

A Unique Dining Experience Awaits You At
GauchaRodizio
 STEAKHOUSE
A Brazilian-style Steakhouse



Enjoy this South American unique style of barbecue with unlimited portions of beef, pork, poultry, lamb and fish. Also included is a spectacular Salad bar, hot and cold specialties and a Pasta station.



Every Friday

"A Night in Ipanema" Dinner & Show

Brazilian music, colorful costumes, beautiful samba dancers, lambada and more

Call to learn about Chateau de Ville, their banquet facility for special events, full on and off-site catering services

GauchaRodizio

4060 N. Federal Highway
 Lighthouse Point, FL 33064
 (954) 784-7667

www.gauchorodizio.com

Hours: M-Th 12-3pm lunch; 5-10pm dinner
 Fri 12-3pm lunch; 5-11pm dinner
 Sat 12-11:30pm; Sun Noon to 10pm

FROM THE COVER

Eyes and Forehead Facial Exercises

Part 1 of 2

Facial exercises are of great benefit to all people, young, adult and mature, to promote a smooth, youthful, anti-aging and ageless face and skin.



The appearance of your skin relies in part on the supportive facial muscles and in order for these facial muscles to be well toned they need to be firm yet pliant. Facial exercises will assist in achieving this. Like normal exercises, facial exercises need to be done regularly to achieve and get the full benefit from them.

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**Gaucha Rodizio—
 A Restaurant
 Experience That Just
 Gets Better And Better!**

By Anita Finley

Just recently we had the pleasure of celebrating a happy occasion for Joni Black, one of our loyal and supportive staff members, who is retiring from full time work. Our first choice, of course, was to have a long, leisurely lunch at Gaucha Rodizio, the Brazilian Epicurean restaurant in Lighthouse Point. After a fabulous food and fun-filled respite, Victor Smirnow, the owner surprised us with a group photo he took for the occasion.

If you have not yet dined at this incredible restaurant, you are in for a treat! The food is always fresh and pleasing to the eye and especially to the palate. I asked if their well-known Executive Chef, Carmen Santos, would give us a special recipe to try. Here is something easy to begin your Epicurean journey. Or you can just come by and have her make it for you!

Shrimp in the Winter Squash

- 1 Winter Squash
- 1 lb. cleaned, deveined shrimp (put some aside for decoration)
- Salt and freshly ground pepper
- Juice of 1 lemon
- 1/2 cup olive oil
- 6 smashed garlic cloves
- 3 grated medium onions
- 1 lb. chopped, peeled and seeded tomatoes
- Chopped cilantro, parsley, and leek
- 1 bay leaf
- 1 catupiri cheese or cream cheese – 300 grams

Wash the winter squash. Make a hole cutting out around the stem. With a spoon, scoop off all the seeds and stringy fibers. Put the whole squash inside a pan with boiling water and some salt. Cook it until tender inside. (Note: the water should cover up the squash) Drain all the water and let it cool off. With a spoon, scoop some of the pulp and set aside.

Preparation of the stuffing/filling

Season the shrimp with salt, pepper and lemon. Heat the olive oil and fry the onions and garlic until limp but not dark. Boil the shrimp, tomatoes, bay leaf and the cilantro. Season it with salt and pepper. Let it simmer until the sauce is thick. Add the pulp you had set aside and simmer a little bit longer. Simmer half of the cheese and let it melt. Spread the other half of the cheese inside the squash and stuff the squash with the shrimp mixture. Bake it at 350F for 15 minutes in a casserole. Garnish the top of the squash with the shrimp you had set aside.

(Recipe is compliments of Carmen Santos, Executive Chef of Gaucha Rodizio Steakhouse and Chateau de Ville)

Gaucha Rodizio Steakhouse and Chateau de Ville are located at 4060 N. Federal Hwy, 2 blocks north of Sample Road, in Lighthouse Point. Currently, Thursdays and Fridays include dinner and entertainment. To make reservations or for more information, call 954-784-7667. Their website is www.gauchorodizio.com.



Victor and Elizabeth Smirnow, Co-owners

Set boundaries. Protect your precious time and energy.

— Cheryl Richardson

**Homocysteine Is A Killer —
 B6, B12 & Folic Acid To The Rescue!**

Don't worry if you've never heard of it. Homocysteine was a relatively obscure amino acid produced during the normal breakdown of proteins in the body—until Dr. Kilmer McCully suggested a connection between high levels of homocysteine and vascular diseases, including stroke and coronary heart disease.

McCully is better known for his book, *The Homocysteine Revolution*, which posits a causative role of excessive homocysteine levels in arteriosclerosis (fatty deposits in the blood vessel) and also that by consuming an optimal diet in abundance of some basic vitamins can reduce the risk of developing this vascular disease.

The chemistry might bore you, but the silent process of homocysteine build-up is one you should take note of. It could save your life! So we'll keep it simple.

The only source of this "bad boy" homocysteine, is from another amino acid, methionine, found in dietary proteins. Proteins from animal sources (such as meat, eggs or milk) are abundant in methionine, while plant sources are much more limited in methionine. So, diets high in animal proteins result in increased blood levels of homocysteine.

In addition, McCully argues that the over consumption of highly-refined foods, fats and sugars (that are depleted of natural vitamins) leads to widespread nutritional deficiencies of water-soluble vitamins in the body; in particular, water-soluble B vitamins. B vitamins are the balancing

agents for homocysteine levels. Deficiency in these vitamins leads to a build up of homocysteine.

Research shows that vitamin B12 and folic acid not only convert dangerous homocysteine into forms that can be excreted in urine, they, along with B6, also protect arteries against the damaging effect of homocysteine through the same conversion process.

Similar to vitamin C, which is water-soluble, the body needs a constant influx of these critical B vitamins, since the body cannot make or store these nutrients.

The homocysteine theory explains why people who over-indulge on meats and animal proteins and don't replenish essential nutrients are susceptible to arteriosclerosis. There are certainly other risk factors, but for pennies per day, why risk another day without ample protection from these basic B vitamins?

Cindy Marteney is the president of Our Health Co-op, which focuses on healthy aging and making high-quality dietary supplements affordable, especially for those with limited means. Our Health Co-op was recognized by SupplementQuality.com as a "quality vendor" in 2004. Write to cindy@ourhealthcoop.com. Learn more at www.ourhealthcoop.com or 561.656.4011.



Cindy Marteney

OurHealthCoop.com

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