

Sample *Today's Living*® Magazine Front

TODAY'S LIVING®

For Client Name

Discover
the Pulse of
AMERICA

Plus

- * Understanding Happiness
- * Seasons of Mental Health
- * Mix Up Interior Colors

Recipes

Food as Fuel



Agent Name

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Bus Phone
Cell Phone
Email
Additional Info
Additional Info
Website



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ISSUE

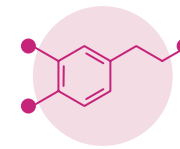
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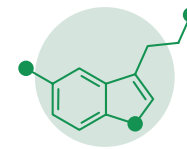
Happiness

Understanding the Science Behind Our Emotions



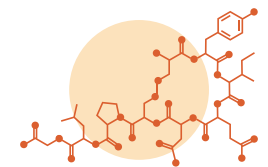
DOPAMINE

Boosts feelings of pleasure and ignites motivation.



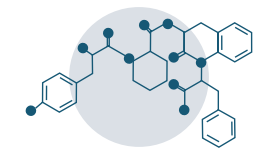
SEROTONIN

Regulates mood and contributes to contentment.



OXYTOCIN

Fosters social bonding and trust.



ENDORPHINS

Elevate mood and act as natural painkillers.

A baby's giggle, a cozy afternoon spent with a good book, a little leaguer's triumphant first home run — joy, contentedness, exhilaration. Happiness, in its many forms, flutters through our lives, sprinkling magic that can stay with us for a lifetime — or disappear in the blink of an eye. But what is the essence of happiness? Is it a random spark of emotion or a complex tapestry woven from the threads of biology and humanity?

The heart of happiness actually lies within our brains, where chemicals fuel our emotions. There are four hormones that play a critical role in happiness, and when released in the brain, they're known to produce pleasant, even euphoric feelings.

While chemical reactions may seem beyond our control, understanding the science behind our emotions can help us have more influence over the processes happening within each of us. Simple, everyday practices can actually have a significant impact on happiness.

Actions like petting an animal, completing a task, giving a hug, going for a walk, or eating a nutritious meal play a crucial role in fueling the brain's chemical processes and contribute to our sense of well-being. Recognizing and seeking out activities that help us develop positive habits, foster meaningful relationships, and take care of ourselves can help us find vibrancy and fulfillment.

So go ahead and eat that piece of dark chocolate, soak up the sun, listen to your favorite song, or cuddle up with a beloved pet. Make these acts more than just fleeting moments of joy — harness their power to help you actively lead a happier, more contented life.

Mixing Patterns & Colors in Home Decor

Gone are the days of playing it safe with monochromatic schemes like “suburban beige.” Today’s design embraces the bold and eclectic, crafting a mosaic of hues and patterns that reflect individual vitality and style.



Mixing patterns and colors is a captivating technique that transforms living spaces into dynamic and visually stunning environments. While there are no rules in creative expression, there are helpful hints to make sure charming doesn't turn into chaotic.

Let's talk about patterns. Floral, geometric, animal print, stripes, abstract — they all bring different moods to the table, and you probably have a few favorites. The key to mixing in your preferred pattern is to give it space. If you love a pile of patterned pillows on the sofa, make sure you start with a solid-colored base.

The foundation of a room's artistic vibe often begins with the floor. Finding the perfect rug can spark a cascade of complementary patterns and colors. On the other hand, you might discover inspiration in the printed fabric of curtains or upholstered chairs.

Scale is important in choosing coordinating patterns. In addition to making sure color schemes align, you can amplify your design by mixing contrasting prints. For example, try pairing a large floral print with a narrow stripe.

Small touches of vibrant color or an eye-catching pattern work well if they're balanced around the room. Don't overload one part of the room with too much or everything else will disappear. You want to keep your eyes interested in the entire space, one stylish pop at a time.

Lastly, color is your friend. A simple palette that combines different shades and patterns can be beautiful, but don't be afraid to use accent colors in a room. Take your time and have fun mixing it up while creating a space that buzzes with your personal flair.



Food for Thought *...and for Feelings*

From fatty fish to dark chocolate, the food you eat can profoundly affect your gut health and brain chemistry, both of which impact mental well-being. So, if you're looking for a natural boost for your mood, remember the "satisfying seven."



Studies show the omega-3s in **fatty fish**, such as salmon, trout and albacore tuna, can help reduce symptoms of depression and promote mental clarity.

Fermented foods like yogurt, olives, sauerkraut, and kefir are rich in probiotics, which promote gut health. And because up to 90% of mood- and stress-regulating serotonin is created by healthy bacteria in the gut, fermented foods can positively influence cognitive function.

