

Adhealth Newsletter

Aug, 2016

News and information for the friends of the Vegetarian Cooking Classes at CCAS from the Forresters Beach Seventh-day Adventist Health and Wellbeing Team



Our Purpose

- to help you achieve optimum health and wellbeing.
- to present helpful information about balanced eating, keeping disease at bay and enjoying a long and fulfilling life
- to provide you with new tasty plant-based recipes and help you cook them

This Month's Topic

Our Largest Organ

This month our nutritionist, Marcia, is featuring the **skin** the largest organ in the body.

You already know that filling your diet with power foods—like dark leafy greens, berries and citrus—can help beat chronic conditions like heart disease and diabetes. But did you know that certain foods can also work wonders on your skin?

"There's a growing body of research showing that diet really does affect your complexion," says [Jessica Wu, MD](#), a dermatologist in Los Angeles and author of [Feed Your Face](#).

In fact, what you eat can be as important as the serums and creams you apply on your skin, says Dr. Wu.

So come and hear Marcia explain how to care for your skin and what foods will enhance it.

This Month's Menu

These are some of the recipes we have for you to choose from on Monday night.

- Beefless Burgers
- Lasagne
- Creamy Coconut Dessert Salad
- Peanut and Tomato Soup
- Pure Decadence

The date will be Aug 29. The time is 6:45 and it is held at the Central Coast Adventist School, Penrose Close, Erina.

Remember that you need to book in for each monthly session. Phone Cheryl on 0403848242 or 43259213 or send an email message to cherylo11148@gmail.com

We still only charge \$15.

(Don't forget your containers.)

Farmer's Markets

Do you want to eat a plant-based diet centered around vegetables, fruits, and whole grains? In a new study conducted by researchers at Harvard T.H. Chan School of Public Health, when people began to shop at inner-city **farmers' markets**, they also consumed less sugary soda and more vegetables than they had previously. Farmers' markets offer other advantages:

Freshness. Just-picked produce is at its peak in flavor and nutrition.

Variety. You may find some fruits or vegetables that are new to you or new versions of old standards.

Information. Because the people who sell the produce are likely to have had a hand in growing it, they should be able to tell you the kind of farming methods used and offer suggestions on preparing the food.

Samples. If you're wondering if the cherries are sweet or tart or if the apples are crisp, ask for a sample. Most vendors are happy to comply.

Sustainability. Eating locally or regionally grown produce means less energy is expended bringing it to your table. And supporting regional agriculture is good for your community.

Keep these dates free!

Sept 26

Oct 31

Nov 28