



Sustain your life

By Debbi Provin-Martin

Tim and their two beautiful kids, Debbi and family moved to Palmas last July so, her husband could pursue a career with Eaton Corporation but it seems like they have been here forever. They have adapted extremely well and are involved in many aspect of our community life. Actually Debbi is the new PTO president of Palmas Academy. On the other hand Debbi is very conscious about the importance of a good nutrition. From this edition on Debbi will share with us her knowledge and nutrition tips on how to sustain our life through nutrition and wellness.

My interest in nutrition really began soon after the birth of our sons, Nate, 18 and Noah 11. Their food allergies inspired me to understand more about this nutrition, and I have learned how powerful a healthy diet can be in terms of feeling good and staying well, both physically and mentally. We have evolved into a gluten free and dairy free home, which has challenged me to learn an entirely new way to cook and eat.



For those who are open to an easy and natural way to feel better, I would like to share my knowledge and enthusiasm for maintaining good health through nutrition. I envision this column growing through participation and sharing from you through questions, comments, suggestions for future articles.

Since summer is upon us let's start off with a great healthy smoothie recipe. Easy to make and packed with nutrition, we start nearly every day in our

home with these cool, great tasting beverages. We've all heard that we shouldn't skip breakfast...let's take that to the next level; make your breakfast nutrient packed, make what you eat count. Keep the sugar low and the nutrients high.

Berry Creamy Smoothie

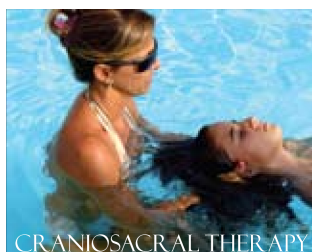
- 1 Banana (high in Vitamins C and B6 and potassium)
- Handful Berries (high in vitamins and antioxidants)
- 8oz milk (soy, almond, oat, cow)
- 1 tsp ground flaxseed (helps lower cholesterol, triglycerides, and blood pressure)
- 1 scoop high quality protein powder (optional)
- 1 tsp sugar, honey, agave nectar (optional)

I will end with a cliché...You are what you eat. But to take this a step further; you feel what you eat!

Until next time, remember to *Sustain Your Life through nutrition and wellness.*

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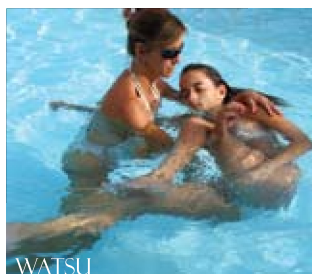
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