

Stronger

Healthier

Happier

SUNDAY MORNING

WITH DONNA

FEBRUARY 4, 2024



EAT

TZATZIKI

I'm a big fan of plain Greek yogurt and Tzatziki is one of my favorite party dips. The recipe is super simple to make and it's delicious!

Peel, deseed, shred and squeeze liquid from 2 large cucumbers. In a bowl, combine prepared cucumbers with several crushed garlic cloves, 2 tbsp. of EVOO, 2 tsp. of red wine vinegar, 2 cups plain Greek yogurt (I like the brand FAGE) and several sprigs of chopped fresh dill. Combine and refrigerate for at least 2 hours. Serve with Pita chips and chopped vegetables.



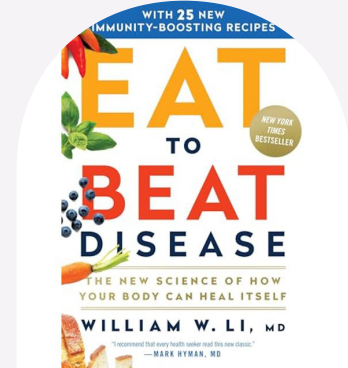
LISTEN

DEPRESSION DETOX SHOW

Michael Pollan, author of "The Omnivores Dilemma" & "Food Rules: An Eaters Manual" is featured on an episode of Depression Detox.

Pollan reveals why and how industrial food rose to become so normalized in our culture, and how it has made us unhealthy and obese. He explains how, over the course of many decades, we have been led to believe we shouldn't cook our own food because fast food solves so many of our problems such as convenience & cost.

My takeaway: A little information about our cultural food history can change your outlook on what you choose to put on the end of your fork.



READ

EAT TO BEAT DISEASE

Hippocrates said "Let food be thy medicine and medicine be thy food."

Eat to Beat Disease is a testament to that dictum. This comprehensive book covers a breadth of topics including Angiogenesis (blood cell regeneration), Regeneration (stem cell growth), Microbiome, DNA and immunity. The science nerd in me loves this stuff.

All included are food charts, guides and easy-to-follow recipes. Li writes "Eating to beat disease empowers you to help yourself and the people you care about."

DONNA WHITE, HYDRO INSTRUCTOR

CATCH DONNA IN THE POOL ON TUESDAYS AT 8AM & 9AM & WEDNESDAYS AT 9AM