

Where Food Nourishes Body, Mind & Spirit!

March-April 2014

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Service is the rent we pay for the privilege of living on this earth. It is the very purpose of life, and not something you do in your spare time. Shirley Chisholm



NEWS YOU CAN USE!

Holistic Holiday at Sea
2014 and 2015

Cape Cod Classes

Meet Mary Guay, Author

Emerald's VivaPalooza

Recipes to Delight



A good part of this newsletter is devoted to the 2014 Holistic Holiday at Sea on the MSC Divina. It was a week of learning, sharing, meeting, and being with like-minded, health conscious individuals. A natural high is putting it mildly.

We were feasted with the passion, presence, knowledge and experience of physicians, scientists, and practitioners who know, from empirical science, that a whole foods, plant based lifestyle is the way to health. It's not only health for the individual, but for society, and for our struggling planet.

The gifts.....First and foremost, the father of the plant based movement, esteemed scientist/researcher, T. Colin Campbell, Ph.D., along with Dr. Neal Barnard (PCRM), Dr. Michael Klaper (True North), Dr. Ronald Peters (Heal Mind Body Medical Center), Howard Jacobson, Ph.D.,(co-author, Whole), Chef AJ, Rich Roll (Ultra athlete), Robert Cheeke (bodybuilder), Jessica Porter (macrobiotic cookbook author, Warren Kramer (macrobiotic educator),and many, many more.

Hubby and I are booked for next year's cruise. More on that in this issue.

The 2014 Holistic Holiday at Sea Cruise on the MSC Divina March 14th – March 21st, 2015



There is so much to share. Where to begin? First, this is a week that needs to be experienced. Do you know how wonderful it is to be in the presence of 1500 like-minded people, many of whom travelled across different ponds to experience this health enhancing week? A natural high! Everyone was so friendly and helpful. We cruised with good friends, met and dined with fellow PCRM instructors, and met many new friends. Exciting things are happening around the world. People are awakening to the reality that whole, plant based foods constitute the fertile ground for health and wellness.

Throughout each day there were lectures on subjects relating to Mind, Body, Spirit Health. And for seven days I was treated to healthy, tasty, healing plant based meals. Participants could choose from straight vegan meals, vegan without oil, or gluten free.

If you are interested in participating next season, let Holistic Holiday at Sea staff know that you heard about the cruise from me. I would appreciate that.

Go to: www.atasteofhealth.org



March 14 – 21, 2015

March 14 th (Sat.)	Depart Miami	7 pm
March 15 th (Sun.)	At Sea	
March 16 th (Mon.)	Falmouth, Jamaica	9 am – 5 pm Docked
March 17 th (Tues.)	Cayman Islands	8 am – 4 pm Tender
March 18 th (Wed.)	Cozumel, Mexico	10 am – 6 pm Docked
March 19 th (Thurs.)	At Sea	
March 20 th (Fri.)	Great Stirrup Cay, Bahamas	8 am – 5 pm Tender
March 21 st (Sat.)	Miami	7 a.m. Docking

Search each presenter for bio information. The following are brief notes from the lectures, a taste of things to come!

Some Highlights from Macrobiotic Lecture: Warren Kramer



- Macrobiotics means 'big life'; an orderly approach to diet & lifestyle, teaching the art of maintaining health through life.
- Macrobiotic practice is biologically based.
- As people eat similarly, they experience a connection regarding blood similarities.
- Fatigue is the #1 health complaint in the world; it's the first stage of illness.
- The Standard Macrobiotic Diet, developed by Michio Kushi consists of:
 - 50-60% grain
 - 25-30% vegetables
 - 5-10% beans and bean products, including sea vegetables
 - 5-10% soups
 - After menopause, women do better with less grain.
 - Whole grain has complete nutrition.
 - Soups, seasoned with sea salt, tamari; fermented soup aids digestion; creamy, pureed soups
- Cooking does not destroy nutrition, but brings out different nutrients. Need to look at food not only nutritionally, but energetically!
- Macrobiotics is study of change; the yin and yang, and important to understand those concepts.
 - Yin is expanded energy (steam)
 - Yang is contracted energy (baked)
- Important to eat regular meals, and turn off TV, and refrain from playing with technology while eating. And CHEW!! When meals eaten regularly, pressure is relieved; regular meal times are anchors. Eat sitting!
- Modern life is moving toward the artificial. Important to connect with nature.
- Currently, sleep problems abound.
- Difference Between Macrobiotics and Vegan
 - There is order and structure in Macrobiotic eating habits
 - Quality of food (avoid sweeteners; at times use a little maple syrup or brown rice syrup)
 - Focuses more on the WHOLE grain, on WHOLE beans
 - Use of Sea Veggies (Important to obtain sea veggies from North Atlantic b/c of ocean pollution in the Pacific. Contact Maine Coast Sea Company.)
 - Condiments - pickled veggies help to digest grains
- Macrobiotics is expressed in daily life by a giving back mentality; important to share what we have.

