

The Yucatan Times

NEWS YOU CAN TRUST

WEDNESDAY JUL 26, 2023
MERIDA, YUCATAN, MEXICO
YEAR 02 / EDITION 32



Todo.

WEDDING DESTINATIONS
AT THE YUCATAN PENINSULA

theyucatatimes.com

Photography by: Josué Carballo Fotografía

WEDNESDAY
26 / 07 / 2023

TYT

SAN
Miguel
TIMES
News you can rely on

You can also find
us in San Miguel!

www.sanmigueltimes.com

AMLO's attacks on political rival Xóchitl Gálvez raise her profile

President Andrés Manuel López Obrador's verbal attacks on a charismatic opposition rival have raised her profile and fed concern among some supporters that far from derailing her campaign for the presidency, he is undermining his own party.



Since Senator Xochitl Galvez announced on June 27 that she was running for the top job, the leftist López Obrador has mentioned her by name more than 50 times during his daily press conferences — and public support for her is growing.

A computer engineer of Indigenous background with a playful sense of humor and shrewd political instincts, the business-friendly Galvez has lifted a flagging opposition into believing it can compete with the popular leftist López Obrador as his party seeks a successor.

The president has depicted Galvez as the candidate of a corrupt elite, and last week stepped up his

political broadsides by publicizing her purported business dealings, prompting her to accuse him of abuse of power.

Since June 30, López Obrador's approval rating has fallen nearly 3.5 percentage points to 58.4%, according to a daily tracking poll by polling firm Consulta Mitofsky.

Galvez, who has described growing up in poverty and selling jelly on the street, says she is of humbler origins than MORENA's main presidential contenders, former Mexico City mayor Claudia Sheinbaum and ex-foreign minister Marcelo Ebrard.

TYT Newsroom

Xóchitl Gálvez requests an injunction to cease AMLO's verbal attacks against her



Xóchitl Gálvez Ruiz, candidate for the presidential candidacy for the Broad Front for Mexico, requested the protection of federal justice to stop the statements made against her by President Andrés Manuel López Obrador and other authorities.

The eighth district court for administrative matters, based in Mexico City, took cognizance of the injunction request in which Gálvez Ruiz claims the "statements imputing facts and making qualifications that are detrimental to human rights."

The appeal was filed on Tuesday, July 18th, and on Friday 21st, the eighth district court in administrative matters announced the entry of the procedure under file number 1179/2023, according to the information released by the Federal Judicial Council (CJF).

In this context, Xóchitl Gálvez held a meeting on Friday, July 21st,

with the governor of Chihuahua, María Eugenia Campos, and the candidate for the presidential candidacy pointed out that the state leader was one of the people who encouraged her to be the standard-bearer of the opposition parties for the 2024 elections.

Meanwhile, the records of the CJF indicate: "given the request for an injunction against the acts that it claims from the President and other authorities, considering them to be in violation of articles 1, 14, 16 and 20 of the Political Constitution of Mexico.

TYT Newsroom

Regional Indigenous and Popular Council claims the Maya Train is devastating the ecosystem

The Mayan Train devastates the jungle in Mexico, says the Regional Indigenous and Popular Council of Xpujil; confirming damage to cenotes, underground rivers, wetlands and ecological reserves such as Calakmul: "The AMLO's government does not respect anything", the said.



The Maya Train Project is devastating the jungle in Southeast Mexico, since the companies that build it and the federal government are not respecting the two final sentences issued by the federal courts to suspend the work of this work in the Yucatan peninsula, reported Sara López González, of the Regional Indigenous and Popular Council of Xpujil.

The member of the committee recalled that the Indigenous Council filed two protection initiatives in the years 2021 and 2022 for the environmental damage that the works of the Maya Train are causing to the Calakmul Biosphere Reserve, in Campeche, and for the fragmentation of the peninsular territory.

The 1st court. of District and the collegiate court, both based in Mérida, granted the definitive suspension of the acts claimed by the Indigenous Council, for which legally the construction companies and the dependencies involved in the Mayan Train had to stop all work until there is a definitive sentence.

The devastation of the jungle by the Maya Train, unstoppable (Indigenous and Popular Council of Xpujil)

However, the sentence did not take effect, the builders mock it and the devastation of the jungle continues without anyone stopping it.

