

## Where Food Nourishes Body, Mind & Spirit!

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Cesar Chavez said, "Once social change begins, it cannot be reversed. You cannot un-educate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore." I say, "When people become educated on the relationship between nutrition and disease, they can choose to either act on the information or not. What do you choose to include in your toolbox for good health?"

## NEWS YOU CAN USE!

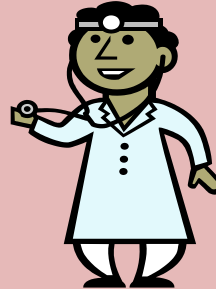


News from Dr. Kumara Sidhartha, Emerald Physicians, Cape Cod, MA  
**Emerald's VivaPalooza Health Fair June 2013**

**KICKSTART YOUR HEALTH**  
5-Week Series, Cape Cod  
**VIP Websites**

**Important Health Info**  
**Children's Health**

**Recipes for Spring**  
**Relationship Health!**



**GREAT NEWS!!** Dr. Kumara Sidhartha of Emerald Physicians is taking new patients. His new office will be at 3880 Falmouth Road in Cotuit (in the Stop and Shop Plaza). Also, one Saturday monthly, Dr. Sidhartha will see patients at Emerald's office in Hyannis at 46 North Street. If you're looking for a one in a million physician, call Cheryl Radford at 508-367-4276 to schedule an appointment with Dr. Sidhartha.

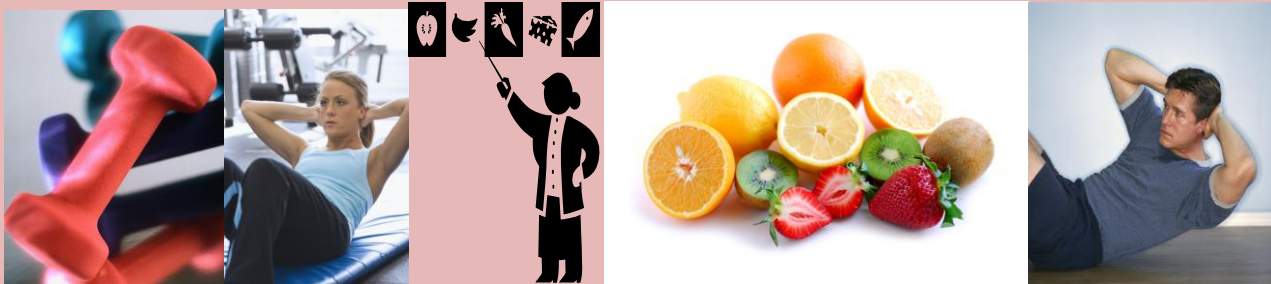
If I'm correct, Emerald Physicians now has 11 offices throughout Cape Cod. The medical staff is under the direction of Dr. Cormac Coyle who started Emerald back in the 90's. Dr. Coyle's progressiveness and patient centered focus are evident in the quality of the caring, supportive medical staff and personnel he's hired throughout his practice.

Those of us who live on Cape Cod are blessed by the presence of Emerald Physicians!

# MARK YOUR CALENDARS



## EMERALD PHYSICIANS VIVAPALOOZA HEALTH FAIR



**SUNDAY, JUNE 2<sup>ND</sup>**  
**10 AM - 4 PM**  
**BARNSTABLE HIGH SCHOOL**

**Lectures, Vendors, Cooking Demonstrations, Food from many  
Cape Restaurants, Activities for Children and Adults**



# FOOD FOR LIFE

## NUTRITION AND COOKING CLASSES, CAPE COD, MA

### "KICKSTART YOUR HEALTH SERIES"

Want to add more plant based foods into your life, but don't know how or where to start? Looking to lower your cholesterol, lose weight, lower blood pressure, boost metabolism? Kickstart Your Health is a boot camp-style cooking and nutrition course where you eat as many plant-based meals as possible for 21 days. The more you put into it, the more health benefits you'll receive! The five, 2-hour classes provide education, guidance and support to easily incorporate more plant based foods. You will have a personal health coach at your disposal!

