



## HEALTHY SNACKS & RECIPIES

### Tomato Garden Salsa

**2-3** medium-sized fresh tomatoes (from 1 lb to 1 ½ lbs), stems removed, finely diced

- 1 jalapeño chili pepper\* (stems, ribs, seeds removed), finely diced
- 1 Serrano chili pepper\* (stems, ribs, seeds removed), finely diced
- ½ red onion, finely diced
- ½ cup chopped cilantro
- Juice of one lime
- 1 tbsp Isagenix Greens!™
- Salt and pepper **to taste**
- Optional: oregano and/or cumin **to taste**

Combine all of the ingredients in a medium-sized bowl and taste. If the chilies make the salsa too hot, add some more chopped tomato. If not hot enough, carefully add a few of the seeds from the chilies you set aside. Serve with cut up vegetables.

Serves: 4

One serving: 36 calories, 1.3g protein, 0.4g fat, 7.9g carbs, 1.8g fiber



### Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way. Calories: 250

### Facts About Healthy Weight

**Why Is a Healthy Weight Important?** Being overweight or obese increases your risk for many diseases and conditions. The more you weigh, the more likely you are to suffer from heart disease, high blood pressure, diabetes, gallbladder disease, sleep apnea, and certain cancers. On the other hand, a healthy weight has many benefits: It helps you to lower your risk for developing these problems, helps you to feel good about yourself, and gives you more energy to enjoy life.

### ALKALINITY VS. ACIDY IN THE BODY

**Healthy tissues are alkaline, whereas cancerous tissues are acidic.**

**Our bodies are alkaline by design and acid by function.**

**Therefore maintaining alkalinity is essential for vitality and a healthy life.**

- To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.
- Generally, *alkaline forming foods* include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.
- Also, generally, *acid forming foods* include: meat, fish, poultry, eggs, grains, and legumes.

**Remember, the key here is BALANCE.**