Dr. Ronald Peters' Lecture on Osteoporosis:



Chronic illness affects 60-75% of the population.

After 50, more fractures are caused by loss of bone use, and muscle mass loss.

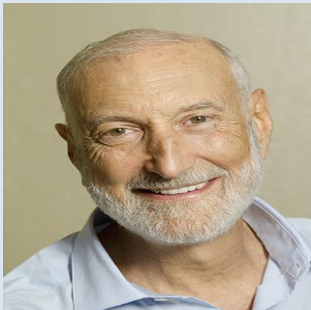
The more milk people consume, the greater the risk of osteoporosis; that has been proven repeatedly in research.

Doctors no longer cure disease; they manage disease. That's good for doctors, hospitals and the drug industry. Chronic stress & depression lead to suppression of sex hormone production, insulin resistance, and enhanced release of inflammatory cytokines.

Elevated blood sugar can lead to cancer; cancer feeds on blood sugar.

He cited the work of Dr. John Lee on bio-identical hormones. For women having hot flashes and other menopausal symptoms, he discussed the positive effect of estriol which is a bone builder. Progesterone also builds bone.

Dr. Susan Ott, University of Washington, has studied bone health.



Dr. Michael Klaper's Lecture: From the Operating Room to the Dining Room

Dr. Klaper shared his evolution and journey in medicine. He noted the changes in medicine and society. i.e. Medical advertising now allowed; practice began in 1972. Prior to that no doctor could advertise! He adopted a vegan diet for ethical reasons initially. He then explored the research on vegan diets and health.

In 1985 he met Dr. John McDougall. He became totally vegan!

Belly fat causes inflammatory cytokines which interfere with insulin receptors.

Type I diabetes once called Juvenile Onset Diabetes. Study in Finland: high rate of Type I among its children. Children studied had blood antibodies against cow's milk. (casein is the protein in dairy) - linked to Type I.

Fats turn off and on the body's inflammatory reaction. Omega 3's (the good fats) turn OFF inflammation; Omega 6's turn ON inflammation. Omega 3's found in flax seed, chia seeds, avocados, walnuts.

Omega 6's from oils and other processed foods with hydrogenated fats.

Truths are at first: ridiculed, then violently opposed, the accepted as being self-evident!

Folic acid raises the risk of prostate and breast cancer.

Currently, we have a scenario of health care vs. disease management. Which will it be?

He discussed the junk food that kids have eaten - lots of calories and no nutrients!

Dr. Klaper on Digestive Health:

Stomach

Secretes hydrochloric acid and enzymes. A thick layer of mucus protects the stomach from the acids.

The lower esophageal sphincter is assaulted from hot drinks, alcohol, spicy foods, coffee, tea, and acidic drinks. By middle age, after years of assaulting the sphincter, GERD develops. Esophagitis means an acid burn. This can lead to esophageal cancer.

To Reduce GERD:

Don't eat protein 2 hours before laying down (Go easy on protein late at night.)

Elevate the head of bed 4 - 6 inches

Take acid blockers only for 2-6 weeks. Best to take them right after dinner. Then STOP taking them after 1 -2 months otherwise a host of other problems could develop.

Slippery elm, licorice, cabbage juice - healing

Take a stool test for helicobacter pylori

Watch certain foods

The Liver is the master chemist that makes bile (consider bile a detergent) to help absorb fats from food.

Small Intestine is the Nutrient Absorber. **ALCOHOL IS A TOXIN!**

Liver Care:

Avoid alcohol

Alcohol + Tylenol is toxic

Beware of hydrocarbons from exhaust fumes

Solvents

Gasoline

Too much fruit juice and smoothies can damage the liver!

Dr. Ronald Peters' Lecture on "The Psychology of Disease and the New Mind/Body Medicine"

His book: "Edgework: Exploring the Psychology of Disease"

www.healminbody.com

60% of Americans have chronic illness.