#### 21 Days

**Learn** the latest nutrition information  
**Enjoy** cooking demonstrations  
**Taste** healthy, delicious dishes  
**Share** your experiences in a supportive

#### Registration, Cost, Location

5 week series: (including any needed personal consults): \$100. Per person  
For a couple: \$75. Per person

Class will be limited to 10 participants:  
Class held in the cozy atmosphere of Joanne's home in South Yarmouth.

To register: Either email Joanne at: [joanneirwin72@gmail.com](mailto:joanneirwin72@gmail.com) or  
Phone: 239-784-0854 or 508-258-0822  
(Calls to 508 area code after May 2<sup>nd</sup>)

#### DATES & CLASS DESCRIPTIONS

Each class will include nutrition education, cooking demonstrations, and tasting of, at least, 3 healthy, delicious plant based dishes.

**WEDNESDAY, MAY 28 11 am - 1pm**

#### **"The Power of Your Plate"**

Learn what groceries to purchase  
Know what a healthful meal will look like  
*Sample Dish: Quick Black Bean Chili, Green Monster Smoothie*

**WEDNESDAY, JUNE 5 11 am - 1 pm**

#### **"LET'S GO"**

Shopping & Meal Planning  
Understanding Food Labels  
*Sample Dish: Chickpea Salad with Orange Miso Dressing*

**WEDNESDAY, JUNE 12 11 am - 1 pm**

#### **"GETTING IN GEAR"**

Sharing experiences; how are you doing and feeling?  
How to prepare and cook tofu  
*Sample Dish: Tofu Breakfast Scramble*

**WEDNESDAY, JUNE 19 11 am - 1 pm**

#### **"BREAKING THE FOOD SEDUCTION"**

The "pleasure trap" of fat, sugar, and salt  
How to eat healthy while traveling  
*Sample Dish: Ginger Noodles*

**WEDNESDAY, JUNE 26 11 am - 1 pm**

#### **"KEYS FOR NATURAL APPETITE CONTROL"**

Learn the foods that will keep you full  
Understand the importance of fiber

*Testimonial: The food was OUTSTANDING and Joanne is an engaging and highly informed instructor. Fabulous! Thank you so much for offering this.*  
Aimee D., Professor, Bristol County Community College, Fall River, MA



The Food for Life Program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine (PCRM). PCRM is a 501 © 3 non-profit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

## CHECK OUT THESE WEBSITES FROM FOOD FOR LIFE INSTRUCTORS AROUND THE COUNTRY.....



[www.Veg-Appeal.com](http://www.Veg-Appeal.com) (site of Tracy Childs, California)

[www.DilipDinner.blogspot.com](http://www.DilipDinner.blogspot.com) (site of Dilip Barman, North Carolina)

[www.WholeFoodMommies.com](http://www.WholeFoodMommies.com) (Charity Lighten, Utah)

[www.BrazenKitchen.com](http://www.BrazenKitchen.com) (Leah Lizarondo, Pennsylvania)

[www.UrbanVeganChic.com](http://www.UrbanVeganChic.com) (Nina Osberg, Washington)

Looking for some interesting plant based recipes? These sites are filled with tasty dishes and helpful health information. Keep your iPads or iPhones in the kitchen.

Healthy meals are just a click away!



I'll be returning home to beautiful Cape Cod the very end of April. If you have group of friends or family members (Church group, couples, business, children etc.) who would be interested in learning how to renew their health and vitality, understand how certain foods prevent a host of chronic diseases, and, for those living with chronic illness, understand how to enhance survival, contact me to schedule either a class or series. Classes can be scheduled in venues around the Cape, throughout SE MA, and in your home or mine.

Our Food for Life curriculums:

For Cancer Prevention/Survival

For Diabetes Prevention/Reversal

Kickstart to Health (Boost Metabolism, Weight Loss, Lower Cholesterol)

For Businesses/Corporations: Employee Wellness Program

For Kids (Teaching them about the foods that are good for them)

NEWS YOU CAN



CERTAINLY USE!

