



integrative health matters

6 Healthy Ways to Prepare Your Fruits & Veggies

by Dr. Terry Wahls



Stir Fry...

1. Pineapple and mango in a honey ginger sauce and crumble with gluten-free oat topping for a fruit crisp dessert.
2. Zucchini, yellow squash, diced tomatoes and mushrooms with butter and herbs. Add some diced jalapeno for an extra kick and serve over brown rice.



Saute...

1. Apricots in a skillet with a little ghee or coconut oil until tender. Add orange slices, remove from heat and serve for a fruity dessert.
2. Cauliflower with nutmeg and ghee after pre-steaming for a tasty twist on a classic veggie.



Roast...

1. Red peppers in the oven at 450, turning every 15 minutes until done. Peel off the skin and slice them, then drizzle in butter and garlic and refrigerate. A Perfect addition to any salad, gluten-free sandwich or antipasto dish!
2. Brussels Sprouts drizzled lightly with ghee or coconut oil, and sprinkled with salt.



Grill...

1. Mushrooms, bell peppers, onions and tenderloin for the perfect summer kabobs.
2. Pineapple, peaches or mango.



Stew...

1. Peaches gently in cinnamon and water until tender. Perfect for an after dinner treat!
2. Cabbage with tomatoes and garlic to serve over rice for a unique side dish to any meal!



Blanch...

1. Basil and parsley leaves. Blend together with flax or hemp oil, pine nuts, garlic and a little lemon juice for a great pesto!
2. Broccoli and cauliflower to use on a vegetable platter for snacks and appetizers.

Book a free, 15-minute phone consultation about Health Coaching

Read about more ways to prepare your Fruits & Veggies

In Case You Missed It...



10 Tips for Raising Children to be Healthy Eaters



Adaptogens and Stress Management



Lose Weight the Functional Medicine Way

-----Take Control of Your Chronic Pain-----

CHRONIC PAIN?

**Take Control.
Live Your Best Life.**

 integrative
health matters

**We treat the neck, spine and all joints with
Regenerative Cell Therapy:**

- Non-Surgical
- 30-Minute Procedure
- Minimal Recovery

Schedule a free, 15-minute phone consultation for more information

-----Join the Clean Eating Support Group-----



Our culture makes clean eating a difficult task, that's why we've created a Clean Eating Support Group.

This Clean Eating Support Group is open to anyone and meets twice a month at IHM. You don't have to be on a specific diet to benefit from this support group! The recipes we will share are great for those looking to optimize cognitive function, insulin sensitivity, weight, and energy, as well as those who are following a gluten-free lifestyle.

Time: 10:00 – 11:00 am

Cost: \$10 Each Visit (Free for IHM Wellness Program patients)

Join The Clean Eating Support Group

-----Events at IHM-----

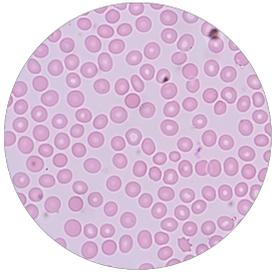


March 22
Functional Food Friday
with Karol Spence
10:00 a.m.



April 5
Functional Food Friday
with Karol Spence
10:00 a.m.

FREE



March 28

**Functional Medicine Seminar:
Autoimmune Disease**

5:30 p.m. | RSVP Required
\$20/person or \$30/couple



April 3

Clean Eating Support Group

10:00 a.m.
\$10/person

FREE



April 9

**Lunch and Q&A with
Dr. Adrienne Carmack**

Noon | RSVP Required
\$10/person



April 16

**Ladies Night with Julia
Roberts, FNP and Dr.
Adrienne Carmack**

5:30 p.m. | RSVP Required
FREE

"I've been a patient at Integrative Health Matters for 4 months and in that time my cholesterol has become normal, I have more energy than I ever have, my sleep is now normal, my muscles aren't hurting, and I lost 45 pounds!"

Kayla George



STAY CONNECTED