Sara López reported that the injunctions should protect sections 2, 3, 4.5 and 6, but federal justice does not prevent them from stopping the work of the Mayan Train. She even said that they have already notified the federal

judge and magistrates who issued the sentences of this contempt, but there is no effect.

As the Regional Indigenous Council announced at a press conference in Mérida on June 28, the lawyers of this organization prepare the complaints before international organizations, such as the UN and the Inter-American Commission on Human Rights, but until today they have not presented it.

The head of the Indigenous Council said: "They don't respect anything"

"Whether or not there are protections, the work continues," said the activist.

"The construction companies, Fonatur, Sedena and in general the government of the 4T do not respect anything. They apply a plan skillfully because while the court issues a sentence asking that they no longer throw down trees, they have already razed them, nothing stops them because it is the order of President López Obrador.

In the case of sections 3 and 4 that pass along the Yucatecan territory, the member of the Indigenous Council commented that the main damage is to the numerous cenotes and the water they contain, to the caves and the deforestation of the jungle, which is in the entire length of the railway.

Sara López concluded that in a short time the demands will be reported to international instances, regarding the environmental damage done by the federal government agencies that develop the Mayan Train, whose inauguration and operation is scheduled for December of this year.

TYT Newsroom



José E. Urioste Palomeque
EDITORIAL DIRECTION
dir1@theyucatantimes.com

2b Marketing
MARKETING & DESIGN
contacto@2b.com.mx

Alejandro Azcárate Varela
CONTENT DIRECTION
editor@theyucatantimes.com

Departamento Comercial
SALES
comercial@theyucatantimes.com
(999) 498 3191

Lic. Gerardo Pinto Dager
LEGAL
legal@theyucatantimes.com

Creativos Prácticos
COMMUNITY MANAGEMENT

This weekly newspaper has a circulation of 5,000 copies distributed in Merida, Progreso, Chelem, Chuburna, Izamal and Valladolid. Certificate of Title and Content in process. Printed by Punto Medio, Merida, Yucatan, Mexico.

UNESCO World Heritage Site
Campeche
"The most liveable city in the Yucatan."
It's time has arrived.
ALFAIRO
BIENES RAICES
REAL ESTATE
9818291777

Yucatán: A tropical paradise for your dream wedding

Discover Yucatán, a captivating destination in southern Mexico, where majestic landscapes, rich culture, and warm hospitality set the stage for an unforgettable wedding experience.

Located in the southern part of Mexico, Yucatán is a land of breathtaking beauty and natural wonders that captivate all who visit. The region, known as Ma'ya'ab to the ancient Maya people, evokes a sense of exclusivity and paradise, making it one of the world's top tourist destinations. Yucatán is particularly sought after by couples, both Mexican and foreign, who wish to celebrate their marriage amidst the region's sun-kissed beaches and time-honored traditions.

Imagine a wedding ceremony steeped in the mysticism and sacredness of pre-Hispanic times. In Yucatán, this dream can become a reality as the tropical paradise offers a perfect setting for such an enchanting event. The local people, deeply connected to their Maya heritage, extend their warmth and hospitality, ensuring that your journey into married life is filled with positive energy. But where should you start this extraordinary journey?

Yucatán boasts a myriad of attractions, including ancient ruins, archaeological sites, Magical Towns, historical monuments, colonial architecture, unforgettable beaches, and stunning natural landscapes. This diversity promises a delightful experience for you and your guests.

The turquoise waters of Yucatán's coastlines are a favorite choice for couples seeking a romantic backdrop for their vows of love. Whether you opt for a beachfront ceremony or a wedding cruise sailing through the azure sea, the presence of the ocean adds a unique and special ambiance to your celebration.

As you explore the capital city, Mérida, your heart will be captivated by its Historic Center. Stroll through charming streets adorned with beautiful colonial buildings, visit museums showcasing the region's rich history, enjoy performances at theaters, and unwind in open-air cafes. And when it's time to indulge in the local cuisine, traditional restaurants will offer you a tantalizing array of flavors. Mérida is also home to romantic boutique hotels, which have transformed former estates into captivating wedding venues, offering impeccable hospitality and top-notch services.

