

Nutritionally Yours February Newsletter

“Without touch, without feeling, without love, the human body cannot survive”

---Joshua Rosenthal



732-335-1800

Every February we celebrate Valentine's Day by giving flowers, candy and cards to those we love. We give these gifts in honor of Saint Valentine. You may, however, be wondering who St. Valentine is.

Legend has it that St. Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those that were married. With this thought in mind he outlawed marriage for young men in hopes of building a stronger military base. Supposedly, St. Valentine decided that this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found what St. Valentine had done, he had him put to death.

Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death, he sent the first "valentine" himself, when he wrote her a letter and signed it "Your Valentine." Those words are still used on cards today.

Perhaps we will never know the true identity and story behind the man named St. Valentine, but this much is for sure.....February has been the month to celebrate love for a long time, dating clear back to the Middle Ages. In fact, Valentine's Day ranks second only to Christmas in the number of greeting cards sent.

Statistics show that the verse, "I love you" is now spoken less than ever amongst families, lovers and friends. How many times do you say the words "I love you" to your spouse or partner, your children or other family members? Research suggests that those of us that are told we are loved daily feel much more comfortable verbalizing love in return.

What we know for sure is that the world could use a little more love. I invite all of you to think of this Valentine's Day as a day to celebrate love...but not just with your spouse or partner. Celebrate anyone who has touched your life in a loving way or anyone who you feel has had a positive and loving impact on your everyday existence. Remember your family, lovers and friends. Send a card, flowers, candy... (Dark chocolate is best!!) and don't forget to say I love you!! Or, if you really want to show your special someone how much you care about them, give them the gift of health. At ***Nutritionally Yours***, we offer many programs and services to suit every individual. Gift certificates are available in any denomination.

We, at ***Nutritionally Yours***, would like to take this opportunity to express our heartfelt love to each and every one of our family members, friends and clients. We truly believe we are blessed to know you and that our lives are better because of you!!! Happy Valentine's Day!!!!

Nutritionally Yours,
Christine and Suzanne

Visit our web-site at www.NutritionallyYoursLLC.com to learn about this month's feature food, oatmeal. Also, click, on our recipe section to see what's new for this month.