

IT'S YOUR HEALTH



A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Your Recipe From Cookin' Up Good Health

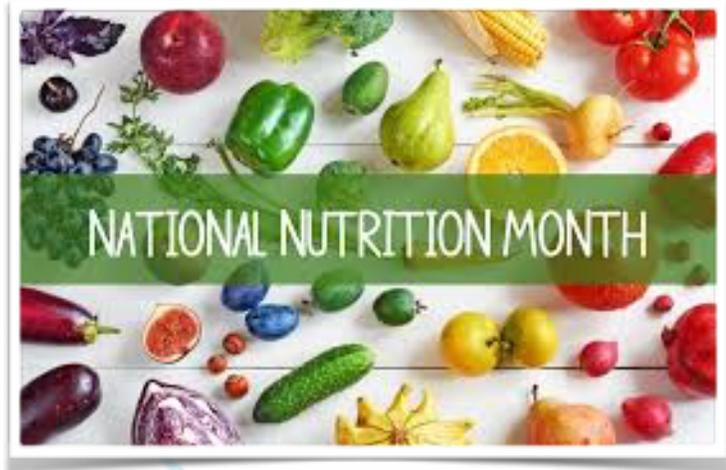
FOR YOUR JOURNEY

Judy's Slammin' Mac 'n Cheese



2 -4 cups traditional macaroni noodles
or your favorite whole grain
4 cups water
2 tablespoons Earth Balance margarine
1 tablespoon heaping, Tofutti Better
than Sour Cream
1 tablespoon lemon juice
2 teaspoons salt
1 package Follow Your Heart VEGAN
cheddar cheese, grated
½ package Follow Your Heart VEGAN
Mozzarella cheese, grated
½ package Follow Your Heart VEGAN
Smoked Gouda, grated
1/2 -1 cup Nutritional yeast flakes, or
more to taste
1/4 - 1/2 cup flour
2 cups plain soy or other non-dairy milk,
more/less to your preference
Garlic powder, Onion Powder, McKay's
NO MSG Chicken Style Seasoning,
Turmeric, salt to taste

Grate cheese and mix evenly. Boil
macaroni in the water to desired
tenderness. Drain and immediately add
margarine, ¾ of the cheese and the
sour cream. Stir, letting the heat from
the macaroni melt the margarine,
cheese and sour cream. Add nutritional
yeast flakes, lemon juice, salt, flour and
milk. Add additional seasonings to
taste. Place in a casserole dish and
add remaining grated cheese to the top.



Pile on the Plants!!!

In our Flagship Edition of the Newsletter, the connection between peak physical activity and nutrition was made very clear. Study after study has verified the fact that your diet plays a key role in how well you move. (1) With March being nutrition month, we are chose to highlight it again, with the saying, "you are what you eat", being paramount.

The type of fuel you put into your body, determines in large part how you will make it through your day. A plate full of "simple" carbohydrates, high cholesterol and saturated fats will slow your day down in the short run and decrease the bodies ability to fend off disease in the long run. (2) It will hamper the delivery of needed energy and oxygen to the extremities for them to function properly.

The body is much like an automobile. It needs certain specific fluids and maintenance to keep it running in peak condition. Give it the best care, and it will serve you well. Restrict it from getting the essential care it needs and it will falter. Our bodies need several things for ultimate functioning: wholesome foods high in carbohydrate, low to moderate in fat, and adequate in protein, vitamins, minerals, and fluid, according to Charlotte Furman, MS, RD, CD from the University of Washington Medical Center. (3)

At Lifestyle Therapeutix, we promote a plant-based diet, free from animal products that have saturated fat and cholesterol. We believe, and the research has shown, that you are able to get all the essential building blocks needed to function at the highest levels of athleticism with none of the negative side-effects of a meat-based diet, like hypertension, diabetes, heart attacks and many other chronic

Cover and bake at 350° about 30 minutes (cheese on top should be melted). Uncover and turn the oven to broil. Broil macaroni to desired brownness. Remove from oven and serve. **Serves 8-10**

Confetti Yellow Rice with Black Beans and Broccoli

- Olive Oil
- ½ cup each chopped red and yellow onion
- ½ cup each chopped red, green, yellow, and orange bell pepper
- ½ cup Vege chicken broken into pieces
- ½ cup Vege Sausage broken into pieces
- ½ cup Vege ham broken into pieces
- 1 cup chopped broccoli
- 1 can black beans, rinsed and drained
- McKay's NO MSG Chicken Style seasoning
- Garlic powder

Saute red and yellow onion, red, green, yellow, orange bell pepper, vege sausage, ham and, chicken. Add 1 can black beans, rinsed and drained, and 1 cup chopped raw broccoli. Stir until heated through. Add at least 2 cups cooked yellow rice (more if the crowd is bigger) and mix well, adjusting to taste with garlic powder and chicken like seasoning and your favorite seasonings as desired.