Yucatán is also renowned for its henequen haciendas, once the economic backbone of the region. Many of these haciendas, situated near Mérida, have become extraordinary venues for weddings. These historical sites provide a touch of elegance and a glimpse into the wealth that the henequen plant brought to the region.

To enjoy the best weather in Yucatán, consider planning your wedding between October and March, when temperatures range from a pleasant 20 to 33°C (68 to 91°F) and rainfall is moderate. Whether you choose a daytime or nighttime celebration, your event will be imbued with a touch of magic and unconventionality, especially with the assistance of a skilled wedding planner who can bring your dream event to life.

Yucatán beckons with its majestic landscapes, ancient traditions, and warm hospitality, offering an idyllic setting for your dream wedding experience.

TYT Newsroom



Thinking about getting married in Yucatan? Talk to an expert!

The Yucatán Times conducted an exclusive interview with Badel Gomez owner and CEO of Soiree Event Planning, a well-established Yucatecan company with years of experience organizing all types of events but specializing in weddings.

Is there such a thing as a “Wedding season”?

The “**Wedding season**” begins in October and ends in Easter (around April), which is speaking for all wedding destinations, and especially for the Yucatan. Many couples marry in October because it is the best month to travel worldwide. Flights are generally cheaper, but airfare is not a factor, we have weddings in April and May, even though the heat can be extreme during that time of the year. However, May is the holiday season for many American and European couples, so we just try to keep them hydrated and away from the sun.

What are the most demanded options when it comes to weddings in Yucatán?

The most solicited types of weddings in Yucatan are on the beach, in a hacienda, or Mérida.

If a couple wants to have a 500-people wedding in Mérida, their only options are “El Pinar” or “Quinta Montes Molina”. If the wedding is in a Hacienda or on the beach, transportation and logistics back and forth from Mérida and/or other locations are basic.

In any case, you have to take into account first of all air connectivity; Merida only has 2 daily direct flights from the United States: Miami and Houston. We strongly recommend that American citizens avoid Mexico City and fly directly to Mérida from the U.S. The number of attendees is also an important starting point for planning, accommodations, and transportation are fundamental.

Tell us about the “3-Day Wedding” concept

A wedding guest makes the expense to come to Yucatán, so a three-day weekend plan is suggested. Guests arrive on Friday and are invited to an “icebreaker” so that the families can get to know each other, it could also be a “Cantina Crawl”. On Saturday is the wedding, of course; and on Sunday, everyone has a hangover, so a “relaxing” gathering is carried out. Or sometimes the wedding guests take advantage of Sundays to take a tour of a cenote or Pueblo Mágico.

Is there a basic checklist to organize the perfect “Yucatán Wedding”?

- 1 Wedding planner
- 2 What is your Priority? Date or location
- 3 Type of ceremony and who officiates
- 4 Photography / Video
- 5 Music
- 6 Catering
- 7 Makeup artist

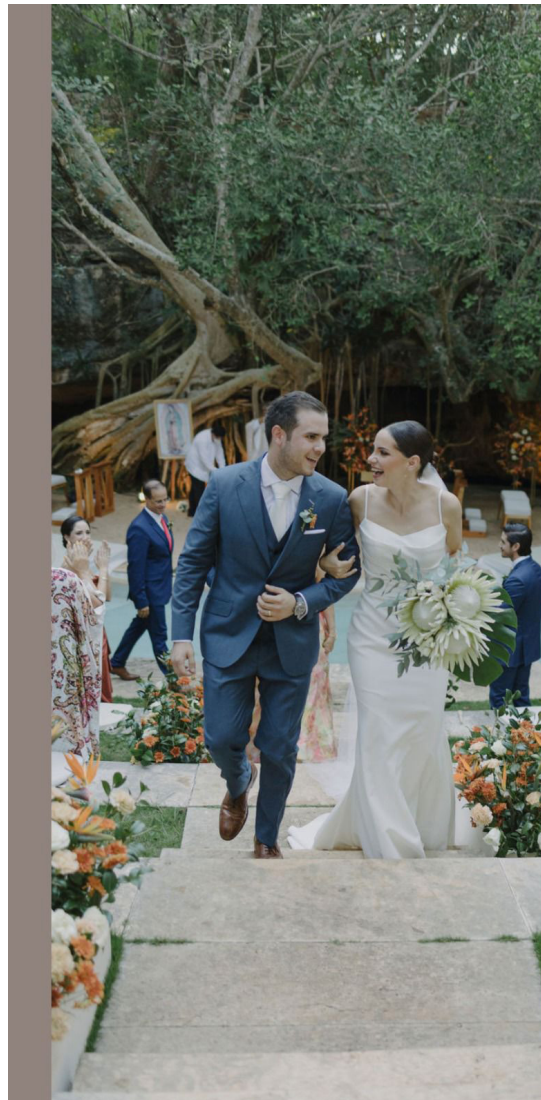
What makes Soiree Event Planning the best Wedding Planning Agency in Yucatán?

