

# IT'S YOUR HEALTH

*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*

## Recipe for Better Health



### Texas Caviar

1 can or 2 cups black beans, drained  
 1 can or 2 cups pinto beans, drained  
 1 can or 2 cups black-eyed peas, drained  
 1 can or 2 cups corn, drained (yellow or white)  
 2 cans or 4 cups diced tomato  
 OR 4 cups vinegar-free salsa  
 1 bunch green onions, chopped  
 1 bunch cilantro, chopped  
 1-2 red onions, chopped  
 1 each, red, yellow, green bell pepper, diced  
 2 small or 1 large can mild, diced green chilies  
 2-4 cups Italian salad dressing\*  
 garlic powder, cumin, salt,  
 Pepper-like seasoning, to taste

Combine ingredients in a large bowl. Adjust seasonings to taste as desired. Chill and serve with tortilla chips.

**\*Italian Salad Dressing** - 1 package Good Seasons Italian Salad Dressing Mix, 1/4 cup lemon juice, 3/4 cup water, 1/2 cup oil. Mix all ingredients well.

## Colon CA Can Happen to Anyone

Many times it takes the passing of someone famous to shine the spotlight on a disease that needs special attention. In late August, the passing of Chadwick Boseman, following a four year battle with colon cancer. He was a rising star, whose previous movies were 42: The Jackie Robinson Story, Marshall: The Thurgood Marshall Story and Get On Up: the James Brown Story. But, he is most famous for his portrayal of King T'Challa/The Black Panther.



His death took the world by total surprise for several reasons: 1-His family and those closest to him keep it completely private, letting no-one know about this battle, through several surgeries and many rounds of chemotherapy, and 2-He was such a young man...43 years old.

The American Cancer Society (ACS) recommends colon screening should begin at 55, (1) so for Chadwick Boseman to have contracted it and died at the young age of 43 was unheard of. How can we make sense of this surprising and sad story? Let's start at the very beginning. The same ACS places colon cancer in two risk categories: things you can change and those you can't.



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Risk factors you can't change that impact you are: age, personal, family history, of CA, intestinal polyps and inflammatory bowel disease. Things that you can change are the following: being overweight, physical inactivity, your dietary habits, smoking and drinking alcohol. 1

Of the risk factors that can be changed, two of the most important are increasing physical activity and proper diet. The Imperial College of London produced a study showing the efficacy of a plant-based diet on gut bacteria and colon cancer markers. They had two groups of 20 study participants, one group from indigenous rural South Africans and African-Americans. The South Africans ate a diet that was essentially plant-based with little to no meats, while the Americans ate the standard American diet, (SAD) consisting of fast food and highly processed foods. More than one half of the Americans had inflammation in the colon, along with benign polyps, that were harmless themselves, but were the kind that could very easily progress into cancer cells.

They had colonoscopy examinations at the beginning and the end of the study. Upon transitioning from the plant-based diet to the SAD, the Africans began to develop colon inflammation and had a significant negative changes in gut bacteria. In contrast, the African-Americans, who had the colon inflammation and inferior gut bacteria, showed a complete reversal in those abnormal color biomarkers. All of this took plant within a two-week time period.



Not only were the changes significant, they were very surprised at how quick the colon changes were, with only dietary being the difference in each case. The rapidity of the changes were also very startling. This shows that not only is a plant-based diet good for the prevention of colon disease, it is also excellent as a treatment regime if active cancer markers are present.

This is one of many disease processes that has been shown to have a positive effect on improving small health issues like spastic colon, to overcoming significant health issues like heart attacks and other forms of cancer.

Organizations such as "The Physicians Committee for Responsible Medicine" and "The American College of Lifestyle Medicine", have dedicated themselves to doing research and conducting studies to confirm the reality that the best diet for health and healing is a Whole Food, Plant-based diet, along with an overall healthy lifestyle. The use of a plant-based diet is not only good for the halting and reversal of colon CA markers, but it is excellent for the halt and reversal of many other chronic, lifestyle diseases, such as type 2 Diabetes Mellitus, hypertension, all forms of arthritis and many respiratory conditions.

We at Lifestyle Therapeutix understand the strong connection between diet and a health lifestyle. Check us out!! **It's Your Health!!**

1. <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>

2. <https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention/risk-factors.html>