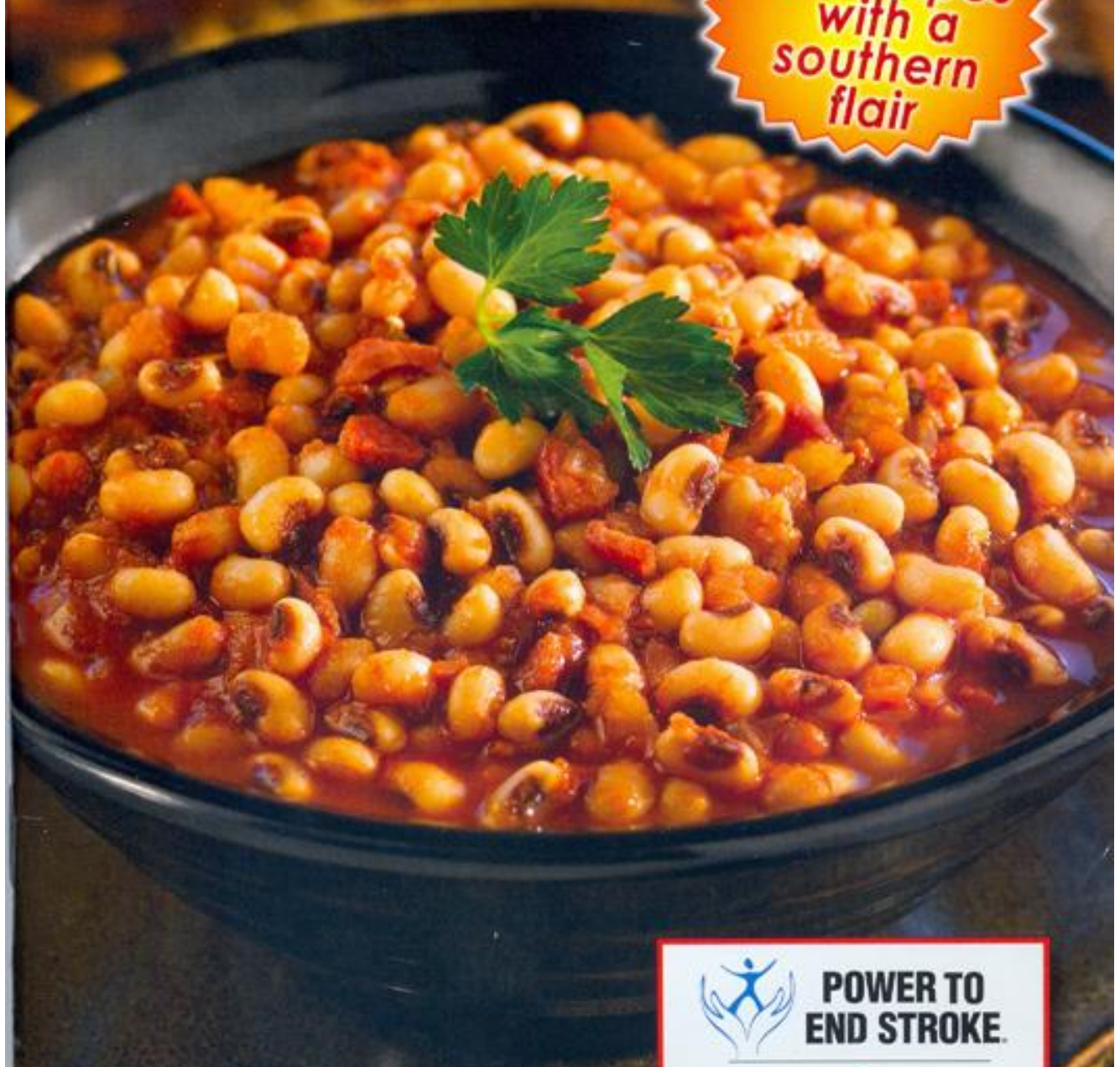


HEALTHY Soul Food

47 recipes
with a
southern
flair



**POWER TO
END STROKE.**



American Heart Association | American Stroke Association

Learn and Live.

Tales From the Soul

Dr. Terri Kennedy



Terri Kennedy, Ph.D., is following in her father's footsteps. Dr. James Scott Kennedy was known around the world as a communications pioneer, earning the nickname "Mr. Speech." However, "for the last two months of his life, he could not speak. It was devastating to watch this dynamic man not be able to communicate," she recalls.

"Looking back, it's difficult to determine whether he first had the series of mini-strokes that led to the Alzheimer's

diagnosis or vice versa. That's why it is so important to understand the symptoms of stroke that are not as well known, such as confusion and loss of balance. With more knowledge, we might have been able to prevent or delay his decline."

Now an acclaimed motivational speaker in her own right, Kennedy uses her considerable communications skills as a national spokesperson for the American Heart Association's Search Your Heart program by educating the public about cardiovascular disease and stroke. Kennedy is also an Ambassador for the American Stroke Association's Power To End Stroke campaign.

Kennedy had her own health wake-up call in 1997. "I suddenly lost 20 pounds, and my organs were close to shutting down," she says. "The doctor diagnosed Crohn's disease, a severe digestive disorder. I had been a vegetarian, but when I entered the corporate world, I left many of my healthy principles behind. I pushed my body to the brink by working too much, sleeping too little, exercising infrequently, eating processed foods, and not taking time to nurture myself.

“Almost dying was the best thing that could have happened to me. From that moment on, I started truly living. In learning how to heal myself, I found my purpose in life: to help people from *all* walks of life live better lives.”

A key to better living, according to Kennedy is to “live on purpose.” “Many people work *with* purpose but are not living *on* purpose,” she says. The trick, she explains, is to connect the two. “We go from one unconnected goal to the next—get a bigger home, get a promotion. Living on purpose is having an overarching vision that ties decisions you make back to your core values and life vision.” Kennedy explains that if you live this way, “developing healthy eating habits can become a core imperative.”

Kennedy believes you are not only *what* you eat but also *how* you eat. “Research documents the connection between our highly processed, ‘super-sized’ Standard American Diet (SAD) and the rise of degenerative diseases like diabetes, heart disease, and cancer,” she says. Her strategy is to add good-for-you whole foods and “crowd out” the not-so-good foods. Her motto:

Eat variety in season, for a good reason; in smart combinations, no imitations; in moderation, and without deprivation.

If you treat your whole self right, Kennedy adds, “you will naturally come to your ideal weight, have full energy, and help the body heal.”

Her exercise philosophy is equally simple: “Every day, you must sweat, stretch, and strengthen.” This doesn’t mean you have to hit the gym—you can, for example, dance, play tennis, garden, or do yoga. Some activities provide more cardiovascular benefits than others, so make sure to do a variety of things.

“As with anything,” Kennedy adds, “planning is important. Schedule exercise time on your calendar. Add movement into your daily routine by taking walking breaks at work, doing chair yoga at your desk, or running errands on foot.

“Make movement a part of life and not a chore. Once you get going, you will love how you feel!”

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