One of the biggest advantages we have is being a trilingual agency, we can speak at least 3 languages fluently, which is one of the biggest advantages that we offer both to the client and the guests.

In this sense, our agency boasts different international certifications, including the LGBTQ plus, we work with service providers that fall within the same framework, as Yucatán is becoming somewhat famous as an “inclusive” wedding destination.

Since we are open to the international market that comes to Yucatan seeking a “dream wedding”, we also have a portfolio of suppliers that meets the requirements of different market segments.

We have held Korean, Japanese weddings, Jewish, Hindu, and Persian weddings too. We also organize alternative weddings in unusual locations like a cenote, and the ceremony can be conducted by a Maya Xmen or Shaman.



SOIREE weddings
event planning

Yucatán Destination
Weddings

Unique Destination
Experiences Since
2005

 soiree_eventos

A Timeless Celebration: Yucatecan Wedding

A traditional Yucatecan wedding is a mesmerizing fusion of Mayan heritage, Spanish influence, and modern elegance. This joyous occasion encapsulates the essence of Yucatecan culture, showcasing vibrant traditions, captivating rituals, and a deep appreciation for family and community.



Preparations for a Yucatecan wedding begin long before the big day. Families come together, meticulously planning every aspect to ensure a harmonious union. The bride's attire embodies the magnificence of the occasion. The typical attire, called Terno, is characterized by being white with embroidery in the same tone, accompanied by a long mantilla as a kind of veil and fine jewelry, which is mostly made of gold. The bride also wears a flower headdress and a ribbon typically in white and green colors, with her hair gathered up.

The groom, on the other hand, wears a white linen or cotton guayabera and white pants. He also wears a straw hat and sometimes an embroidered scarf or bandana around his neck.

The religious ceremony is one of the most important moments of the traditional Yucatecan wedding. Most weddings take place in a Catholic church, although there are also ceremonies in other places of worship.

The bride arrives at the church accompanied by her father or a close relative, entering the temple to the rhythm of traditional Yucatecan music. Once the bride is at the altar, the groom and his wedding sponsors enter the church and stand beside her.

The ceremony begins with a series of prayers and blessings, followed by the reading of the wedding vows and the exchange of rings. During the ceremony, the couple offers flowers and candles to the Virgin of Guadalupe, the patroness of Mexico, and to other saints and virgins.

[Continue on next page](#)





Reception and party

The reception and the party are fundamental parts of the traditional Yucatecan wedding.

The celebration takes place in a hall or a private house, providing an opportunity for the newlyweds and their families to celebrate their union and the love that brings them together. Most weddings feature a live band that plays traditional Yucatecan music such as jarana, boleros, and trova.

Food is another crucial aspect of the traditional Yucatecan wedding. The wedding is an opportunity to taste some of Yucatan's most representative dishes, such as tamales, cochinita pibil, panuchos, and salbutes, accompanied by refreshing drinks and aguas frescas. The wedding cake is also an important element of the reception, and it is cut and served to the guests after dinner.

The farewell of the newlyweds is another important moment in the traditional Yucatecan wedding. At the end of the party, guests form an arch of flowers and candles at the exit door, and the couple passes underneath it while kissing and embracing.

After passing under the arch, the newlyweds head towards the car that will take them to their wedding night. Guests throw rice and flower petals over them while the band plays a final farewell song.

