

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



Momma's Okra, Corn, Tomatoes

2 tablespoons olive oil
 1 large onion, thinly sliced into rounds
 2 bay leaves
 ½ teaspoon each thyme and basil
 1 large green bell pepper, seeded and finely diced
 3 large, fresh, vine-ripened tomatoes, chopped
 2 cups fresh corn (frozen will also do)
 2 cups small okra pods, left whole or cut into ¼ inch rounds
 ½ cup water or more if desired
 Salt, McKay's NO MISG Chicken Style Seasoning to taste

In a large iron skillet or heavy pan, heat olive oil and add onions, bay leaves thyme and basil. Sauté; and stir until onions are limp. Add bell pepper and continue cooking until onions are translucent. Add tomatoes, okra, water and seasonings. Reduce heat to low and simmer uncovered for 15 minutes, stirring occasionally. Add corn and cook 5 minutes longer. Taste, adjusting seasoning if needed. Serve hot in a bowl with cornbread or over brown rice.

Serves 6



The Stress of it All!!!

The dangers of smoking, drinking, illegal and prescription drugs, lack of exercise are at the top of the list of things you want to avoid, if a higher quality of life are what you seek.

On the other end of the spectrum, we are all aware that eating a balanced plant based/vegan diet, drinking lots of cool, clean water and getting a moderate amount of exercise three to five days a week, are a recipe for success, if a healthy lifestyle is what you are seeking.

There are more than enough healthcare professionals, personal trainers, cooks and helpful family members around to help you gain the level of health you desire.

But, there is one thing that seems to fly just under the radar, that has a significant impact on the body in so many ways...**STRESS!**

There is such a thing as good stress, called **EUSTRESS**. According to Webster, this is "a positive form of stress having a beneficial effect on health, motivation, performance and emotional well-being.

This is the kind of stress you have that feels like "**butterflies**" in your stomach before a presentation, or the excitement you get right before a basketball game. The kind of stress that makes you prepare and plan and get excited, says Tracy Boyd, the creator of stress management systems and treatments. She states that this kind of stress produces "**feel-good**" chemicals called endorphins, that relieve pain and give the body a boost. **DISTRESS**, however, affects the body in a totally different way.



It is widely accepted that the physical status of your body has a significant part to play in how your mind functions. In other words, a sick body will compromise a persons ability to process information adequately. The NIH sites an article published in October, 2013, (1) stating that depression, along with many other conditions of the mind have a strong physical component.

OKRA - is an historic, cultural food among people of African Descent. It is high in **CALCIUM** and **anti-oxidants** that fight damage to the cells damaged by stress.

ROSEMARY is anti-fungal, antibacterial and antiseptic.

BASIL is anti-inflammatory and anti-bacterial and benefits arthritis.

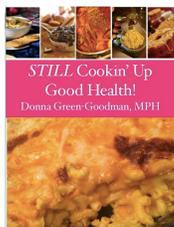
Serve up some Stress Fighting Fighting Foods today!! It's YOUR Health!!

CUGH Cooking School is available on several Venues.

- Online LIVE!!!
- Lifestyle Therapeutix Kitchen



- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube
- WAFF-48 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!

The inverse correlation, the mind affecting the body, is also true.

Harvard Sociology Professor, David Williams had a TEDtalk on that very topic, (2) where he states that racism has a significant impact on the lives of African-Americans and people of color, beginning as young as twenty years of age. He mentioned that stress has such strong effects on the lives of Blacks, that all things being equal with income and education, they have a mortality rate significantly higher than that of their White counterparts.

(Link to TEDtalk https://www.youtube.com/watch?v=VzyjDR_AWzE)



Dr. Chester Pierce, also a Harvard professor, coined the word in the 1970's, called "*micro-aggressions*" that people of color deal with every day. These micro-aggressions have a significant impact on their physical well-being.(3) Micro-aggressions are very small insinuations made by White individuals that chip away at their self-worth. Things like, where is a minorities place of birth, as if their nationality means they are not American, or how they got their job, as if them having their job was not due to their skills or education, but because of a special program, or if they are being watched or followed in a store, under suspicion of shoplifting. Comments on how well you speak or that you must be very good at math, to Asian-Americans, are micro-aggressions, they deal with constantly.

These small and seemingly insignificant verbal slights and insinuations, chip away at the self-esteem of the minority person, raising cortisol levels in their systems that begin breaking down the very essence of their bodies immune system. (4)

These are the types of stressors that people of color deal with on a daily basis. Things that the majority race know nothing about, but that the minority race have as an ongoing, perpetual drain. Although these micro-aggressions are the source of stress that never go away, maintaining a close relationship with the Creator of the universe, so these micro-aggression don't have to wreak havoc on the bodily systems.

Paul, in the book of Acts, stated that from one blood He made every nation, Acts 17:26, we are all fearfully and wonderfully made, Psalm 139:14, we are all a royal priesthood, an holy nation, 1 Peter 2:9. Finally, we are all made in God's very image and His likeness, Genesis 1:26 No one made in the image of God can be cheapened or defamed, no matter what another person may say. Someone saying that a BMW is worthless doesn't make it so. When all is said and done, the last shall be first and the first shall be last, (Matthew 19:30) we will all be changed in a moment, in the twinkling of an eye, to be like Him. 1 Corinthians 15:52-57.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3866391/>
2. https://www.ted.com/talks/david_r_williams_how_racism_makes_us_sick/up-next?language=en#t-1095913
3. <https://www.apa.org/monitor/2009/02/microaggression>.
4. <https://thewalrus.ca/how-racism-affects-your-health/>
5. <https://www.ncbi.nlm.nih.gov/m/pubmed/11763300/>, <https://www.google.com/amp/s/www.wired.com/2016/07/physical-damage-racism-inflicts-brain-body/amp>,

And, be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. Ephesians 4:32