



Where Food Nourishes Body, Mind & Spirit!

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"You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of difference you want to make."

Jane Goodall



News You Can Use!

**Green Nosh Gathering
on August 13th**

News You Can Use

Fall Series



Haven't we been blessed with the most glorious weather this season? My veggies and flowers are loving it - just the right amount of precipitation and warm weather minus oppressive humidity. Let's hope it continues!

Life has been in hustle bustle mode at our house. Fun visits with kids and grandkids and a special babysitting stint with our two Florida granddaughters kept us both young and happily exhausted at the same time!

In between visits, yours truly is attempting to catch up on projects and keep you informed of our plant based projects before the next crew arrives. So please read on...

Upcoming Green Nosh

August 13th

Green Lotus Café, 11:30 a.m.

349 Main Street, Hyannis

RSVP to Joanne by Aug. 8th. Green Lotus needs numbers.

Either call me or email. Invite a friend.

Spread the word - food is the new medicine!

Alvan Hathaway, one of our Green Noshers, has agreed to help me coordinate, organize, and plan the Noshes. Alvan is a walking wealth of ideas! That combined with his passion and commitment for a whole foods, plant based lifestyle is just what our group needs for growth and expansion.

Our mission is to not only offer support and social activities for group members, but to expand awareness among Cape businesses and service providers on the relationship between nutrition and disease. Our plan, to be announced at the August Nosh, is to encourage many Cape restaurants to include plant based options on their menus. The Cape is filled with restaurants who offer nothing but fried, fatty, cheesy, dairy based, and fiber-less foods, the foods linked with a host of diseases and chronic illnesses.

Physicians and other health care providers across America are awakening and embracing the science that evidences the health benefits of a plant based lifestyle. My hope is that Cape Cod providers will join the likes of Dr. Allen Weiss, CEO of Naples Healthcare, who wrote in a Spring article in the Naples Daily News: "In the very interesting 2006 book "The China Study," father and son authors, T. Colin Campbell and Thomas M. Campbell, describe many long, complicated and sophisticated demographic studies that point to the benefits of a plant-based diet. These benefits include living longer, feeling younger, being more energetic and controlling weight, blood pressure, cholesterol and blood sugar. Plant-based diets can also decrease the risks of suffering from many diseases including cancer, heart disease and mental deterioration..... We are not going to change overnight but we should be aware, as we strive for prevention, that a plant-based diet has objective merits. It is difficult to do as we have all been accustomed to one type of diet, but we are making progress with exercise and tobacco avoidance. By first understanding the advantages listed above, followed by gradual implementation, success will result and move us into a virtuous cycle. We have had success with lowering the prevalence of smoking; we can do the same with our diets."

We need more physicians to echo his sentiments!

Some pics from our June Green Nosh: We all enjoyed great food, and then watched Dr. Michael Klaper talk about OIL - which is nothing but LIQUID FAT. I know that for many this reality is hard to believe, but the science gives us the skinny. Stay away from oil - it's inflammatory, artery clogging, weight promoting, along with fostering an inner terrain that leads to chronic disease. If you don't believe me, read the doctors who do the research - Dr. John McDougall, Professor T. Colin Campbell, Dr. Joel Fuhrman, Dr. Neal Barnard, Dr. Michael Greger and Dr. Michael Klaper.



Folks sharing the ins and outs of their pot luck delicacies. The food we enjoyed was so delicious. We always enjoy quite a variety of whole, plant based foods.



Let's start with dessert – "Icebox Pie" from the 'Engine 2 Diet' by Rip Esselstyn.

"Stuffed Red Peppers"

Recipes are on my website: www.plantbasednana.com



'Veggie Burgers' with all the Fixings



Yummy Soup



Quinoa Salad



Protein Bites – fab snack



NEWS YOU CAN USE



Methionine : Dr. Greger announced on his site, NutritionFacts.org, that a Low Methionine Diet may help to starve cancer cells. Methionine is an amino acid. Research with cancer cells evidences that without methionine, cancer cells die. Where do we find methionine? Chicken and fish have the highest levels of the amino acid. Milk, red meat, and eggs, according to Dr. Greger, have less, but a low methionine diet would have folks eating fruits, veggies, nuts, grains, and beans. In a nutshell, embracing a whole foods, plant based lifestyle creates an inner terrain that is low in methionine. Not surprising, is it??

Dr. Caldwell Esselstyn, author of "Prevent and Reverse Heart Disease", and Director of the Center for Lifestyle Medicine of the Wellness Institute of the Cleveland Clinic" released a report regarding three (3) cardiac patients whose disease was reversed nutritionally. The abstract states:

"The epidemic of cardiovascular disease (CVD) is nonexistent in cultures which thrive predominantly on whole foods, plant based nutrition. Is it logical to assume that patients with this disease would be willing to transition to plant based nutrition and might this transition halt or reverse the disease? The authors have experience beyond 25 years demonstrating the success of plant based nutrition in arresting and reversing CVD. Nevertheless, the medical community is still skeptical of patients' adherence and efficacy of this method. We, therefore, report three case histories of carotid, coronary, and peripheral vascular disease. Each case demonstrates disease progression and the failure of the standard CV approaches in contrast to the prompt, powerful and enduring resolution of disease with whole foods, plant based nutrition. These outcomes constitute an additional mandate that patients with CVD be offered a plant based option which is safe, inexpensive, empowering, and has the potential to end CVD epidemic."

