

10 Gains from a 10% Loss

10. Lowers the risk of **gallbladder disease**.
9. Lowers the risk of **sleep apnea**, a serious breathing difficulty during sleep. How many are on CPAP machines?
8. Lowers the risk of **congestive heart failure**. Excess weight puts stress on the heart and lungs.
7. Reduces risks of some **cancers**. Healthy weight and healthy diet with plenty of vegetables, fruits, and whole grains can greatly reduce risks of developing certain cancers.
6. Puts less stress on your **bones and joints**, especially the knees.
A 2005 study in *Arthritis & Rheumatism* of overweight and obese adults with knee osteoarthritis found that losing one pound of weight resulted in four pounds of pressure being removed from the knees... In other words...
Losing just 10 pounds would relieve 40 pounds of pressure from your knees.
Dropping 25 pounds takes 100 pounds from your knees!
5. Lowers the risks of **heart disease, heart attacks, and stroke**.
4. Reduces the risk of diabetes and helps **control blood sugar** levels if you're already diabetic.
3. **Reduces blood pressure**. Even a small weight loss can help lower BP. Get back at the drug companies by getting off those meds!
2. Improves your ability to **move and be active**. Losing weight makes every step and breath easier.
1. #1 reason to lose weight is ...

YOU WILL FEEL BETTER! Set a goal to lose 10% and 'Go For It!'

WE CAN DO THIS!

Spiritual Reflection

1 Thessalonians 5:11

*Therefore **encourage** one another and build up each other.*

Dinner

Syracuse Chicken with Olives!

From the southern reaches of Italy's shores is the island of Sicily and the City of Syracuse. It was once a Greek dominated city that supported a thriving arts scene along with a great many recipes influenced by both the sea and the rich olive growing region. It is not surprising; some of these culinary dishes have lingered over the centuries, changing only slightly.

Syracuse Chicken and Olives will take your breath away! It is rich with tomatoes and earthy herbs and is very straightforward in terms of method. The chicken is rich in protein, tomatoes in vitamin C, and olives in flavor.

Ingredients

2 pounds boneless skinless chicken breasts
1 can of diced tomatoes
1 can tomato sauce
1 onion, thinly sliced
4 to 6 whole garlic cloves
1/2 cup balsamic vinegar
2 tablespoons extra virgin olive oil
12 pitted Kalamata olives
a palm full of herb mix: thyme, basil, rosemary, oregano, black pepper
salt to taste

Method

1. Pour the olive oil into the bottom of the slow cooker.
2. Place the chicken breasts into the slow cooker. Season with salt & pepper
3. Top each breast with sliced onion, garlic cloves and Italian herbs.
4. Pour in vinegar, tomatoes and tomato sauce
5. Cook on high about four hours
6. Remove chicken breast sliced as desired and placed back in tomato/vinegar sauce. Add olives and let them warm through for about 10 minutes
7. Let meat set for 2 or 3 minutes before serving.