The traditional Yucatecan wedding is a celebration filled with color, music, and traditions that reflect the rich Yucatecan culture. From the preparation of the bride to the farewell of the newlyweds, each moment of the wedding is loaded with symbolism and meaning.

The wedding is a significant moment in a couple's life, and in Yucatecan culture, it is an opportunity to celebrate the union and love between two people. Through its unique traditions and customs, the traditional Yucatecan wedding reflects the rich history and cultural diversity of the region.

Although many modern weddings in Yucatán have adopted elements from Western culture, the traditional Yucatecan wedding remains a highly popular celebration among couples seeking to connect with their cultural roots and celebrate their love in an authentic and meaningful way.

TYT Newsroom



Photos by: Josué Carballo and Fotógrafo Yucateco





www.elizabethmedina.com
[@elizabethmedinaphotography](https://www.instagram.com/elizabethmedinaphotography)
www.haciendasandiegotixcal.com.mx

Ecotel Quinta Regia: the perfect venue for your dream wedding in Valladolid



The Ecotel Quinta Regia has 110 beautifully decorated rooms with a Mexican colonial style, including standard rooms, executive rooms, junior Suites, and master suites with jacuzzi.

All rooms have a private terrace to our gardens, enjoying the nature surrounding the areas of the rooms. The rooms are very comfortable and equipped with air conditioning, cable TV, telephone, wireless Internet, and a variety of amenities to the guests' service, including bathroom amenities made 100 natural and biodegradable. In the restaurant "El Mexicano," enjoy a large variety of traditional dishes, either regional, national, or international, as well as a variety of drinks you can enjoy in Palapa-Bar "The Jacalito."

Ecotel Quinta Real is also the best place for events with the best facilities. Comfort, elegance, capacity for up to 500 people, and comprehensive packages and menus specially designed for high-quality events. A wonderful place in the heart of Valladolid!

Calle 40 #160A by 27, Sta. Lucia, Valladolid, Yuc, Méx. 97780
Ph. (985) 856 3472 / 73 / 76 / 79
www.ecotelquintaregia.com.mx
ecotelqr@prodigy.net.mx
FB: Ecotel Quinta Regia
IG: @ecotelquintaregia

Real Hispano: history, architecture, and tradition

Real Hispano, Unique Hotel located in the heart of the Historical Center, a few steps from the cathedral, in location that involves history, architecture, and tradition.

It is the only property in the city that preserves its original land, when the Spaniards divided the center of Valladolid during its foundation in the 16th Century, being this architectural jewel the only building with more than 100 meters of facade, the building is a reference of this "Pueblo Mágico."

Real Hispano has 90 beautiful rooms, all decorated in colonial Mexican style and equipped to satisfy the needs that its guests, in addition to spacious social areas overlooking the interior gardens, outdoor pool, and a terrace with an impressive view of the main square.

Likewise, it houses the restaurant -bar Origen, where guests will find the best of Yucatecan and Mexican cuisine and other exquisite specialties. Real Hispano Unique Hotel is a new passage of Valladolid's history that allows you to go back in time through its comfortable facilities, accompanied by the warm attention provided by its hosts.

Amenities: - Parking - Swimming pool - Deck roof - Meeting room - High-speed internet - 24-hour front desk - Tours - Room service - Laundry service and much more.

Calle 42 #200 by 37 and 39, downtown, Valladolid, Yucatan
FB: Real Hispano
IG: realhispano_
www.realhispano.com
Phone: +52 (999) 489 0297



Weddings at the Hacienda Xcanatún, Angsana Heritage Collection

Mérida is a well-preserved historical Destination characterized by colonial architecture. This colorful and vibrant city is the perfect location for unforgettable moments that will stay in your heart forever.

Hacienda Xcanatún, Angsana Heritage Collection is not the exception, a romantic wedding and honeymoon destination in the midst of nature. Immerse yourself in the culture and enjoy an authentic Mexican experience. No other Yucatan hacienda allows you to explore, with such proximity, the attractions of the city, filled with nature in a relaxing environment. Feel the sense of romance in the lush surroundings of Hacienda Xcanatun where intimate experiences and rejuvenating spa treatments await.

