



Imperfectly **vegan**

Accepting imperfections in an imperfect world

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[SacredBite](#)

About Lisa and Imperfectly Vegan

A Registered Dietitian with degrees in public health nutrition and spirituality, Lisa is uniquely qualified to help us understand our lifelong relationship with food.



What Does It Mean to Be Imperfectly Vegan?



Hello {FIRST_NAME|Friend},

While our lazy summer days are coming to a close, their reminder to slow down is worthy all year long! This, of course, requires conscious effort. There's no doubt about it. We want things fast. With all of our technological advances, it seems we've got more to do than ever despite the fact that there are still only 24 hours in a day.



The American obsession with speed

Unfortunately, our societal relationship with food is highly symbolic of our culture's need for speed: Microwave meals in 5 minutes or less! Lose 10 pounds in a week! If you don't get your food within three minutes, your next meal is free! Eating on the run, in your car, and grabbing food from a bag are common eating habits for many of us.

But eating too fast leads to:

- Poor communication between the stomach and the brain

Being Imperfectly Vegan is about making a commitment to all of life.

Being Imperfectly Vegan offers all the health advantages of being vegan without undue pressure to be absolutist or extremist.

The commitment level is up to you

The degree to which someone is Imperfectly Vegan depends on his or her personal level of commitment, experience, and circumstances, all of which may change at different points in time.

While the health advantages of a vegetarian diet compared with those of a nonvegetarian diet are well documented and highly significant, when it comes to giving up eggs and small amounts of dairy, those differences are not as significant.

Being Imperfectly Vegan is a lifestyle, not a destination.

[Invite Lisa to be a Speaker on an Imperfectly Vegan Lifestyle](#)



Lisa speaks regularly on the benefits of a plant-based diet and promotes an **Imperfectly Vegan** lifestyle. **Talk to Lisa about speaking at your organization's next event!**

Read more about the [individual communal](#) and [environmental](#) aspects of the [Sacred Bite](#), and Lisa's commitment to helping people develop healthier eating habits.

- Incomplete digestion of foods
- Lack of enjoyment
- A tendency to overeat

Food offers equal opportunity to slow down

Meals are meant to be enjoyed rather than simply swallowed. Part of the enjoyment of eating lies in seeing what's on your plate, smelling the food, and taking time to enjoy the process.

Eat slowly in a pleasant environment

In many countries, a meal often lasts several hours. In fact, one of Greece's dietary guidelines, its version of our USDA dietary guidelines, is to "eat slowly, preferably at regular times of the day, and in a pleasant environment."

Ever Upward,

Lisa

[It's Back-to-School Time: Do You Have Your Child's Most Important School Supply?](#)

Juice Plus+® users are making positive changes in their eating habits

After only 4-8 months, more than half of children and nearly two-thirds of adults are eating more servings of fruits and vegetables every day.



Imperfectly Vegan Recipe Box

Back-to-School Smoothies

Getting the kids out the door every morning is stressful enough without having to worry about loading them up with optimal nutrition. That's why my boys take [JuicePlus+ Garden, Orchard, and Vineyard Blend](#) every morning along with a [JuicePlus+ Complete Shake](#)).

Sometimes that's all they'll have (which is fine with me!) or they will have that along with eggs and toast, cereal, ramen, or whatever else they choose.

An easy, delicious and imperfectly vegan way to start the day is with a JuicePlus+ shake. Combine a scoop of JuicePlus+ Dutch Chocolate Complete Drink Mix with a cup of Horchata (cinnamon flavored rice milk) or organic soymilk and some ice in a Magic Bullet or blender.

But many kids--and adults--will enjoy something more tropical like this recipe:



1 scoop JuicePlus+ French Vanilla Complete Mix
1 cup water
1 banana, frozen
1/2 cup mango, frozen



Juice Plus+® kids spend less time at the doctor and more time in school

- Eating *less* fast food and drinking fewer soft drinks
- Drinking *more* water
- Visiting the doctor *less*
- Missing *fewer* days of school or work
- Taking *fewer* over-the-counter and/or prescription drugs
- More aware of their health and wellness
- Reaping a positive benefit of some kind

The best news of all is that the longer people stay on Juice Plus+®, the more health benefits they experience.

Do You Have 30 Days to Look and Feel Better?

If it doesn't challenge you, it doesn't change you.

Prioritizing self-care is the most common challenge people face. Join

1/2 cup mango, frozen
1/2 cup pineapple, frozen

Blend thoroughly in a regular blender or VitaMix.

Freeze a banana

I always recommend peeling a bunch of ripe bananas and freezing them--it's great to have these on hand!

“Imperfectly Vegan” is a very powerful term to me because it describes the way I eat in a way that gives me self-compassion for when I am not perfectly vegan. So when I eat a bit of goat cheese on my salad or a bite of quiche, I still feel that I am being congruent with my description of being imperfectly Imperfectly Vegan.”
--Staci Joy

Gardening in a Drought? Try a Tower Garden!



[Tower Garden](#) represents the next generation of urban farming. This highly efficient aeroponic growing system allows you to grow MASSIVE amounts of produce in a TINY amount of space in about HALF THE TIME of traditional soil-based agriculture.

The following poem by Rainer Maria

our 30-day challenge and learn how the right habits can create long-term health and a slimmer you!



Attend presentations on the 30-Day Challenge

When: Tuesday, August 12 and Thursday, August 14, @ 7:00pm

Where: Office of **Carol Keane & Associates**, 1660 Olympic Blvd., Suite 200, Walnut Creek, 94596

[More information](#) about the Challenge. Call Lisa at 925.324.9650.

More Healthy Reasons to Make Yours a Juice Plus+® Family



The USDA recommends 7 to 13 servings of fruits and vegetables every day, yet most people don't even come close to that.

Is your family getting 7-13 servings of fruit and vegetables every day?



Bridging the gap

Rilke (Die sonette an Orpheus, I, 15) illustrates **the amazing transformation of food into us:**



Dance the orange.

Who can forget it, how, drowning in itself,
it grew against its being sweet.
You have possessed it.
It has been deliciously converted into you.
Dance the orange.

Juice Plus+® helps you bridge the gap between what you and your family **should** eat and what you **do** eat, every day.

More benefits of Juice Plus+® to help your family stay healthy this winter. Juice Plus+®:

- Provides nutrition from 17 different fruits, vegetables, and grains — apples, broccoli, kale, parsley, and beets — in a convenient and inexpensive capsule form
- Delivers key antioxidants and other phytonutrients that are absorbed by the body
- Reduces oxidative stress
- Reduces key biomarkers of systemic inflammation
- Supports a healthy immune system
- Helps protect DNA
- Supports cardiovascular wellness
- Supports healthy skin
- Supports healthy gums

Join the Imperfectly Vegan Team!

Ask Lisa about becoming a JuicePlus+

Representative: 925.324.9650.

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

--Ann Wigmore



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