



Where Food Nourishes Body, Mind & Spirit!

November 2014

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“Gratitude is the fairest blossom which springs from the soul.” Henry Ward Beecher



News You Can Use!

2015 (Winter) Food for Life
Classes, Naples, FL

November Green Nosh
Bits of Wisdom from Dr.
Sidhartha

Upcoming Dec. 1st Green
Nosh

Health Info Hot off the
Press

Holiday Recipes to Delight
Another Book!!



With the dark news daily bombarding the airwaves, let us turn to this season of 'thanksgiving' and reflect on what fills our hearts with gratitude. Here's my list. What would be on yours?

Family

Husband who puts up with my 'bliss & passion'

Healthy Children and Grandchildren

Friendships Old and New

A Comfy, Safe Nesting Place

The Beauty of Cape Cod

Dr. Kumara Sidhartha & Emerald Physicians

My Physicians Committee Family

T. Colin Campbell, Ph.D., Drs. Barnard, McDougall, Esselstyn,

Greger, Klapser, Furhrman, Ornish and others who teach the way to health and disease prevention

All the folks I've met through my Food for Life Classes

Jim Morris Hicks, Sustainability Advocate Par Excellence

My Parish Family

For Healthy Food Sources: Fruits, Veggies, Legumes & Grains - that sustain, heal, and nourish, and for the folks who plant and harvest our crops!



FOOD FOR LIFE SERIES, 2015, Naples, FL

Bringing valuable, lifesaving nutrition information to the Naples community.

All classes are FREE to the public, and are held at Cancer Alliance of Naples, 990 First Avenue South, Suite 200

JANUARY 2015

5-Week Kickstart to Health Series.

We've all heard the expression, 'We are what we eat!' Come join me in exploring how right nutrition, and by right I mean the foods science has shown prevent and often reverse chronic disease, will help you lose and then maintain a healthy weight, lower blood pressure and lipid numbers, boost your metabolism, and renew your energy and zest for living.

Thursdays, Jan. 15, 22, 29, Feb. 5 and 12

11 am - 1 pm

Only 2 spaces left for this series

Registration necessary. Email me or phone!

FEBRUARY 2015

4-Week Cancer Prevention/Survival Series

**Tuesdays, Feb. 17, 24, March 3 & 10
11 am - 1 pm**

Participants will learn how certain foods fight disease, understand the importance of eating low-fat, high-fiber foods, become knowledgeable on dairy and meat alternatives, and become acquainted with cancer fighting compounds & immune boosting foods. When you hear the research, you'll be hugging your kale and broccoli when you shop!

10 spaces left to date!

Note: All classes at Cancer Alliance are FREE due to a grant to CAN from the Martin Foundation. Registration is a must. Please contact me, either by email or call my cell: 239-784-0854.

Each class includes DVD education from Dr. Neal Barnard, founder of Physicians Committee, a wealth of resources, cooking demonstrations, and then enjoying all prepared dishes.

We have FUN learning and growing together, and supporting one another on the road to health and wellness.



Note: More classes to be scheduled in March and April. Will post soon!

NOVEMBER GREEN NOSH

AT THE DANIEL WEBSTER INN IN SANDWICH

Our November Nosh was held on the 10th at the famous Daniel Webster Inn in Sandwich. 33 curious, open, and eager participants enjoyed hearing from our esteemed keynote speaker, Dr. Kumara Sidhartha of Emerald Physicians.

We are blessed to have Dr. Sidhartha on Cape Cod. Besides his MD, Dr. Sid (as he's affectionately called) has his diploma in European Biological Medicine from the Paracelsus Klinica in Switzerland, his certification in Plant Based Nutrition from Cornell, and his Master's in Public Health in Nutrition from UMass, Amherst. To say he knows what he's talking about when it comes to food and healing is putting it mildly!

Quite a few years ago the Daniel Webster created, with the help of Dorothy Torrey of Sandwich, a Green Palate menu to be included with its standard dining options. Our 33 participants shared from the following menu choices: Alkaline Stir Fry, Grilled Tempeh Steak, Tofu Pad Thai, and Veggie Burger. The chef treated us, too, to a lovely vegan apple crisp for dessert.

