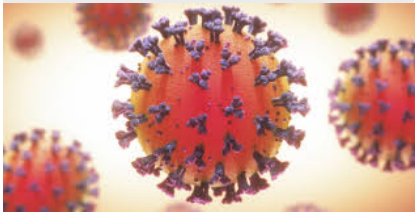


# IT'S YOUR HEALTH

*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*

## Recipe for Better Health

**WE ARE OPEN AGAIN**



As Lifestyle Therapeutix resumes care for patients, **SAFETY** is our first priority. We welcome your initial evaluation or referral. To put you at ease, we have added the following precautions:

- Patients are seen on an hourly basis so you are not exposed to others. You need to arrive on time.
- We are currently unable to accommodate anyone other than patients in the treatment area/ gym.
- Patients and office staff must wear a mask of some type.
- Temperature will be taken on all patients upon entry to the clinic.
- All patients are required to sanitize their hands with hand sanitizer before entrance into the treatment area.
- Staff will continue to sanitize equipment after each patient use/treatment.
- Staff will sanitize clinic twice per day.

**#cominoutofcovid**



## SAVE SOME FOR LATER

One of the really interesting outcomes of COVID19 has been a serious resurgence in Food Preservation. I didn't realize it until I just happened to be looking for a water bath canner and discovered the store I was in was sold OUT. They were even sold out online.

My first introduction to food preservation was via my mom when we lived in South Jersey. Seems Birds Eye got their produce from farms there. She found out how to get some through gleaning and u-pick and off we went to stock up and store. Our neighbor taught us how to make jelly. But, we froze the produce and thoroughly enjoyed it later in the year.



While working as a Home Economist for the GA Extension Service, I was trained by the **BEST** dietitians/home economists in Food Preservation. They wrote the original book *So Easy to Preserve* which is like a Food Preservation Bible. Don't

know if you're planning to preserve anything. Here are some tips to help you if you are.

### Water Bath Canning

Is probably the easiest way to can BUT it only works for foods that are high in acid like fruits and tomatoes and pickles. Food is placed in jars and boiled/processed in water for recommended amount of time, which kills bacteria. That blue pot is historically used, but there are others on the market.



### Pressure Canning

Was the most challenging for me because of the risk associated with being sure that pressure is reached and temperature is cooled without an explosion. My mother-in-law and her mom were old school and used it successfully. It is for low-acid foods like veggies. And, the pressure





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**Where Circulation Means Health**

process helps to kill bacteria like botulinum toxin that can kill you!!! Some models use weights and others use a pressure dial gauge.

**Freezing**

Freezing works for most all foods. Texture changes in some things like peppers make them better used in soups and gravies if you freeze them. The primary risk associated with freezing is losing power, which if not caught in time can cause a great loss of time and money invested.



**Dehydrating**

Dehydrating or drying foods is another great way to preserve. There are a variety of dehydrators on the market. And, you could also use the sun or your kitchen oven. Making purees into fruit leather is a wonderful project to do with children. If you grow herbs, you can dry them yourself as well.



I've decided to do some preserving myself this summer. Here is one of my absolute favorite recipes for **Peach Jam**. And, you don't need to use any pectin. Yum, yum, YUM!!

**Peach Jam**

- 4 large peaches
- 2 cups sugar/sweetener
- Juice of one lemon
- Grated ginger



Mix all ingredients in a pot. Bring to boil. Reduce heat and let simmer till it coats a spoon and is jam like. Pour into jars and process or EAT!!

**It's So Easy to Preserve**

Protect the investment you've made in your garden fresh foods. **So Easy to Preserve** has been updated and has links for demos. Visit this link for more information.

<https://setp.uga.edu>

**Happy Preserving!!**



*The Staff at Lifestyle Therapeutix has personally known people who have been stricken with COVID19, recovered or died. Our hearts ache for those who lost loved ones. This has all happened so very quickly. All of our lives have been changed in ways we will still learn about in the years to come. May God be with you and those you love.*

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

