



New Direction™
Family Law

919-719-3470

With change comes empowerment

Community Spotlight



Mary Trybuskiewicz

Registered and Licensed Dietician

Eat the Rainbow

Eight years ago, I applied to an ad and was hired as a Dietitian/Health Coach with a company in Raleigh. My job was to “guide and inspire” my clients to make healthy choices. While inspiring others, I was inspired, and fell in love with being a Health Coach.

In this role, I am able to use my love for food to help people transform their lives. I began to realize healthy food habits aren't just a part of health and wellbeing, you can't have one without the other. Food is information for our genes, not just a tasty treat for our taste buds, or something to squelch a craving. Although the food industry has inundated us with what I call “fake foods”, which cause fatigue and many mysterious health problems, we have the tools to fight back!



In the last decade, the Science of Nutrition has changed...radically...and yet, no one is talking about it. Typically, it takes an average of 17 years between research being widely accepted and that research becoming common practice. Seventeen years is a lifetime! I realized that someone needed to spread the word: The Food Guide Pyramid is dead, Fats are good for you and controlling carbs is critical for everyone, not just Diabetics.

I wanted to bring that message to people in a big way so I launched the Food Detective Academy and brought my travelling classroom to local Doctor's and Chiropractic offices in the Raleigh area. In this series of classes, we cover the Food and Mood Connection, How to Read a Food Label (from the bottom up), and Practical Tips for Healing your Gut.

My goal as a Nutritionist is to reduce the STRESS that people often feel in regards to their relationship with food...something they need to live! REAL food, and consequently, real health and vitality are well within our reach.



4 A Better Life™

Health | Wealth | Wisdom | Love

Food and Mood Connection

Facilitator: Mary Trybuskiewicz

We've heard that "you are what you eat", but foods have changed! We will learn how to be a food detective, how to navigate food labels and what to choose for optimal health and well-being.

February 4th, 2017

3820 Merton Drive, Raleigh, NC 27609

9:00-11:00am

Registration begins at 9:00 am. Workshop begins at 9:30 am.

\$26.99

[Click here to register](#)

For more information, contact Jen Bordeaux, Director of Public Relations, at jennifer@newdirection-family.com or (919) 719-3470.



Looking 4 A Better Life After Divorce?

Your past experiences are valuable lessons to you now, learn from them.

“Oh yes, the past can hurt. But you can either run from it, or learn from it.”

– Rafiki, from The Lion King

I love the Lion King movie. In fact I'm a little bummed that my son is too old for Disney movies. There's that pivotal moment when Simba's past comes to haunt him and the young Prince must decide his fate: Will he remain an outcast, or face his demons and become what he needs to be? It's a crossroads many of us face when going through separation, divorce or loss of a relationship. Do I stay mired in this pain and hurt? Or do I face the hard choices and facts of my life and move forward to a new and better future?

[Read full article](#)

Get Involved

It's National Blood Donor Month



American Red Cross

The need is constant. The Gratification is Instant.

Give Blood.

Many people don't like the thought of needles or losing blood, but what if it could save a life? January is National Blood Donor Month and the American Red Cross is always in need of volunteers to donate blood. Donating blood is a **safe and sterile process**, and there are many locations close to you that offer blood donation centers. You can also **host your own blood drive** with the American Red Cross. You may be asking yourself, "Why is it so important that I donate?" Here are a few facts from the American Red Cross about the constant need for blood donations:

- Every two seconds someone in the US needs blood
- Approximately 36,000 units of red blood cells are needed every day in the U.S.
- A single car accident victim can require as many as 100 pints of blood.
- Although an estimated 38 percent of the U.S. population is eligible to donate blood at any given time, less than 10% of that eligible population actually do each year.
- Blood cannot be manufactured – it can only come from generous donors.
- More than 1.68 million people are expected to be diagnosed with cancer in 2016. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

CLICK HERE to find a location close to you and consider making a donation today that could save someone's life!

Know a local organization that you'd like to see featured in our newsletter? We'd like to help spread awareness and encourage community involvement.

For more information, please contact Jen Bordeaux, Director of Public Relations, at jennifer@newdirectionfamilylaw or (919) 719-3470.



What's Going on in the Triangle

- January 7th - 4 A Better Life Panel Forum Workshop [\[Learn More\]](#)
- January 8th - Hot Chocolate Run & SPCA Doggie Dash [\[Learn More\]](#)
- January 13th - Parent's Night Out [\[Learn More\]](#)
- January 22nd - Babies On The Move [\[Learn More\]](#)
- January 23th - School's Out Camp [\[Learn More\]](#)
- January 28th - African American Cultural Festival: The Shoulders We Stand On [\[Learn More\]](#)

For a list of more local events click [here](#)



Monthly Words of Empowerment

“As the year comes to a close, it is a time for reflection – a time to release old thoughts and beliefs and forgive old hurts. Whatever has happened in the past year, the New Year brings fresh beginnings. Exciting new experiences and relationships await. Let us be thankful for the blessings of the past and the promise of the future.”

– Peggy Toney Horton

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617 W. Jones St.
Raleigh, NC 27603
newdirectionfamilylaw.com
info@newdirectionfamilylaw.com

