

# IT'S YOUR HEALTH

*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*



## Recipe for Better Health

### Nature's Penicillin

1 medium orange  
1 small pink grapefruit  
1 large lemon  
1 large lime  
1 medium onion, peeled  
5-6 cloves garlic  
3-4 strips fresh pineapple  
Pineapple juice  
Fresh Ginger - Optional

Wash all ingredients well. Cut citrus fruits into eighths and place pieces, **including skin**, in a powerful blender. Add onion, garlic and pineapple strips. Add enough pineapple juice to make it easy to blend. (you may need to make in small batches if you are using a regular kitchen blender to avoid burning out the motor). Blend until smooth. Drink between ½-1 cup at a time 3-4 times a day. Watch those germs go bye-bye!!!



## PHYT for Your Life!!!

In the current environment of the Coronavirus Crisis, millions of people are literally fighting for their lives. One of the greatest resources to assist in that fight are some chemicals found only in plants. **Phytochemicals** are biologically active chemical compounds that occur naturally in plants. (Phyto means “plant” in Greek).

Phytochemicals are the molecules responsible for the color and organoleptic properties (properties affecting the organs and the senses). For example, the deep purple color of blueberries and the smell of garlic. The term is generally used to refer to those chemicals that may affect health, but are not established as essential nutrients.

Scientists estimate that there are **HUNDREDS OF THOUSANDS** of different phytochemicals that are considered beneficial in the prevention of chronic diseases such as cancer, stroke, and heart disease. And, they are helpful in building the body's immune system.

You may be familiar with words like carotenoids, flavonoids, lycopene, allicin, sulforaphane, phytoestrogens, flavones, isoflavones, quercetin, etc. These are examples of the “phytochemical” compounds found in foods that act to protect our health. Here is what they do!

Although certain phytochemicals are available as dietary supplements, research suggests that their health benefits are best obtained through the consumption of whole foods.



Everything the plants have that you want.



**CUGH Cooking School is available on several Venues.**

- Online LIVE!!! Facebook and Instagram
- Lifestyle Therapeutix Kitchen
- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube



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**Where Circulation Means Health**



**PINEAPPLE** has been identified as a major anti-inflammatory. Bromelain seems to be the secret. In addition, excessive coagulation of the blood and certain types of tumor growth have been benefitted by pineapple.



**TOMATOES** are so delicious and come in a number of varieties. The popular phytochemical lycopene has been shown to benefit breast and prostate cancer. They help to reduce heart disease risk and are an excellent inflammatory. Benefit is best when eaten whole. Phytochemical benefit improves when heated.



**BROCCOLI** is a source of sulforaphane, a powerful phytochemical that fights prostate, breast, ovarian, colon and bladder cancer. It also improves the body's detoxification process, is anti-inflammatory, improves digestion and helps reduce LDL-cholesterol.



**APPLE** skin contains *Maspin*, a tumor suppressor gene that has been shown to have tumor suppressor, anti-angiogenic, and antimetastatic properties in both breast and prostate cancer cells. The tumor cells found a way to turn this tumor suppressor gene off, and apple peels apparently turned it back on. That will keep the doctor away



**BLACK RICE** is anti-inflammatory, fights to lower blood pressure, decreases risk for cancer, heart disease, good source of protein, good source of iron, It's bran contains high levels of phytochemicals making it an amazing functional food.



**GINGER** is also known for its anti-inflammatory benefit. It is a popular source of anti-nausea relief is immune-boosting. Some studies show it acts powerfully in inducing ovarian cancer cell death and may inhibit the growth of colon cancer cells.

**READY TO PHYT FOR YOUR LIFE?  
Remember, "It's Your Health!"  
#phytforyourlife**