

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



Veggie Mushroom Beef Stroganoff

Olive Oil
 1 bag Whole Wheat Bowtie Pasta
 1 bag Veggie Beef
 1 Onion, diced
 1/2 bag frozen Green Peas
 1/2 container Tofutti Better Than Sour Cream
 1-4 cups sliced Mushrooms
 1-2 teaspoons parsley flakes
 Bragg's Liquid Aminoes to taste
 Kitchen Bouquet Browning Sauce to taste
 McKay's Chicken Style Seasoning

Sauté onions and veggie meat in small amount of olive oil. Add pasta and about 2-4 cups of water. Cook until pasta is almost tender. Add green peas, sour cream and mushrooms. Season to taste. Continue cooking till done. Adjust seasonings as necessary. Serve. Great with salad, glazed carrots and bread.

Serves 6.

Starting at the HE RT of things!

2020 was a year of unexpected events and happenings. From the beginning, with the onset of the coronavirus, that lasted throughout the year, to the most controversial Presidential election in modern history. It has not been dull, to say the least.

With 2021 not looking like it was going to be much better, it's time to step back and take stock about what you *can* do for yourself, by choosing to make healthier decisions. No matter the political climate, whether you are Democrat or Republican, Liberal or Conservative, Moderate or Independent, you can choose to be healthy.



At the same time that we are looking at starting the year with a **BANG**, we want to bring in a topic that is near and dear to all of us...our **HEARTS!** Combining these two healthy topics can help us take care of *two* for the price of *one*. For, everything that you should do to take of the ticker in your chest, is what is necessary for starting the year out with a bang...or should I say, a lub/dub!

The American Heart Association (AHA) tells us that for the first time in fifty years, their report includes statistics from around the world. Merging heart attack and stroke rates from the united states at one hundred ninety countries around the world. They report that 17.3 million deaths occurred from heart attacks last year around the world. (1)

According to the AHA, the **BEST** way to take care of our hearts is to do three things (2): 1. **Eat Smart**, 2. **Move More**, and 3. **Be Well!** As we said, we are combining heart health and a new years beginning together, and that's exactly what we have done. Those are the same three things we recommend for you to do as you start your New Year out right.

Eat Smart: A healthy diet consists of an abundance of fruits, vegetables, whole grains and nuts. That's right a plant-based diet. That's not only good for your body in general, its especially great for "" health! With cholesterol and saturated fat being the main culprits in heart disease from animal products, a whole-food, plant-based





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- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube
- Instagram Wellness Wednesdays @stillshoutin
- **Order a copy of our eBook STILL Cookin' Up Good Health! Available on our WEBSITE**



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

Where Circulation Means Health!

diet tops the list.

For those who are not ready to take that big step, we recommend cutting your flesh meat intake by 50%, which will decrease the harmful cholesterol and saturated fat in half. We also recommend making the transition from dairy to the many non-dairy alternatives that have *ALL* the flavor you want and no negative effects of dairy.

Move More: The AHA, along with the World Health Organization (WHO), recommends 150 minutes of moderate exercise per week, which translates to 30 minutes per day five days per week. Now, that activity can be any number of things that are a part of our every day experiences. Raking the leaves, washing the car, walking the dog, cutting the grass, instead of paying someone to do it. It means doing something other than sitting on the sofa.



This is just at home. Other ways to get in exercise throughout the day is parking further from the store, walking up and down steps at work or riding your bike to work if you can.

The idea that the gym is the only place where you can exercise is false. Getting exercise or increasing your movement can be done in many ways. In fact, the staff at Lifestyle Therapeutix would prefer that your exercise be done outside in the fresh air and sunshine

Be Well: Along with eating well and being active, real health includes getting enough sleep, practicing mindfulness and managing stress. This is the aspect that rounds out your healthy lifestyle. Especially the ability to handle stress. Nothing gives us the ability to handle the stresses of life, then a living relationship with the Creator of this wonderful mechanism called the human body. 1 Corinthians 6:19, 20 reminds us that our bodies are the temple of God, that we are not our own, but simply stewards.

There are several African-American Cardiologists you can learn from, this Black History Month, who specialize in treating heart disease from a whole-food, plant-based protocol along with the conventional

- **Columbus Batiste, MD** (3), he is the Chief of Cardiology at Kaiser Permanente Riverside and Moreno Valley Medical Centers COE of The Slave Food Project www.slavefood.org
- **Baxter Montgomery, MD** (4), the founder and president of the Houston Cardiac Association, and...
- **Kim Allen Williams, MD** (5), Rush University Medical Center in Chicago, where he is the head of the cardiology department

1. <https://www.heart.org/en/news/2018/05/01/american-heart-association-statistical-report-tracks-global-figures-for-first-time>
 2. <https://www.heart.org/en/news/2018/05/01/american-heart-association-statistical-report-tracks-global-figures-for-first-time>
 3. @healthyheartdoc
 4. drbaxtermontgomery.com
 5. Rush University Medical Center