Register NOW! **COOKIN' UP GOOD HEALTH COOKING SCHOOL**
 WITH DONNA GREEN-GOODMAN, MPH

LEARN HOW TO COOK DELICIOUS, PLANT-BASED FOODS FOR BETTER HEALTH
 6:00 PM

Lifestyle Therapeutics 4825 University Square, Suite 9 (256) 704-2352

Soul Food Plant Based - April 12, 2018 Soup's On - May 17, 2018
 Possibilities - April 19, 2018 Bread Bake - May 24, 2018
 It's Bread Time - April 26, 2018 Sweet Endings - June 14, 2018
 Instead of Meat - May 10, 2018 PHYT 4 Your Life - June 21, 2018
 Curry and Strog - June 28, 2018

Classes are 2 hours long and hands on. Cost per person is \$60.

DONNA GREEN-GOODMAN, MPH
 HEALTHY COOKING CLASS HAS HELPED PEOPLE TO IMPROVE THEIR HEALTH THROUGH THE POWER OF PLANT-BASED COOKING. A HEALTH CARE JOURNALIST, AUTHOR OF THREE BOOKS, PROFESSIONAL AND A COOKING SHOW AND VIDEO SERIES FOR LIFE INSURANCE, SHE NOW WANTS HER EXPERTISE IN PLANT-BASED COOKING TO YOU.

JOIN DONNA TODAY AND START 'COOKIN' UP GOOD HEALTH!

Register Now at LifestyleTherapeutics.com
 Menu is limited!

diseases. And as our patients who are receiving physical therapy will attest, as they improve their dietary choices, they see the benefits in their health.

With the Winter Olympics just finishing, AND the spotlight on the high-end athlete taking center stage, the question is, “can you compete at this level on a plant-based diet. (4) Venus Williams, champion tennis player, Scott Jurek, world class distance runner and Carl Lewis, nine-time gold medal winner, who either are at the top of their game, or got there by consuming a plant-based diet.

But you don't have to be a high-level, professional athlete to receive the benefits of a plant-based diet. Anyone can do it. Several decades ago, when we started eating a plant-based diet it was more of a challenge. With all the research being done that shows how balanced and beneficial it is, many more people are choosing the better way.



With the big questions about how do you get your protein? and what about your calcium? out of the way let the good times roll. There are so many way you can get the foods you need, at the prices you can afford that eating healthier can also be cost-effective. Many of the substitutes for meat and dairy that used to be found in specialty stores like Whole Foods, Earth Fare and Sprouts, are now being found in regular grocery stores, like Kroger, Publix and the largest grocery store in the country... Walmart!

As was stated the last newsletter, it only takes ONE decision to live a healthier lifestyle. There are many ways to gain the knowledge. Of course you have the internet, with millions of very good videos of Chefs, cooks and pioneers in the plant-based arena. Cookbooks abound, including the three found on our website at www.lifestyletherapeutix.com (which I think are the best on the market), that are tried, tested and proven to be delicious.

Since going plant-based is the “IN THING” now, you may need resources. You can find cooking classes right at our office. Three fun-filled hours for \$60. With the various resources close at hand, make the choice today, to eat healthier, so you can live longer without the chronic diseases that consumption of animal products cause.5 Cholesterol and saturated fat no longer need to be a part of your diets. And, in making that choice, you don't have to sacrifice the flavor of your favorite foods in the process on your Journey to Better Health!! It's YOUR Health!! #cookinupgoodhealth #flava

1. <http://europepmc.org/abstract/med/19278045>
2. <https://medlineplus.gov/ency/article/002458.htm>
3. <https://www.washington.edu/wholeu/2015/12/02/vegan-vegetarian-diets-for-athletes/>
4. <http://www.businessinsider.com/elite-athletes-who-are-vegan-and-what-made-them-switch-their-diet-2017-10#abel-killia-trujillo-mixed-martial-artist-14>
5. <https://nutritionfacts.org/topics/plant-based-diets/>

