

The Whole Food Kitchen Series

Early Morning Coffee & Donuts



**for
Tending Body, Mind, & Soul**

Paula M. Youmell, RN, MS, CHS
Holistic RN, Health Educator, Healer

Hands on Health



Holistic Healing

Also by Paula M. Youmell

Hands On Health

Take YOUR Vibrant,
Whole Health Back Into
Your Healing Hands

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The Whole Food Kitchen Series

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Early Morning Coffee and Donuts

For Tending Body, Mind, and Soul

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Foreword by Shelby Connelly, MS, L.Ac.
www.FiveElementLiving.com

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The motivating words, included in this book, were previously sent as emails to private clients, a few others were published on my blog at <http://www.PaulaYoumellRN.com>

I send much gratitude to my many clients who inspired me to inspire them!

This book is for your information purposes only. Any advice or suggestions in this book should be used with responsibility. This book is not intended to treat or diagnose any health condition or to be construed as medical advice. I advise self-responsibility when you make your health and healing choices. This advice is suggested in making both holistic healing and western medical treatment decisions. The author is not responsible for misuse of the ideas presented in this book. Blessings.

Dedicated to

Mom & Dad

Who have always encouraged me
in
Everything I do

“What we feed our mind and soul is just as important
as the whole foods we feed our body.
Feed yourself well, feed yourself *whole*.”

Paula Youmell

“Good food is revolutionary for resolving health problems. But it’s not a substitute for the food you need to give your soul. Soul food is the things that inspire you, make you want to get out of bed in the morning. It’s about following your passions. It’s the celebration of imaginations. Soul food can also come in quite inconsequential forms: the thrill when a storm breaks, waking up to a pure blue sky, the warmth of your cat as she snuggles up to you, silence, a piece of music, the smell of your child. Soul is also about experiencing meaning. It’s about feeling the sacred alive and pulsating in all your mundane, everyday activities and objects.”

Alexandra Pope, *the wild Genie*

Feeding the “Collective” Body, Mind, and Soul

To share a little “whole foods for body, mind, and soul” in the world; proceeds from this book will be used to support four of my favorite, local non-profits:

1. St. Lawrence County Arts Council, <http://www.slartscouncil.org/>
2. Tauny, <http://tauny.org/>
3. North Country Public Radio, www.ncpr.org
4. Community Performance Series, <http://www2.potsdam.edu/cps/>

To heal the body physically we must keep our mind, body, and soul open to the beauty in the truth, art, and life. The above agencies support: news that informs, enriches, and connects the region from the mind; and art forms that connect and heal from the heart and spirit:

Inspiring people through music, dance, and theatre,
and a

Beautiful world through supporting local art and local artists.

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Foreword

Author's note: Shelby Connelly wrote the foreword to my first book. I found it very fitting that she write the foreword to this second book. Shelby and I have been on a healing path, together, for 18 years... together, as friends, helping each other and together, as healers, helping those whose paths we cross. For this gift of Shelby and our path together, I am grateful.

Shelby's Words of Wisdom:

What would my life look like if I could start each day with a warm fresh cup of good intentions and a tasty delicious bite of positive attitude? This would be my intention that would inspire, enlighten, and, encourage me to begin my day with a sense of empowerment.

Every day I'm faced with decisions about what to eat, say, do, and focus on. Overwhelm can hit me before I open my eyes to greet the day. The buzzing of the alarm clock can open the gates for negative self-talk, to-do lists, and the dread the days chores. As I feel the warm water of the shower I start to visualize how I'm going to incorporate the things I love into the work of the day. Can I squeeze the walk in and around my lunch hour? Perhaps I can take the 20 minutes I wanted to mediate and do it sitting in my car before going into the grocery store. What is in the fridge that resembles a vegetable and can I make it taste good enough to call it dinner for my whole family. Does this sound familiar? Well, it is not my every day but it does happen more than I would like.

I find that I can be more inspiring to patients than I can be to my own self. I can easily get stuck in the *have-tos* and the *musts* that I lose track of the passion that inspires me, passion for healing and whole-body wellness. I love the excitement I feel when a patient has a physical or emotional break through. How can I meet myself in the treatment room for coaching on my own life? How will I live the teachings I serve to my patients. I also search for the straight talk, the humor, and the reminding of what I already know about being truly well.

