

Where Food Nourishes Body, Mind & Spirit!

January 2015

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"If you dedicate yourself to service, the doors will open."

Pir Vilayat Inayat Khan, Alchemical Wisdom

Happy New Year 2015 !

Wonderful changes are coming to Cape Cod, both for our Green Nosh group and the Food for Life Program. As always, classes are full in Naples with growing wait lists. Before I share the exciting details, I wish all my readers the blessings and joys of this season, along with warmest wishes for health, joy, and peace in 2015.

Here's the Plant Based Skinny on the following:

The Formalization of our (growing) Green Nosh Group & January Nosh Meeting

The First ever Cape Cod Plant Based Chef Challenge

Food for Life Series for Cancer Prevention/Survival/Overall Health & Wellness, sponsored and held at Cape Cod Hospital, April 2015!!

Food for Life Classes, Naples, FL

Book Review: "Stop Feeding Your Cancer: A Doctor's Journey" by Dr. John Kelly

Latest news you can use and Use on a Cruise!



Green Nosh Group of Cape Cod

Over the past few years our Green Nosh group has grown. Our mission is to educate and support one another in our plant based lifestyle, and to awaken the wider community to the health benefits of plant based foods. Anyone can join our group, even folks who are just tip-toeing into the world of plant based nutrition.

We enjoy informal, fun pot luck get-togethers, plant based meals at restaurants, along with educating ourselves on the latest medical research on the relationship between food and disease.

At this December's gathering, the group decided it was time to formalize. **We're now a DUES PAYING group with members voting to make \$20 the yearly dues amount.** However, wanting to provide adequate time for folks to decide if our group is right for them, we decided that people can attend 3 gatherings, at no cost, before 'officially' joining and committing to membership.

Dues will support our upcoming Plant Based Chef Challenge, will defray cost of any printing and venue fees incurred, and will help in purchasing books and DVD's for folks to sign out and enjoy. We hope many in the Cape join our group. Together we can make a difference in spreading health and wellness across Cape Cod.

Our officers: **Co-Coordinator:** **Yours truly and Alvan Hathaway**
Treasurer: **Charlotte Edgecombe**
Secretary: **Tricia Debs**

This past December Charlotte and I opened an account at the Cape Cod Five for the Green Nosh Group. Currently, there is a balance of \$40 in our account. For members who are committed to our group and gatherings, please write check, in the amount of \$20, to 'Green Nosh of Cape Cod', and mail dues to:

Treasurer, Charlotte Edgecombe at: (Charlotte and I are both signers on the account.)

36 Whistler Lane

Dennisport, MA 02639

See some pics from our December Green Nosh Gathering and Yankee Swap



Getting ready to enjoy good food!



Plant Based Yankee Swap fun!

The Tofu press was the hot potato!



We also watched the telling new documentary, "Cowspiracy".

THE JANUARY GREEN NOSH GATHERING (A Note from Alvan Hathaway)

To get us started this year, in lieu of no takers for hosting this month, a good food experience awaits at Chipotles, in the Cape Cod Mall. Some members in the past have requested a weekend day, so hopefully, Saturday the 25th of January will work. After consulting with Chipotles, the Saturday lunch rush is 12 – 2pm, so if we arrived at 2 we would, hopefully, hit the end of the lunch crunch and have more chance of garnering seats together. The Chipotles chain is known for having a friendly plant based menu reasonably priced. If you haven't been there, yet, you owe it to yourself to try it out.

There are several issues on the agenda, the most pertinent to future meetings is to locate a public venue we can use either regularly, or when we do not have a host. Perhaps one or two people will consider teaming up to explore what the Cape has to offer to keep it as easy as possible to continue our mutual support and education.

RSVP to: Alvan Hathaway at: bennyg576@aol.com



Cape Cod's First Ever Plant Based Chef Challenge

When:

October 2015

Why:

Cape Cod is known for its variety of contemporary and increasingly diverse restaurant venues. For an increasingly health-conscious, ethically and environmentally aware public, our Green Nosh group will be inviting and encouraging restaurants to include thoughtfully prepared, creative, and healthy plant based options on their menus throughout the month of October. This will provide Cape Codders with an opportunity to experience the wonderful taste and diversity of plant based dishes, along with understanding that these are the foods known to prevent disease and, in many instances, reverse certain chronic conditions. These dishes will be heart healthy, and cholesterol and dairy free.