### NEW HEALTH WORRY IN RED MEAT!!!

We all know that consuming red meat is both bad for the heart, and for risk of colon cancer. The saturated fat and cholesterol in red meat have long been the culprits. Recent headlines across media land have us asking, 'What now?' A report in the journal *Nature Medicine* points to a new offender called 'carnitine'.

The following is from a recent news article. My comments in ( ).....carnitine is a compound in red meat that is, also, sold as a dietary supplement and found in energy drinks. Carnitine helps the body transport fatty acids into cells to be used as energy. (At first, that sounds pretty good. Keep reading and we learn that) certain bacteria in the digestive tract convert carnitine to another metabolite, called TMAO, that promotes atherosclerosis, or, what we commonly refer to as thickening of the arteries.

Stanley Hazen, chief of cellular and molecular medicine at the Cleveland Clinic's Lerner Research Institute, led the researchers. They tested the carnitine and TMAO levels of omnivores, vegans and vegetarians, and examined records of 2595 patients undergoing cardiac evaluations.

Patients with high TMAO levels, the more carnitine in their blood, the higher the risk for cardiovascular disease (CVD), heart attacks, stroke and death. This new research doesn't mean that red meat is more hazardous than previously stated, but instead sheds light on the underlying risk that some researchers have thought was higher than the saturated fat and cholesterol content alone could explain.

Dr. Hazen stated, "Cholesterol is still needed to clog the arteries, but TMAO changes how cholesterol is metabolized - like the dimmer on a light switch." Continuing, Dr. Hazen added, "It may explain why two people can have the same LDL level, but one develops CVD and the other doesn't."

Researchers found that a long term diet that includes meat affected the amount of TMAO-producing bacteria in the gut and thus magnified the risk. In the study, when longtime meat-eaters consumed an eight ounce steak and a carnitine supplement, their bacteria and TMAO levels rose considerably. But when a **vegan** ate the same combo, he showed no increase in TMAO or bacterial change. **(Another reason to consume a plant based lifestyle!)**

As a dietary supplement, carnitine is designated as safe by the FDA, but few studies have looked at its long term effects. Duffy McKay, vice president for scientific and regulatory affairs at the Council for Responsible Nutrition, a trade group for the supplement and energy drink industries, called the study "a new, emerging hypothesis", but

said the researchers were drawing large conclusions from small studies of mice, bacteria and human biomarkers. Dr. Hazen noted that some energy drinks have more carnitine in a single can than a porterhouse steak. He said, "I worry about what happens in 10, 20 or 30 years of consumption." Dr. Hazen added that humans generally have plenty of carnitine in their diet which also is found in small amounts in nuts, beans, vegetables and fruit, and don't need to take it in supplement form."

(In conclusion, it's important to reiterate that consuming red meat poses a health risk. Research has, repeatedly, evidenced that. Why take the risk? The foods known to prevent disease and heal the body are there for the taking - fruits, vegetables, grains, and legumes. They are colorful, delicious, and offer health on a silver platter. With meat consumption declining, perhaps folks are finally getting smart and giving up the beef!)



Here munches a Happy Cow, grazing in a lush, green pasture under a beautiful blue sky; living out its days safe and secure from the slaughterhouse blues.



Here, with fear in their eyes, huddled together in cramped quarters, herds of cattle await the slaughter call.

## **BURGER KING'S VEGGIE BURGER (NOT!)**

When Burger King added a Veggie Burger to its menu, vegetarians and plant based eaters alike shouted a hearty, "Hurray!" Now, on the road and in a pinch, there existed a fast food establishment we could enter!

STOP THE MUSIC!! SHUT THE DOOR!! Our team in D.C., always into savvy, up-to-date research, recently learned that BK switched its Veggie Burger supplier from Worthington Foods to Morningstar. Reading the ingredients on Morningstar's Veggie Burger, one quickly learns that it is not plant based. It contains eggs and milk. Another disappointment.

However, we, the people, have a voice. Send a letter to BK management. Ask for a 'vegan' Veggie Burger, one without the eggs and dairy.

