
The Lifestyle and Culinary Medicine Newsletter

we're so glad you're here!

Happy Anniversary!



July marks a major milestone: the one-year anniversary of “The Lifestyle and Culinary Medicine Newsletter”. It has been an absolute privilege spending the past year sharing food and lifestyle tidbits, evidence-based nutrition info, healthy recipes, movement tips, and cookbook suggestions with you.

My goal has always been simple: to spread awareness about the powerful role that lifestyle and food play as medicine. If this newsletter has inspired you to make even a single positive change in your daily routine, then this past year has been a resounding success. Thank you for allowing me to be a part of your wellness journey. Here’s to another year of health, nourishment, and vibrant living.

With care,

Dr. Lateef



Welcome to summer—A season of long days, outdoor movement, and fresh, vibrant flavors:

In this month's issue, we are diving into the art of staying vibrant and energized in the summer heat. From the science of "eating your hydration" to masterfully simple, no-cook meals that celebrate the peak of the season, we're exploring how true nourishment can be both medicine and a complete sensory pleasure. Grab a glass of ice-cold, herb-infused water, find a comfortable spot in the shade, and let's dive in!

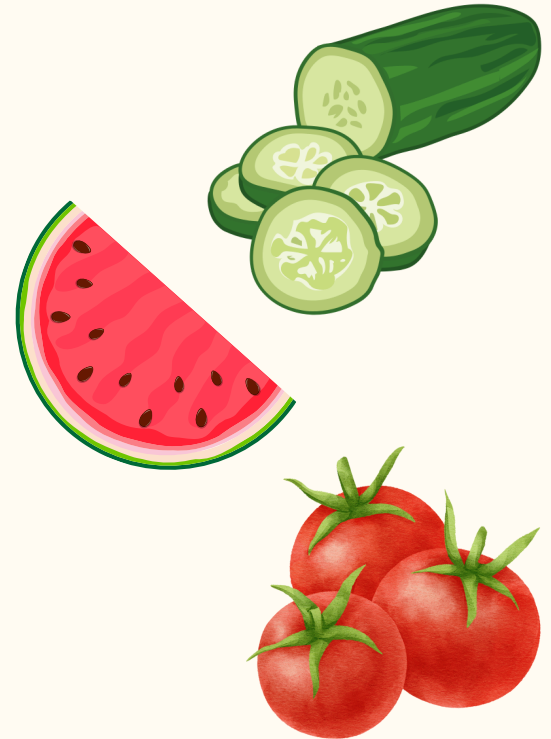
Beat the July Heat: Stay Hydrated, Stay Vibrant:

As summer reaches its peak this July, the soaring temperatures mean our bodies need extra care to stay balanced and energized. Hydration is key to keeping our energy up, our minds sharp, and our bodies thriving in the summer heat.

Go Beyond the Glass: While pure water is always your best bet, you can also eat your water! Nature provides perfectly timed, water-rich foods this season—like crisp cucumbers, juicy tomatoes, and sweet watermelon.

Flavor Naturally: If plain water feels uninspiring, try infusing your pitcher with fresh mint leaves, sliced lime, or a handful of muddled berries for a refreshing, antioxidant-rich twist.

Listen to Your Body: Don't wait until you are parched to take a sip. Keep a reusable bottle handy during your daily routines and outdoor movement to stay ahead of thirst. Let's keep our cool and nourish our bodies all month long!



Infused Water Recipes:

Add 8 cups of water to a pitcher along with:

1. Strawberry-Thyme Refresher:

- ½ cup sliced strawberries + 4 to 5 sprigs fresh thyme

2. Orange-Jalapeño-Ginger Zinger:

- 1 orange, sliced + ⅓ of a jalapeño, sliced + 2-inch piece fresh ginger,

3. Smashed Berry-Basil Blast:

- ½ cup fresh blueberries or blackberries + 6 fresh basil leaves, torn

4. Minty Cucumber Lemon Water:

- ½ cup cucumber slices or strips + 1 small lemon, sliced + 6 fresh mint leaves,

5. Cantaloupe-Sage Cooler:

- 1 cup cantaloupe slices or strips + 2 to 3 large fresh sage leaves, torn



SPIRALIZED ZUCCHINI AND CARROT SALAD

Ingredients:

- ¼ cup lime juice
- 2 Tbsp olive oil
- 1 Tbsp low-sodium soy sauce
- 2 tsp brown sugar
- 1½ tsp grated ginger
- 2 large zucchinis, spiralized
- 1 large carrot, spiralized
- 2 scallions, thinly sliced
- 1 red chile, thinly sliced
- ⅓ cup chopped fresh cilantro
- ½ cup chopped roasted peanuts



Instructions:

1. In a large bowl, whisk together lime juice, olive oil, low-sodium soy sauce, brown sugar, and grated ginger.
2. Gently toss in spiralized zucchini, spiralized carrot, scallions, and red chile. Fold in chopped fresh cilantro and chopped roasted peanuts. Sprinkle with more cilantro and peanuts if desired.



