

IT'S YOUR HEALTH



A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Cookin' Up Good Health

Recipe of the Month



Cuban Black Bean Soup

1 pound dry, black beans
 1 large onion, finely chopped
 1 large green pepper, finely chopped
 4 large cloves garlic, finely chopped
 1 medium tomato, finely chopped
 1 ½ teaspoons, cumin, more if desired
 1 teaspoon dried oregano
 2 tablespoons olive oil
 McKay's NO MSG Chicken Style Seasoning to taste
 Salt to taste (optional)

Sort and wash beans. Place in a crockpot along with onion, green pepper, tomato, garlic, cumin and oregano. Add enough water till about 2 inches above the beans. Turn on low and cook till beans are tender (overnight works best). Add more water if necessary. When beans are tender add olive oil, McKay's Chicken Style and optional salt to taste.

Serves 8-10

Black Beans

Steadies the digestive process due to fiber and protein, regulates blood sugar, lowers blood cholesterol levels (soluble fiber), BLACK COLOR full of phytochemicals that are anti-inflammatory and anti-oxidant and protective, reduces risk of cancers, contains OMEGA 3 FAT.



Diabetes, BE GONE!

It's November, which is National Diabetes Month. **Lifestyle Therapeutix** wants to provide helpful information about dealing with a serious disease that has been afflicting millions of Americans every year.

Diabetes is the seventh leading cause of death in the United States.¹ It costs more than \$245 billion...that's with a "B", per year to treat this disease. This single disease is responsible for more blindness, amputation and kidney disease than any other disease.¹ It used to be a disease of older people, but *The American Diabetes Association* states that 193,000 Americans under the age of 20 have been diagnosed with diabetes. With those foreboding statistics, it would give you reason to think that this is a hopeless situation.

The World Health Organization, states that diabetes is caused from two main things, the body's **inefficient use of insulin**, and lack of **physical activity**.² So, it stands to reason that if we can become more efficient using the insulin the body is producing and get up off the couch and start **MOVING**, the disease of diabetes can be **reversed**, reducing the incidence of damaging side effects.

Another condition that is a complication of diabetes is called *Diabetic Neuropathy!* This condition is caused from a decrease in oxygen to the nerves in the distal extremities (finger and toes). This condition is called *hypoxia*.³ It gives the sufferers sensations like burning, numbness, tingling, pins & needles, pain, puffy feelings in the bottom

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“Beans are best for diabetes,” because “they are loaded with all-important fiber, which slows the breakdown of carbohydrates into sugars in your bloodstream, assists your body’s insulin response to glucose, and helps you burn fat faster.” They will limit the spikes in glucose levels after meals”

“Beans are a **superfood**: rich in fiber, protein, minerals, vitamins and antioxidants, yet low in fat and cholesterol free.” He mentions a study by JL Sievenpiper and associates that showed **lowered fasting blood sugar levels and A1C levels in people who ate beans and other “pulses,” as this family of foods is called.”**



Cookin' Up Good Health Holiday Recipes From The

Cookin' Up Good Health Cooking School

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DiabetesSelfManagement.com

We've got everything you need for a Vegan Thanksgiving. Click the link to our website for the download that includes links to our Lifestyle Therapeutix!! YouTube Channel! Healthy Holidays to You!!
<https://www.lifestyletherapeutix.com/s/Cookin-Up-Good-Health-Holiday-Recipes.pdf>

of their feet. Sometimes the neuropathy works its way up into the lower legs and even up to the knees.

One reason they have decreased oxygen, is that they also have decreased blood flow to their feet and toes. In the clinic where we see these patients, they complain, often, about the pain being worse at night. This is confirmed by The National Institute of Diabetes and Digestive and Kidney Disease.⁴ This makes sense, as, during the day, they are moving around quite a bit, keeping the blood flowing easily in their lower extremities. At night the circulation is significantly slowed and the pain becomes intense enough to wake them up.

The usual treatment for diabetic neuropathy is medications like Lyrica, Gabapentin and Cymbalta. These medications all have significant side effects that, many times, need more meds to counter those effects. It's a vicious circle. In addition, there are nerve blocks. All these treatments, treat the symptoms of neuropathy, not the cause, being hypoxia and decreased blood flow to the feet.

It is also well documented that the decrease in blood flow in the lower extremities is from the clogging of the arteries. This arterial blockage comes from only one thing...ANIMAL PRODUCTS!! Meat, eggs, dairy and all by-products.

At **Lifestyle Therapeutix**, we choose to treat diabetic neuropathy by dealing with the known causes of the condition... decreased oxygen and poor circulation. With a combination of physical therapy modalities that include hydrotherapy, we increase the blood flow to the feet, ankles and lower leg. With that corresponding increased blood flow comes the needed oxygen the nerves need to function at their highest level. Pain disappears, feeling and balance are restored patients have a good night's sleep.

In addition, our staff teaches the patients how to make the necessary changes in their diet, without sacrificing flavor in the least. Plant-foods help to restore damage done by diabetes. Check out our new website www.lifestyletherapeutix.com for information about our cooking classes, catering and helpful recipes. Healthy eating should taste great, and we make sure it does. #reverseddiabetes #plantpowered #cookinupgoodhealth #circulationmeanshealth #lifestyletherapeutix #pileonthepplants



1. <http://www.diabetes.org/diabetes-basics/statistics/>
2. http://www.who.int/nmh/publications/fact_sheet_diabetes_en.pdf
3. <http://www.atsjournals.org/doi/full/10.1164/ajrcm.159.1.9709051>
4. <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/nerve-damage-diabetic-neuropathies>