

Natural Healing Express Weekly

Column Volume 123 Wellness Class / Turkey Burger Recipe

This week we will give our final overview on the upcoming class and provide a delicious recipe for turkey burgers. One of the things we will discuss in our class is glycemic index. This means learning and understanding foods that will provide a low and steady rise in your blood sugar. This becomes increasingly important to folks demonstrating diabetes and those wanting to lose weight.

It is very helpful to know and understand the value of the food that you are consuming. Once you take a moment and consider the value of the foods you give to your body (the food currency if you will), it becomes very easy to make good choices. You wouldn't feed your children or yourself poison if you knew it to be poison, yet we are doing the equivalent everyday with substances such as aspartame which is very common in sugar free and "diet" products. Aspartame has little value and a high risk of harm to your body.

We will cover several similar foods, ingredients, and supplements such as these in our class. And, I promise you, you will have fun doing it. No one likes boring one sided lectures and I refuse to participate in those even if I am the speaker. We try to make these classes very purposeful to your needs and entertain ourselves while accomplishing the desired results. Laughter goes a long way sometimes.

So, once again, here is the skinny on the class. If you are the least bit interested, come to our information meeting on February 11th at 6:15 or contact us and get more info. I cannot guarantee you that the class will not already be full as this one fills very quickly. We limit space to 20, so you receive individual time and attention. Class will be conducted on Tuesday nights from 6:15pm to 8:00pm and you will have support, and LOTS OF IT. If you want to be in the class, but cannot make Tuesday nights, let us know. I am considering holding a smaller class on Saturdays. Cost of the class is \$100.00. Supplements are an additional, yet nominal cost.

Today-February 11th – Registration is Open
February 11th – Information Meeting and Pre Class Check in
February 18th – Class Begins

One of the discussions we will have is the importance of protein in your diet. With that, here is an oldie but a goody for you to try in the meantime.

Low Fat Turkey Burgers

Ingredients: 1 cup of high protein cereal flakes. ½ cup Skim Milk. 3 tsp chicken bouillon. 3 TBSP minced onion. 2 egg whites. 1lb lean ground turkey.

Combine the first five ingredients in a large bowl. Let the milk soak into the cereal flakes for 5 minutes. Add lean ground turkey. Mix well with clean hands. Shape into patties and grill.

Serve hot with lightly toasted Ezekiel buns or whole grain buns.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express