Our group is growing and we'd like for anyone interested in health and wellness to consider joining. Don't think you have to be totally plant based to join our group. If you need to either jumpstart your health or want to maintain the good health you already enjoy, think of coming to our monthly gatherings where we learn, grow, share recipes, and enjoy potlucks or dine out as a group. All our welcome - even curious carnivores!

I call an evening like this "Plant Based High"!



Visiting and welcoming new guests before Dr. Sid's presentation.



Judy, Jolaine & Courtenay (front)



Joanne & Dr. Sid sharing



Alvan, to my left, co-coordinates the Green Noshes.



How many physicians do you know who give of their time so freely and generously?
Thanks to everyone who made this evening so special!!



Bits of Wisdom from Dr. Sidhartha
(Italics - my notes)

The outlook on future of health care: One optimistic view is recognition of the idea of 'self-care'.....people taking charge of their health and monitoring their personal progress.

Our body has an amazing ability to heal itself, given the right environment and ingredients for healing. **Self-regulation** refers to the various bodily systems maintaining a steady state. When an individual, for example, develops high blood pressure or type 2 diabetes, the body is out of balance, but has the ability to heal, repair and return to balance, given the right choices one makes. *(Our bodies are eager and ready to return to health and balance if we treat it with loving care. How do we do that? Nourish it with whole foods, plant based - WFPB!)*

Case of patient presenting with type 2 diabetes. Blood glucose - 400 +. Over a year, without medication, his blood glucose levels normalized. This patient said yes to plant based foods. *(Again, the body responds to the foods research has shown heal and return the body to a state of balance and health.)*

Q on **cholesterol**: Genetics plays a very rare factor in high cholesterol. 40% of folks who have heart attacks have normal cholesterol levels. Plant based foods can heal arteries damaged from plaque. *(Dr. Esselstyn's research is detailed in his book, "Prevent & Reverse Heart Disease". Dr. Ess showed that plant based foods not only prevent heart disease, but can reverse it!!)*

Diet soda can lead to weight gain!

The book to read which explains the relationship between disease and nutrition is "**The China Study**" by Professor T. Colin Campbell, Ph.D.

*We've all heard of diversifying one's portfolio. Dr. Sid recommends **diversifying your plate**. Grains have recently been demonized. Grains are good for us. Besides being a good source of carbohydrates, they contain many important micro-nutrients. Recommendation is to eat a variety of different grains, but don't make the grain the main portion of your plate. Instead, let the dark, leafy greens and veggies hold center stage. Vary your non-dairy milks, as well. One week buy almond, the next indulge in soy or rice. *Variety is the spice of life!**

(The US consumes the most dairy among the industrialized nations, yet boasts the highest rates of hip fractures. What does that say? Could it be that we've been sold a bill of goods by the Dairy Industry?)

Bone Health: #1 activity : jump roping!!! 30 jumps 3x/week - puts necessary load on bones! *(That means an exercise must overload the bone, work it over normal, daily activity.)*
3 sports shown to put the most load on bone: squash, cross country skiing and volleyball.
Other activities like yoga and dancing would involve putting load on the bones! Sorry, swimmers and runners, but that type of activity does not put the necessary load on the bone for bone health!

Alcohol: Women who are breast cancer survivors - NO alcohol. Some physicians with more liberal bent might advise less than 1 drink/week. For men with an aggressive form of prostate cancer, alcohol should be avoided.

Supplements: If you're eating whole foods, plant based, stop taking a multi vitamin. Plant based eaters need B12. Dr. Sid takes 5000 mcg 1x/weekly on Sundays! Have your Vitamin D levels checked. If below 30, take a supplement. Know that women who take calcium pills increase their risk of heart attack. Get your calcium from greens and beans.

There was so much more that Dr. Sidhartha shared. I'm just giving a few tidbits from his lecture and Q&A. The good news is that the Affordable Care Act is making physicians more responsible for their interventions with patients. Previously, physicians were reimbursed similarly regardless of the time spent with a patient or whether or not a particular intervention fostered recovery/healing. Now, under the ACA, physicians will be monitored for their work with patients. High time!

The title of the documentary, "Forks Over Knives", says it all. What we eat matters. Some will embrace the science, give up the meat and dairy, and take charge of their health. Others will stay on the SAD diet path, watch their health decline, and succumb to a barrage of pills and treatments.