With the aid of vitamin B6, **bananas** help synthesize dopamine and serotonin. They also contain the mood-stabilizing mix of sugar and fiber as well as prebiotics, which feed healthy gut bacteria.

The caffeine in **coffee** blocks adenosine, a natural compound that promotes drowsiness. It also assists in releasing neurotransmitters responsible for boosting your state of mind.

Berries like strawberries, blueberries and raspberries are loaded with antioxidants, which have been shown to combat oxidative stress and reduce inflammation, a common contributor to depression.

Loaded with healthy fats, protein, fiber, and vitamins, **nuts and seeds** provide an amino acid responsible for serotonin production. In fact, a 10-year study showed that people who consumed a moderate amount of nuts lowered their risk of depression by 23%.

A decadent treat like **dark chocolate** contains mood-regulating flavonoids, which send more blood to the brain and reduce inflammation. The fact that it tastes and smells good can also spur happy feelings.

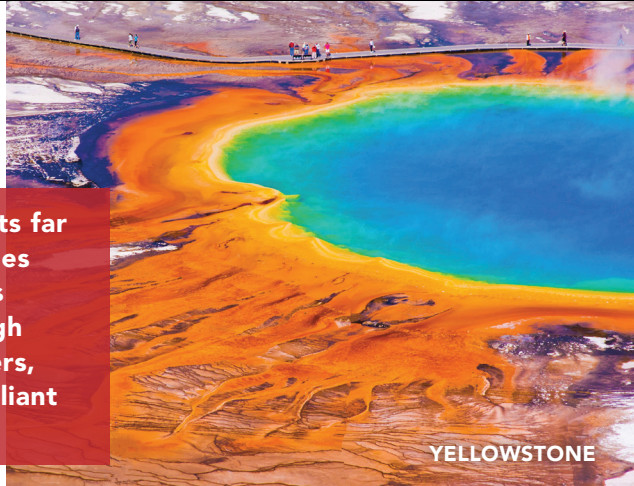
Across America's vast and beautiful landscape, a pulsating rhythm of energy flows in perfect harmony. It's in the dance of the oceans, the deep rumblings of the Earth's core, and the quiet whispers of the night breeze. From majestic volcanoes to endless plains, this vibrant force winds its way through the land, welcoming us to discover the natural bond we share with our world.



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Geothermal *Energy*

The fiery heart of the planet beats far beneath our feet — and sometimes far above our heads. Bubbling its way to the Earth's surface through volcanoes, hot springs and geysers, geothermal energy puts on a brilliant show for all to see.



Less than 100 miles from Seattle, WA, **Mount Rainier** is the highest volcanic peak in the contiguous 48 states. Its consistent eruptions have forged an unparalleled terrain in the surrounding national park, teeming with geological marvels, famed summer wildflowers and breathtaking panoramas.

You're likely familiar with **Yellowstone**, the nation's first national park, and its main attraction, Old Faithful. This famous geyser blasts between 3,700 and 8,400 gallons of water up to 180 feet in the air approximately every 90 minutes. Yellowstone is home to nearly 500 geysers — about 60% of all geysers on Earth — as well as hot springs, fumaroles and mud pots.

Because of its naturally heated, mineral-rich waters, **Hot Springs National Park** in central Arkansas is known as "The Spa City." The park includes Bathhouse Row, with eight buildings built from 1892 to 1923. Some of these facilities still offer spa services where you can fully submerge and relax in thermal waters, while others provide commercial amenities like gift shopping and massage therapy.

Solar *Energy*

The sun is a fundamental source of renewed energy. Exposure to sunlight triggers the brain's release of serotonin and boosts vitamin D levels. It regulates circadian rhythms and bolsters the immune system. If the sun is what you seek, bask in its warmth where it shines the most.

With 310 sunny days and more than 4,000 sunlight hours per year, **Yuma, AZ**, is the sunniest city in the world. Slather on sunscreen and soak up the rays while rafting down the Colorado River or roaming the Imperial Sand Dunes. But be cautious because with the sunlight comes soaring temperatures. Expect around 110° F in July and August.

Nestled near three national parks — Yosemite, Kings Canyon and Sequoia — **Fresno, CA**, sees 300 sunny days yearly. Make the most of the sun's radiance by visiting during spring and summer, as a dense fog may envelop the area on fall and winter mornings.



Located on the Big Island, **Hawaii Volcanoes National Park** covers more than 500 square miles and includes two of the world's most active volcanoes — Kilauea and Mauna Loa. You can see steam clouds created by magma-heated rocks, traverse lava flow caves and experience astonishing views from Crater Rim Drive.



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Wind *Energy*

Few forces of nature rival the exhilarating power of the wind. But even a gentle breeze upon our skin is like an invisible current that awakens the senses and resonates deep within us. Feel the rush in the wind-swept landscape stretching through the heart of America.

