

Warm Fall greetings to you,

I hope this letter finds you happy, healthy, and whole! I know the holiday is a few days off, but I wanted to be one of the first to wish you a Happy Thanksgiving! I also want to share an informal sweet potato recipe I just learned a couple of weeks ago at the farmers market. I am thankful that you are supporting my work by reading this newsletter and that you are working to improve your health and happiness.

Sweet potatoes can help with sugar cravings?

Somehow or another we have all been affected by addiction whether its with a family member, ourselves, a friend, or a coworker. We have all seen it and maybe even experienced it for ourselves. There are many different types of addiction; tobacco, alcohol, prescription and nonprescription drugs, food, sex, internet, video games, and the list goes on. There is one addiction many of us may have but we never really acknowledge it; this addiction is to sugar. Sugar is in many of the things mentioned above. That is why its so hard to beat this addiction; sugar is in almost every packaged, bottled, and canned food item in the grocery store. We can work on reducing our sugar cravings through eating sweet vegetables and wholesome fruits. One of my favorites is sweet potatoes. Most of the root vegetables are considered sweet vegetables. Types of sweet vegetables include carrots, beets, squash, and onions. Incorporate more and more sweet vegetables, into your daily eating and you will see the sugar cravings reduce and possibly disappear.

Sweet Potato Home Fries

As I stated earlier, this is an informal recipe I got a couple of weeks ago at the farmer's market. I tried it and liked it a lot. My hope is that you will try it a like it as much as I did:

2 medium to large sweet potatoes
1 full TSP. of Ghee, butter, or other cooking oil
1/8 to 1/4 TSP. Thyme
pinch of ground cayenne pepper
pinch of cinnamon
1/8 TSP. Paprika

First dice the potatoes into 1/2in. to 1/4in. cubes (the smaller the better)
heat the oil in the pan on Med., add all of the spices
next add the potatoes and coat well
Continue to cook, stirring frequently until the potatoes are done.
Serve and enjoy!

Have a safe, healthy, and happy holiday this month. My hope is for you to spend some time with the ones you love this month sharing some sweet potato home fries. (instead of chocolate pie)



What's all the talk about water? A once free source, it is being bought, bottled, and sold everywhere in the world.

Come find out more about the worlds water systems in a free viewing of "Blue Gold: The World Water Wars"

**When: December 11th
7pm**

Where: [ICD Life Empowerment Center](#)

[Blue Gold](#)

:-) Until next month, remain healthy, wealthy, and wise!

Sincerely,
Lori Tyman
Vigorous Choices

Great health starts now!

Contact me to learn more about how to handle cravings:
[Vigorous Choices](#)