In your hands, you hold the secret to where I get those daily treatments and teachings. Paula Youmell offers, yet again, the inspiration to keep you and me illuminated to what is best for our body, mind, and soul. As we begin each morning with a passage, we can start to fill our day with sincere effort, eagerness, and laughter. While some are short and to the point, others will have us contemplating our life's

direction. Paula's unique voice will give us the first healthy bite into our day. So, dear reader, let us enjoy our coffee and donuts together. Let's nurture our organic, natural selves with this morning ritual so we can delve into our own personal power. Power to use our creativity and find clarity of our life's purpose. Yum!

With Healing Love, Shelby Connelly
www.FiveElementsLiving.com

Praise & Thanks

To Jake and Eli,

**My daily
*coffee and donuts,***

**My inspiring
soul food.**

My Preface & How-To Guide

I wrote my first book, *Hands On Health: Take Your Vibrant Health Back Into Your Healing Hands*, to remind us all of our inherent ability to heal. So often we give up our innate healing power, handing ourselves over to the medical establishment, our health care system. Our health care system is more aptly named a disease care system as it only treats the symptoms of the disease. True healing is something that comes from within, with guidance perhaps from wise people, including our own wise self.

Hands On Health was also written as a guide book, a trail head to your health and healing. I included lifestyle choices and changes to help you create vibrant health in your life. Many, many people have told me things such as: “This book is so helpful, so inspiring, so right on with healing lifestyle habits” ... but:

So many people tell me they have a hard time making real changes in their lives, changes that will lead to greater health. They change little things here and there but ultimately go back to the same ole’ lifestyle habits, because it is easy: the path of least resistance. Change takes perseverance and loving yourself. I write these 52 “coffee and donuts” as emotional and spiritual motivators intended to support you in opening your mind, heart, and soul to walking your healing path.

I write this book to be an inspirational guide, your trailhead to healing mind and spirit. We all need positive thoughts that keep us moving towards our higher selves, our evolved souls. I offer this book to you for that purpose. When we first heal the way we think and feel in mind, heart, and soul, we can then heal the physical body.

Healing is a journey. It is about making choices to nourish the wellness of your divine being. It is a path we walk every day, not just in a moment of crisis.

I started sending my health and healing inspirational emails every Monday and Friday mornings to my coaching clients. Our healing sessions worked on the “physical” aspects that needed shifting for healing to happen. The holistic health counseling process seeks to dig into the emotional and spirit blockages to healing. My inspirational emails were written with the intent of opening my clients’ hearts, minds, and souls to their own healing energy. So many clients told me: “Keep

them coming, please, they really help. I save each email and re-read them, every time I learn something different from them. I now look at my physical healing as so much more than just a quest to lose weight. Thank you for the time you take to send these.”

Think of this as the companion guide to my first book, your daily verbal “yoga” for your mind, body, and soul. These daily thought provoking and feel good moments are just for you, so you can move into a wellness space and put into action the lifestyle changes you need to heal. This book is to help you better utilize my first book, Hands On Health, to heal physically.

Over the decades of my life, I have watched people. Our habits, as human beings, fascinate me. I love how people find comfort and solace in their food. If that comfort food is good whole food, real food (refer to the definition of whole foods in my above mentioned first book), it nourishes our bodies. The memories and experiences we have lived around food can nourish our hearts, minds, and souls. Coffee and donuts in the AM are a comfort for many people, hence my title.

I want you to use this book as your morning comfort, your “coffee and donuts” for your morning heart, mind, and soul healing. The “coffee” is to get you moving for the day, to feel energized and ready for anything. The “donuts” are to soothe your heart, mind, and soul so you may walk through your day with a peaceful and steady demeanor. My hope is that in helping you to heal heart, mind, and soul, you will be able to create your personal **wellness** space to heal your body as well.

