



ethos health

SEEDLINGS

An update on Life and Lifestyle at Ethos Health

EDITION 1 NOVEMBER 2016

RAISING THE STANDARD OF CARE



Bathed in the wan morning light of late November, Ethos Farm awaits winters sleep

DR WEISS HITS THE SILVER SCREEN



Come and see him in "EATING YOU ALIVE," a feature-length documentary revealing the truth behind why Americans are so sick and what we can do about it.

Show Dates: **December 14th - 20th** - times TBA

Location: IFC Center, 323 Sixth Ave (at West 3rd St) NYC (in Greenwich Village) 212.924.7771

Tickets on Sale Dec 7 @ 6pm www.ifccenter.com/films/eating-you-alive/

Be on the look-out for information about a special Q&A Session with Dr Weiss after the movie.

ASK ETHOS:

What is your favorite food?



Ron Weiss, MD
Ethos Health Founder, likes pomegranates or any "superior fruit," especially ones that are

picked at the peak of ripeness. One of the dreams of the Ethos Farm is to eventually have an orchard that will provide the community with the ultimate fruit experience. Secondly, olives are a favorite, especially those cured in lemon juice instead of salt-laden brine.

Looking for a great gift to yourself or your loved ones?

Announcing Ethos Health continuing series of Cooking Classes **Coming 2017**

A MINDFUL KITCHEN

with Chef Karina



Jan 28th 10-11:30am
Cooking Methods that Heal and Revitalize

Feb 25th 10-11:30am
Knife Skills to Simplify Your Life

Mar 25th 10-11:30am
A Savory Sunday Brunch

Apr 22nd 10-11:30am
Earth Day - Meals on the Go

Nora Pugliese

Farm Manager, says that guacamole is a favorite, and it is extra good if it contains her other favorite, garlic.



Asha Gala

Lifestyle Clinical Director, really loves her greens. She can often be found holding and munching on a leaf of Romaine, her favorite leafy green, as she walks around the Medical Office.

\$50 per person/\$35 for AYOML members. Please register at: www.ethoshealth.org



CLIMBING TO THE SUMMIT

On October 16-18, 2016 Ethos (AYOML) Members embarked on an adventure and joined together in Lake Placid, NY, at the height of the Adirondack Mountains to climb Mt Jo and to enjoy Adirondak Loj, at the shore of Heart Lake. Much like the plant-based whole-foods life, reaching the summit of Mt Jo was a challenge but we helped each other and had fearless and wise leaders that offered support and guidance.



The weather cooperated and nature provided a beautiful and colorful foliage backdrop. We were inspired to keep climbing. Success is possible on this journey up the mountain of health.



Members of "A Year of Mindful Living" gather in the Adirondacks in New York State

If you happened to miss this year's adventure, plan to join us in Oct. 2017!

PUMPKIN CHIA PUDDING RECIPE

(makes 4 servings)

by Chef Karina, Ethos Wellness Program Team Member

Ingredients

- 2 1/4 cups almond milk
- 1 cup pumpkin puree
- 1 ripe banana, mashed
- 1/2 tsp vanilla extract
- 5 tbsp chia seeds
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 2 tbsp raw pumpkin seeds or chopped pecans (optional for garnish)

Method

In a medium bowl, mash the banana well. Whisk in the almond milk, pumpkin puree, vanilla extract, and chia seeds. Add the cinnamon, nutmeg and ginger. Stir to combine well.

Refrigerate until thick and pudding-like, about 3 hours or overnight. Stir a couple of times during this step if possible. To serve, spoon pudding into small bowls. Garnish with pumpkin seeds or with chopped pecans.

NOTE: This pudding can be made ahead and stored in an air-tight container in the refrigerator up to 4 days.



Welcome to Seedlings, our Newsletter!

We are thrilled to have you join us on this journey to a healthier life. Here we combine excellence in farming with individualized medical care to provide you with the support you need to meet your goals.

At Ethos Primary Care, we provide education in a whole-foods plant-based lifestyle which reverses and prevents disease. And on the Farm, we produce and provide chemical-free and nutritious foods grown from Living Soils.

Through farmer and physician, we are working to raise the standard of care.



Stay tuned for news about our 2017 Growing Season at the farm! more info in future newsletters

Ethos Health Medical Practice & Farm

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