Mind/Body Connect:

Healthy diet

Nutrients

Alternative therapies

Medications

Herbs

Exercise

Other lifestyle considerations

Purpose of Dis-Ease: is to promote healing.

Mind/body medicine:

- Learns the message that disease is giving (Disease suggests you need to learn!)
- Looks for causes within consciousness
- Reduces stress
- Patient gains self-knowledge
- Focus is on health
- Treat disease by promoting health
- Wisdom of the body and mind
- Return responsibility to the patient

PLATO: "WE DO NOT CURE THE BODY WITH THE BODY; WE CURE THE BODY WITH THE MIND."

Department of Health Stats:

- 70% of US deaths are from chronic illness
- 57% of the population live with chronic illness
- In '07 51% of US population taking 1 or more drugs; this up from 47% in '05.

Comparing US Health with 34 other countries:

- Death rate in US: 18th to 27th
- Years lost due to premature death: 23 - 28
- Years lived with disability: 5 to 6
- Life expected with disability: 20-27
- Healthy expected with disability: 14 -26

There is a myth that drugs heal! Big Pharma's marketing budget: 25 million dollars.

HIPPOCRATES: "THE NATURAL HEALING FORCE WITHIN EACH OF US IS THE GREATEST FORCE IN GETTING WELL."

WE control the wisdom of the body with:

- Food we eat
- Exercise
- Toxins
- Consciousness

Consciousness creates reality or you create your own reality. One's thoughts, beliefs, attitudes, individually and collectively, organize and define the reality that you experience, including your body.

Worry leads to fear leads to increased cortisol levels. STRESS Kills!

Article: "Unlocking the Secrets of a Wounded Psyche" Daniela Sieff interviews Jungian analyst, Donald Kalschia

"Getting the Love You Want" by Harville Hendrix

Peters' Lecture: "Cancer: Exploring the Causes in Body and Mind"

Projections for 2030: 50% increase in cancer throughout society. Disease is much easier to prevent than treat!
Unresolvable stress/conflict in patient invites cancer along with other negative lifestyle behaviors. Our bodies are incredible healing machines.

If Cancer is Diagnosed:

Identify the factors that initiated cancer, then commit to eradicate them

In 2011, there were 574,000 cancer deaths in US

Over 4 million in US are currently being treated

Mendelsohn at MD Anderson Cancer Center in Houston: "40% of US will develop cancer."

US Cancer Care is in crisis.

The medical model hasn't brought about a cure for the disease or cessation in numbers. Cancer death rates are up 7% between 1975 and 1990.

There are large declines in death rates for heart disease and stroke, but not cancer.

It is NOT the doctor's responsibility to make the patient well; rather the one diagnosed!

Medical model focuses on disease; that the body is flawed

Misleading Messages from the Cancer Industry:

Most cancers, if caught early, are curable.

Public is not being told cancer is not caught early most of the time.

75% of cancers in the US have metastasized when first diagnosed.

Dr. Burke published in Naturopathic Journal, 2009 26:1, 15-18

Guy Faguet, "The War on Cancer: An Anatomy of Failure"

Ralph Moss, "the Cancer Industry"; journalist at Sloan Kettering. Re laetrile, Moss blew the whistle on the industry's findings.

Why Has the War on Cancer Failed?

Reasons are complex; arising in many places in the mind/body connect:

Lifestyle

Mind Style

Social

Medical

Environmental

Spiritual

The purpose of cancer is to foster healing!! (Cancer is a powerful message that it's time to change.)

20% of breast cancer comes and goes away on its own (study done in Oslo, Norway Hospital) and Dartmouth Medical School

Prostate Cancer: 60% of men in their 60's have cancer cells in the prostate; only 3% died of the disease.)

AVOID SUGAR!!!

He noted work of Dr. William Li, President of Angiogenesis Foundation

Natural Curatives:

DNA repair

Tumor repressor genes

Apoptosis (cell death)

Telemere collapse
Natural killer T cells
Angiogenesis inhibition
Encapsulation

Possible Causes of Cancer:

Poor nutrition	Lymphatic congestion
Chronic stress	Toxic Burden
Lack of exercise	Oxygen deprivation
Immune system overload	Genetics and Epigenetics
Gluten intolerance	
Chronic infections	

Cancer Grows:

Low host resistance	hormone imbalance
High blood sugar	Chronic stress
Weak immune system	Malnutrition
Altered Ph	Poor digestion
Low tissue O2	yeast infections
Chemical toxins	Increase in pathogen burdens
Heavy metal burdens	High blood viscosity (c reactive protein)

Obesity is a sign of malnutrition in the affluent USA!