Inspiring Venues

Our team of specialists will help you plan your wedding in any of our inspiring natural spaces, whether you imagine natural décor, a midsummer night with twinkling lights, or a local chic room.

Culinary Experiences

Hacienda Xcanatun, Angsana Heritage Collection offer a fantastic array of dining experiences. From the authentic Yucatan Cuisine, to the succulent specialties of the Thai Cuisine. Here you will find gastronomic delights to satisfy every palate always surrounded by beautiful landscapes.

Enhancements

We are aware of the critical importance to details and we are committed to making that special day just perfect. We are pleased to assist you in selecting the ideal complements for your events within a range of options of professional suppliers.

At Hacienda Xcanatún, Angsana Heritage Collection, we celebrate the joy of togetherness: a gathering place for lovers, families and communities ¡Come to celebrate!

For reservations and more information, write to events-xcanatun@angsana.com or call [\(999\) 950 2140 Ext. 373.](tel:(999)9502140)



Embracing Tradition: Yucatecan Dress Code

The dress code for a Yucatecan wedding is deeply rooted in the rich history and customs of the Yucatán Peninsula, with each garment telling its own story.

The Women's Attire

The quintessential Yucatecan women's attire is known as the "Terno." This traditional dress consists of a long, flowing white gown adorned with delicate, intricate embroidery in the same tonalities. The Terno is usually made of fine cotton or linen fabric, ensuring comfort and elegance throughout the celebration.

Said gown, consists of a linen batiste huipil, made of fine silk cotton: a rectangular bodice that cascades with ruffles, with two lateral openings that, due to the width of the garment, resemble short sleeves, leaving the arms bare. A wide square neckline exposes the chest, leaving the neck bare. This neckline, as well as the edges of the blouse, is adorned with embroidered bands in vibrant colors, showcasing a variety of techniques, ranging from cross-stitch embroidery (xokbil-chuy) and English-style silk embroidery to oil paintings and miniatures. In some cases, the neckline is detachable, adorned with printed flowers and lace from Holland and Chantilly.

The garment reaches mid-leg and its lower edge drapes gracefully. The underskirt, which cinches at the waist and extends below the huipil, features the same adornments and bands, harmonizing with the overall ensemble, with both adornments visible, one beneath the other.

As for the hairstyle, Yucatecan brides typically gather their hair in an updo, highlighting the intricate details of their attire. A floral headdress and a white and green ribbon, known as "tocado," are carefully placed to complete the bride's radiant look.

The Men's Attire

Men attending a Yucatecan wedding often opt for the traditional "guayabera." This iconic men's shirt is made of lightweight linen or cotton fabric, featuring a loose and comfortable fit. The guayabera typically boasts intricate embroidery along the front and pockets, adding a touch of refinement to the ensemble. Paired with white trousers, the guayabera creates a cohesive and sophisticated look for the groom and male guests alike.

To shield themselves from the sun's rays, men commonly wear a "sombbrero de paja," a wide-brimmed straw hat that not only provides protection but also adds a dash of authenticity to their attire. Some may even opt to wear an embroidered scarf or bandana, known as "pañoleta," tied around the neck as an additional accessory.

The Yucatecan dress code for weddings is not merely a matter of fashion but a profound reflection of the region's cultural heritage. These traditional garments honor the ancestors and pay tribute to the customs that have been passed down through generations. They represent the resilience and pride of the Yucatecan people, showcasing their unique identity and preserving their rich history.

Note: The information in this article is based on the traditional Yucatecan dress code as described on the official website of the Government of Yucatán (www.yucatan.gob.mx).



