

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



GARDEN FRESH

Basil Pesto

- 2-3 cups fresh basil leaves
- 2 cloves garlic
- 1/4-1/2 cup pine nuts
- 1/3-1/2 cup olive oil
- 1/4 cup non-dairy grated Parmesan cheese
- salt, optional

Place all ingredients into food processor and blend until smooth. Taste and add optional salt.

Serves 6-8

Pesto Pasta

- Water
- 1 pound package whole grain OR gluten-free pasta
- Optional salt

Fill a large pot with water and optional salt. Bring to a boil and add pasta. Cook until tender. While pasta is cooking, prepare pesto. When pasta is done, place in a large bowl. Save some of the water for mixing. Add pesto to warm pasta and toss with tongs. Add some of the boiling water to aid in mixing. Continue to toss and add water till desired consistency. Adjust seasonings. Garnish with basil leaves. Serve. **Serves 8.**

VARIATION: Add grilled or oven roasted veggies of your choice.

Seedtime and Harvest!

Over the last year, many Americans have discovered or rediscovered an interest in gardening. Some are driven by the impact of COVID, others are looking to have more control over the food they eat - making sure it's organic/nonGMO and some just want to get back in sync with Mother Earth.



For most of the 37 years of our marriage, Eddie has had a garden for our family. I fool around more with herbs and picking the fruits of his labor to cook or preserve. This past year, we planted some extra for our patients and were able to share the bounty with them.

No matter where you live, if you have a sunny window, a patio or deck, some pots, a raised bed, a small plot of land, a community space or acreage, you can ALWAYS plant something. And, gardening can be a year round experience that blesses your table.



Once you have your space, decide on the grading method you will use. For years tilling was our preferred method. In recent years, we've used the Back to Eden method which utilizes the way nature grows. It's less labor intensive and saves the worry of watering.

<https://www.backtoedenfilm.com/#/>

After you've prepared your space, it's time to fill it up!! We choose the



foods we love to eat most. And, do both a summer and winter garden. I choose the herbs I love, parsley, sage, rosemary, basil, pineapple sage, dill, peppermint, thyme, oregano and garlic. I actually started in pots on my deck/patio and now do a combination of deck/patio and garden. Last year, I even dried some out to use later in the year.

Did You Know?

BASIL-oils are anti-inflammatory and anti-bacterial, gives symptomatic relief to arthritis and inflammatory bowel, fights pathogenic bacteria like staphylococcus; inhibits cancer cell growth.



CUGH Cooking School is available on several Venues.

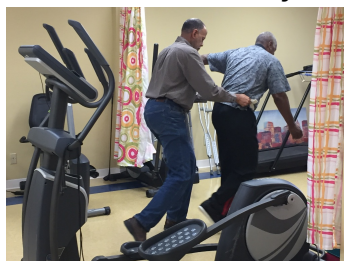
- Online LIVE!!!
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- Lifestyle Therapeutix - YouTube
- Instagram Wellness Wednesdays

Order a copy of our eBook Still Cookin' Up Good Health



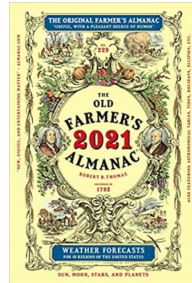
Available on our WEBSITE

Call us TODAY for all your Lifestyle Physical Therapy needs!! We'd love to care for you



Where Circulation Means Health!

We love to eat all kinds of greens, broccoli, cauliflower, brussel sprouts, varieties of potatoes, squash, varieties of tomatoes and peppers. We've tried corn and strawberries and blueberries. And, we would have hundreds of peaches if the squirrels didn't strip the tree. Recently, we have added okra and beets and green beans and lima beans and black eyed peas. And, if loved ones have requests, we will throw in a seed or two for them.



When gardening, get to know what grows best in your region by checking out the <https://www.farmersalmanac.com> It will be full of helpful tips and guide you to what's best for the ground YOU walk on. And, remember, hardy foods like cruciferous vegetables which grow year round, are especially sweet and tender after the frost hits them. YUMMY!!!

The temptation to eat up everything from the garden in season can be overwhelming, BUT if your garden produces plenty, share some with your neighbors and save some for later. Freezing, drying, canning are all great options depending on your skill level and available equipment. If you're planning to can though, do not wait to get your jars. 2020 brought everyone back to basics and they are in high demand!!



A great resource for Food Preservation Information is your Local County Extension Office. My work with The GA Extension Service yielded my most favorite resource "So Easy to Preserve." Be sure to visit their website that is packed with great information. <https://setp.uga.edu>

And, finally, don't forget about flowers. In addition to beauty and aroma, they often pack health benefits as well, many are perennials and are a beautiful addition to a summer table. **Cause, after all, it's YOUR Health!! Happy Gardening!!**

