

## Love yourself and your health campaign

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The ingredients seemed a bit abstract at first. But Christina "Chrissy Love" Thompson plowed ahead with her demonstration at last Wednesday's "Love Yourself and Your Health Campaign" forum. Armed with seaweed wraps, walnuts, onions, garlic, a small garden of julienned vegetables and a blender, Thompson's mission was to prove that "living foods" could be as tasty as their deep-fried counterparts.

Outlining her method as she prepared her seaweed wraps, Thompson blended the walnuts with the onions and garlic to create a paste. Tucked into wraps a few minutes later, the sushi-like concoction won the favor of the small group gathered for the demonstration.

"I just basically took the tastes I like," Thompson said of her culinary adventures with a raw or living food diet. Living foods are raw foods or foods that have not been heated to over 116 degrees Fahrenheit.

"The same thing I would do with the meat I do with the veggies." The talk on February 3 at the Bahamas National Trust Retreat, where nutritionist Dr. Pattie Symonette was guest speaker, was the first of a month of health talks and forums planned by SEEDlings Place, a support group for healthy living. SEEDlings founder and mother of three, Rhonda Wright, established the group in 2007 after reading the book "Heal Thyself for Health and Longevity" by Queen Afua. Wright, a vegan, wanted to create a play/support group for her children who, along with her husband, are also vegans.

SEEDlings (Share Earth's Essential Desserts) Place has since blossomed into a monthly gathering of vegans, vegetarians and

people interested in healthy living. The group joined forces with Thompson in December to create the "Love Yourself and Your Health Campaign." The campaign reaches its climax this month with the series of health forums, group participation in Marathon Bahamas and the Green Earth Festival.

To be held at the BNT Retreat on Village Road on February 28, the Green Earth Festival will also be the platform for Thompson's debut.

The popular radio personality has dubbed the date her "release day." Thompson, who has been on a quest to improve her health since last April, will announce the amount of weight she has "released" since then.

Thompson explained that she used the term "release" instead of "lose" to refer to shedding weight because, "I don't want to find [the weight] back."

So far, she has dropped 62 pounds from a formerly 300-pound plus frame.

The group entered three relay teams of six into Marathon Bahamas as part of the campaign. The teams prepared for Sunday's marathon with personal trainer Sha King for the past few weeks.

The group has also incorporated the campaign into Thompson's radio talk show, The New Immediate Response, on a weekly basis from 9 a.m. to 11 a.m. on 1540AM. Each Tuesday, Thompson has and continues to share her experiences along the road to healthier living while chatting with experts about health topics.

She admits that there are still bumps along the trail. Wright stressed that the need for help in overcoming the hurdles on the road to healthy eating is one of the main reasons for the support group.

"That's a part of what SEEDlings Place is, to help people or expose them to better options."

You can follow the group's progress and get more information on the list of events for the month of February at their Facebook page: Seedlings Place.