BK'S North American Global Contact: 305-378-7277

Guest Relations: 1-866-394-2493

## **CASEIN**

After reading the above announcement, some, like many in my classes, question why dairy is bad for health? We especially wonder when, for years, the major milk producing companies advertise the health benefits of milk and cheese. How can we deny the testimonials from those milk mustached celebrities? Who are we to believe?

On the T. Colin Campbell Foundation website, a reader asked Professor Campbell if the amount of casein in egg whites and cheese was relatively safe? (Remember, in Campbell's famed twenty year research project, detailed in his "China Study", casein was the cow's milk animal protein used in his research. Professor Campbell evidenced how casein turned on tumor formation.)

In answering the reader's question Professor Campbell replied that "casein is a chemical carcinogen, perhaps the most relevant carcinogen that we consume. But importantly, we also had evidence that this effect was reserved for a dietary level of casein that is above a threshold required to meet the rat's need for protein, i.e., 10-12% of total calories. We also obtained evidence that this is true for casein, but not for wheat protein or for soy protein, even when these latter proteins are fed at 20% of total calories. However, the fact that this casein effect exists above 10-12% on up to 20% or so makes these findings very relevant, in large part because humans and rats have about the same requirement for protein and in part because the range of human consumption for protein is about 11-22% protein, well within the range of this effect. "

Professor Campbell recommends throughout his writing and lectures that no one food or nutrient should be highlighted in isolation. Nutrients from a variety of foods work together to create a symphony effect on health. He strongly advocates that adopting a whole foods, plant based lifestyle is the pathway to health, disease prevention, and survival.



**BREAST CANCER: THE PATH OF WELLNESS AND HEALING DVD:** (A good friend, an eleven year breast cancer survivor, brought this to my attention, and suggested it be shared with readers.)

This DVD set is an inspirational guide for women with breast cancer and the people who love them. The 2-disc set offers over 5 hours of cutting-edge medical advice from leading doctors including Marisa Weiss, Susan Love, Dennis Slamon, Deepak Chopra, and Dean Ornish. Intimate first-person accounts from notable breast cancer survivors including Sheryl Crow, Christina Applegate, Melissa Etheridge, Olivia Newton-John, and Jaclyn Smith, are included.

Sheryl Crow says, "An incredible, must-have resource for anyone who has heard the words, "You have breast cancer.""

Jaclyn Smith: "An extraordinary DVD. I so wish I had it when I was diagnosed."

For information on its content, contributors, and how to order, go to:

[www.breastcancerdvd.org](http://www.breastcancerdvd.org)



While we're on the Mind-Body-Spirit connect, **Deepak Chopra** has an inspiring **21 Day Meditation on Perfect Health** with themes relating to the mind, our bodies and spirits....how thoughts relate to health, the importance of healthy food, balance, and the quiet centering so necessary for health and wellness. The 21 Day online experience, when first offered, was free. The entire 21 Days can now be downloaded for about \$40.

For more information, go to: [www.deepakchopra.com](http://www.deepakchopra.com)



## KEEPING OUR CHILDREN HEALTHY!



With obesity, lipid numbers, and Type II diabetes on the rise among children, it is up to all of us - parents, grandparents, teachers, schools AND hospital cafeterias - to model and serve our children the healthiest food choices. Some helpful hints.....

**PARENTS ARE THE PRIME ROLE MODELS.** Though children develop their own food tastes, parents need to model what a healthy meal looks like. Use the new Four Food Groups - fruits, veggies, legumes and grains - in planning your meals.