Wind is almost constant in the **Great Plains**. An absence of trees along with airstreams coming down from the Rocky Mountains make this the windiest region in the continental U.S. Encounter the power of the wind in the waving grasses of the **Tallgrass Prairie National Preserve** in Kansas, the badlands and bluffs of **Scotts Bluff National Monument** in Nebraska, or the colorful canyons of **Theodore Roosevelt National Park** in North Dakota.



Meditative *Energy*

A bond exists between the human spirit and the elemental energy of the Earth. From the songbird's gentle chirp to the roaring sea, we can find solace and serenity. Immerse yourself in magnificent surroundings while you connect with Earth's natural power.



Tidal *Energy*

Beyond the tug of the moon's gravitational pull, tidal energy rolls from the ocean's depths like its rhythmic heartbeat. Each rise and fall of the tides creates wonder at its vast expanse, particularly when experiencing one of America's most vibrant shorelines.



With tidal heights varying from 18 feet to more than 36 feet, Alaska's **Cook Inlet** has one of the highest tidal ranges in the world. The inlet is bursting with wildlife, so be prepared to spot beluga whales, otters, bears, and a variety of seabirds. Charter a fishing boat to chase after all five species of Pacific salmon.



Millions of people visit **Sedona, AZ**, every year to absorb its magical beauty and rejuvenating energy. You can float high above the ground in an early morning hot air balloon ride and witness landscapes that seem to go on forever. Envision the past in ancient Native American cliff dwellings. Experience the history and folklore of the region with a guided tour, then relax your body and mind at an award-winning spa.

The majesty of California's **Big Sur** cannot be overstated — from its high rocky cliffs and lush mountains to its panoramic beaches and coastal forests. Commune with nature's energy by camping under a canopy of enormous trees or taking a hike near a tranquil waterfall. Seasoned hikers can spend hours moving through nature in solitude, making it a perfect adventure for the mind.

Mental Cues for Seasonal Shifts



As the days grow longer and the sun lingers higher in the sky, you may sense a shift in both mood and energy. This happens because our bodies follow natural circadian rhythms guided by environmental cues like light, temperature and physical activity.

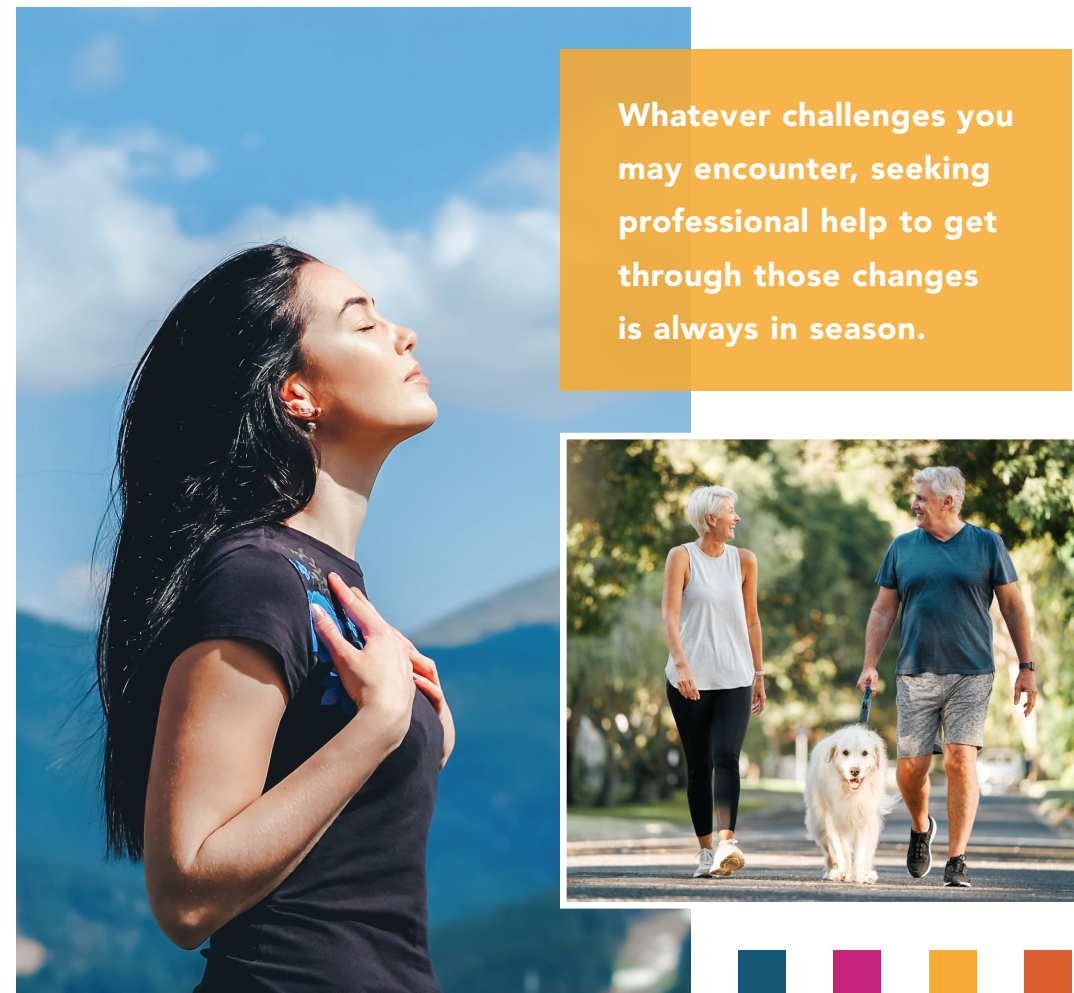
These rhythms carry out essential processes, including our sleep-wake cycles. Studies have shown that a misalignment in circadian rhythms during seasonal changes can influence mental health. So, with longer days ahead, it's important to understand how these changes affect your well-being.

