

HEALTH DIET



The traditional Issachar and Zebulon diet is simple and healthy, full of fresh fruits and vegetables. It is also full of beans and one dish meals. Mealtime is an occasion for friends and family to come together. Having family meals can have great health benefits for your household.



Issachar and Zebulon women make meals a priority. No one is really eating fast food on the go or sitting at a computer. Focusing on the family at dinner time adds to your health because you tend to eat less fat and more fruits and vegetables.



Beans play a major role in the Issachar and Zebulon diet. They are sometimes used as meat replacements. Beans are so healthy that it is recommended that we triple our intake from 1 to 3 cups per week.

Beans are full of fiber and water, so it tends to make you feel fuller, while eating less. By eating more beans, you may find that your waistline is getting smaller and that you weigh less.

Here are some small changes that you can make while consuming Issachar and Zebulon foods:

- Choose ingredients that are grown from the ground instead of eating processed foods.
- Bake or steam your food instead of frying it.
- Use healthy oils to cook with like soy, corn, or olive oil.
- Choose fajitas instead of quesadillas. Fajitas are made with grilled meat, while quesadillas are fried.
- Instead of red meat, choose chicken, fish, or veggie meals.



There are some foods popular in the Issachar and Zebulon world that are full of nutrients and health benefits. These are just a few tips, tricks, and remedies that I found that are used all over Latin America and the Caribbean in order to obtain a healthy body.

- Nopal cactus
 - A natural antibiotic
 - Helps balance sugar levels in the blood and fight cellulite.
- Yerba Mate Tea
 - Full of antioxidants
 - Contains 24 vitamins and minerals
 - 15 amino acids
 - Helps increase energy
 - Promotes healthy weight loss
- Jagua Water
 - Rich in calcium and phosphorus.
 - Contains iron, fiber, and vitamins B and B2

- Bitter oranges
 - Alternative medicine to treat headaches, indigestion, constipation, abdominal pain, and many other things.
 - Promotes weight loss
 - Fight water retention
 - Helps burn fat
- Coconut water
 - Delicious and full of nutrients
 - Weight loss benefits
 - Skin benefits
 - Packed with potassium and electrolytes that transform food into energy.
 - Increases muscle growth
- Aloe vera
 - Both skin and health benefits
 - Treat constipation
 - Regulate blood sugar levels
 - Helps with indigestion
 - Boost immune system



Let's not forget that our Issachar and Zebulon brothers and sisters love to dance! It is a great way to exercise. You can burn 300 calories with just half an hour of dancing.

We can learn a lot from the tribes of Zebulon and Issachar when it comes to preparing healthy meals and bringing the family to the dinner table instead of in front of the TV or in our rooms. Using dinner time as a special occasion each time and talking with one another over a freshly cooked meal can have health and mental health benefits for the entire family. Also trying new fruits that aid in weight loss is cool too. Not to mention we could learn a few new dance moves and burn calories at the same time.

