

# IT'S YOUR HEALTH

*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*

## Recipe for Better Health



**Our Son LOVED to eat these to start his day when he was a child.**

### Ivey's Breakfast Burritos

½ -1 roll Gimme Lean Sausage or your favorite vege sausage  
 1/3 cup each of red, green, yellow, orange bell pepper  
 1 can black beans, rinsed and drained  
 1 recipe simple scrambled tofu or Just Egg Scramble  
 1 package taco seasoning mix  
 10-12 flour tortillas-whole wheat

In a skillet, brown sausage. Add veggies and sauté. Add beans and simple scrambled tofu. Season to taste with taco seasoning mix. Spoon about 1/3 – ½ cup of mixture into warmed tortilla. Serve with optional grated nondairy cheese, sour cream and salsa! Yum Yum!! **Serves 6-8**

### Fruit Smoothies

½ banana  
 5-6 strawberries  
 1 strip of fresh pineapple  
 ½ cup their favorite milk or juice  
 Honey and their favorite flavoring  
 Blend ingredients until smooth and serve.

**VARIATIONS:** Experiment with their favorite fruits – mango, blueberry raspberry, fresh peaches.

*(continue on back)*



## Have the Healthiest Year EVER!!!

No matter how much fun the summer has been with the little darlings, EVERYONE is excited about the first day of school. I clearly remember the excitement of our son. And, even as he got older and he tended to hide his excitement, you always knew that there's just something about that First Day!!

Adjusting to all of the new friends and assignments and routines, can be overwhelming, IF you don't have a plan. Here are some foolproof tips to add to your school routine that are certain to make the journey sweet and keep the kids healthy all year long. Here's to a Healthy, Happy School Year!!

### 1 - Faith Foundation

***All your children shall be taught of the Lord and great shall be the peace of your children. Isaiah 54:13***

Begin and end each day with some time with God. Whether it's reading a thought and praying or playing scriptural/inspirational cds/dvds on the way to school. It will place a sacred hedge around your children of guidance and protection. It also starts a habit for them for a lifetime.



**2 - Good Day Starts the Night Before**  
***When thou liest down, tho shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet. Proverbs 3:24***

If you want them to have a great day, get them in the bed early so that they will get the 10-12 hours of sleep they need for developing bodies. EVERYTHING goes better on tomorrow when they are well rested.

### 3 - Break the Fast

***Blessed art thou.....when thy princes eat in due season, for strength and not for drunkenness. Ecclesiastes 10:17***

Eating a good breakfast is the BEST Way to Start the Day! Children who do have more energy, better focus and concentration and less illness. Choose more whole foods that are



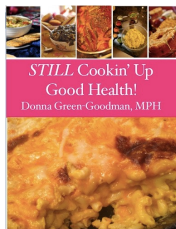
**\*When fruit is in season, you won't even need to add a sweetener. And, if fruit is frozen smoothie is thicker! Just like a milkshake!! You can also make ahead and freeze into ice-pops!! Yummy!!!!**

**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!**

**October is Breast Cancer Awareness Month**

**#imasurvivor**



full of health enhancing phytochemicals. And, while pancakes are great with pure maple syrup, if they like collard greens and cornbread, let them have it!

**4 - Get to know the teacher  
Train up a child in the way he should go.  
Proverbs 22:6**



Teachers are with your child for 6-8 hours during the day. Some children have multiple teachers with different expectations. Get to know them and what they're expecting from your children. If you need to and are able, get them with a teacher that's best for them.



**5 - Be clear on expectations vs. child's abilities  
For I know the plans I have for you....Jeremiah 29:11**

Once I realized my child's learning style and interests, education was easy. Sometimes, they're bored, do better in small groups, may have dyslexia. Get to know how your child learns and watch them thrive!

**6 - Don't over commit  
Every man that striveth for the mastery is temperate in all things. 1 Cor. 9:25**



When you pick up the little darlings from school instead of rushing to all those after school activities, community commitments and things you dreamed of them doing, get them fed and spend some time with them. It will change everyone and reduce stress levels.



**7 - Plan time for fun and fitness  
A merry heart doeth good like a medicine.  
Proverbs 17:22**

A substantial body of research explains why we remember things that make us laugh, such as our favorite, hilarious high school moment or the details of that funny movie we saw last weekend. Neuroscience research reveals that humor systematically activates the brain's dopamine reward system, and cognitive studies show that dopamine is important for both goal-oriented motivation and long-term memory, while educational research indicates that correctly-used humor can be an effective intervention to improve retention in students from kindergarten through college. In a study done at the University of British Columbia, researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Resistance training, balance and muscle toning exercises did not have the same results.



**Remember "It's Your Health!"**