My sisters and I made many a batch of donuts with our Gramma Youmell. The act of being in the kitchen with her, learning cooking skills and being loved through the creation of food, are incredible memories to have and hold onto. For me, donuts are a true soul food, a warm and loving memory of my childhood; my kitchen fun with Gramma.

I carry on the memory with my own children. We make 100% whole food donuts and cook them in real lard rendered from local, naturally-raised pigs. These donuts, made a few times yearly, are treasured treats on cold winter mornings with a cup of creamy, warm chai coffee, spiced cider, or hot chocolate.

I encourage you to dig through your memories. What makes you feel warm, loved, and comforted? Use those memories, along with my “coffee and donut” inspirations in this book, to heal your divine mind, heart, and soul.

Take your favorite comfort foods and turn them into whole food recipes. Again, see my first book for the “how to” on making any recipe a whole food eating experience. Any cookbook’s recipes can be made whole, no need to throw out the old and buy new cookbooks.

Yes, of course, the donut recipes **are** included at the back! Read on and when you get there, the back of the book that is, enjoy making whole food donuts for those people you love, yourself included.

Ok, the “How-To” Part!

In my first book, ***Hands On Health: Take Your Vibrant Health Back Into Your Healing Hands***, I stressed an important point: we all have to find our own paths to healing. By incorporating our experiences into *who* we are as a human being, we all create unique philosophies and needs for our own healing equation, our healing path.

So, with that said, I offer these “How-To” guidelines, as just that, guidelines. Use my suggestions to ultimately find your own path through this book of inspirations.

There are 52 Coffee and Donuts sections. Each one is an inspirational story. My suggestion is to read a section each week, in the morning when you arise. Perhaps you start on a Monday and read Coffee and Donuts #1. Read it in a quiet space, contemplate how it relates to you and your life, and it’s meaning for you. Now read that same inspiration, again, each morning, in your quiet space. Each day you will garner something different from the words. Some mornings my words on the page may speak to your mind; other mornings the words may speak to your heart or soul.

Every day, every moment, we are a new and different person than from the moment or day before. Our experiences shape us and who we are, how we see the world. Each day’s reading will mean something new and different to you than the day before as the channels of your mind, body, and soul are opened by inspirational words. Each day, the words will have new meaning for you. This is my healing wish for you.

Practice this morning reading meditation, moving on to the next “Coffee and Donuts” every Monday. Use the blank space on the page to write down any thoughts that the morning reading inspired. At the end of the year, you will have finished the book and blessed yourself with five to ten minutes of peace and contemplation every morning.

Perhaps you would rather read a new “Coffee and Donuts” every morning. In 52 days, when you finish the inspirations, you can then go back to the beginning and start over, reading through the “Coffee and Donuts” inspirations seven times in the year. This is another fine way to contemplate the thoughts and ideas, using them to create your own peacefulness and healing in mind and soul.

Either way, expose yourself to the thoughts more than once. Each time we experience something, we gain different wisdom from it.

I experience this with music, rock-n-roll music. Music is a spiritual experience, a gift from the musicians creating the music, the lyrics. Musicians are healers speaking to our souls. **"What the head makes cloudy, the heart makes very clear....."** Don Henley from a "New York Minute". Does this not speak to you? My wish for you is that my words inspire in you the same inspiration I receive from the rock-n-roll I love.

Each time you read, pretend, pretend I am with you. Visualize me sitting with you, holding your hand, and helping you unlock your body, mind, and soul's healing energy.

Say good bye to the demons, those 'lil demons that prevent you from moving into your space of health and healing.

Say hello to healing.

May you read with an open mind, heart, and soul and find peace in your daily life. Blessings of health and happiness, Paula

1

The Definition of Health

The definition of health, through my healing eyes!

Health:

1. Healthy life is a natural diet, this means whole foods. Your diet is not separate from your healthy life.
2. Enjoyable physical activity most days, every day would be ideal, preferably out of doors.
3. Positive attitude.
4. Visualization of health and happiness.
5. Harmonious relationships with self, others, and all life on earth.
6. The faith in a power beyond oneself and connection to this power through prayer, meditation, breath work; whatever this means for you and however this works for you.
7. Living in flow with nature and remember: you **are** nature.

