

A NEW DAY DAWNS FOLLOW THE PATH TO ETHOS HEALTH

It's a NEW Year and a time to retool yourself and get on the right path. Whether you are just looking to start on your journey or have taken a detour over the Holidays, we are here to help.



Call us for an appointment before you venture out on your trek to become a NEW You. 🌱

"The Greatest Victory is Overcoming Ourselves."

Calderon de la Barca

Ethos Primary Care Patient Success Story



Anthony is looking at the NEW year with hope for the future as he learns to reduce chronic disease. He states, "If you put effort in the front end, the back end will be healthy. When Anthony began at Ethos Primary Care (EPC), he had high blood pressure and high cholesterol. Now a year and a half later both his levels are normal and he runs regularly. He attributes his success to the education he receives from Dr. Weiss and the encouragement and support from the whole EPC staff. As far as he has improved his health, he still has mountains to climb. He is working on eliminating oil and salt from his diet especially when dining out, and reducing his carbohydrate intake. He is also working to eliminate animal products from his diet. For those starting their journey to better health, he recommends the book, "Prevent and Reverse Heart Disease" by Caldwell B. Esselstyn because of its real and accurate science. And he leaves us with a quote from John McDougall, "The fat you eat is the fat you wear." Well done, Anthony, continue to embrace the NEW You as we head into 2017!

ASK ETHOS:

What is your one dream for 2017?



Jennifer Graceffo
Director of Operations, became part of Ethos Health last month. Her hope is that patients and

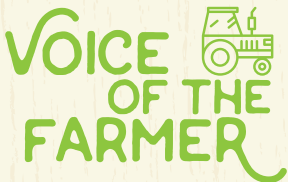
visitors to the Farm would experience the same passionate approach to health and life that has already been extended to her in her new position.



Gail Atkinson
Administrative Asst, has been part of Ethos since September and

says that this year is about **"a new me"** as she embarks on her journey to great health. She begins her own 'A Year of Mindful Living' (AYOML) program this January after a 5-1/2 year struggle with her health. She's seen so much success in the short time she's been at Ethos and feels that this is her time! Stop by to encourage her as she looks forward to a new life of wellness in 2017.

Exciting plans are underway at the Ethos Farm for 2017. The farmer does not sleep after the hectic harvest season. There is research and reading to be done about regenerative farming practices like minimum tillage which is used to build up the health of the land. Sometimes down time is just as important as active growing time to revitalize the soil's nutrients.



Farmer Nora is busy cleaning the greenhouse so it is ready to start seeds in March. Plans for 2017 include a "Cut Your Own" Flower Garden on the

farm. This will be in addition to the pre-made floral designs by Cheryl. The Farm Stand will be returning for 2017 where everything sold is grown without chemicals and in sustainable and beneficial ways. Be on the lookout for heirloom tomatoes, the healthy greens recommended by Dr. Weiss, as well as an assortment of seasonal vegetables, herbs and flowers. 🌱

Stay tuned for more information and for details about the **Grand Opening of the Farm Stand for the 2017 season.**





On December 4th, about 40 people gathered at the Ethos big farm house to celebrate the holidays with Whole Food Plant-Based (WFPB) creations and lively conversation. Dr. Weiss spoke about the future. A Director of Operations at Ethos Health was

hired and future plans include more robust on-farm programming and an improved Farm Stand. He thanked those present for keeping

Ethos going. Asha Gala also thanked everyone for being a partner in the journey. It was a time of celebrating the foods and flavors of the Holidays in a healthy way. 🌱

ETHOS HOLIDAY POTLUCK



A NEW Year, A NEW You, & NEW Kitchen Skills:



Chef Karina's Mindful Kitchen Cooking Classes began this month. This is a great way to start the NEW year off right as Karina shows us easy methods to set up a WFPB kitchen and demonstrates some basic cooking skills. Join us on the Ethos Farm **Sat, Feb 25th, 10-11:30AM** for "Knife Skills to Simplify Your Life."

For more information or to register, visit EthosHealth.org.