A friend was diagnosed with stage 3 kidney failure. She was shocked to receive the news because she had been feeling fine and all of her other labs were excellent. She found a new doctor, a plant based doctor, who educated her on the benefits of WFPB eating; she decreased her protein intake, gave up meat and dairy, and drank plenty of water. Over the next year and a half her kidneys returned to normal. Her current labs evidence NO kidney disease. As Dr. Sid shared, the body has a wonderful way of self-regulating, and we can help that process by what we choose to eat.



December Green Nosh Gathering & Planning

Monday, December 1st, Noon

At Joanne's in South Yarmouth - To Register, contact Joanne!

Yankee Swap

Pot Luck Luncheon

Education via DVD

Planning for 2015

Yankee Swap: Instead of socks, wine, chocolate and cookies, please bring a plant based item for the swap. Limit of \$10. Could be a food (beans, grains, etc.), kitchen item, book, you name it, just make it something from our plant based lifestyle! No sausage or cheese boxes!!

Pot Luck Luncheon: Share a favorite dish - entrée, appetizer, salad or dessert. Surprise us. We always enjoy wonderful dishes at our pot luck gatherings!

Education: I'm hoping to show "Cowspiracy". I say hoping because I have the film on my computer and am waiting for DVD copy. If DVD doesn't arrive, I'll show from my computer onto the TV. Any techies out there? One way or the other, we'll either watch this new, exciting film or another, BUT we'll come away more educated!

Planning for 2015: Good news is that our group is growing. We'd like you to give some thought to the following, and bring your feelings and opinions to the meeting:

*How would you feel about paying yearly dues? (for revolving library, books, DVD purchases, possible venues fees?)

* A volunteer Treasurer?

Plant Based Chef Challenge: We're forming a Committee to plan and implement this major event for the Cape!! This would involve gathering a group of restaurants that commit to creating and adding a plant based lunch and dinner to their menu for 30 consecutive days. With promotion, we would encourage community to try out the various options, and then vote on the tastiest and healthiest. Think about joining our committee! More on that at December's meeting.

**You Have Diabetes! AVOID these foods:
You Don't Want Diabetes! AVOID these foods:**

ADDED SUGARS: Primarily foods such as sugar-sweetened beverages (note: diet soda causes weight gain), fruit juices, and processed foods and desserts. These foods promote hyperglycemia and insulin resistance. Insulin resistance means that cells become resistive to insulin's job of moving glucose from the bloodstream into the cell for energy. Fat is a major factor, too. High fat diet causes fatty cells to form in each cell and the fat acts like gum in a lock, preventing insulin from doing its job. When glucose is prevented from entering the cell wall, glucose builds up in the bloodstream - walla - diabetes.

REFINED GRAINS: (White rice and white flour products). They're plentiful on store shelves. These refined grains are devoid of all important fiber, so they raise blood glucose levels higher and faster than the complex, intact grains. A six year study of 65,000 women showed that women whose diets were primarily composed of refined carbs were 2.5 times as likely to be diagnosed with type 2 diabetes than those who ate lower glycemic foods as intact grains and whole wheat bread.

FRIED FOODS: We know what they are - the potato chips, French fries, doughnuts and other food fried in oils are not only high glycemic foods, but are low-nutrient calories. The mix of glycemic loaded carbs and oils stimulates fat storage hormones. Raising hormone levels in the body puts an individual at risk for hormone related cancers - breast and prostate, in addition to cardiovascular problems. Give up the fried foods! They're plain and simply toxic!

TRANS FATS: Read labels when you grocery shop and avoid any food that has a single iota of trans fats. They contribute to heart disease. (More than 80% of diabetics die from cardiovascular disease!)

RED AND PROCESSED MEAT: Research evidences that high meat intake (and red meat includes beef, pork, and lamb) increases diabetes risk. A meta-analysis of 12 studies showed the following: high total meat intake increased type 2 diabetes risk 17% above low intake; high red meat intake increased risk 21%, and high processed meat intake (bacon, deli meat, etc.) increased risk 41%.

WHOLE EGGS: Eating 5 eggs/week or more increased risk of developing type 2 diabetes. Large prospective studies (Nurses' Health Study, Health Professionals Follow-Up Study, and Physicians' Health Study) reported that diabetics who ate more than one egg/day doubled their cardiovascular disease or death risk compared to diabetics who ate less than one egg/week. The bottom line - give up the eggs, and enjoy a healthy tofu scramble instead!

