

Plant Based Cooking Seminar



November 20, 2018

Plant Based Cooking incorporating the 12 step program and CREATION Health!



Step 11: Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.

Scripture Text: "Let the word of Christ dwell in you richly."

(COLOSSIANS 3:16)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





Outlook is how you see the world. It's the colors on the palette with which you paint your life. A healthy outlook belongs to those who choose to open their minds to learn, stretch, and grow. Outlook is a powerful, invisible force influencing your body's health and healing.

"A merry heart doeth good like medicine".
King Solomon



Mental fitness starts with our beliefs. What we believe about ourselves and life in general can either hold us hostage or set us free. The good news is that we can be in charge of our beliefs.

Henry Ford once said, “Whether you think you can, or that you can’t, you are usually right.”

If you believe you can be happy, you will be. “Choosing happiness will energize you, mobilize your strength, and motivate you to keep you going during the hard times.” (Psychology Today, June 15, 2005)

Our behavior can have a profound effect on our beliefs.

“Knowing your purpose simplifies your life. It defines what you do and what you don’t do. Your purpose becomes the standard you use to evaluate which activities are essential and which aren’t.... Without a clear purpose you have no foundation on which you base decisions, allocate your time, and use your resources. You will tend to make choices based on circumstances, pressures, and your mood at that moment. People who don’t know their purpose try to do too much –and that causes stress, fatigue, and conflict.”

Rick Warren, “The Purpose-Driven Life”



Maximize

Expect good and you will find it! Take daily Brain Breaks, practice daily deep belly breathing, And laugh. Surround yourself with the positive forces that lift your spirit. Set the tone of your day With positive thoughts---pick a simple sentence that reflects your vision and purpose with which you can start each day.

Moderate

Want what you can have---align your desires with your purpose. Embrace the beauty and gifts that are already yours. Journal to keep yourself accountable to you. Maintain a schedule that reflects your values.

Minimize

Monitor yourself for burnout. Don't let competing technology or distractions keep you from enjoying the moment. Be present, centering your focus on the task or relationship at hand. This will bring greater fulfillment and minimize stress.

Excerpted from "The Creation Health Breakthrough", by Monica Reed, MD



2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES



Food Demonstration:

Green Bean Casserole

Egg Nog



“The thief comes not only to steal and kill and destroy;
I have come that they may have life, and that they
might have it more abundantly.”

John 10:10