The Magic of Summer Berries



July brings the absolute peak of berry season, offering a vibrant abundance of strawberries, blueberries, blackberries, and raspberries at their absolute sweetest and most nutrient-dense.

The deep reds, blues, and purples that make summer berries so beautiful are actually signs of powerful medicine at work. These rich colors come from anthocyanins, a subclass of flavonoids with potent antioxidant and anti-inflammatory properties.

Incorporating a cup of berries into your daily routine offers remarkable health benefits:

-Cardiovascular Support: Anthocyanins help improve endothelial function (the health of your blood vessels) and support healthy blood pressure.

-Cognitive Longevity: Research suggests these antioxidants cross the blood-brain barrier, protecting neurons and supporting memory and focus.

-Metabolic Health: Berries have a low glycemic load and are packed with soluble fiber, making them excellent for blood sugar regulation and insulin sensitivity.

Instagram | @humairalateefmd

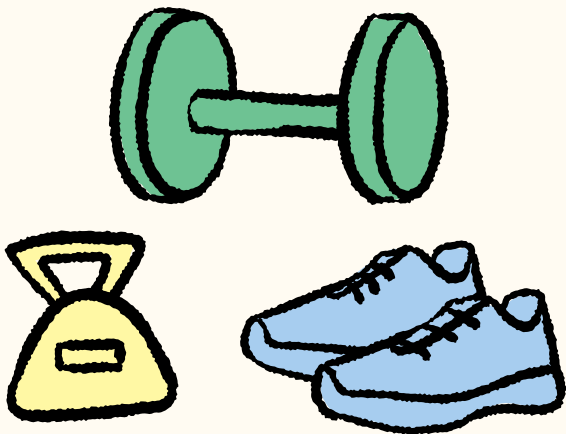


Movement Tip

Embracing Wellness in the Summer Heat:



As we head into the peak of summer, the long, sunny days offer a wonderful energy—but they also bring intense heatwaves that require us to adjust our daily routines. True wellness is all about listening to our bodies and adapting to our environment. This month, we are focusing on how to keep your body moving safely and comfortably, even when the thermometer spikes. Before you head outside, let's look at how to optimize your physical activity for the summer heat.



Beat the Heat with Split-Session Workouts:

When summer temperatures soar, forcing a long workout can lead to heat exhaustion. Instead, try dividing your daily movement into two or three short, 10-minute blocks. A brisk walk early in the morning before the pavement heats up, paired with a quick strength or stretching routine in an air-conditioned room later in the day, gives you the same great cardiovascular benefits without overloading your body's cooling system.

Remember "Pre-Hydration" rule:

Don't wait until you're thirsty to drink water. During a heatwave, staying hydrated starts hours before you move. Aim for a glass of water first thing in the morning to prime your body for the day ahead.



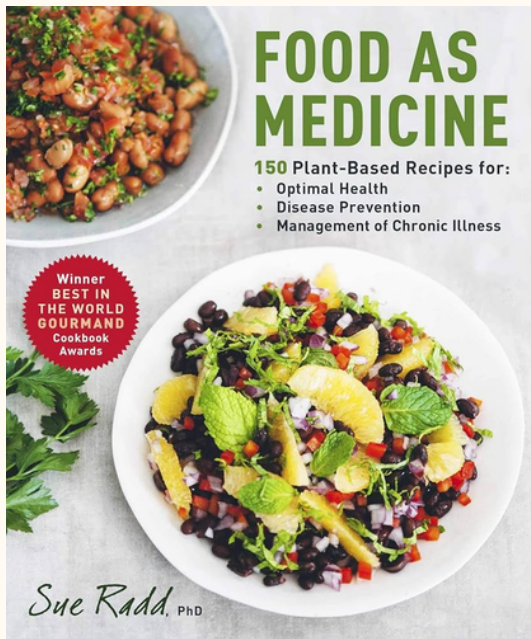
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Book Suggestion

Food As Medicine: 150 Plant-Based Recipes for Optimal Health, Disease Prevention, and Management of Chronic Illness

By Sue Radd, PhD

Think of Food as Medicine as your personal roadmap to a healthier life. It brings you 150 plant-based recipes that taste just as good as they are bad for disease. This book goes a step further by teaching you how to avoid toxic cooking methods, unlock the hidden benefits of staple pantry ingredients, and curate a wellness kitchen that makes clean eating your new default.



Move More, Cook Better: Clear your calendar for our next events!

1. Culinary Medicine Cooking Class: The Plant Powered Kitchen: Plant Proteins

July 18, Saturday 11 am to 1pm

Recipe: Mix Lentils with Bulgar, with naan and pickled red onions

Space is limited, so register @ 577 Foundation.org to reserve your spot and explore why plant protein is a win for longevity and the environment.

2. Stroll with a doc: July 11, 8-9am, Wild Wellness walkers: at Toledo Zoo.

"Mastering Menopause with Lifestyle"

Register @ToledoZoo.org



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