

# Total Fitness

fitness ♦ nutrition ♦ healing

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September 2005 Newsletter  
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**Welcome to September's newsletter!**

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## **1. An Inspirational Quote**

"The science of epigenetics, which literally means 'control above genetics,' profoundly changes our understanding of how life is controlled. Genes are not destiny! Environmental influences, including nutrition, stress and emotions can modify those genes."

*The Biology of Belief by Bruce Lipton, Ph.D*

## 2. Total Fitness Joins Voice America

Join Catherine Carrigan and James Williams every Friday at [www.health.voiceamerica.com](http://www.health.voiceamerica.com) as we launch Total Fitness, the ultimate wellness program, on the No. 1 internet radio station in the world.

### How You Will Benefit

Every week, you'll learn more about fitness, nutrition and healing. Our first 13 shows are designed to give away our secrets to teach you everything you need to know about how to become healthier, fitter, happier, stronger and more energetic – to live the life you really want to live.

### Your Three Options

Already, 19 million Americans listen to internet radio - which is simply a radio station that only broadcasts online and not via a regular radio. All you'll need to listen is a computer, a working internet connection and speakers or headphones. If you are new to listening on the internet, discover how you have three options:

- 🕒 Log on to [www.health.voiceamerica.com](http://www.health.voiceamerica.com) at 10 a.m. EST / 7 a.m. PST or 3 p.m. GMT time to listen to the program live. Click on the Voice America Health and Wellness Channel and start listening.
- 🕒 Listen 12 hours later when Total Fitness is rebroadcast at 10 p.m. EST / 7 p.m. EST or 3 a.m. GMT.
- 🕒 Listen at your convenience – any time you want! Log on to [www.health.voiceamerica.com](http://www.health.voiceamerica.com). Click on the button on the left, "Meet Our Hosts." Click on Catherine Carrigan and Total Fitness, and follow the screen to "Content Library." You'll be able to listen to the broadcast at any time, any day, anywhere in the world on your computer.

Internet radio is revolutionizing the way information is delivered around the world.

James and I were very honored when Melinda Upton, our executive producer, invited us to join Voice America this summer. It was an offer we couldn't refuse – the opportunity to teach literally millions of people how to take advantage of real solutions to the challenges they face every day.

*Continues*

## What's Great About Internet Radio



1. You can listen whenever you like.
2. You can replay sections of the broadcast that are of particular interest to you.
3. You will be able to call in with your questions to participate live and get real answers to the questions you have been wanting to ask us about how you too can be fitter, healthier and more energetic.
4. We'll be giving away FREE information you can download from our website – private and confidential questionnaires that up to now we have kept to ourselves. We use this information to pinpoint areas where we can direct our clients towards major improvements in their health.

If you have problems listening to the show please visit:  
[www.voice.voiceamerica.com/va\\_listen\\_faq.htm](http://www.voice.voiceamerica.com/va_listen_faq.htm)

### 3. Client Testimonial by Shirley Retter

"Typing this letter has brought tears to my eyes," Shirley Retter wrote. "I realize more and more that I am so fortunate to be working with such intelligent and gifted and helpful people. You know I talk/type too much, but I couldn't help it! I want people to know how I really feel about Total Fitness."

#### **We asked Shirley to tell us how she felt before coming to Total Fitness:**

"I felt as though I had nowhere to turn. I felt that there were no more options, I had just taken an MRI for my migraines, blood tests for my complete exhaustion! I had been to so many doctors and tried so many medications and nothing seemed to be making me feel better.

"Worse, no doctor could find anything wrong with me except they could see I was exhausted, having trouble sleeping, having terribly upset stomach aches and feeling so low at times that tears were constantly just welling up in my eyes.

"I had lost interest in my hobbies, which for my whole life had been my way of relaxing. I had let friendships with people just wither away because I had no energy to deal with it. I had let my family go and do things without me because I just did not have the drive, interest or energy to do anything.

*Continues*

## Client Testimonial continued

"I was very upset about this, I love my husband and I love to do things with him, but it's hard to be upbeat and hard to go out when you just can't get the energy to get dressed and feel enthusiastic about going out! My children were so worried about me.

"They tried to get me to go for walks at the river, to just get up and go out with them, but it was too much of an effort. Staying at home was just easier.

"The very first time I met with James, I think I cried six times, just trying to tell him that I was afraid of what I had become. I kept warning him that I might be a very 'difficult' case to cure. He assured me with his warm smile, that he would be able to help!"

