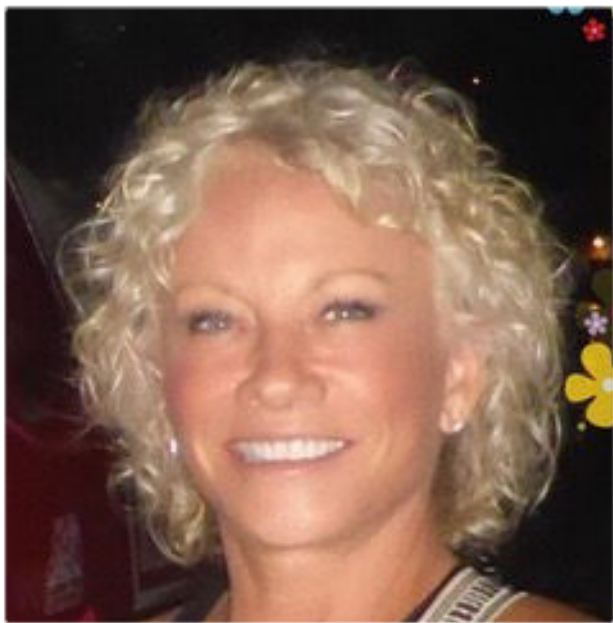


Intuition and the Four Bodies of Being

by Jan Mabey

Intuition goes by many names; six sense, woman's intuition (although men have it too), gut instinct, hunch, inkling, premonition, ESP, clairvoyance, a feeling, inspiration, wisdom of the heart (my personal favorite), just to name a few. Whichever word you choose, they all refer to the ability to have knowledge about a person, place, thing or life experience through non-rational means, conscious reasoning or proof.

There are many philosophies about where intuition comes from. Personally, I believe that it is our connection to our higher consciousness and the universal oneness. I also believe that we are all intuitive by nature and able to gain answers to our problems or concerns. It is always there whether we acknowledge it or not. Our ability to intuit is directly linked to the level of balance our four bodies of being have reached.



Mental Body: If your inner critic is having a party right now thank it for sharing and ask it to settle down. Getting control of the mental gymnastics and any negative self talk and personal judgment is a great place to begin strengthening your abilities. Having a calm mind that is open to the possibility of guidance from your intuitive self will take you far.

Physical Body: The same goes with your Physical body, the more calm and relaxed you can be physically when you are asking your question, as well as, receiving your answer the more present and connected you will be to your higher self. It has been my experience that Introverts are often more naturally intuitive. This is mainly because they spend more time in solitude, alone in their thoughts, becoming aware of their body, and the signal it provides them. So when working with your intuition choose a time when interruptions will be minimal, and in a place where you are most comfortable.

Emotional Body: We all experience life based on our unique personality and life experiences. Our family, social influence, as well as “religious” and “spiritual” teachings have an impact on the emotional body. In some families and cultures there is bias against following one’s instinct or intuition. This often leads to disregarding our hunches, sadly to our own detriment. If this is true for you, it will be important that you take a deeper look at these and eliminate any fear, shame or guilt you might have.

Spiritual Body: Owning and embracing your spiritual nature will help you work through blocks in the other three bodies. When you trust your spiritual nature enough that you can look to it for understanding you become more confident of your intuitive abilities. It is critical that you learn to listen and not ignore what is happening within you.

Visit <http://www.hellobeautifuladies.com/ask-andrea/> for more information about intuition!



INSPIRING LEADER OF THE MONTH:

Michelle
Amerman, Owner
of Pathways

Pathways – Real Life Support Therapy

This month we are highlighting a leader who has worked for 30 years to build a recovery program that really works. She is truly a woman of vision, knowledge, love and experience. Her name is Michelle Amerman and she is the owner of a world renowned recovery center called Pathways.

Our Objectives

Pathway Real Life Recovery Program's objective is to help clients and their families restructure the unhealthy beliefs that interfere with their ability to sustain long-term change. In doing so, our clients manifest positive life changes and learn to love and value themselves for who they are.

Why our Program Works so Well, when others seem not to?

