



LIFESOURCE INSTITUTE NEWS

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Cardiovascular Health: Why Plant-based Diet?

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STAY ON TRACK

- * **Organic** is always the best bet when buying your fruits, nuts and vegetables. Most grocery stores now sell a large quantity of organic products, not just Whole Foods, Sprouts, and Natural Grocers. Always be prepared to pay a little bit more at the register for these organics.
- * **Elimination Diet's** is another way of figuring out which plant-based diet is the best for you, remember everybody is unique and should not think one size fits all.
- * **Lab Testing** is very important part of your health journey. Annual Lab Test can be conducted for Brain Health, Weight Management, Thyroid, Food Allergies and much more, if you need help finding a place to get your comprehensive health panels completed please contact us at Lifesource Institute we can help.
- * **Last** make it a goal to get at least 2 hours a day of physical exercise. We need a strong body to help keep our strong mind, keep moving never become still unless you are sleeping.
- * Remember during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you bridge the gap between mind body and spirit. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.

HEART HEALTH The research shows the power of a plant-based diet can improve your heart health by eating more plant-based foods. Every person is different meaning research using the elimination diet is key to figuring out which whole gains, fruits, vegetables, and nuts are best for you, for example if you have issues with a history of type two diabetes and cardiovascular disease a plant-based diet has been shown to reverse and contribute to maintaining a very healthy body mass index, which has been linked to a improved cardiovascular health and reduce the risk of metabolic disease, and consistent with continued weight loss. In Dr. WILL COLE's Bestselling book [THE INFLAMMATION SPECTRUM](#), helps by giving you the reader elimi-

nation diets that work for all types. **LOSE WEIGHT** Most people on this type of plant-based diet, defined in terms of low frequency animal food consumption in numerous studies have found plant-based diets, which are rich in the highest quality plant foods such as nuts, vegetables, fruits, and whole grains, are also linked to positive weight loss when foods from animals are minimized. If you take a look at [Blue Zone](#) regions, which are known as parts of the world where people live to be over 100, and they are known to have a small amount of animal products in their diets, in short there is still some small room for animal foods if choosing to eat them. Being a vegan or vegetarian isn't the all or nothing mentality some

experts believe. The key to making this plant-based diet work is not replacing animal products with processed foods, which are high in refined carbs and sugar. If your plant-based diet consist of Herbs and spices, Nuts and seeds, Legumes, Whole grains, Fruits and Vegetables, sticking to these six primarily will reduce cholesterol.

CHOLESTEROL Research has shown eating plant-based foods can help you lose weight, lower cholesterol and reduce your risk of heart disease, we at Lifesource Institute believe that's a win-win-win situation.

In Fact. The Journal of the American Heart Association (JAHA) also confirms that diets higher in plant foods and lower in animal foods may be linked to a lower risk of dying from heart diseases.

MUST READ: Plant Based Diet for Athletes by Jack Moller

ASK THE COACH?

Q: COACH BERNARD: I AM HAVING A PROBLEM WORKING OUT IN THE GYM WITH A MASK DURING THIS TIME OF COVID 19, ANY SUGGESTIONS? LINDA M. IL

A; **GREAT QUESTION**, I RECOMMEND YOU GIVE YOURSELF A CHANCE TO GET USE TO THIS CHANGE IN ALL OF OUR LIVES, I HAVE PRACTICED MASK WEARING AT HOME, AND EVEN THOUGH I HAVE WORKED UP A SWEAT QUICKLY, I HAVE FOUND WITH EACH WORKOUT, IT GETS EASIER. I AM PRACTICING THE WEAR OF A MASK WHILE RUNNING OUTSIDE, BECAUSE THE NEW CRITERIA FOR MOST ROAD RACES IN THE FUTURE ARE GOING TO REQUIRE FACE MASK. AS I STATED EARLIER THIS IS OUR NEW REALITY. THOUGH THIS IS MY OPINION I DON'T SEE ANY CHANGES TO MASK WEARING ANYTIME SOON. HOPE THIS HELPS.

IF YOU NEED FURTHER EXPLANATION PLEASE CONTACT ME AT LIFESOURCEINSTITUTE.COM