Information from Dr. Joel Fuhrman. You can sign-up for free to receive his regular healthy tidbits, but he does require a yearly fee to receive additional benefits. (Personally, I only use the FREE sites!) There is sufficient information available that is free to the public!

Foods and Cancer (My notes in italics)

Dr. Gordon Saxe, a family medicine physician and researcher at UC San Diego, is one of the authors on a paper published in the Journal of the American College of Nutrition, which distilled the most important points of a 537 page document on cancer diets published by the World Cancer Research Fund and the American Institute for Cancer Research in 2007. The report includes the following:

Dairy Products: Every 35 grams of dairy protein consumed daily can raise the risk of prostate cancer by 32%. Fats in dairy can increase the risk of CVD. Experts warned that calcium is still vital to bone health and the prevalence of colorectal cancer, so it should be absorbed from sources such as *SOY* and *CERTAIN VEGETABLES!*

Alcohol: One drink/week increases the odds of getting throat cancer by 24%. 2-3 drinks/day elevates the risk of colorectal cancer by 21%. Researchers also note, however, that moderate alcohol use is associated with reduced risk of CVD and Alzheimer's disease. *(The operative word is MODERATE! However, for women who are breast cancer survivors, research evidences two schools of thought on alcohol consumption: either 1 drink or less a week or NO alcohol altogether!)*

Red and Processed Meat: Every 50 grams consumed/day boosts the risk of colon and rectal cancers by 21%. Red meat is also a source of protein, zinc and iron, meaning that an intake reduction should be correlated with plant based alternatives. *(And there are many to choose from - healthy whole foods, plant based!)*

Grilled, fried or broiled meats: These preparation methods release four chemicals linked to colorectal cancer.

Soy products: Natural soy foods (tofu, tempeh, edamame, miso) are encouraged for women who want to significantly cut their risk of breast cancer. They're also recommended as healthy sources of calcium and protein for both genders.

Fruits and Vegetables: Cruciferous veggies are the king of immunity! (kale, cabbage, broccoli) are associated with an 18% reduced risk of colorectal, lung, and stomach cancers. A diet high in tomatoes is associated with a 27% reduction in the risk of gastric cancer.

With all the damning of carbs lately, this study should prove consoling and affirming for those of us who enjoy and feast on the health benefits of complex carbs!

VEGAN DIET BEST FOR WEIGHT LOSS EVEN WITH CARB CONSUMPTION!

From the University of South Carolina, 11/6/2014:

The study was conducted by the **Arnold School of Public Health at Univ of S. Carolina**, and published in the **International Journal of Applied and Basic Nutritional Sciences**, compared the amount of weight lost by those on vegan diets, vegetarian and semi-vegetarian, and those eating an omnivorous diet with a mix of animal products and plant based foods.

At the end of 6 months, folks on the vegan diet lost more weight than the other two groups by an average of 4.3% or 16.5 pounds. The study followed participants who were randomly assigned to one of 5 diets on the dietary spectrum: **vegan** which excludes all animal products (*and dairy*), **semi-vegetarian** with occasional meat intake; **pesco-vegetarian** which excludes all meat except seafood; **vegetarian** which excludes all meat and seafood but includes animal products (dairy and eggs), and **omnivores** which excludes no foods.

Research time frame: 6 months. All groups except the omnivores participated in weekly group meetings. Those who stuck to the vegan diet showed the greatest weight loss at the two and six month marks.

The lead author, **Gabrielle Turner-McGrievy** notes that the diet consumed by vegan participants was high in carbohydrates that rate low on the glycemic index. (*That means complex carbs like brown rice, sweet potatoes, and other intact grains.*) **"We've gotten somewhat carbophobic here in the US when it comes to weight loss. This study might help alleviate the fears of people who enjoy pasta, rice, and other grains but want to lose weight," McGrievy said.**

Weight loss was not the only positive outcome for folks in the strictly vegan group. They also showed the greatest amount of decrease in their fat and saturated fat levels at the two and six month checks, had lower BMI's, and improved macro nutrients more than other diets. **Eschewing ALL animal products appears to be key for these positive results.** **Gabrielle added, "I personally was surprised that the pesco-vegetarian group didn't fare better with weight loss. In the end, their loss was no different than the semi-vegetarian or omnivorous groups."**

Turner-McGrievy is an assistant professor at the University of SC in the Dept. of Health Promotion, Education and Behavior. Some of her research focuses on plant-based dietary approaches for chronic disease prevention and treatment among adults.