We work together with our clients to create customized and individualized treatment plans. We walk side by side with the client to assist them in obtaining tools and skills to achieve a life of purpose. We help men and women rebuild themselves using a strength-based program to give them light, confidence, and peace. All solutions are self-discovered and solution-based. All You Need to Know About Us Located in

Salt Lake City, Utah, Pathways Real Life Recovery Program embraces a holistic approach to treatment; we treat the entire person, not just the isolated problematic behavior. Our approach is based on 30 years' worth of research and has been evaluated and validated by leaders in the field of recovery research. We monitor our clients' progress for up to three years after they've completed their programs, and have found that 85% of our clients report to leading a life of meaning and freedom after completing our program.

Each of our clients receives his or her own therapist and recovery specialist as well as a team of professionals, which are selected based on the clients wants/needs. Our staff includes medical doctors, drug and alcohol addiction specialists, licensed therapists as well as self-esteem experts. *For more information or to set up a one-on- one meeting, Call 801-509-9442*

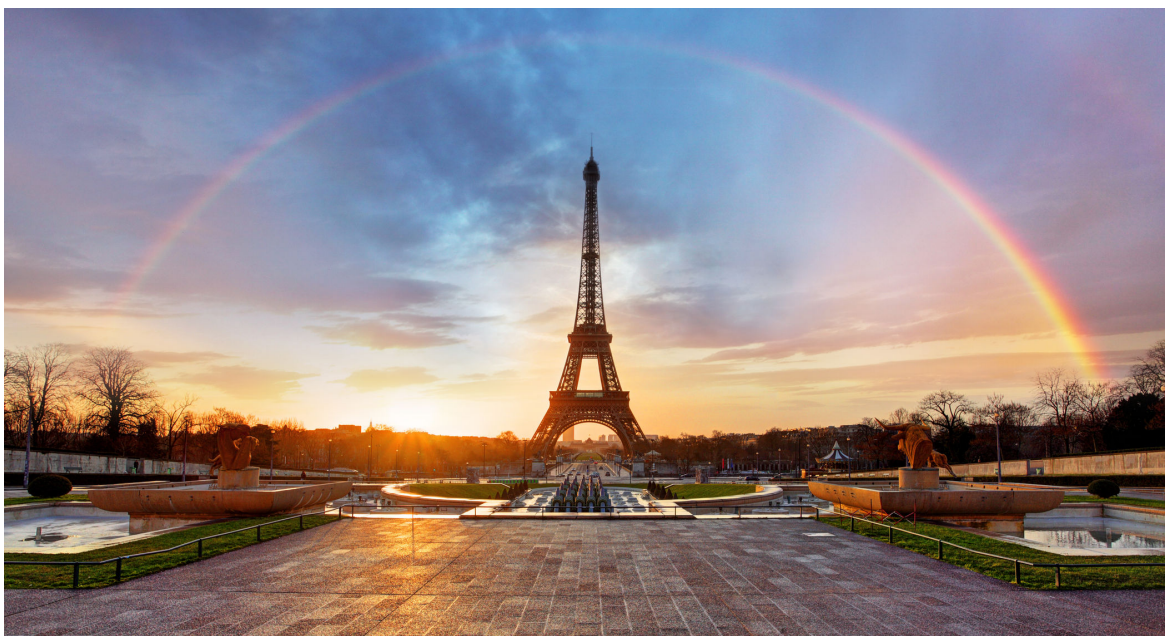


Look for our Ad on www.HelloBeautifulLadies.com. Mention you say us on The Hello Beautiful Ladies Website and receive a **\$300 coupon towards your recovery services**. You also can find us at www.pathwaysreallife.com. Ask for Michelle Amerman, Founder and CEO

**You can read more about Pathways and Michelle Amerman at <http://www.hellobeautifuladies.com/category/andreas-rockstar-business-referrals/>*

IN THE NEXT ISSUE: “How to get the career you always wanted”, fall beauty tips, new recipe, more dating advice and brand new athletic wear with cellulite smoothing technology. **Watch for Hello Beautiful Ladies as we take it on the road to Paris, Nice, MoneMarte in October.**

Remember to take a look at our NEW hand made custom jewelry at www.hellobeautifuladies.com



THE AMAZING AVOCADO

This month we are all about the Avocado!