Cancer Deaths:

Prostate 75% of all deaths
Breast 50% "
Larynx, bladder, mouth, pharynx, esophagus 20%
Lung 20%

60-70% of all cancer can be prevented - active, no smoke and eat WFPB

Macrobiotic diet is the ultimate lifestyle for fighting cancer and other chronic illnesses.

Casein is the most relevant chemical, carcinogen ever identified!

Top Sources of Protein:

Spinach	49%
Cauliflower	40%
Cukes	24%
Kale	45%
Broccoli	45%
Cabbage	22%
Mushroom	38%
Parsley	34%
Beef	25%
Chicken	23%
Egg	12%

Note on SOY: THE PHYTOESTROGENS IN SOY ARE ANTI-ESTROGENIC!!!

Visceral Adipose Tissue (known as belly fat) makes hormones. Obese express elevated cytokines.

Allium Vegetables: 2500 research papers show that these foods are anti-inflammatory, anti-fungal, anti-bacterial, and anti-cancer.

SALVESTROLS: group of inert substances in organic plants; they induce apoptosis in cancer cells. Most people are deficient in salvestrols. CYP1 B1, an enzyme in cancer cells. When salvestrols come in contact with Cyp1B1, the salvestrols cause cancer cell death.

How to increase salvestrol? Eat organic, locally grown fruits and vegetables

"Salvestrols: Nature's Defense Against Cancer" by Brian Schaefer

Cancer and Stress: 3 phases

Childhood stress

Adult stress

Feelings of hopelessness and helplessness

"Cancer as a metaphor is devoted to courageous growth".

This was a lot of information taken from lecture context. However, some of the bullet points might hit home. Check out the listed presenters. Dr. Klaper offers free video lectures on his website.

Cape Cod Classes for May

**Four Week Series on Cancer Prevention/Survival/Overall Health & Wellness
At Cape Cod Technical High School in Harwich/ Adult Ed**

**Thursdays from 6 – 8 pm
May 22nd, 29th, June 5th and 12th
Fee: \$75 for the 4-class series.**

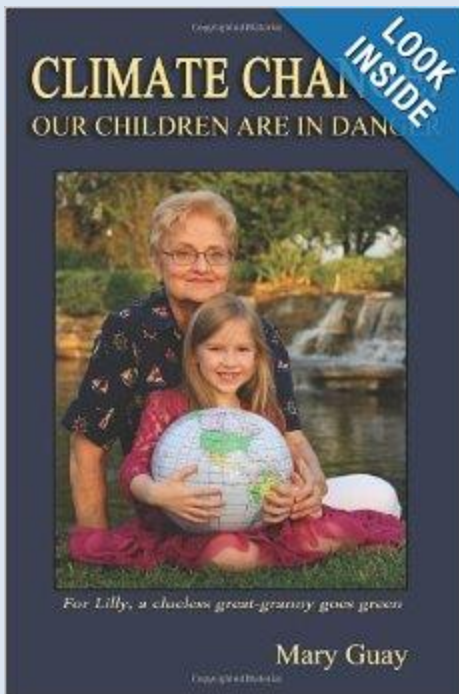
**Each class includes DVD education, resources, cooking demonstrations & enjoying
all prepared foods.**

**Registration a must. Call or go online:
Contact: Marian Manning 508-432-4500 x. 229**

Or

www.capetech.us/adult-education

More classes soon to be scheduled!



Meet my Friend and Neighbor, Mary Guay

Her first book, "Climate Change: Our Children Are in Danger", is written with passion, conviction, and from a self-professed "clueless granny goes green".

I met Mary two years ago. At that time, she was in the process of writing her book. After hearing what she and her husband do to 'conserve energy' and reduce their carbon footprint, I was totally impressed. Mary walks her talk.

Her book is hard to put down. Having done extensive research on the 'climate change' issue, Mary writes in an engaging, conversational style. Reading it is like having a conversation with her in your living room. Mary is writing

not only for her grand-granddaughter, Lilly, but for all our children and grandchildren. Thank you, Mary, for this timely work! May we all join hands, take your suggestions to heart, and preserve our wondrous Mother Earth!