Research evidences time and again that consuming a whole foods, plant based lifestyle is key for prevention, health and wellness, AND a way to reverse many chronic diseases, not to mention sustaining life on our planet!

*Here stands one
he knows that folks in
enjoying to-furkey
plant based foods on
says, "Thank you!"*



*happy Turkey because
the know will be
and other healthy
Thanksgiving! He*

Holiday Recipes to Enjoy!

Brussel Sprouts with Maple Glaze (on my website)

Brussels are part of the healthy cruciferous family of veggies. They are chock full of absorbable calcium and fiber. They're a wonderful addition to your Thanksgiving Feast.

- 2 lb Brussel sprouts
- $\frac{1}{4}$ cup minced shallots
- 1 T low-sodium tamari
- $\frac{1}{4}$ cup pure maple syrup
- $\frac{1}{2}$ cup cubed fresh pineapple (or more if you like)
- 1T Dijon mustard
- 1 T cornstarch, to thicken

Remove stems from the Brussels and cut each in half. Cook the veggies in boiling water for about 2 minutes. Drain well and rinse under cold water to stop the cooking.

Sauté the shallots in a little veggie broth or water for 3 minutes. Add the Brussels and sauté for 3 minutes or longer. Add the cubed fresh pineapple, and sauté the sprouts for another 2 minutes. Add a little water, if needed, to prevent burning and sticking.

In a small bowl, whisk together the maple syrup, tamari, Dijon mustard and cornstarch. Pour over the veggies and cook 2 minutes longer until the sauce thickens.

Enjoy these greens!

Baked Butternut Squash (recipe on website)

- 2 butternut squash, halved
- 3 T organic brown sugar
- 4 T maple syrup or brown rice syrup
- 1 $\frac{1}{2}$ tsps. Cinnamon
- $\frac{1}{4}$ tsp nutmeg
- 2 T Amaretto or Kahlua liqueur (optional - can add to sugar/spice mix)

Preheat oven to 350.

Halve the squash. Remove the seeds. Place squash face down on baking sheet, and bake for 45 minutes.

In a small bowl, mix the brown sugar, maple syrup or brown rice syrup, spices and liqueur, if using. Carefully turn the squash over and spread the mixture over the squash. Bake for another 15 minutes.

(My mom always made this at Thanksgiving time, and it was a big hit!)

Sweet Potatoes, Apples, Pecans and Cranberries (on my website)

- 3 lbs sweet potatoes
- 3 Granny Smith (organic) apples
- $\frac{3}{4}$ cup dried cranberries or raisins (I prefer cranberries here.)
- $\frac{3}{4}$ cup toasted pecan pieces
- 3 T dark rum
- $\frac{1}{4}$ cup agave nectar
- $\frac{1}{2}$ tsp ground allspice

In a small bowl, mix the rum, brown sugar, agave, and allspice. Set aside. Peel and slice the sweet potatoes. Peel and slice the apples.

Preheat oven to 350. Lightly grease a mid-size baking pan. Place a layer of sliced sweet potatoes on bottom of pan. Then top with a layer of sliced apples. Sprinkle with some cranberries or raisins. Sprinkle some toasted pecans over the apples. Repeat the layers. Then sprinkle potatoes and apples with the mixed liquids and spices.

Bake for 1 hour, checking to see if potatoes are done.

CREAMY PUMPKIN SOUP (a delicious McDougall recipe!)

- $\frac{1}{4}$ cup water
- 1 small onion, chopped
- 4 cups low sodium vegetable broth
- 1 16 oz can solid pack organic pumpkin
- $\frac{1}{2}$ cup unsweetened applesauce
- 2 tsps curry powder
- Several dashes Tabasco sauce
- $\frac{1}{2}$ cup soy or rice milk (I'd use almond here.)

Place water and onion in medium saucepan. Cook, stirring occasionally, for 5 minutes until onion is soft. Add broth, pumpkin, and applesauce. Stir to combine. Add seasonings. Cook over low heat, stirring occasionally, for 10 minutes. Stir in milk just before serving.

