

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



ALL THE FLAVA

Whether you are making greens, beans or cabbage, when you decide to eat healthier options, you do NOT want to sacrifice on FLAVA. The items above are key to making healthy food taste good. Most are available at your local grocery store, some at the health food store and others online. Check out your community offerings, get you some and then get to Cookin' UP Good Health!!

Southern Collards

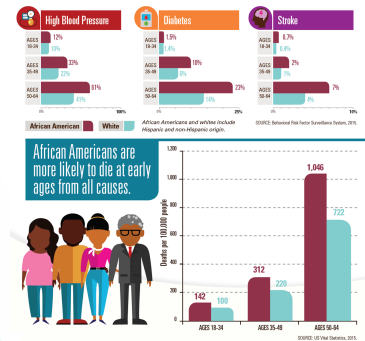
- 2 pounds collard greens
- Olive oil
- 2 small red onions, finely chopped
- 2 garlic cloves, crushed
- 1-3 cups vegetable broth or water
- 1 T. NO MSG-McKay's Chicken Style Seasoning or more to taste
- 1 red bell pepper, seeded and sliced

Bakon Seasoning to taste (optional)

Sort and wash collards. Strip leaves from stalks and thinly cut. In large skillet or saucepan, heat some olive oil. Sauté the onions until lightly browned. Add garlic and stir fry one to two minutes. Add greens, and water/vegetable broth. Mix well. Over low heat, cover and cook until almost tender. Add chopped red bell pepper and continue cooking till done. (**Bakon Seasoning** gives the greens that traditional, down-home, smoked flavor). **Serves:4-6**

The Health of Black Folk!

As we move into year two of COVID and its effects on our lives, Black Folk and their health have been at the short end of the stick regarding cases and the outcome of those cases. Once again, we are faced with the reality that when white folk catch a cold, Black folk get pneumonia. In addition to contracting COVID and dying at higher rates, Black folk are already at a disadvantage because of underlying conditions or comorbidities like hypertension, diabetes, heart disease, obesity that complicate things. And, this year we have also clearly been reminded of the always present risk factor of racism and how it impacts all aspects of our lives.



As I walk through this experience with my people, I am reminded of a song that Richard Smallwood recorded called “ Facts Are, Truth Is”. Replace Your Facts with the TRUTH! It’s a great reminder that we don’t confuse facts with the truth and these COVID times are a great time to be reminded of those words. So, as we celebrate Minority Health Month during April, be encouraged by the following:

TRUTH IS: God's greatest wish is that we prosper and be in good health (3 John 2). And, when we are sick He is the God who heals us of all our diseases (Psalm 103:3) Do NOT claim/accept the facts about the incidence of morbidity and mortality that is recorded and stated as an irreversible fact.

TRUTH IS: The curse causeless shall not come (Proverbs 26:2). COVID nor any of the health conditions that disparate our health came up willy nilly. There are risk factors including our own choices and behaviors that increase our chances for getting certain health conditions, especially the lifestyle diseases. Eating, drinking and doing things that don’t bring health to these body temples will yield the outcome we experience. Make a conscious choice to get rid of things that you know don’t promote health. I don’t need to make a list, you know what they are. And, if you’re in the valley of decision regarding the COVID vaccine, do your research and make your decision. Whatever you decide, making healthier lifestyle choices can provide the body’s immune system with the power of protection





Collards, cabbage and kale provide compounds that help support the detoxification of toxic substances from the body.



CUGH Cooking School is available on several Venues.

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

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Where Circulation Means Health!



that it was designed to give you. Folk who die of COVID actually die from the inflammation. Making choices that will reduce inflammation in the body can go the distance for COVID and the other diseases that plague our community.

TRUTH IS: *In this world you shall have tribulation, but be of good cheer, I have overcome the world (John 16:33).* As I have watched the bold and unyielding spirit of racism be inflicted and defended this year on people of color, my soul cries out “Nobody knows the trouble I see.....” And while the research documenting the effect of racism on health and survival is mounting, those who are controlled by its spirit are not letting up. Kinda makes you feel like Mordecai or Daniel who were intentionally targeted because of who they were.....their “otherness”. Yet, right there in the midst of their stories, in the midst of people set on harming them, they found perfect peace. And, God promises to keep us in perfect peace, when our minds are stayed on HIM!!! (Isaiah 26:3)

TRUTH IS: *The leaves of the tree are for the healing of the nation. (Revelation 22:2)* The use of plant foods and herbs that were designed by the Creator are turning out to be some of THEEEEE best tools for healing of the body, mind and spirit. And, many of the cultural Soul Food that we have consumed for generations, aren't bad for us. It's the way they are prepared. Take a good look at your eating patterns and see how you can add more plant foods. Season them with healing herbs and sip on some ginger/mint tea and watch how your body responds. The calvary is NOT coming for us. Some of the solution to better health for Black Folk, lies squarely in the foods we eat.

TRUTH IS: *Come now and let us reason together saith the Lord. (Isaiah 1:18).* I'm amazed at how hard it is for Black folk to go for therapy. We often focus on the miraculous healings Jesus did. But, have you ever given thought to how many times He reasoned with the people He healed.....The Woman at the Well, Zaccheus, The Rich Young Ruler, Nicodemus, The Woman Caught in Adultery. He offered them a chance to face the FACTS about their lives and walk in TRUTH. That was their miracle. They had to do the work. These times we are living in are testing us at every level. Find some help. Get you a counselor/therapist who you can reason with and find strength and hope for this part of the journey. It's a decision you won't regret.

TRUTH IS: *And in various places plagues and famines. Luke 21:11.* Before leaving this world, Jesus told his disciples what would happen before He returned. In verse 28 of that same chapter He says, when you see these things occurring, Look UP, for your redemption draweth nigh!!! HOLD ON!!! Be of good courage!! Deliverance is on the way!!

Remember, **IT'S YOUR HEALTH!!!**

