

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



This Year we are Celebrating Healthy Living. And, we're encouraging you to make healthier choices to help you make it through the challenges that we know lie ahead.

Whatever you want to improve
YOU CAN DO IT!!
Tips for Success

1. Make a **PLAN**
 1. It helps to keep you focused
2. Find a **PARTNER**
 1. It provides accountability
3. Pile on the **PLANT FOODS**
 1. They are full of fiber and disease fighting phytochemicals which help with gut biome that impacts EVERYTHING!!
4. Celebrate your **PROGRESS**
 1. It gives you the feeling of success and minimizes your failures.
5. Plug into the **POWER**
 1. Depending on the power of the Creator helps you realize that you can do all things through Him who strengthens you.

LETS GOOOOOO!!!

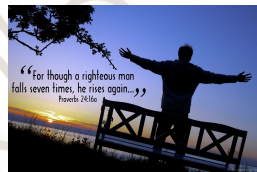


The Gift of New Beginnings



IT'S HERE!!
2022 IS HERE!!

Millions didn't make it, but you are one of the ones who did! There's no real way to explain all that has happened over the last 2 years. It seems that as soon as you get over one thing something else happens. And, I'm convinced that COVID is here to stay. As I write this, the reports are that Omicron is everywhere, is more contagious and has over 50 mutations.



So, what do you do?
Begin Again. Proverbs 24:16 says Get Up! No matter what has happened, 2022 gives us a chance to start again. And, if you're here, you have a chance to start again. Take a look at our Recipe for Better Health for tips you can use as you start the year.

If, being healthier is one of your goals, we'd love to help. Over this last year we have witnessed **MIRACLES** in several of our patients as they made better choices on their health journey. They decided to make some new choices, begin again and boy were they rewarded!!

Mr. Willie had been put on dialysis, and was told it would be for the rest of his life. Because he believes in God and in the value of healthy choices, he got busy making them including embracing a totally plant powered diet. And, guess what?!?! **His kidneys healed and he is OFF dialysis!!!**



Ms. Delores came to us for physical therapy. As we shared with her the value of making healthier choices to help in her recovery, she let

Did You Know?

AS WE AGE, AN ACTIVE LIFESTYLE + REGULAR EXERCISE = BETTER BRAIN FUNCTION



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

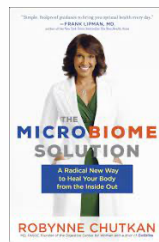


Call us TODAY for all your Lifestyle Physical Therapy needs!! We'd love to care for you Lifestyle Therapeutix Where Circulation Means Health!

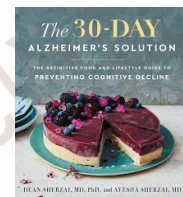
us know that she needed to lose some weight, was tired all the time, was being scheduled to go on to dialysis and the doctors were quite concerned about her endurance levels. Well, when we told her about Mr. Willie, she decided to go all in on the lifestyle changes. And guess what?!?! Dialysis cancelled. She shocked the docs with her endurance on the stress tests. She has lost about 20 pounds. Iron levels up. She feels great and is loving her new way of life. And, she did it during COVID!! We look forward to her update visits.



We also had a chance to attend the American College of Lifestyle Medicine Annual Conference this year and heard some amazing presenters. If you're looking to add some good reads this year here are a few we recommend. These physicians are doing the research and changing lives!!



What we put into our bodies impacts the microorganisms in our guts that literally affects immunity, weight, IBD, mental health status and so much more. Robynne Chutkan, MD is watching her patients health turn around as they began to understand the value of plant foods to creating a healthy gut - both preventively and therapeutically/restoratively. Her books include *The Microbiome Solution* and *Gut Bliss* and provide clear explanations of how you can change your health by changing what you eat.



Dean Sherzai, MD, PhD and Ayesha Sherzai, MD, MAS are doing some amazing research at Loma Linda University, around how to prevent cognitive decline by eating healthier as they co-direct the Brain Health & Alzheimer's Prevention Program there. Their cookbook *The 30 Day Alzheimer's Solution* is a companion to their book *The Alzheimers' Solution*. It's full of recipes, including some with beans, that are helping to reverse cognitive decline and restore mental clarity. And, their teenage children are fully on board with the lifestyle/diet and have books of their own.

The staff at Lifestyle Therapeutix is believing God for a year where you will be able to prosper and be in good health. It's a year of New Beginnings!! If we can be of assistance, let us know. And, 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**



REMEMBER - IT'S YOUR HEALTH

