

# IT'S YOUR HEALTH

*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*

## Recipe for Better Health



### Simple Skillet Sweet Potatoes

- 4 medium-large sweet potatoes
- 1 tablespoon vegetable margarine or coconut oil
- 1/4 cup maple syrup
- 1/4 cup natural sugar
- 1/3 cup orange juice
- 3/4 cup diced pineapple
- Your favorite spices to taste
- Vanilla flavoring to taste

Wash, peel and cut sweet potatoes to desired size. In a heavy skillet melt margarine. Add sweet potatoes and stir to coat. Add sweeteners, spices and optional vanilla. Bring to boil. Cover. Reduce heat and simmer till tender. Serves 6-8



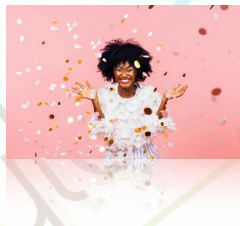
This recipe is PERFECT if you're only cooking for one or two OR if you want to make it for someone who doesn't want the usual heavily sugared version. ENJOY!!

## Above All Things



Health!!

Over the last almost two years, we have all come to really appreciate what it is. And, as we enter the Holiday Season, the staff at Lifestyle Therapeutix wants to remind you that God's greatest wish for us is that "you prosper and be in health".



Exactly what is Health? Scientists describe it as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." And, due to choice and life's circumstances, our health status can be in flux.

In the Bible, several definitions for health are recorded when you look up the word in Hebrew or Greek.

**Genesis 43:28 - shalom** - Completeness, soundness, welfare, peace, tranquility. peace of human relationships; with God especially in covenant relationship

**Psalm 67: 2- yeshuw'ah** - Salvation, Deliverance, Victory

**Proverbs 16:24 - marpe'** - Healing, Remedy, Curative, Medicine

**Acts 27: 34 - soteria** - Deliverance, (from the molestation of enemies, the soul's safety) preservation, safety, salvation, future salvation-when Jesus comes, rescue, save.

**3 John 2 - hygiaino**

To be sound, to be well, to be in good health.

Of Christians whose opinions are free from any mixture of error.

Uncorrupt - true in doctrine

Of one who keeps the graces and is strong. sound, whole, wholesome, safe.

*Did You Know?*



- Improves Digestion
- Treats Arthritis
- Regulates Diabetes
- High in Anti-oxidants

**CUGH Cooking School is available on several Venues.**

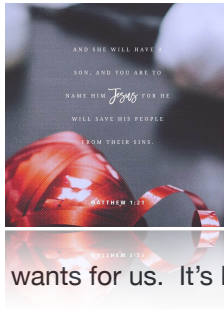
- Online LIVE!!!
- Lifestyle Therapeutix Kitchen
- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube
- Instagram Wellness Wednesdays



**Order a copy of our eBook Still Cookin' Up Good Health Available on our WEBSITE**

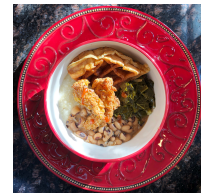


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Reading though those definitions, you have to think, how awesome our God, The Great Physician is. He wants us to have more than physical health. He wants us to be at peace after tragedy, have victory, use words to heal, stay safe, be delivered from the molestation of our enemies, be whole and be free from any errors as we form our opinions. That's what He wants for us. It's His greatest wish for us.

As we enter the Holiday Season this year, we are all struggling with the fallout of COVID. And, while we are trying to restore some sense of normalcy, it will never be like it was before. But, we can still individually aim for God's greatest wish for us.....that we prosper and be in health.



That will likely mean we will have some choices to make. But, if health is the outcome, it is well worth it. And, if you are close to or have reached that goal, be a blessing to someone who is still striving. It could be sharing a meal with someone else, volunteering for those in need, making homemade holiday gifts, re-purposing monies to benefit others in greater need than you. It could also mean facing

the hard truth about some situations in your or your family's life and dealing with them. Things get better in the sunlight!! Or, it could be that every day for the rest of your life, you will make a choice - commitment to doing something for better health.



If you need them, we've got plenty recipes for your Holiday Gatherings on our YouTube channel and in the recipe books on our website. All of the patients who are including them in their

diet plans are feeling so much better. A great step on your Journey to Better Health. Oh, and sweet potatoes are abundant now.

If you are in need of any type of Physical Therapy care, we are here to serve you. If you are in need of

**RELIEF** from **Neuropathy - Peripheral Neuropathy, Diabetic Neuropathy or Chemotherapy Induced Peripheral Neuropathy,**

**CALL TODAY!!!** We can bring relief and end your suffering!! It's our specialty. We'd love to serve you and radically change your life!! Give us a call. Ms. Garry will get you scheduled!!  
**Call TODAY 256-704-2352**



**Happy Thanksgiving. Happy Hanukkah. Merry Christmas. Happy Kwanza. From the Staff at Lifestyle Therapeutix.**

**REMEMBER - IT'S YOUR HEALTH**