Health Benefits of the Avocado

Did you know Avocados are really a fruit? And they are one of the healthiest fruits you can eat. Why? I'll tell you. Avocados have a lot of natural fiber, they help your heart be healthy, it provides a wide variety of antioxidant and anti-inflammatory nutrients. They also make you feel full. It is widely believed that avocado is likely to provide health benefits in the areas of blood sugar control, insulin regulation, weight management, and decreased overall risk of unwanted inflammation. Avocados are healthy, incredibly nutritious, contain more potassium than Bananas, contain Heart Healthy Monounsaturated Fatty Acids, loaded with fiber, can help lower cholesterol, loaded with antioxidants, may help relieve symptoms of Arthritis,

How to Select an Avocado

Ripe avocados that yield to gentle pressure should be eaten within a day or two. Unripe, firm or green fruit can take four to five days to ripen at room temperature. When an avocado begins to yield to gentle pressure, place it in the refrigerator to slow the ripening process. To ripen an Avocado place it in a paper bag and set it out on the counter for a day or two. Gently squeeze without applying your fingertips as this can cause bruising. **Ripe:** If the avocado yields to firm gentle pressure you know it's ripe and ready-to-eat. **Unripe:** If the avocado does not yield to gentle pressure it is considered still unripe and will be ripe in a couple of days. To hurry up the process of ripening you can place the Avocado in a paper bag and leave it on the counter for a day or two.

How to Store Avocados

Store fully ripe avocados in the refrigerator. If you've got fully ripe avocados that you do not want to use right away, place them in the fridge in a plastic bag. There, they'll usually keep well for another three to five days.

Best Method for Peeling an Avocado - Take a sharp knife and score all around the avocado lengthwise. Place your hands on either side of the avocado and gently twist it apart, if it is ripe and ready to eat this will be very simple. Take the long sharp knife and bury its blade into the pit and simple twist and pull the pit out. Next take a large spoon and scoop out the avocado, lay flat and then slice dice mash

Best Uses for Avocado Oil

In baking substitute for butter, drizzle over popcorn, use in salad dressings, spread on toast especially good on Bruschetta, substitute for cooking oil, or virgin olive oil, make mayonnaise with it, mix it with vinegar for dipping bread into, use it in marinades for grilling, use it for grilling vegetables, for stir fry or grilling fish, sprinkle on pizzas, flavor in soups, leave in conditioner for your hair and dry scalp treatments as well as an oil for your skin.

Easy Guacamole Recipe

Guacamole should be simple. Salt, garlic, fresh avocados, cilantro, lime, onion and tomato. Remember a little salt goes a long way. My one tip, if you add chopped tomatoes add them at the end. Otherwise they will turn to mush when mashing your avocados.

3 Large ripe Avocados

¼ bunch of cilantro leaves diced

1 large garden tomato diced or use two Roma tomatoes if you want less seeds and juice

2 cloves of garlic minced

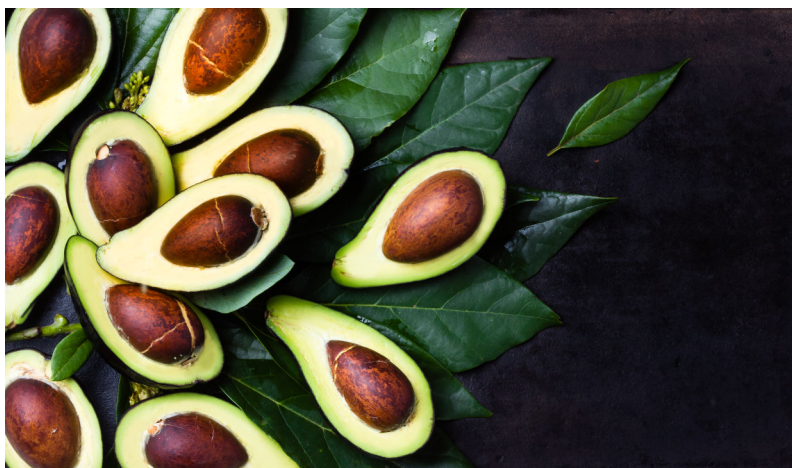
1 jalapeno remove seed and dice or mince or if you don't like it as spicy use diced chilies, straight from the can, drain the juice first.

The juice from 1-2 Fresh squeezed limes

A dash of Tabasco, a dash of some kosher or Pink or Sea Salt

And a dash of cracked pepper

Enjoy!



SNEAK PEAK !

“Where creativity meets comfort.”

Our fun and creative fashion designer [Victoria Wynn](#), has been attracting all eyes on the *Hello Beautiful Ladies* athletic apparel line causing powerful women far and wide to get on the back order list! Love any or all of these? Get them before they're gone!

[CLICK HERE FOR THE FULL LINE!](#)

