

# IT'S YOUR HEALTH



*A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix*

## Your Recipe From Cookin' Up Good Health

For the New Year!!!



### Black Eye Pea Stew

1 pound dried black-eye peas  
1 bay leaf  
1-1 1/2 teaspoons onion powder  
1/2 teaspoon garlic powder  
1/2 - 1 tablespoon BAKON Seasoning  
McKay's Chicken Style Seasoning to taste  
1 tablespoon olive oil  
Baco Bits

Wash and sort black-eyed peas. Place in crock pot and cover with water about 1-2 inches above top of beans. Add bay leaf, onion powder, garlic powder and BAKON. Stir, cover and cook on low overnight or high for 4 hours. When tender, add McKay's, olive oil and baco bits to taste. Let simmer a little longer. Serve with cornbread. Serves 8-10

### Ethiopian Collard Greens

1 pound collard greens  
4 tablespoons olive oil  
2 small red onions, finely chopped  
1 clove garlic, crushed  
1/2 teaspoon ginger, grated



## Decisions, Decisions!

Bulbs planted in the fall, spring forth in the spring. The vision of having flowers in the spring means actions must be taken in the fall. So with health. You must first have the vision of being healthy...the vision of being in control of your health. The vision of not having to take multiple medications. The vision of feeling good all the time.

I was talking with a patient, recently, who was in his 70's and complained of having so many health problems. He said to me, "don't get old...you'll get sick and feel miserable". I said, "what if you could get older and not have the pain and need all the medication?" He said, "Oh, that would be okay then".

Some people say you should, some say you shouldn't, make New Years Resolutions. I'm a firm believer that the beginning of the year is a great time to step back, review the past, and *DECIDE* to make better choices going into the New Year. Wherever you are, along life's journey, you can always make some improvements. Health is no different.

The hardest part of your health improvement journey, is making the decision. As I began researching for this article, the web was replete with all the different methods of making a decision. The method you use is not as important as the decision itself.

Once you have made your decision to improve your health we at *Lifestyle Therapeutix* are here, ready and waiting to help you bring that decision to reality.

2 mild green chilies, seeded and sliced\*  
 1 red bell pepper, seeded and sliced  
 2/3 cup vegetable stock  
 salt to taste

Wash greens, then strip the leaves from stalks and steam in steamer for about 5 minutes, until slightly wilted. Set aside to cool, then place greens in strainer or colander and press out excess water. Using a large, sharp knife, slice the greens thinly. Heat oil in a saucepan and fry the onions until browned. Add garlic and ginger and stir-fry with onions a few minutes, then add chilies and a little stock and cook for 2 minutes. Add greens, red pepper and remaining stock. Season with salt, mix well, then cover and cook for about 15 minutes.

\*Omit chilies if you don't eat spicy foods. The flavor is still delicious



### Join Us on a Journey To Better Health FaceBook Live Class Sunday, 7:30 AM Central

There are several other ways to connect to help you make the transition to a healthier diet. Cooking Up Good Health has never been easier.

- Online LIVE!!!
- Lifestyle Therapeutix Kitchen
- Lifestyletherapeutix.com
- Lifestyle Therapeutix on YouTube



We employ Seven Simple Steps, to make your health dreams come true. They are as follows:

**1. GO TO BED!!** Every night between 9:30 and 10:00. Our bodies operate on a circadian rhythm daily. When these rhythms are ignored, sleep, appetite, heart rate, blood pressure, body temperature, certain hormones and the immune system are all affected. ***Diabetes Self-management Journal***



**2. GET TO STEPPIN!!** In addition to a major benefit to the cardiovascular system, walking (moderate exercise) also helps to protect against dementia, peripheral artery disease, obesity, diabetes, depression, colon cancer and even erectile dysfunction. And, while working out in a gym is better than nothing, outside in the **SUNLIGHT** provides your body with the only natural source of the much needed Vitamin D.

***Harvard University***

**3. PILE ON THE PLANT FOODS!!** Over the last 30 years, so much more information has been discovered and confirmed by the ***American Dietetic Association*** regarding the amazing health-benefits of eating plants. So much so that their position statement affirms a well-planned plant-based diet as healthful and nutritionally adequate! (***ADA, 2009***).

**4. CUT STUFF LOOSE!!! STRESS** suppresses the immune system making easier to get sick! And, for populations subject to mistreatment due to race, gender, sexual preference, religion or socioeconomic status, the impact is even greater! ***Dr. David Williams, Harvard University.***

**5. HYDRATE! HYDRATE! HYDRATE!!** Scientists believe that our bodies are 65%-78% water. It's no wonder that we need to drink plenty daily. Some recommendations are at least 1/2 your body's weight in ounces. And, with all the ways to flavor your water without adding calories/sugar you have plenty of options. But, did you know that using water externally is also beneficial to your health? A combination of hot/cold and warm water externally via shower, bath soak, or limb soak can manipulate the body's circulatory system and improve health!!

**6. TAKE A DEEP BREATH!!** According to ***Bernell Baldwin, Ph.D.***, fresh air is chemically different than the recirculated indoor air that most Americans breathe. And, quality fresh air is actually electrified. The life-giving oxygen molecule is negatively charged or "negatively ionized." Go ahead, open up that window, go outside and take a deep breath.

**7. TURN IT OVER TO JESUS!!** Study after study are recognizing the positive impact of prayer, worship, meditation and service to others on one's health. ***The Adventist Health Study, The BlueZone Project, and the work done by Greg Anderson of the Cancer Recovery Foundation***, to name a few, all link better health to a life that includes the behaviors mentioned.

So, join us, by going to our website and signing up for a FREE SCREEN, cooking class or Wellness consultation. Better yet, pay us a visit at the office. Because...***It's Your Health!!***