theEATschool Newsletter - May 2022

Proposed Title(s):
Powering Through Health Adversities as a Black (or Minority) Woman
It's Time to Discuss the Impact of Lupus on Minority Women

Yay, it's May! There's a lot of exciting information to share in this month's newsletter! We'll discuss Women's Health Month and Lupus Awareness Month (Genny's sharing her lupus journey!), learn a fantastic home workout, get a tasty recipe, talk about a healthy gut, and announce the many exciting events happening this month!

Women's Health Month & Lupus Awareness Month

We recognize both Women's Health Month and Lupus Awareness Month in May. Women's Health Month aims to empower women to make their health a priority by taking the initiative to learn their bodies and start their healing journeys. In addition to this month-long celebration, we want to highlight Lupus Awareness Month. Lupus Awareness Month brings lupus warriors and their supporters together to advocate for the autoimmune disease through fundraising and other activities.

To intersect the two awareness months, we're discussing how Black and LatinX women are greatly affected by lupus and its complications. Systemic lupus erythematosus (SLE), the most common form of lupus, affects about 1.5 million adults in America. Unfortunately, the cause of SLE is currently unknown, and diagnosis can be challenging to determine due to the disease emulating similar symptoms of other medical conditions.

Minority women are disproportionately affected by SLE. For example, women of color in their childbearing years (15-44 years) are 1.5 to 3 times more likely to develop lupus than White women (CDC, 2022). In addition, women of color often face more severe health complications from the chronic diseases, such as heart disease, kidney problems, and seizures compared to White women (CDC, 2018).

Founder of theEATschool, Genny, shares her journey of managing lupus and how her holistic lifestyle led to significant changes in her health:

> "Genny has not let the autoimmune disease, Lupus, get in the way of transforming her life to feel good every day. Genail was diagnosed with Lupus in 2017 and has suffered many near-death experiences, such being hospitalized with Stage IV Kidney Nephritis, Pneumonia, and Pleurisy (inflammation of the lungs). Genail decided to take control of her life and understand how to heal her body from trauma. Genail transformed her overall well-being by transitioning to a whole-food, plant-based lifestyle and now has more mental clarity and energy than ever before."

IG Live on Lupus Warrior Story

At theEATschool, we focus on improving the health and wellbeing of women through healthy, holistic living. Please join our next cohort in June if you're currently managing lupus or another chronic disease and looking for holistic care to effectively manage your condition and reduce inflammation!

MNDFL MVMT Workout

It's time to get that summer body right! We've provided a quick and easy workout you can do from the comfort of your home!

1) Start with a quick warm-up to stretch your muscles.
2) Position your feet shoulder-width apart.
3) Shift your weight to your right leg and kick your left leg straight out in front of you.
4) Place your left leg back down shoulder-width apart.
5) Switch legs by shifting your weight to your left leg.
6) Repeat the process for 15 reps.

Vegetable of the Month: Asparagus

Asparagus is in season!

Asparagus is a delicious veggie that goes well with just about every dish or by itself! Asparagus is a prebiotic full of fiber, vitamins A, C, and K that aids digestion, which leads to a healthier gut, an absorption of probiotics. Asparagus has been found to also lower blood pressure, boost pregnancy outcomes, and encourage weight loss (Healthline, 2018).

If you're ready to whip up a delicious asparagus dish, take a look at the recipe we've provided below!

Recipes: Lemon & Garlic Roasted Asparagus

Check out this side recipe that implements the vegetable of the month, asparagus!

Ingredients:

1 bundle of asparagus (with fibrous bottom of stalk chopped, 1-2 inches)
1 tsp of garlic powder
Dash of salt and pepper

1 tbsp of lemon juice
1 tsp | olive oil
Baking pan

Instructions

1) Preheat the oven to 400 degrees F.
2) Lay out asparagus on a non-stick baking pan flat.
3) Drizzle all ingredients listed on top and generously rub together to coat well. Re-distribute asparagus to evenly lay flat on the baking pan.
4) Roast for 10-12 minutes.
5) Serve with your favorite plant-based protein and grain.

Instructions:

1) Add asparagus, olive oil, and garlic to a large saucepan on medium-high heat. Cook uncovered for 2 minutes, or until water has evaporated.
2) Using tongs, toss the asparagus. Cover the pan and cook for a minute. Remove the lid and toss again. Repeat the process for 5 minutes or until asparagus is crispy and tender.
3) Add the lemon juice and toss the asparagus to combine. Remove the garlic from the saucepan, and add extra salt and pepper if needed. Serve with shaved or shredded parmesan cheese if desired.

Need more dinner ideas? Check out theEATschool's blog to find vegan-approved recipes for breakfast, lunch, and dinner!

Reducing or Eliminating Chronic Diseases by Having a Healthy Gut

Did you know that poor gut health can cause chronic disease? The human body is composed of both "good" and "bad" bacteria, which are stored in the gut. The gut acts as the body's "2nd brain," having an influence on your overall mood and wellbeing. The gut's bacteria are within its microbiome, which manages the "good" bacteria and removes "bad" bacteria. Suppose the "bad" bacteria take over the digestive system. In that case, it can lead to chronic diseases such as IRS (irritable bowel syndrome), obesity, diabetes, heart disease, and many others (Hills RD Jr et al., 2019).

To encourage a healthy gut, use the following tips (Medical News Today, 2019):

- Stay hydrated
- Keep stress levels low
- Reduce or eliminate sugar and sweeteners
- Eat foods high in fiber or take probiotics
- Regularly exercise
- Implement a vegetarian or vegan diet

Ready to get a healthy gut? Tune in to a FREE webinar hosted by Genny on May 11th to learn how you can transition into a plant-based lifestyle. Sign up here!

Program Updates

Check out what's happening at theEATschool this month!

Webinar: How to Transition to a Plant-Based Lifestyle | Wednesday, May 11th (6-7 PM EST)

Need some guidance on leading a healthier lifestyle? Genny is hosting a FREE webinar on May 11th to provide tips and tricks on transitioning to a holistic, plant-based lifestyle.

MNDFL MVMT: Energy Flow Yoga | Saturday, May 14th (10 AM EST / 7 AM PST)

Join Coach Erikita for an unforgettable yoga experience that'll have you feeling energized and ready to take on the day! You can sign up for the class here.

Foraging: Learn to Love Nature | Sunday, May 22nd (9:30 - 11:30 AM) Inwood Park, NYC

Join Coach Genny and Foraging Expert Wildman Steve Brill for a two-hour in-person foraging tour in NYC to learn about the wild plants that are safe to eat! RSVP to join the tour here.

As you can see, we have many events going on this month, so be sure to stay up to date by following us on social media (@theeatschool) to stay notified of what's going on!

Sources:

Lupus | CDC
https://www.cdc.gov/lupus/basics/women.htm
https://littlestepsbighappy.com/beginner-strength-training-workout/
https://www.healthline.com/nutrition/asparagus-benefits
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