Photos by: Fotógrafo Yucateco

Ocasiones creates the desired mood and theme for your wedding

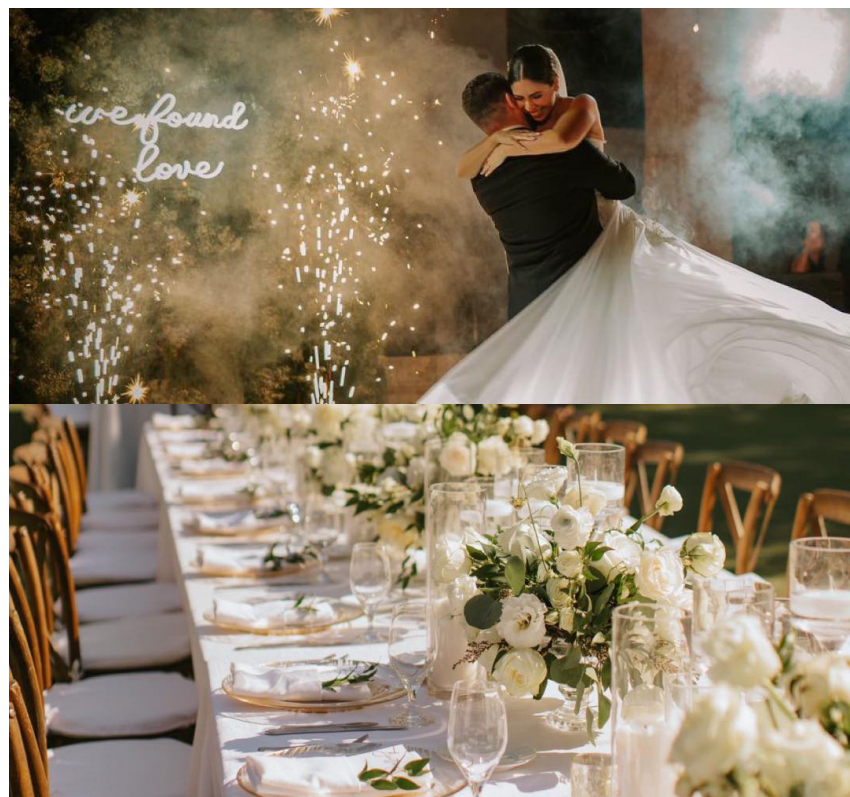
Catering is one of the most important aspects of a wedding, as it can make or break the guests' experience. A wedding in Yucatan offers a unique opportunity to showcase the local cuisine, culture and scenery, and the catering should reflect exactly that.

Whether it is a casual buffet, a formal plated meal or a cocktail reception, Ocasiones offers the most delicious, fresh and suitable delicacies according to the weather and location.

Ocasiones will help to create the desired mood and theme of the event. For example, if the wedding is tropical, we can include exotic fruits, seafood and cocktails. If the bride and groom want a Yucatecan menu, we can prepare Cochinita Pibil, Relleno Negro, Salbutes, Panuchos, etc. But we can also offer fine dining with champagne and caviar. At Ocasiones we know that the catering should always match the style and personality of the couple, as well as the expectations of the guests.

Contact

- Facebook: Banquetes Ocasiones
- Phone: (999) 956 0519
- Email: eventosocasioneshotmail.com
- Calle 33 #484 x 42 y 46 Col. Gonzalo Guerrero. Mérida, Yucatán.



Quinta San Rafael offers you the best location for your wedding in Mérida

In Mérida you can find a blend of Mayan culture, European architecture, and Mexican cuisine. It is the perfect destination for couples who want to have a unique and memorable wedding surrounded by history, art, and nature.

You can choose from a variety of venues, such as historic haciendas, elegant hotels, lush gardens, or even the beach. And Quinta San Rafael is the perfect venue for that "Dream Wedding"

One of the advantages of having a wedding in Mérida Yucatan is that you can also enjoy the many attractions and activities that the region offers. From ancient Mayan ruins to colorful cenotes and caves. You can also experience the vibrant nightlife and gastronomy of the city, or relax in one of the many spas and wellness centers. Quinta San Rafael is more than just a wedding destination, it is a place to create unforgettable memories with your loved ones.

Contact

- Facebook: Quinta San Rafael
- Phone: (999) 956 0519



Preparing for the Perfect Day: The Importance of a Good Nutrition Plan Before Your Wedding

Your wedding day is one of the most significant milestones in your life, and it's only natural that you want to look and feel your absolute best on this special occasion. Amidst all the wedding preparations, one crucial aspect that often gets overlooked is a well-crafted nutrition plan. Preparing for your big day goes beyond finding the perfect dress or venue; it involves caring for yourself from the inside out. A good nutrition plan can play a pivotal role in ensuring you radiate health and confidence on your wedding day.