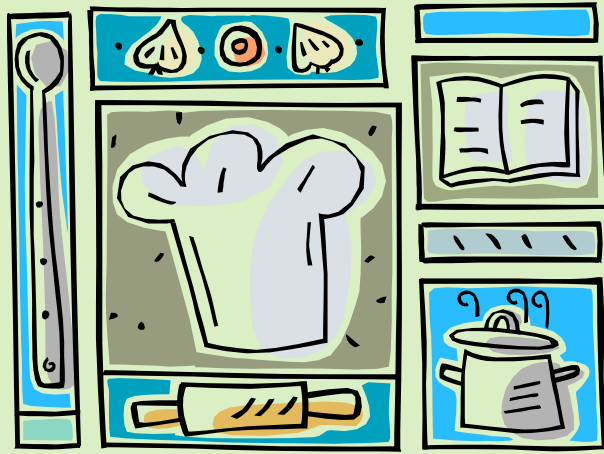
**CREATE A HEALTHY FOOD ENVIRONMENT IN THE HOME.** What are in your cabinet and refrigerator? Remember, when children get a taste of foods that are loaded with fat, sugar, and salt, that is what they will crave. So beware the snacks sitting around for the little ones. Have your frig stacked with a variety of soy yogurts, and ready to eat raw veggies. Have some oil free hummus dips and nut butters on hand for dipping. Make some air popped popcorn for an afternoon snack.

**PUT AN APRON ON YOUR LITTLE ONE AND INVOLVE THEM IN FOOD PREPARATION.** Also include your children in meal planning. That creates a wonderful opportunity to talk about what foods are healthy. For older children, you can incorporate some math when shopping. Teach them how to read food labels, and find the percentage of calories from fat in the product. Labels don't give the % and that is all important. We should be eating foods that have a percentage of calories from fat equal to 20% or less. To determine the % you divide the calories from fat (CFF) by the total number of calories listed. e.g. If serving has 150 CAL and 50 are from fat, you divide 150 into 50. The product would have 33% of its calories from fat. (Not good.)

**BE PHYSICALLY ACTIVE WITH YOUR CHILD EACH DAY.** Put the music on and dance around for a while, take a walk, play active games like hopscotch or kickball.

**BE AWARE OF WHAT YOUR SCHOOL IS SERVING AT MEAL TIMES.** Become active in the PTA and support your school in creating healthy meal options for children.

**LIMIT THE TIME YOUR CHILD SITS IN FRONT OF THE TELEVISION, COMPUTER AND VIDEO GAMES.** The American Academy of Pediatrics recommends that total media time daily should be no more than 1-2 hours of quality programming.



## LET'S GET COOKING!!

It's Spring - think 'Salads' and 'Smoothies'

### Rhubarb-Strawberry Parfaits (sure signs that we're into Spring)

(This recipe adapted from the American Institute for Cancer Research (AICR)):

1 pint strawberries, hulled and thickly sliced

$\frac{1}{2}$  lb fresh rhubarb, cut into 1  $\frac{1}{2}$  inch pieces

$\frac{1}{4}$  cup water

$\frac{1}{4}$  cup fresh orange juice

$\frac{1}{4}$  cup sugar

1 vanilla bean, split lengthwise

1  $\frac{1}{2}$  cups nonfat plain soy yogurt

1 tsp pure vanilla extract

Combine the strawberries, rhubarb, water, orange juice, sugar, and vanilla bean in a heavy saucepan. Bring to a boil over medium heat, and stir well to dissolve the sugar. Reduce the heat, cover and simmer until the fruit is very soft, about 10 minutes. Put the mixture in a bowl and refrigerate until cold.

Mix the yogurt and vanilla until well combined. Chill until serving time.

To serve, layer the yogurt mixture and strawberry-rhubarb mixture alternately into wine glasses or parfait glasses, ending with fruit. These can be prepared a few hours ahead of time and refrigerated until dessert!

Makes 4 servings.

Per serving: 110 calories, less than 1 g total fat (0 g. sat fat), 26 g carbohydrate, 5 g protein, 2 g dietary fiber, 54 mg sodium.

### Cucumber, Mango, and Spinach Salad (from The Cancer Project magazine, 'Healthy Eating for Life')

This salad is filled with beta-carotene from the mango and lutein from the spinach, which are cousins in the carotenoid family - important antioxidants. Lutein is recognized for its key role in eye health.

- 1 bag or bunch fresh spinach
- 1 mango, peeled and cut into bite size pieces
- 1 large cucumber, peeled and sliced
- 6 green onions, thinly sliced
- $\frac{1}{2}$  cup chopped fresh basil
- Juice of 1 lime
- $\frac{1}{2}$  cup seasoned rice vinegar
- Freshly ground black pepper to taste



Wash and drain spinach, tear into bite-size pieces, if necessary, and put into a large bowl. Toss the mango, cucumber, green onions and basil in a medium bowl. Add the lime juice and vinegar, and stir to mix. Arrange the mango mixture on the spinach and sprinkle with the pepper.

