

What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to leanne.mielczarek@lupuscanada.org



Toll Free: 1-800-661-1468



Greetings, Hello February!

While there is no cure yet, Lupus awareness and research is continuously moving forward. Together, we can work to create a life without Lupus. This February, take time to appreciate the loved ones in your life. Family Day and Valentines Day are reminders of what remains important above everything else; family, friends, and partners. Perhaps the only thing of greater importance is to remember to also love yourself this month.

Don't forget on February 15th to check out our February Let's Talk Lupus video on [Benlysta!](#)

For more resources on lupus please visit our website www.lupuscanada.org

Don't forget to keep sending us your Lupus Stories!

To submit your story so that it can be considered for inclusion in our E-Newsletter please email

leanne.mielczarek@lupuscanada.org

LUPUS CANADA FEBRUARY 2016 NEWSLETTER

My Lupus Story by Brian Y

My name is Brian I am 63 years old, although I was diagnosed with Lupus 2 ½ years ago, I feel I have had it since I was around 55. This is my story and it continues

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Having problems with memory?

On some February nights a fog may roll in to cloud some Canadian cities and towns. At twilights such as these, it is important to pay attention, to focus on one thing at a time, and to drive home soon to relax in safe, sweet slumber.



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Stay Active for a Happy Heart and Mind

February is both National Heart Month and National Psychology Month. Cardiovascular health and mental health are very important to a Lupus patients overall success in controlling flares and living a good life.

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February Recipes for the heart and soul

Beef Tagine with butternut squash

Tagine is a North African stew of spiced meat named after the pot it's cooked in. It is a warm, hearty, satisfying meal full of flavour and personality. Paprika, cinnamon, ginger and tomatoes are all packed with nutrients. *If you react poorly to garlic, leave it out.



INGREDIENTS

- 2 teaspoons paprika
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon freshly ground black pepper
- 1 (1-pound) beef shoulder roast or petite tender roast, trimmed and cut into 1-inch cubes
- 1 tablespoon olive oil
- 4 shallots, quartered
- 4 garlic cloves, chopped*
- 1/2 cup fat-free, lower-sodium beef broth
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 3 cups (1-inch) cubed peeled butternut squash (about 1 pound)
- 1/4 cup chopped fresh cilantro

PREPARATION

1. Combine first 6 ingredients in a medium bowl. Add beef; toss well to coat.
2. Heat oil in a Dutch oven over medium-high heat. Add beef and shallots; cook 4 minutes or until browned, stirring occasionally. Add garlic; cook 1 minute, stirring frequently. Stir in broth

and tomatoes; bring to a boil. Cook 5 minutes. Add squash; cover, reduce heat, and simmer 15 minutes or until squash is tender. Sprinkle with cilantro.

Photo:

John Autry

Source:

<http://www.myrecipes.com/recipe/beef-tagine-with-squash>

Avocado Toast 5 Ways

Avocados have risen to celebrity status in recent years, but for good reason! These nutrient-packed green goddesses are high in dietary fiber, omega-3 and omega-6 fatty acids, vitamins C and K, and folate, a B vitamin that prevents anemia. They are also good for the heart. Here are five ways to eat this beautiful buttery fruit on bread.

INGREDIENTS

1 slice thick cut bread (choose multigrain, high-fiber, unprocessed breads)
½ avocado
Freshly squeezed lemon juice
Kosher salt and crushed black pepper to taste

PREPARATION

Toast the bread. Slice, smash, and spread the avocado on the toast. Top with lemon juice, salt, and pepper.
For the variations, just place them on top of the avocado.

1. thin sliced smoked salmon + thin sliced red onion
2. scrambled egg + crispy bacon
3. goat cheese + chopped chives
4. pico de gallo
5. halved cherry tomatoes + balsamic vinegar

By: What's Gabby Cooking

Photo and recipe Source:

<http://whatsgabycooking.com/avocado-toast-5-ways/>
<http://jaha.ahajournals.org/content/4/1/e001355.abstract>



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