



# THE AVANTI METHOD PROVIDES RESULTS

BY REBECCA OSBERG



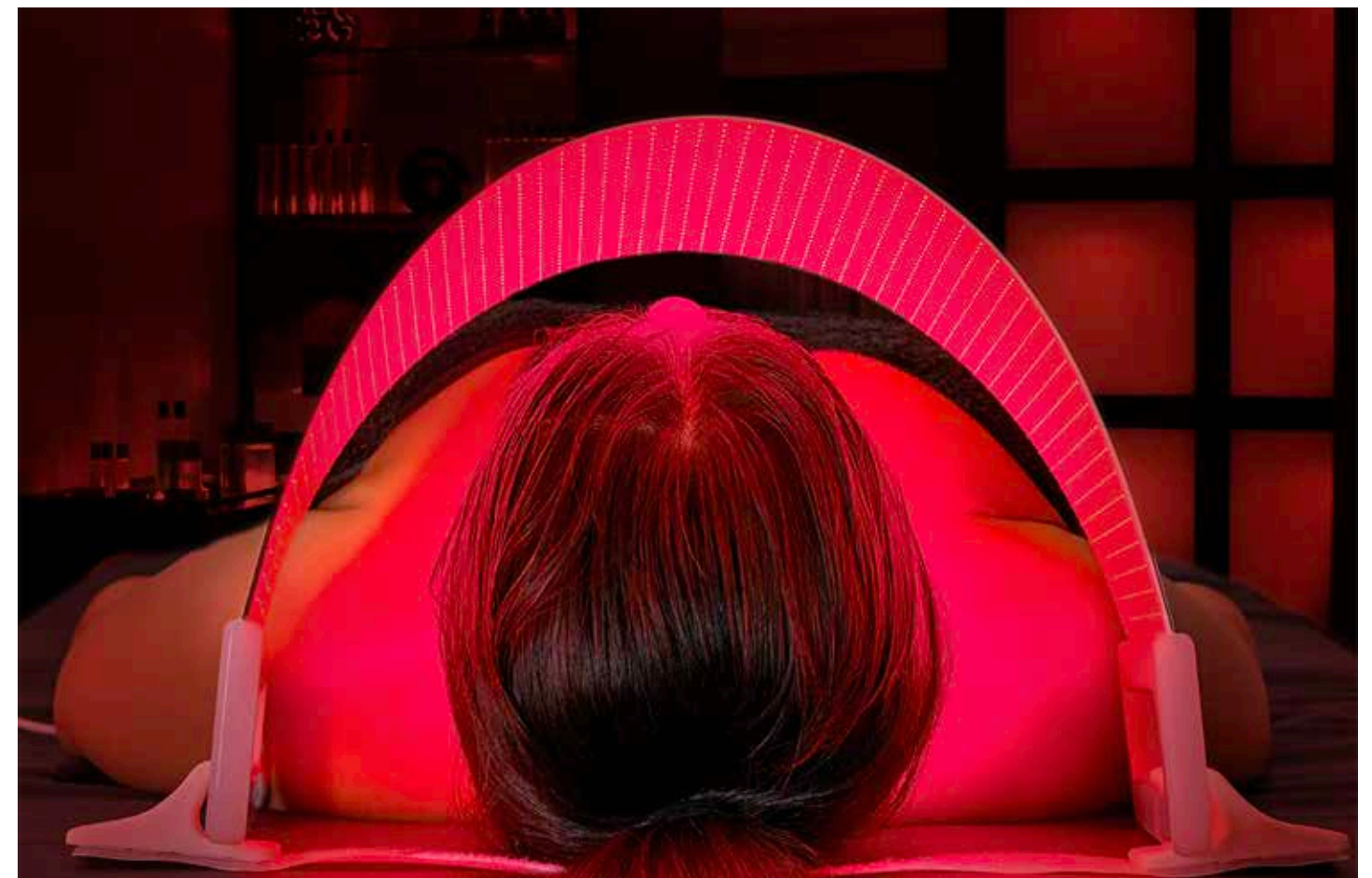
Natile Barsella

Natile Barsella grew up in the Kildeer/Lake Zurich area and as an adult, quickly became immersed in the world of health and fitness.

“Health and wellness has always been my personal passion as well as my profession and I love to share it with others in a way that changes lives,” says Natile. When I found Avanti Body, I jumped on board immediately. “Avanti Body offers a simple solution for health and wellness using Red Light Therapy to change lives from the inside out.”

Avanti Body aims to enhance their client’s lives by elevating their self-esteem by providing high-quality services using Photobiomodulation (red light therapy) technology that is backed by science and that offers proven experiences that lead to rapid and healthy weight loss, reduction of pain & inflammation, body contouring, anti-aging and many other wellness benefits.

The Avanti Body Method is a toolbox of innovations and unique specialized offerings. “We provide effective services in an environment that is inviting and relaxing,” says Natile. “We do this by helping the body regenerate itself from the inside out. Redlight therapy combined with the other





services we offer impacts how our clients look and feel”.

Natile and her team love empowering their clients to achieve their fitness, weight loss, pain management, and lifestyle goals.

“This business is personal to me. I have had my own personal health

struggles and have been on a wellness journey for the past 10 years. I had a broken body and have been able to regenerate and help it function through our process,” says Natile.

To learn more about Avanti Body visit [www.avantibody.com](http://www.avantibody.com) or follow them

on social at <https://www.facebook.com/avantibodywellness>

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# Wine and Food Pairing Tips for Your Holiday Meals

SUBMITTED BY ANTON STEINHART

We are entering for many of us what I would call the FESTIVE season of Thanksgiving and Christmas. We get excited by the anticipation of our younger members in the house and we often get “stressed out” over parties and gatherings yet everyone is looking forward to them. Kind of.

Let's be grateful for all the good things this year has brought us and let's make next year even better. Often we wonder what meals to serve and what wines to pair it with.

### HERE ARE SOME IDEAS:

- Pour to the widest part of the glass so you get the maximum effect when swirling the wine in your glass,
- In general dry before sweet, if you do it in reverse the dry wine will appear drier than it is
- Red wine goes best with cheese with color such as a smoked Gouda or Danish Fontina, while white wine goes best with no-color cheeses such as Provolone, Brie/Camembert.

### HOLIDAY MEALS

- There are so many dishes we can serve from sweet potato casserole, cranberry sauce, macaroni and cheese, and on it goes. The best wines to serve are wines with a slight fruit aroma such as a German Kabinett wine or a wine from Elsass Lorraine; if you see one of those tall bottles from over there you are right at home or a Riesling from Washington state. Now some people prefer a red and here you may want to try a Beaujolais or a Pinot Noir.
- For dessert like pumpkin pie, you do want to step up the fruitiness a bit with a German Spätlese or Auslese or a Sauvignon Balance from Bordeaux or a late-harvest wine from California.

Of course at the end of the day the wine you want to serve is the one you like the best. By the way, do you know the five “S” of how to taste wine or what chocolates to serve with what wine? Maybe more in the next issue.

May you have love to share, health to spare, and friends that care.

Visit [www.winesforhumanity.com](http://www.winesforhumanity.com) to purchase wine, find out about hosting a tasting, and to read about their charitable giving.

