

# Planet Megan

Magic Megan's Monthly Mag

November 2020

*This month I want to share an interesting fact & thoughts about gratitude.*



As humans, we find meaning in things, (meaning doesn't find us). We notice faces in clouds, we find treasure in another man's trash... Things around us don't automatically have meaning in themselves, but we notice & find meaning in things because they are reflecting back to us the meaning we hold in ourselves. Same goes for gratitude. Just as we FIND meaning around us, we must also FIND GRATITUDE. When we put on the gratitude perspective, it will begin to be felt & reflected around us. We all know gratitude is not automatically guaranteed to come upon you in a rich life, and a poor person

can have a heart full of gratitude. If you want to have a grateful heart no matter how much you have, you must first seek it—and you will find it! Reflect on what blessings do have, and focus on the positive things, and you'll be better able to keep & grow them.

But if you don't see what you already have, what little you do have, you will take for granted and end up losing. Sounds familiar, no? *Psychology Today* says that gratitude is the GLUE that keeps couples bonded. Gratitude isn't a feeling, it's a perspective you put on first and then the feelings of gratitude will be triggered. Your perspective creates your reality, and I can prove that point with an interesting fact:

*Did you know*, gratitude actually increases a powerful hormone in your body called **oxytocin**! Oxytocin is known as the "love hormone." Among its several functions, it's responsible for your feelings of long-term happiness. This means you can literally increase your happiness & health on a biological level by practicing gratitude! But being vague doesn't work as well, so get as *specific* as you can, and write it down for yourself or share it with someone. Your spiritual

intentions transform your life in a scientific & tangible way, and **gratitude** is a powerful tool you can use without limit!

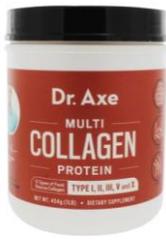


## *'Tis the season for Bone Broth! +RECIPE*

Whether because it's respiratory season or you don't want to waste the good 'ol turkey carcass from thanksgiving dinner, it's a great time to

learn how to make it, and I'm going to let you know how and why you should! Did you ever hear someone say to drink Chicken soup when you get a cold? That's because traditionally, bone broths & stocks have been used for centuries to help aid in healing. Next time you get sick, realize Campbell's chicken soup isn't what you need, it's actually bone broth! This medicinal beverage is great for healing the gut, healing the joints, thinning mucus, it lowers inflammation, strengthens the immune system, and promotes weight loss. Let me tell you a story about the first time I had bone broth. My co-worker and her partner went to Yakima to hunt Elk. I told her: "give me the bones!" Later at work, she brought me a heavy, giant, black trash bag filled with ribs and spine...funny sight to see! That night I hacked it with an axe to fit some of it in a pot & it simmered for at least 8 hours. I found out the broth was really *high quality* because when it cooled in the fridge, it gelatinized so much, it was stiffer than Jello!! (BTW, that's what you look for in a very healing broth.) I drank my first mug of hot elk bone broth. It was gamey; it seemed to be an acquired taste... But the next day I was **BOUNCING** off the walls!! I was literally jumping over cleaning kits and running around teaching my co-workers how to clean at work *with the same vitality of an elk!* You really do become what you eat!? I had so much abounding energy...that night I searched the internet and found out bone broth apparently has a reputation for giving energy, and read that coffee stands in New York were selling

bone broth as the "second coffee." It has also been touted by many as "Botox in a bowl," a super weight loss drink, and "liquid gold." Our ancestors knew of its healing properties, but now we can back that up with science. What makes bone broths so medicinal are the minerals & vitamins, amino & fatty acids, found in the cartilage, bone marrow collagen, gelatin, and **glycosaminoglycans such as the beloved hyaluronic acid**. So as we head into the cold season, comfort yourself with bone broth.



Let me tell you how to make it! (You don't have to roast the bones first—and you don't have to add apple cider vinegar to extract the minerals, but those things are okay to do.) Keep it SUPER simple. Get some bones, or leftover carcass, cover with water, and simmer (or slow cook in crock pot for 24 hours). Low heat for an extended time is better, but you can use an instapot to pressure cook it for 30 minutes if you prefer. Adding salt and spices or herbs during cooking can elevate your broth. Enjoy this comforting drink when you're sick with the cold/flu or just because you want to keep strong & healthy. Turmeric has been used historically as a cure for colds & flu. Add turmeric powder to your broth and you will enhance its powerful healing effects. It's a very earthy & grounding drink that will complement your evening as you bundle up in a comfortable easy chair. You can also enjoy bone broth for breakfast. Simmer it in a small pot on the stove. Drop 1-2 eggs in and you have egg-drop soup to start your day with strength & energy. If you would like the benefits of collagen and want to get it in an easy way, one product I use is Dr Axe's multi-collagen protein.

*Phoebe is three months old this month!* Just three more months until she is to the six month mark where I can be a little more at ease about the risk of SIDS... 😞 A rare but scary thought for any parent. She can be so quiet at night and so I'll poke my ear over the side of her basinet to hear her breathe. It doesn't help that her entry into the world was traumatic, but one thing that helps give us peace of mind is something my Aunt Kathy bought her: an Owelet smart sock which monitors her pulse per minute & oxygen saturation at night. If one of those levels falls below normal, an alarm goes off and I can see where she is at on my smart phone.



She was a cow for Halloween!

*I've been having fun painting a lot more.* Now that I'm settling into a nice routine here at home with my baby, I am making the time to finally do what I always wanted: paint consistently! I began an Instagram page just for my art. You can follow it @meganhantzart. I would really like to sell my art and prints. If you're interested in a commissioned piece or want a print to hang or for swag, let me know.



Phoebe's first walk!

*I'm so, so excited to decorate for Christmas this year!*

I'm going to start ASAP! It's Phoebe's first Christmas! Christmas morning should always be where the kids are so they can wake up to that magical morning. I love having family over to share good food & company. One of the BEST places to shop for Christmas décor without spending a ton of cash is The Olde Lighthouse Shoppe in Yakima, a UGM thrift store. I just accidentally attended their first annual opening day for Christmas sales! It was such a success—so many people were there & every 30 min they gave out prizes! I got tons of high quality garland for CHEAP and of course holiday mugs! Have a wonderful holiday season & put on gratitude—we all know this year has sucked in a lot of ways but we still have so much good.



Target trip!

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