According to Mary, "If you only do a quarter of the actions suggested in this book, you could save more than \$2,000 every year and lose weight. We save over \$6,000 every year and I lost sixty pounds as an added benefit for working to save the planet and protect our children's futures." " Yes, climate change is real • Know the facts • Understand why it is a problem now • Recognize how this puts our children at risk • Learn simple lifestyle changes you can make • Educate your children about the global warming problems they will face • Prepare to save thousands of dollars, protect and restore your health, and live longer (that's some of the rewards)."

One reviewer wrote, "The writing style, when the author is laying out facts and details of the situation, is clear and forthright, and I like that she makes no bones about where she stands politically. She doesn't distort the facts, she reports them. When the author is writing with indignation about what we are doing to the planet, it comes across as actually overwhelming. I mean this in a good way. I think readers will sit up straight and think about what they are doing now and what they can do better." The reviewer ended with, "It has a strong message that is timely, and I look forward to buying a copy for everyone I know."

EMERALD PHYSICIANS HEALTHY LIVING EXPO VIAPALOOZA 2014

Save the Date! Vivapalooza 2014

We are pleased to announce that our 5th annual Vivapalooza will be held on Sunday, June 1st from 10-3 at Barnstable High School! Vivapalooza is our free healthy living expo that is fun and informative for all ages. This year's wellness themes will focus on the following areas of disease information and prevention: brain health, diabetes, cancer, cardiovascular disease, arthritis and musculoskeletal disorders, and gluten sensitivity. Sample delicious, healthy food from local area restaurants, engage with exhibitors offering a spectrum of health & wellness information, talk with physicians and other speakers, watch a cooking demonstration, participate in basic health screenings, and so much more! Farmer's market with fresh products available for sale and an exciting Kids Zone with lots of healthy fun for the wee ones. The Viva 5k walk/run will kick off the day! Mark your calendar and please join us for a day of "eating local, celebrating imagination and living healthy"! Please check www.emeraldphysicians.com and future newsletters for more info soon.

Thanks again to Dr. Cormac Coyle and his patient-centered staff for providing this excellent opportunity for Cape Cod residents. Tell your friends and neighbors and invite others across the bridge to participant in this exciting expo on health and wellness!

RECIPES FROM CHEF AJ (One of the Holistic Presenters)

Her new cookbook: "Unprocessed"

Great, healthy plant based recipes. Check her bio and her own personal health transformation!!



Chocolate Fondue Recipe



Ingredients:

- 1 cup peanut butter (no salt or sugar)
- 1 cup date paste **
- $\frac{1}{2}$ cup raw cacao powder or good quality cocoa powder
- $\frac{1}{2}$ cup unsweetened non-dairy milk
- 1 T vanilla extract

Place all ingredients, except the non-dairy milk, in a food processor with the 'S' blade and process until ingredients are well mixed. Scrape down sides if necessary. Slowly add the non-dairy milk, a little at a time until desired consistency is reached. You can eat this immediately or chill for a firmer texture. You can substitute other nut butters, like raw almond, cashew, or sunflower for the peanut butter.

Date paste: Soak 1 pound pitted dates in 1 cup water either overnight or for several hours. Then process dates and liquid in high speed blender. Store in frig.

Mixed Grain Porridge with a Side of Steamed Kale



For many, this may be a very unusual way to start your day. As a friend jokingly admitted, "You lost me after the porridge." With this combination of grains and greens, you can't go wrong - fiber, calcium, omega 3's, antioxidants, and protein. Beats eggs and donuts!

For the grains, I heated a mixture of cooked brown rice, cooked quinoa and cooked steel cut oats (so nice to have leftovers on hand) in almond milk. While heating on low, I added 2 T of ground flax meal, some dried raisins and cranberries. When ready to serve I topped with some defrosted frozen blueberries, chopped pear, and a handful of chopped walnuts and cinnamon.

Some grocery stores are now stocking bags of organic chopped kale. Good to keep on hand for smoothies and for steaming this wonderful, king of greens. I took a big bunch of the chopped kale, put in my steamer, and let it come to a nice wilt, then sprinkled the kale with some garlic powder and drizzled with balsamic vinegar. It is so tasty and goes so well with the porridge.

Now to the Comfort Food.....



