

# NUTRITION NEWS & NOTES

## A Christian Approach To Healthy Living

(NAPSA)—Consumers who embrace traditional, family values now have a new resource for living a healthier lifestyle.

A Web site that offers news and information with a Christian point of view now features health and wellness tips in the form of an online newsletter from a well-known Christian broadcaster.

The Web site, called CBN.com, is part of the Christian Broadcasting Network. The broadcaster known to many from TV's *700 Club*—Pat Robertson—now authors a newsletter called *Robust Living*. While CBN does not sell any of the products listed, the newsletter reflects Robertson's passion to see people live healthy lives.

According to the Web site, audience response had been positive. An article on the role antioxidants play in bolstering the body's immune system garnered 575,000 calls and downloads. A recipe for "age-defying pancakes" prompted 38,000 requests in the first 48 hours, while the public responded to a recipe for an "age-defying shake" with some 490,000 calls and downloads.

Consumers can visit the Web site at [www.CBN.com](http://www.CBN.com) to request a copy of the newsletter or get recipes, such as the one for "Pat's Age-Defying Shake" that follows.

**6-8 ounces of orange juice (water, other juices, low fat or skim milk may be used)**

- 5 Tbsp. soy protein isolate**
- 5 Tbsp. whey protein isolate**
- 2 Tbsp. natural apple cider vinegar**
- 1 Tbsp. flaxseed oil**



**Broadcast personality Pat Robertson demonstrating how to make his protein pancakes.**

- 1 Tbsp. safflower oil**
- 2 Tbsp. soy lecithin**
- 1 Tsp. MSM powder**
- 1 Tsp. glutamine powder**
- 5-6 frozen strawberries or other fruits**
- Non-caloric sweetener to taste**
- 4-5 ice cubes (optional)**

**In standard blender, combine the above ingredients. Blend until the shake is smooth and the ice cubes are crushed.**

**Optional ingredients:**

- 2 Tbsp. non-fat plain yogurt**
- 1 banana**

*Consult with your physician before starting this or any new health regimen or supplement program, especially if you have allergies to any of the listed or related products, or are under the care of a physician or other medical professional, or have any other health problems. No specific health benefit is implied or promised from this recipe.*