This report, along with his recent research with 190 plus cardiac patients, should be in the hands of every cardiologist on Cape Cod! How many physicians tell their patients about the benefits of bidding adieu to the Standard American Diet and embracing whole foods, plant based nutrition? My guess is just a handful on the Cape. That must change and we can all join together to use our voices to spread the word!

Some snippets from an article in the Pittsburgh Post Gazette of June 30, 2014 entitled, "The Vegan Community is small but active and research shows its health benefits"..... (I would add that our plant based community is growing by leaps and bounds all across our country and other nations, as well.)

A study published in **March 2014** in **Cell Metabolism** found that "a low protein diet during middle age is beneficial to prevention of cancer, overall mortality and possibly even diabetes," and "a diet in which plant-based nutrients represent the majority of food intake is likely to maximize health benefits in all age groups."

An "association was found between high protein diets - a significant portion associated with animal based protein - and deaths from cancer and other causes.".....The study also found "that those 65 and older should get moderate to high protein intake, it says their focus should be preferably mostly plant based consumption to allow the maintenance of a healthy weight and protection from frailty."

Dr. Michael Greger, physician and director of public health and animal agriculture at the Humane Society of the US, reviews 12000 health studies a year to keep track of nutrition science. He writes that a plant based nutrition lifestyle "is the diet most associated with chronic disease prevention and reversal of most of the diseases plaguing the Western World." Dr. Greger adds that "vegans are 36 pounds lighter than omnivores and feature the lowest rates of cataracts, hypertension, diabetes and obesity."

"**The Academy for Nutrition and Dietetics** (formerly American Dietetic Association) says appropriately planned vegetarian or vegan diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain disease. It also said that such diets can meet current recommendations for all nutrients, including protein, B-12, and various minerals that previously raised concern about vegetable based diets."

The article described how **Robert Conti** was diagnosed in 1990 with multiple sclerosis. "Eventually (the MS) caused him numbness in his shoulders and the near shutdown of his bowels and urinary tract. When released from the hospital, Mr. Conti enrolled in Dr. John McDougall's course at his Wellness Center in Santa Rosa, CA. Dr. McDougall advocates a starch based diet - potatoes, corn, and rice - with whole vegetables and NO OIL! The diet is 100% vegan or plant based (a terminology I prefer). In following months, Mr. Conti, now 56 regained movement and sensation, with added help from exercise. Today he has no signs of MS - his doctor could no longer detect plaque on his spinal cord. That and his lack of symptoms convinced his doctor to change his diagnoses to atypical MS."

Another health transformation.....**Rebecca Gilbert**, 42, has a popular website - **YummyPlants.com**, and is the author of "**Is Easy to Start Eating Vegan**". When she was 15 she became interested in competitive ice skating. She moved to Lake Placid to train. Though she never made the Olympic team, she continued skating through high school and college, and was invited after graduation from the University of Pennsylvania to participate in Disney's European tour of 'Beauty and the Beast'.

Knee pain forced her to quit. She went through traditional treatments - cortisone injections, electrical stimulation, etc. She was no longer able to skate. After earning her MBA, she read a study on vegan diets and health. She went vegan right away. Five weeks later, she was back on the ice! **Need I add more??**

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## UPCOMING FOOD FOR LIFE & PRIVATE CLASSES

Dates will be announced in late August. I'll be doing a 4-week Series on Food for Life/Diabetes at Holy Trinity Parish in the Fall. I've been invited by the pastor to offer that series at his parish.

Also in Fall I'll be offering a private class in my home on how to prepare a fabulous, scrumptious, and **healthy plant based breakfast**. .....pancakes, French toast, Tofu Benedict and coffee cakes and breads. You can have a wonderful breakfast without dairy, eggs and cheese.

On that note, when I go out for breakfast I ask for a potato-veggie-eggless- and cheese-less omelet. At first the server looks at me like I'm from a different planet (my kids, at times, think I am) but I explain - "Fill the plate with home fried potatoes and top the potatoes with as many veggies as you can. Leave out the eggs and cheese, and, oh, please use no oil or as little oil as possible. And I'd like my whole grain bread dry. This is delicious, and you don't leave the restaurant feeling like you're carrying a lead weight in your gut!! Try it and enjoy!

With recent completion of a 4-week Food for Life Cancer series, company, babysitting, and projects that are collecting dust, I'm taking some time before I pick up again in the fall. If you have interest in either the Diabetes series or the private breakfast class, let me know and you'll be on the top of the list before I advertise the classes.

On that note, my warmest wishes to one and all. May you enjoy the gifts of this season, be safe, have fun, find time to relax and put your feet up, and may you be graced with health, wellness, and inner joy!

Blessings and Namaste!

Joanne Irwin, Plant Based Nana!