

FOOD FOR LIFE

MY PLACE ORGANIC LIFE

ISSUE NO 1

MARCH 2023



EAT WELL

THIS GIRL IS HUNGRY -- DISHES ALL!

GET THE LATEST SCOOP
ON FOOD FOR LIFE

~AND~

WHAT ABOUT KETO? IS IT
REALLY GOOD FOR YOU?



WELCOME

Great to see you in this issue.

I'd like to welcome you all to the first issue of Food for Life magazine. This magazine will serve as an extension of my website, *MyPlaceOrganicLife.Com*, with articles written about some of the best eating lifestyles and food for life over my nearly 20 years of writing about cancer and eating for health. All the articles have been written exclusively for people interested in living a better, healthier lifestyle.

For cancer patients, fruits and vegetables can help manage side-effects, bring back taste, or improve appetite. Dark green leafy vegetables such as spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens and chicory contain large amounts of fiber, folate and a wide range of carotenoids. Citrus fruits and their juices such as oranges, lemons and limes are excellent for our overall health due to their high vitamin-C content. Oranges can benefit the health of the skin, teeth, gums, and lymphatic system.

Anyway, we hope you enjoy this one.

MY PLACE ORGANIC LIFE

CONTACT US

FOOD FOR LIFE

ONLINE CONTACT at:

myplaceorganiclife@gmail.com

www.myplaceorganiclife.com

EDITORIAL

MELISSA SAULNIER

Editor-In-Chief

ONLINE MAGAZINE

RECIPES

ARTICLES

PHOTO

CONTRIBUTORS

Sally Roeckell

TableAndDish.com

Bianca Zapatka

BiancaZapatka.com

Anna Pelzer

Unsplash.com

This Page:

David Ray

TheForkedSpoon.com

LazyDuck.co.uk

StarGrazingCo.com

SUBSCRIPTIONS

SUBSCRIBE ONLINE

www.MyPlaceOrganicLife.com/subscribe

FOOD FOR LIFE

THIS GIRL IS HUNGRY - DISHES ALL

PHOTO BY ANNA PELZER, UNSPLASH.

FEATURED IN HEALTH & WELLNESS FOOD & DRINK

WHAT INSPIRES YOU TO EAT WELL?

Surviving cancer inspires me. My family inspires me, and my friends who along with me, are all on a journey for becoming healthier for one reason or another.

HOW DOES THIS WORK IN REAL LIFE?

Eating healthier and making it a lifestyle can simplify your life. For instance, it doesn't take a lot of cooking and prepping to eat fresh.

WHAT'S YOUR EATING LIFESTYLE LIKE?

Eggs, chicken and fish, avocados, almonds, salads, cheese, milk, real butter, cream cheese, swerve, and sugar free chocolate chips. a variety of veggies and some fruits. (Pork and beef occasionally but not recommended more than once a month)





FOOD FOR LIFE

Salmon, Eggs, Avocado, Mushrooms, Tomatoes, Peppers, Bacon, Lemon, Tangerine, Blood Oranges and more... Photo: **Sally Roeckell**, www.TableAndDish.com Instagram

It's early in the morning and you are running for your makeup and hair products while trying to figure out what to wear to the office. Some of my friends drive considerable distances to get to work. That's why I like to remind us that we can create beautiful food in a short time just by eating healthier foods.

Easy Breakfast

Blend a few walnuts, swerve (to taste) and berries and pour the mixture in the bottom of a small glass Ball jar like the one on the right. Fill 1/4 full. Scoop some carb free Greek yogurt into the remainder of the jar leaving a 1/4 on top for fresh blackberries and raspberries. Make in advance for the week. It is a yummy morning treat when you're in a rush.

Easy Dinner

As I mentioned, working people need a way to create healthy dinners without taxing themselves after a long day. Grilling is one of the easiest and tastiest ways to eat salmon. 2 ounces of salmon, half of an avocado, deviled eggs if you want to go to the trouble, otherwise a couple of boiled eggs would be great. Tomatoes and lemon for garnish. Easy and healthy!