Homemade Pizza

I've been craving homemade pizza ever since my friend and class helper, Karen, told me about her pizza. Years ago I'd attempt the Sicilian pizza that my grandmother made every Sunday evening at our weekly family gatherings. After an early afternoon dinner of spaghetti and meatballs, Grandma would have the dough rising in her big bucket. At night we would all feast on her Sicilian pizza which tasted more like cake than today's thin crusted pizzas. Hers was dotted with anchovies which I loved until I learned what they were!! Oh, for the memories. Mind you - my Italian Mediterranean Grandma tipped the scales at 220!! She had heart disease as did my grandfather. He died at 75 and Grandma at 71. So much for the heart healthy Med Diet. It was the oil!!!!!! Everything was ladled with oil, smothered, smeared, cooked, drenched. Not good!! Oil is pure fat!

The Dough:

- 1 cup warm water
- 1.25 ounce package active dry yeast (not the rapid rise yeast)
- 1 T sugar (I hardly ever use sugar so I don't mind here; adds a little sweetness to dough.)
- 1 tsp olive oil (I never use oil, but 1 tsp is OK here. Gives the dough elasticity.)
- 1 tsp salt
- 3 cups cups whole wheat pastry flour (Or mix 1 1/2 cups whole wheat and 1 1/2 cups whole wheat pastry flour)
- Pour the warm water in a small bowl and add the sugar. Stir to combine. Then add the yeast. Stir it just a wee bit and then let sit for about 10 minutes in a warm place. The mixture should develop a foam across the top and maybe even some bubbles. (If that doesn't happen, yeast isn't good and you'll have to start all over again!)
- In a large bowl, mix the flour with the salt. Once the yeast is ready, add that mixture to the flour along with the tsp of olive oil and mix well with a wooden spoon. If you're an adventurous Italian like me, then mix it well with your hands.
- Turn the dough onto a lightly floured surface and knead for about 10 minutes. (Put on some nice Italian music, and knead away.) If the dough feels very sticky, add a bit more flour to it as you knead. You'll eventually get the knack of how a good pizza dough should feel. The dough should become nice and stretchy, but not sticky like glue to your fingers!
- Once dough feels elastic, lightly oil a large mixing bowl, form the dough in a nice ball, put the dough in the bowl, and turn around so it's well coated and won't stick to the bowl.
- Cover with a dry, clean towel and put in oven or in some warm area for about 1 hour till it rises (doubles in size.)

- Once doubled, punch the dough down. Put a little flour on your large cutting board or countertop, and knead the dough for only a minute or so.
- Now you can do one of two things. Divide the two in half to make two pizzas or take half the dough and either keep in frig for a few days or freeze. (I've kept my dough in frig for 3 days and used again, and it's great.)
- If you are using a pizza stone to bake your crust, make sure you heat the stone in the oven on about 400 before you put your dough on it. I use a Wilton pizza baking sheet that has holes in it. It works great. With using the Wilton stainless steel pizza sheet, I spray with a little oil, stretch the dough on the sheet and bake for 5 minutes in the oven. Remove the dough and follow the recipe below.

NOW COMES THE FUN PART - CREATING THE PIZZA.

With my pizza, anything good goes, as long as it's veggie and has nothing to do with dairy and animal protein. After carefully removing the hot pizza sheet from the hot oven, I spread nice Italian marinara or pizza sauce over the the dough. Then I add a few juicy, thinly sliced ripe tomatoes; sprinkle tomatoes with thinly sliced sweet onion, then add some chopped artichoke hearts, chopped kalamata olives, and chopped mushrooms. Sprinkle all with dried oregano and dot with chopped fresh basil. The last layer is the Daiya mozzarella cheese. (or you can leave out the processed faux cheese and sprinkle with non-dairy Parmesan cheese.) (If you don't use a lot of processed faux foods, then go for it; it's a once in a while treat.)

Baked in the oven for about 15 minutes till nice and crispy.
This is so tasty and hearty.
Enjoy!

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I have officially passed the Naples PCRMs classes to a wonderful, talented, new instructor, Terry McQuillen. I've done the program in two locations for six years, and now it's time to concentrate and spread the program throughout Cape Cod and SE Massachusetts. I hope you all support Terry and take advantage of her knowledge and talent. I'm sure she'll be presenting classes at Cancer Alliance of Naples. So check the PCRMs website for class listings.

While in Florida I'll offer a couple of private classes in my home on specific topics for those interested in delving more deeply into plant based cuisine. Other than that it's time to complete some of the uncompleted projects I have sitting in a corner.

I've enjoyed meeting so many wonderful people through my program in Naples. I'll look forward to seeing many of you at Linda and Maura's Green Scene Meet-Ups where we can all come together to continue our journey into health and wellness. Blessings to one and all!