When we create an energy of health around us, the body responds in amazing ways. Vibrant health is a beautiful, energetic flow to be in. Be well.

Whole Foods are the Physical Basis of Healing Your Body Holistically



Healing Holistically defined:

- 1. Taking responsibility for your own health**
- 2. Using natural means to re-balance your body's life force energy and health**

www.PaulaYoumeIIRN.com

2

Body, Mind, and Soul Alignment

Alignment of your body, mind, and soul is the key to whole health and healing.

Jake and Eli, my sons, take Tae Kwon Do. They finish each class with a lesson on the philosophy behind martial arts. I have listened to it for seven years and I never tire of its universal message, the message of all spiritual practice.

Knowledge in our Mind

Honesty in our Heart (Spirit)

Strength in our Body

These things work together to create the harmony in our body, mind, and soul.

What we eat changes everything - not just the "food" we feed our physical bodies with, but just as importantly (maybe even more importantly) the thoughts and actions we feed our mind and soul with. When our heart, mind, and soul are in alignment everything is possible!

When we feed our heart and soul whole 'food' our bodies actually better use the whole foods we eat! We digest, absorb, circulate, and utilize the nutrients far better when we are happy and whole as humans. Our bodies use the nutrients very efficiently to heal!

Have a peaceful, harmonious and healing day!

Are You Ready?

When you are ready, you *will* make the change!

How bad do you want it?

If you are not losing those 10 pounds, is it because you do not want to lose those 10 pounds "badly" enough?

It is really that simple. *Any* change you want to make in your life, you have to want it badly enough to do it.

When people want something, they work hard towards that goal until they achieve it.

If the time is not right for you, let go of that goal and come back to it later. Be kind and gentle to yourself around this issue; when you are ready, you will be ready.

Life is short, be good to you.

Change Is Empowering

Change can be easy, change can be difficult. It is all in the way you approach change. New Year's resolutions are not something I recommend. They are usually "plans" made in desperation or out of guilt. This is not the energy needed behind real life empowering change.

Real change is powerful. It has to come from the heart, mind, and spirit.

I can suggest everything you need to do to change your life, lose weight, lower blood pressure and cholesterol, and heal your body.

That change will happen only when you want it to happen and you make it happen.

Instead of making resolutions at the eve or dawn of a new year, well because, you know something has got to give... how about finding what fires your passion and allow yourself to metamorphosis into the healing being you are.

Make lifestyle resolutions for life.

Create the change you want to see happen in you. Be the change, the healing energy.

Natural forces within us are the true healers of disease.

Hippocrates

About the Author

Paula M. Youmell is a Holistic Registered Nurse, Health Educator & Coach, Healer, Author, and Speaker.

She integrates 30+ years of experience in nursing, school health and physical education, private healing practice, and holistic education/ experiences for empowering people to take the responsibility for their health back into their own hands.

Paula lives in northern NY State, hugging the Adirondack Park, with her two sons Jake and Eli, their dog, and four cats. She loves Northern NY for the four seasons of outdoor activities: hiking, canoeing, biking, XC skiing, sledding, mountain climbing, camping... finding solitude in the woods!

Paula works as a private Holistic Health, Nutrition, and Healing Consultant. She presents workshops in holistic health and healing and teaches group classes in health, healing, and whole food cooking.

Find out more about Paula and her work in the world by visiting her web site:

www.PaulaYoumellRN.com

Thank You

Thank you for reading my book. May you be inspired to create personal wisdom from the heart and soul sent words on these pages.

Please visit my website, www.PaulaYoumellRN.com, and join the fun on my newsletter; keep abreast of health and healing information from a holistic, mind, body, and spirit perspective.

Love, Light, and Soul Blessings, Paula

The longest journey in the world starts with the first step.

Take that 1st step onto your path to Vibrant Health

or

Continue your journey towards Vibrant Health and Healing.



Hands On Health Holistic Healing

Health and Healing
TRAILHEAD

IS...
YOUR
TRAILHEAD
to Health & Healing!

Hands on Health

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Supporting Personal, Group, Family, & Workplace Health

