



APRIL CELEBRATIONS

LIFE IS SO WONDERFULLY FULL! APRIL 2026

Your Why Matters More Than You Think

At Kinni Health & Wellness, everything we do starts with one simple question:

What is YOUR Why? Why does your health matter to you?

Not just “I want to feel better”...
but why do you want to feel better?

Maybe it's:

- To have energy to play with your kids or grandkids
- To feel confident in your body again
- To sleep through the night and wake up refreshed
- To enjoy life without constantly thinking about symptoms

Your why is what keeps you going when change feels hard. Because let's be honest—
healing isn't always convenient. It takes intention, patience, and sometimes doing things differently than what you've always done.

But here's the truth I remind my clients of every day:

Your symptoms may be common... but they are not normal.

Your body isn't working against you—it's working for you.

And when we understand your why, we can build a plan that actually supports the life you want to live.

This month, I encourage you to pause and ask yourself:

What is my why... and am I living in alignment with it?

Easter, Gratitude & Healing

April brings us into a beautiful season of renewal.

Easter is a time that represents:

- New life
- Fresh starts
- Hope

And it's such a powerful reminder that healing is always possible.

But one of the most overlooked tools for healing isn't found in a supplement bottle or protocol...

It's gratitude.

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GRATITUDE

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Gratitude shifts the body out of stress and into a more balanced, healing state. When we slow down and recognize what is going right, we support:

- Nervous system balance
- Hormone regulation
- Better sleep
- Improved mindset and resilience

It doesn't have to be complicated.

A simple place to start:

- Think of 3 things you're grateful for each day
- Take a quiet moment in the morning or before bed
- Even on hard days—especially on hard days—find something small

Gratitude doesn't ignore challenges...

It helps your body handle them better.

A Personal Note + Planning Ahead

My oldest daughter is getting married in just a couple of weeks—such a joyful and meaningful season. It's one of those life moments that reminds me exactly why I do what I do.

Health allows us to show up fully for the moments that matter most.

And right after the wedding, I'll also be heading out for additional education and training to continue expanding my skills in Quantum Nutrition Testing—so I can better support you in identifying the root causes of stress in the body and create even more personalized plans.

Because I truly believe...

The more I learn, the better I can serve you.

With a few upcoming days out of the clinic, I want to make sure you are all supported and set up for success.

Please plan ahead for:

- Supplement refills
- Upcoming appointments
- Any adjustments you've been thinking about

If you've been meaning to check in or restock, now is a great time to reach out so we can keep your progress moving forward without interruption.

Thank you for allowing me to be part of your health journey—I don't take that lightly



Winston, the most adorable Grand Puppy EVER!
Ready for the wedding

★★★★★ 4.91 from 33 votes

Whole30 Zuppa Toscana

BY: [Mary Smith](#)

PREP: 10 mins

COOK: 25 mins

TOTAL: 35 mins

YIELD: 6 people



CLEAN AND EASY ZUPPA TOSCANA SOUP

MARY FROM MARYSWHOLELIFE.COM

There have been a lot of requests for easy to make ahead meals. Soup is made every week here as a simple to store and eat meal. Mason jars are great to use for storage, and then if not all eaten, frozen for later! This is a favorite one!

Ingredients

- 4 pieces [sugar free bacon](#)
- 1 lb Italian sausage, Turkey sausage will work as well (Brandi uses clean whole sausages cut up)
- 1 onion, diced
- 2 cloves garlic, minced
- 3 cups diced sweet potatoes, leave skins on or remove- up to you!
- 4.5 cups [chicken broth](#) (use that homemade broth)
- 2 tsp Italian seasoning, (if you don't have this, do 1/2 tsp basil, 1/2 tsp rosemary, 1 tsp oregano)
- 1/2 tsp red pepper flakes, more or less to taste
- 1/2 tsp sea salt
- 3 cups kale, stems removed, coarsely chopped
- 1 can [coconut milk](#), We are only going to use the hardened part of coconut milk that rises to the top of the can. (Brandi just used whole can)

Check out the [link](#) for other preparation options

Instructions

Instant Pot (super easy and fast)

- You can make the bacon ahead of time using my [fool-proof baked method](#), or make it in the instant pot. To do this, chop up the raw bacon. Set the pot to "saute" and add the bacon pieces. Cook until crispy and set aside to drain on a paper towel.
- If you did not cook the bacon in the IP, add 1 tbsp cooking oil/ghee. If you did cook the bacon in the pot, use the rendered bacon fat to saute the sausage. Add the sausage, garlic, and onions to the pot and saute for 4-5 mins until cooked through and the onions are opaque.
- Hit the "cancel" button and add in the chicken broth, sweet potatoes, and seasonings. Lock the lid, turn the vent to sealing, and set to "manual" high pressure for 8 minutes.
- When done, manually release the pressure (carefully!). Add the kale and stir until wilted. Add 1 cup of coconut cream (the hardened/solidified coconut milk that rises to the top of the can) and stir until melted. Serve with crumbled bacon on top and enjoy!

Notes

- You can store this soup in the refrigerator for up to 5 days.
- You can also freeze this Healthy Zuppa Toscana! Just let it cool then transfer to a freezer-friendly container. Make sure to leave some space at the top since it may expand when frozen!



WE LOVE HELPING PEOPLE BRIDGE CONVENTIONAL & HOLISTIC HEALTHCARE

My WHY became helping people understand what their body is actually telling them— and getting to the root cause of what's stressing their system, so we can support it with nutrition, lifestyle, and whole-food supplements.

But being in this season with my daughter's wedding... It just brings everything full circle.

Because THIS is why health matters.

These moments

These memories

Being able to fully show up

And here's what I see in practice—

We can give you the plan... the supplements... the support...

But what actually creates change?

When you are connected to YOUR why.

Here are some of the WHYs in our clinic:

- **To feel better and support my wife**
- **My parents died when they were in their 50s, I want to LIVE for my kids**
- **Keep my joints active for my age**
- **Feel better, have more confidence and be a better mom**
- **I do not want to be on hormones anymore**
- **Feel happy and be in a good mood for me and my family**
- **I want energy, my daughter needs me**
- **I know that eastern medicine works**
- **I feel off and do not want to anymore**
- **Better overall understanding of health and now to manage it**
- **I want to use nutrition to fix my gut and help me heal**
- **Better my life**
- **I want to exist longer on this planet**
- **I do not want diabetes complications**
- **I am not invincible and do not want to take medications**
- **I want to be overall healthier**
- **Be more active and present with my kids**
- **To be able to enjoy Grandkids longer**

BOOK A DISCOVERY CALL TODAY