A Healthy Glow: A well-balanced nutrition plan can lead to glowing skin, lustrous hair, and bright eyes. Nourishing your body with essential vitamins, minerals, and antioxidants can enhance your natural beauty and make you feel radiant from within.

Weight Management: Many brides and grooms aspire to achieve their ideal weight before their wedding day. Crash diets and extreme measures may seem tempting, but they can be harmful in the long run. A thoughtfully designed nutrition plan tailored to your needs will help you shed excess weight healthily and sustainably.

Boosting Energy Levels: Wedding preparations can be hectic, and having ample energy is crucial to enjoying the festivities. A nutritious diet with balanced macronutrients will provide sustained energy throughout the day, keeping you lively and enthusiastic during every moment of your celebration.

Stress Management: Planning a wedding can be stressful, affecting your overall well-being. Proper nutrition can help combat stress by supporting your body's stress management systems, ensuring you stay calm and composed during this joyful yet overwhelming time.

Immune Support: The last thing you want is to fall sick right before your wedding day. A strong immune system is your best defense against illnesses. A nutrition plan that includes immune-boosting foods will help you stay healthy and maintain a robust immune response.

Mental Clarity and Focus: Amidst all the excitement, you'll want to be present and focused on your big day. A nutritious diet can support cognitive function, helping you stay sharp and mentally clear during your wedding festivities.

Long-Term Health: Your wedding day is just the beginning of a beautiful journey with your partner. Investing in a good nutrition plan sets the stage for a healthier future together as you build habits that can lead to long-term well-being.

In conclusion, a good nutrition plan is not just about fitting into your dream wedding outfit. It is about nurturing yourself, body, mind, and soul to shine confidently and embrace this new chapter in your life with utmost vitality. Start early, consult a professional nutritionist if needed, and embark on this journey towards a healthier, happier you as you prepare for your perfect day. Remember, the best gift you can give yourself and your partner is the gift of health and well-being.

By Nutritionist Miguel Angel Hernández Jimenez
(Master's degree in clinical nutrition).





YUCATAN
PROPERTIES.COM
By Semerena

REAL ESTATE

• House • Lots • Beach • Commercial
• Industrial • Haciendas

(999) 948-44-44

**YOUR ASSETS,
YOUR INVESTMENTS,
YOUR HOME.**



www.yucatanproperties.com

Remodeled House for Sale in Centro de Merida

Price: MXN \$ 6,642,000.00

Located on Calle 60, the main street that leads to the "Plaza Grande" where the Cathedral and the Government Palace are located. Very close to many of the places of interest in downtown.

Description

- Land: 744.23 m²
- Construction: 277.98 m²
- Bedrooms: 2
- Bathrooms: 2

Equipment

It has a very large lot with a large pool, which is not common in downtown houses. It preserves the original floors and high ceilings. Built on one floor, entrance hall, living room, covered terrace with tile roof, interior patio with fountain, kitchen with dining area, living room, one bedroom with closet, bathroom. Covered terrace, secondary bedroom with full bathroom, laundry room, large backyard, high tank type pool. The house is completely remodeled and furnished the living room and bedrooms. Air conditioners in the living room and both bedrooms. Stationary gas, hydro-pneumatic, washer and dryer.



Beachfront villa for sale in Telchac Puerto

Price: MXN \$ 7,800,000.00

Beautiful beachfront villa in Telchac Puerto, with large beach, swimming pool, terrace and sandbox. Fully furnished and equipped.

Description

- Land: 172 m²
- Construction: 127 m²
- Bedrooms: 3
- Bathrooms: 3

Equipment

Two-car garage, entrance hall, bedroom with full bathroom, living room, dining room, equipped kitchen, storage room with installation for laundry center, covered terrace, swimming pool, wooden deck with roof. Large beach and sandbox in front of the sea. Upstairs. Two bedrooms each with bathroom and closet, the master bedroom with balcony overlooking the sea. The house is equipped with air conditioners, fans, curtains, stove, refrigerator, electric heater, drinking water. Fully furnished and equipped.





GET TO KNOW US ON SOCIAL MEDIA

-  The Yucatan Times
-  @yucatanimes
-  @theyucatanimes
-  @yucatanimes