### How do you feel now?

"I honestly feel like a new me! I have NOT felt this good physically and emotionally in YEARS! I love Qi Gong class!!! I love my Cranial Sacral Therapy. I have NOT had ONE migraine since starting with James and Total Fitness! I feel as though I am taking positive and healthy steps to becoming a healthy person. It's a learning process and a big change, but as I told James, I will take one day at a time. I am ready and willing to change for the better! I feel so grateful to James and Catherine. They have literally turned my life around in the most positive and INTERESTING way possible!

"I am reading tons of books again (previously I did not have the 'focus' to finish a magazine over the last few years, let alone almost one book a day now!). I feel empowered by my meditation sessions! James taught me how to meditate the proper way, and it has become a daily ritual - not a religious ritual, but a personal ritual of treating and taking care of myself in the right way. At first I felt guilty taking so much time for myself now, but I am learning that I am only good to others if I am good to myself first.

"It feels wonderful to be looking after myself! In the process, without really even thinking about it, I have lost 6 pounds this month! I am thrilled. I am not concerned with the number on the scale, I am concerned with how I feel when I get dressed. So now when I put on my clothes and they're not tight and pinching me.....I AM THRILLED!!! This was an added bonus I had really not thought would happen for awhile! What a great surprise!"

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## 4. Delicious For You

### *Catherine's Red Grape, Salami and Blue Cheese Salad*

Choose organic ingredients

Serves One.

#### **Dressing Ingredients:**

¼ cup apple juice

3 tablespoons cold-pressed extra virgin olive oil

1 teaspoon Celtic sea salt

½ teaspoon pepper

**Directions:** Shake together in a mason jar.

#### **Salad Ingredients:**

Fresh herb mix, about 2 hands full

2 ounces salami, chopped fine

1 ounce blue cheese, crumbled

10 red grapes, cut in half

**Directions:** Mix the salad together, toss with dressing. Save the extra dressing for later!



Why buy bottled salad dressing when you can make your own with the healthiest fats? The apple juice and cold-pressed extra virgin olive oil are great for your liver and gallbladder. This salad has everything you need for a minimeal – protein, fat, a vegetable and a healthy carbohydrate. Fast, easy and delicious. While you are making your own, healthy dressing, why not make your own marinade?

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## 5. Delicious For You *fitness + nutrition + healing*

### *Patty's Marinade For Beef or Chicken*

#### **Ingredients:**

¼ - ½ cup cold-pressed, extra virgin olive oil

1/8 cup rice or red wine vinegar

Small container of jalapeno peppers

A few shakes of dried red peppers

3 cloves garlic

½ onion, chopped, salt and pepper to taste

*Continues*

## Delicious For You continued.

**Directions:** Puree all ingredients in the blender and pour over meat. Let set in the refrigerator for 2 hours or overnight. If you don't have a blender, chop the onions, garlic, and jalapenos and combine with the rest of the ingredients and pour over the meat. Marinate 12-24 hours.

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## 6. New Seminar Dates!

### *Optimal Digestion, Healthy Body*

Learn how to clean up your digestion, flatten your abs, improve your energy and feel great with Patty Bonafede. Wednesday 21<sup>st</sup> September, 6-9 p.m. Atascadero, CA. \$35.

**Call Patty on 805-461-5459 for more information.**

## Willingness;



## The Key To Motivation

Join this two-day seminar for a truly transformational process. Learn how to remove the REAL blocks that have been holding you back from making major beneficial changes in your life.

Saturday and Sunday 29-30 October, Atlanta, GA. \$350 paid on or before 1<sup>st</sup> October or \$375 paid after, with a \$50 nonrefundable deposit by Oct. 1.

Download the brochure at [www.totalfitness.net/classes\\_seminars.htm](http://www.totalfitness.net/classes_seminars.htm) for more information or call 404-350-8581 to register.

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## 7. Regular Classes

**Yoga Classes:** Every Tuesday and Thursday, 7:30 p.m., Holy Spirit Catholic Church, 4465 Northside Drive, Atlanta, GA.

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## Regular Classes continued.

**Qi Gong Class:** Every Wednesday, 5:30 p.m. 1951 Northside Drive, Atlanta, GA.

**Pilates on the Ball:** Tuesdays, 5:30 p.m., Saturday 9 a.m., Kennedy Club Fitness, Atascadero, CA.

**Mat Pilates:** Thursdays, 5:30 p.m., Kennedy Club Fitness, Atascadero, CA

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## 8. Booking appointments with Total Fitness

For more information visit: [www.TotalFitness.net](http://www.TotalFitness.net) or email us:

Patty Bonafede [Patty@totalfitness.net](mailto:Patty@totalfitness.net)

Catherine Carrigan [Catherine@totalfitness.net](mailto:Catherine@totalfitness.net)

James Williams [James@totalfitness.net](mailto:James@totalfitness.net)

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