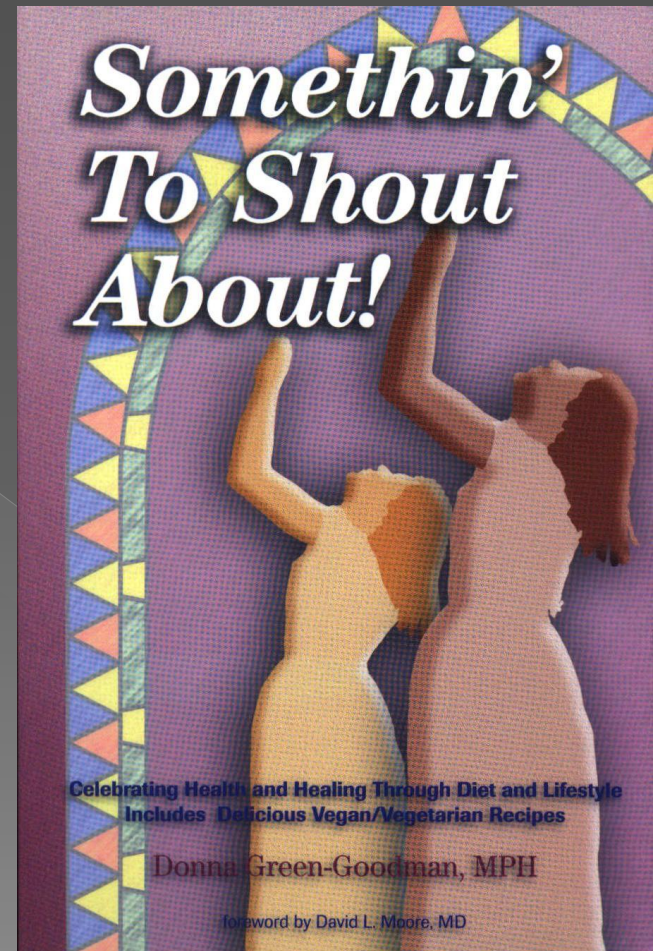


COOKIN'UP GOOD HEALTH!

*From the Science Table to the Dinner Table
Leading By Example
Donna Green-Goodman, MPH
National Black Caucus of State Legislators
Indianapolis, IN
September 30, 2011*

DIAGNOSIS: Breast Cancer

- 1996
- Breast Cancer Diagnosis
 - > Invasive, Aggressive, Metastatic
 - > Aggressive treatment recommended
- Lifestyle Approach to Healing
 - > Anointed
 - > Went to Wildwood
 - > Left determined to impact the African-American population of metro-Atlanta



NONE OF THESE DISEASES



**MEET THEM WHERE THEY ARE
FIND WHAT MATTERS TO THEM
MAKE IT CULTURALLY RELEVANT
MODEL WHAT YOU TEACH THEM**

COOKIN' UP GOOD HEALTH



If you have made the decision to eat more healthfully and the food doesn't taste good, you MUST be eating at the WRONG TABLE.

The BEST WAY to Health

- ◉ Bedtime Regularity
- ◉ Exercise
- ◉ Sunshine
- ◉ **Simple Diet**
- ◉ Temperance
- ◉ Water
- ◉ Air
- ◉ Yielding to Divine Power

If thou wilt diligently hearken unto the voice of the Lord thy God, and wilt do what is right in His sight, and will give ear to his commandments and keep all his statutes, I will put NONE of these diseases upon thee which I have brought upon the Egyptians; for I am the Lord that healeth thee. Exodus 15:26



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