Future Cooking Classes Available:

Mar 25 | **A Savory Sunday Brunch**

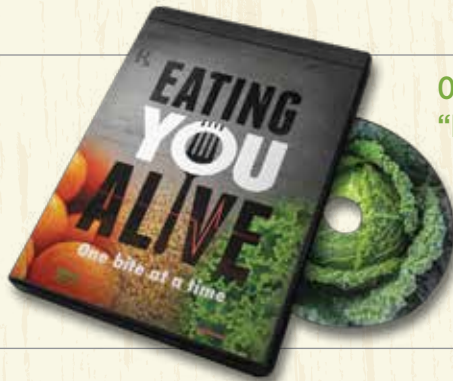
Apr 22 | **Earth Day - Meals on the Go**

On Sunday, December 18th, AYOML members journeyed to New York City to see the movie,

"Eating You Alive" featuring Dr. Weiss. After enjoying a meal together, they went to the 7:45 PM showing which was followed by a Q&A session. This groundbreaking documentary takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

DVDs ARE AVAILABLE at EatingYouAlive.com/buy for \$19.99, shipping in February.

The ultimate way to "Make the Choice, Make the Change" to become a NEW You in 2017.



SWEET & SOUR TOFU "CHICKEN"

(makes 4-6 servings) by Alissa Saenz, ConnoisseursVEG, adapted by Ethos Health

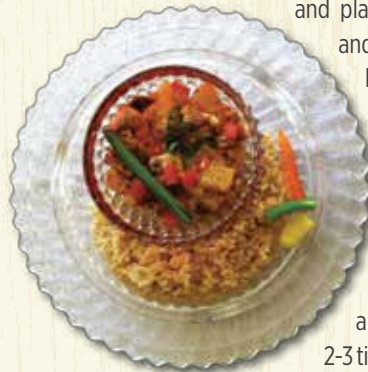
Ingredients

- 1/2 cup vegetable broth
- 1/4 cup apple cider vinegar
- 1 cup diced fresh pineapple
- 2 tsp. rice vinegar
- 1 tsp. grated fresh ginger
- 1 tbsp. tamari (or Bragg's Liquid Aminos)
- 2 garlic cloves, minced
- 2 cups diced red bell pepper
- 1 lb. extra firm tofu (drained, pressed at least 15 min. and cut into 1/2 inch cubes)
- 2 tbsp. arrowroot
- 2 tbsp. water
- dash ground black pepper
- dash cayenne pepper

- Optional garnishing
- sesame seeds
- chopped scallions

Method

Place vegetable broth, apple cider vinegar, pineapple, rice vinegar, ginger, tamari, garlic and peppers in a small saucepan and place over medium heat. Stir and bring to a simmer. Lower heat and simmer for 15 min, stirring occasionally. About halfway through sauce's cooking time, arrange tofu cubes in a single layer in a large skillet over medium-high heat. Cook about 10 minutes, flipping 2-3 times during cooking to ensure browning on multiple sides. Mix arrow-



root in room temperature water and add the mixture to the pineapple sauce once the simmer time is up. Mix in. Cover and cook for 2-3 minutes until the sauce thickens.

Optional: Add freshly ground black pepper and cayenne pepper to taste. Pour pineapple mixture over tofu. Stir to coat and remove from heat. Serve in lettuce wraps or with rice and garnish with sesame seeds and scallions. 🌱

2017 PUBLIC EVENTS

- Jul 5-9 | **NAVS Vegetarian Summerfest 2017**
University of Pittsburgh, Johnstown, PA
- Oct 7-8 | **NJ Vegfest**
Meadowlands Expo Center

2017 AYOML MEMBER EVENTS

- Apr 29 | **Ramp Festival**
Ethos Farm at 9:30AM
- Jul 22 | **Family Fun Day Potluck**
Ethos Farm
- Oct 1-3 | **Climb to the Summit**
Adirondack Loj, Lake Placid, NY
- Dec 16 | **Holiday Potluck**
Ethos Farm

If you would like more information about membership in A Year of Mindful Living (AYMOL) so you can attend the members only events, contact the Ethos Office at (908) 867-0060.



Ethos Health Medical Practice & Farm

177 West Mill Road, Long Valley, New Jersey
908-867-0060

www.ethoshealth.org