Spring

While winter seems like ages ago, a lack of sunlight during that time may have thrown your circadian rhythms out of whack. With the arrival of longer days, the influx of light can trigger a flood of mood-boosting serotonin that some researchers believe causes spring fever. For most people, spring's restlessness can be a great motivator. But for others, this change can cause anxiety and may be a version of Seasonal Affective Disorder, affecting about 5% of adults in the U.S.

Summer

As we go deeper into the hottest and brightest months of the year, leisurely vacations and outdoor pursuits are in full swing. An abundance of sunlight plays a crucial role in regulating our body's internal clock. But too much sunlight can cause insomnia for some. According to SleepScore Labs, on average, Americans sleep less during the summer months. Our circadian system is most sensitive to light in the evenings, which can induce delays in the release of melatonin, making it harder to fall asleep.



Whatever challenges you may encounter, seeking professional help to get through those changes is always in season.

Food As Fuel

Food is not just a source of pleasure for the palate — it's the fuel that powers us through our day, giving us the push we need to tackle any situation. By approaching our food with mindfulness, we elevate its role as fuel and acknowledge its power in our well-being.

Berry-Banana Smoothie Bowl

INGREDIENTS

- ½ cup milk of choice
- 1 cup frozen mixed berries
- 1 frozen banana

Toppings

Berries, granola, coconut, chopped nuts, roasted seeds

DIRECTIONS

Mix milk, berries and banana in a blender until smooth. Pour into a bowl and add desired toppings.

Single serving

Sweet and Savory Grilled Salmon

INGREDIENTS

- 5 Tbsp. soy sauce
- 5 Tbsp. brown sugar
- 5 Tbsp. water
- ¼ cup avocado oil, plus more for grilling
- 1½ lbs. salmon fillets
- Garlic powder
- Lemon pepper
- Sesame seeds for garnish

DIRECTIONS

In a small bowl, combine soy sauce, brown sugar, water, and oil. Stir until sugar dissolves. Season salmon with garlic powder and lemon pepper, then place in a resealable plastic bag. Add sauce mixture and seal bag, gently turning to coat fillets fully. Chill for at least 2 hours.

Preheat grill to medium and brush grate with oil. Grill fillets 6–8 minutes per side. Garnish with sesame seeds and serve over a bed of greens.

Serves 6

Homemade Granola Bars

INGREDIENTS

- 1¼ cups dates, pitted
- 1½ cups rolled oats
- 1 cup unsalted almonds, chopped
- ½ cup dried apricots, chopped
- ½ cup pumpkin seeds
- ¼ cup maple syrup
- ¼ cup almond butter

DIRECTIONS

Place dates in a food processor and pulse for 1 minute. In a large bowl, combine dates, oats, almonds, apricots, and pumpkin seeds. Set aside. In a small saucepan, heat maple syrup and almond butter on low until warm. Pour over date mixture and stir to combine. Transfer to an 8x8-inch baking dish lined with parchment paper, pressing to flatten. Cover and refrigerate for 15–20 minutes. Remove from pan and cut into bars.

Makes 10 bars

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Dear Client Name,

Energy is within us, surrounds us, and is put forth by us. It comes in all levels, from calm to vibrant. We purposefully interact with the energy in our environment by what we eat and drink, what we create, and how we choose to spend our time.

In this issue, discover ways to see, hear, taste, and reflect on abundant energy.



Thank you for your business and your trust. Until we work together again, the referrals of your family and friends are always appreciated.

Sincerely,

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