### **Sailor Man Green Smoothie (Vita Mix recipe)**

- $\frac{1}{4}$  cup vanilla soy yogurt
- $\frac{1}{2}$  cup grapes (organic)
- $\frac{1}{3}$  cup fresh pineapple
- $\frac{1}{2}$  banana
- $\frac{1}{2}$  apple, seeded
- 1 cup fresh spinach, lightly packed
- 1 cup ice cubes



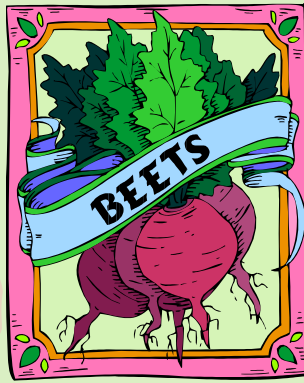
Place all ingredients in high powered blender or Vita Mixer and blend till smoothie consistency achieved.

### **Purple Nurple Smoothie (Kids will love the name!) (This comes from Jen Reilly's, "Cooking with Trader Joe's Cookbook, Skinny Dish")**

- 2 cups frozen Berry mix
- 2 cups organic soy milk or other non-dairy milk
- 1 cup filtered water
- 3 T orange juice concentrate (not reconstituted)



Blend ingredients until smooth. For a thinner smoothie, add more water,  $\frac{1}{4}$  cup at a time. The anthocyanins in the berries are powerful antioxidants that lower cancer risk, improve urinary tract health, memory function, and promote healthy aging. Berries also have ellagic acid, another tough anti-viral, anti-bacterial, and anti-cancer compound getting a name for itself in the area of tumor reversal. All thanks to blueberries, raspberries & blackberries.



### **Tofu Feta, Walnut, and Beet Salad (also from Jen Reilly, RD)**

(Jen worked for PCRM as its head RD for many years. Her private practice, 3 children and hubby, along with her informative, humorous blog keep her busy.)

I've adapted this recipe re its use of oil.

$\frac{1}{2}$  block organic firm tofu, drained and pressed for 10 minutes

1 tsp salt

$\frac{1}{2}$  tsp dried dill weed

1 (6 oz) bag baby spinach

1 (10 oz) bag shredded green cabbage

1 (8 oz) package steamed and peeled baby beets, drained and cut into strips, or 6 small beets, peeled, boiled and cut into strips

$\frac{1}{4}$  cup white balsamic vinegar

$\frac{1}{4}$  cup whole walnuts

Using a medium, non-stick skillet, lightly wipe the surface with a paper towel dipped in a wee bit of oil. Over medium high heat, heat the tofu, salt, and dill, crushing the tofu into crumbles, and stirring until the tofu begins to brown, about 7 minutes.

On each of 4 plates, place  $\frac{1}{4}$  of the spinach, followed by  $\frac{1}{4}$  each of cabbage, beets, and tofu. Add 1 T of the balsamic vinegar and 1 T walnuts. Serve immediately.

# 20 THINGS TO START DOING IN ALL YOUR RELATIONSHIPS



- Free yourself from negative people.
- Let go of those who are already gone.
- Give people you don't know a fair chance.
- Show everyone kindness and respect.
- Accept people just the way they are.
- Encourage others and cheer for them.
- Be your imperfectly perfect self.
- Forgive people and move forward.
- Do little things every day for others.
- Always be loyal.
- Stay in better touch with people who matter to you.
- Keep your promises and tell the truth.
- Give what you want to receive.
- Say what you mean and mean what you say.
- Allow others to make their own decisions.
- Talk a little less, and listen more.
- Leave petty arguments alone.
- Pay attention to your relationship with yourself.
- Pay attention to who your real friends are.
- Ignore unconstructive, hurtful commentary.



Blessings and Good Health to One and All!