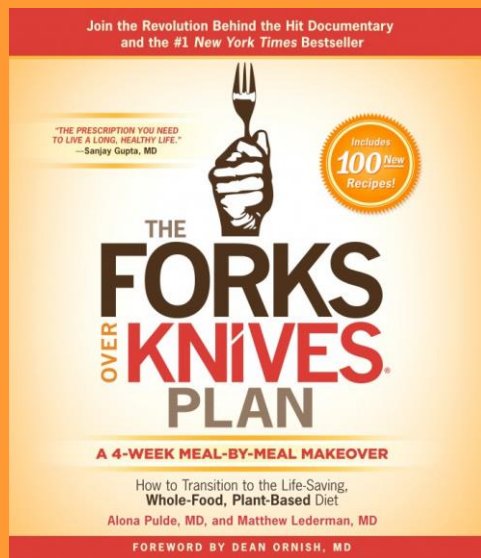
Hint: This is very attractive served in a small baked pumpkin. Cut top off a pumpkin. Clean out seeds and strings. Replace top. Place pumpkin a pan with $\frac{1}{2}$ inch water. Bake at 350 for 30 minutes. Serve the cooked soup in the baked pumpkin.



On the web you'll find a wealth of plant based recipes for the holidays. Last year I made my own stuffed seitan turkey roast that was absolutely delicious. Check out www.delectableplanet.com for recipe and video of how to prepare.

Think of your timeless favorite holiday sides and dessert recipes. Most can be easily converted to healthy, plant based treats – minus the eggs, dairy and oils. You won't be denying yourself, and, as I always say, your cells will thank you, and so will Tom and Tessa Turkey!

Before I put this newsletter to bed, want to share a new book out by Drs. Alona Pulde and Matthew Lederman. This married dynamic MD duo were featured in the documentary, "Forks Over Knives." Recently, I listened to an interview with Dr. Pulde and was very impressed by her advice to folks who have questions about transitioning to a plant based lifestyle, and also concerns about peer pressure and social eating. I think you'll find their book and eating plan helpful. A nice holiday gift??!!



What follows is an excerpt from their book!

It's not unusual for a person who is sick to go to the doctor, who very often prescribes medications to treat whatever ails the patient. In the case of conditions such as high cholesterol or high blood pressure, these medications will usually improve the patient's elevated numbers, but the medications do not address the underlying sickness. Further, improved numbers can lead to a false sense of security about the condition, which can continue to wreak havoc on the patient's health even while the "numbers" look good.

This is largely the way of modern medicine. Doctors are focused on fixing the indicators of disease and not the disease itself. And that's folly, pure and simple. Consider what it would be like if we treated our car in the same way: If the "check engine" light were on, we would disable the light and think we'd fixed the engine. That would never happen, right? And yet consider heart disease and cholesterol for a moment: How many doctors and pharmaceutical companies speak about high cholesterol as if it's a disease in and of itself? It's not. High cholesterol is an indicator of disease. The disease is sick arteries. Statins will improve your cholesterol numbers, but they will do little for those arteries.

Achieving good biometrics, or "numbers," through healthy living is very different than achieving those same numbers through medication. Let's look at one example and see how a good biometric from healthy living compares to one from medication.

Consider the case of blood pressure and risk of heart attack and stroke for a man aged 40 to 59. If the man has high blood pressure and significantly lowers it with medication, he will still have a 20 percent higher chance of having one of these major cardiac events than someone who has a normal blood pressure from healthy living.¹ The reason for this is simple: High blood pressure is an indicator that the cardiovascular system is clogged, and the blood pressure medication does little to address this problem.

As medical doctors, it is incumbent upon us to let our patients know about the safest and most effective treatments. In this case, we want you to unclog your arteries—not merely shut off the indicator light with medicine. And the research informs us how to do this: a low-fat, whole-food, plant-based lifestyle. Virtually all of our patients will achieve a normal blood pressure—and more important, healthy arteries—when they adopt this way of eating. Similarly, if it's high blood sugar from type 2 diabetes, or acid reflux, or any one of a number of chronic conditions, our goal is the same: Make the system as healthy as possible, so it doesn't produce symptoms in the first place. And a healthy system just plain makes you feel better than a medicated one.



In closing, I wish everyone out there a most blessed, healthy, and grateful-filled Thanksgiving celebration. Enjoy time with family and friends, and the best of health and joy to one and all!

Joanne, Plant Based Nana!