"I DON'T KNOW ABOUT YOU, BUT THE STRUGGLE IS REAL FOR ME."

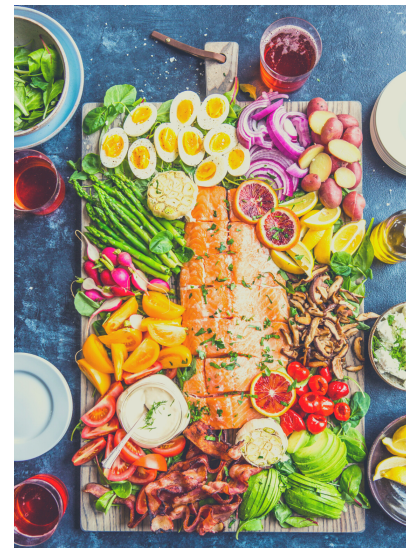
Craving Carbs

All of a sudden it hits you: a carb craving. There's a light at the end of the carb-craving tunnel. As your body adapts to getting fuel from ketones rather than carbohydrates, your cravings for carbs should drop in intensity and frequency. In fact, followers of a low-carb, high-fat diet have reported fewer cravings across all food groups than before they went on the diet. You might still get hit by a craving every now and then, but by using the coping

skills of being active, drinking water, eating the right carbs and fats, you'll get better at recognizing it when it happens and taking action to combat your craving before it gets the best of you.

What About Cancer Survivors?

While there's the potential that the keto diet could help some cancer patients, it can also harm others. Depending on your type of cancer or cancer treatment, your body may not be able to break down the proteins and fats. This could lead to other digestive problems.



**Photographed by Sally Roeckell
TableAndDish.com.**

**Top Photo:
Bianca Zapatka at
www.biancazapatka.com**



IN EVERYTHING YOU DO

A BEAUTIFUL LIFE

Photographs by LazyDuck.co.uk

IN THE SPOTLIGHT

MUSIC

“A man should hear a little music, read a little poetry, and see a fine picture every day of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.”
— Johann Wolfgang von Goethe “Music is to the soul what words are to the mind.”

NATURE

“Live in the sunshine, swim in the sea, drink the wild air.” —**Ralph Waldo Emerson**

Now, a large body of research is documenting the positive impacts of nature on human flourishing—our social, psychological, and emotional life. Over 100 studies have shown that being in nature, living near nature, or even viewing nature in paintings and videos can have positive impacts on our brains, bodies, feelings, thought processes, and social interactions. In particular, viewing nature seems to be inherently rewarding, producing a cascade of positive emotions and calming our nervous systems. These in turn help us to cultivate greater openness, creativity, connection, generosity, and resilience.

FOOD

At the best restaurants around the world, the food is not only mind-blowingly delicious, but it's also exceedingly beautiful as if the chef is a master painter using the plate as a canvas to create their masterpiece. To make this kind of gorgeous food, it takes an incredible amount of creativity and ingenuity, artistic flair and years of experience honing one's craft.

ART

Bring Art and Beauty to your Food



Photo by StarGrazingCo.com

Just like artists, chefs have a wide range of tools available to them to create picturesque pieces of work. Learning to use these tools properly can help you elevate the way you present your food. Using a squeeze bottle is one of the best ways to make your plates look interesting.

Contrast is one of the keys to making food look wonderful, which definitely applies to the size and shape of the food. As with colors, nothing should be one-note and variety is important. Next time you go to a fancy restaurant, notice how many different components might be on one plate. While all of these elements should serve a useful purpose in the taste of the dish, part of the reason they're there is so that your eyes have several different little things to notice when you first look at your meal.

When using fruit and vegetables, try experimenting with different shapes and sizes. Some foods, like fruits and vegetables work well when cut into halves. Others, like grapes or carrots, look good as mounds while blackberries, strawberries, and blueberries can be sprinkled throughout to add color and interest to a dish. Sometimes leaving ingredients in their natural shapes, such as a tip of asparagus or small cauliflower and broccoli florets, make for fascinating visual dynamics on the plate.

O V A R I A N C A N C E R S U R V I V O R