What:

The public will have an opportunity to rate and vote on their meals while at each restaurant. Handouts will be provided to diners with voting cards and a list of participating restaurants to visit.

At month's end we will present prizes for the most creative and tasty entrée, salad, dessert, soup, etc. And you never know, maybe some of our participating restaurants will keep these delicious plant based dishes on their menus!!

Needs:

We will be looking for **volunteers to help distribute flyers** throughout the Cape community. Our Committee is currently working on an invitational packet for certain restaurants.

If any individual or business would like to make a **financial contribution** to help defray the cost of this venture - paper and printing needs - please contact me. Any amount would be appreciated. Checks can be made out to Green Nosh of Cape Cod and sent to our Treasurer, Charlotte Edgecombe, at 36 Whistler Lane, Dennisport, MA 02639.



**Food for Life 4-Week Series for
Cancer Prevention/Survival/Overall Health & Wellness
Sponsored & Held at Cape Cod Hospital**

This 4-week series is offered FREE to the Cape Cod community, thanks to a grant from Cape Cod Hospital.

Series will be held on Wednesdays from 1 - 3 pm in the Lorusso Board Room on the following dates: April 29th, May 6th, May 13th, and May 20th

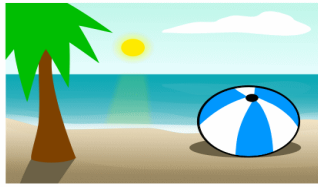
Each class will include DVD education from Dr. Neal Barnard, noted author and researcher, and founder of Physicians Committee, cooking demonstrations, and enjoying all prepared dishes. Handouts and resource material to be provided to participants weekly.

The series explores the following topics: How Foods Fight Cancer, the Importance of High-Fiber, Low-Fat Foods, Alternatives to Dairy and Meat, and Cancer Fighting Compounds and Immune Boosting Foods. Information presented is based on evidenced based science and research.

Registration is necessary as class size will be limited to 20 participants. To register, contact Joanne Irwin, Instructor, at either:

239-784-0854 or email: joanneirwin72@gmail.com.

My sincere thanks to John Ponte, Director of Cancer Services at CCH, and to Art Mombourquette, Chief Operating Officer, CCH for bringing this important health information to the Cape Cod community.



Naples, Florida, Food for Life Classes (FFL)

March FFL Series for Cancer Prevention/Survival/Health & Wellness

Tuesday Evenings, March 24th and 31st from 5 - 8 pm.

At Cancer Alliance of Naples, 990 First Avenue South, Suite 200

Registration Necessary. Class limited to 20 participants. Series is **FREE!**

This is a 4 class series presented over two evenings.

To register: Contact Joanne at 239-784-0854 or email: joanneirwin72@gmail.com

Hear Ye, Hear Ye - Hot off the Press and Making News!



"Stop Feeding Your Cancer: One Doctor's Journey" by Dr. John Kelly from Dublin, Ireland

If I were graced with Bill Gates' portfolio, I'd give this book to every physician I know, mail to every friend and family member, along with personally putting on the desks of every member of Congress. I am as excited about Dr. Kelly's courageous story as I was

after reading "The China Study" by Professor T. Colin Campbell, and "Prevent and Reverse Heart Disease" by Dr. Caldwell Esselstyn. Dr. Kelly's work is seminal, and I predict that very shortly we'll be hearing about his study in various media outlets.

When I first heard about the book from Jim Morris Hicks, friend and author of "Healthy Eating, Healthy World", I checked it out by reading an article by John Spain on Dr. Kelly and his research in the Irish Independent. That sold me. I downloaded the book immediately on my iPad, started reading on the plane to Naples, and couldn't put the book down. Finished it in two days.

My dream, when I next venture across the pond, is to look up Dr. Kelly, a courageous, visionary GP from outside of Dublin, Ireland, shake his hand, and give him a big hug. This man's integrity, passion, and disposition toward caring for his patients shines through on every page. Let me briefly tell you why.....

Dr. Kelly was invited by a geneticist colleague to read "The China Study", and offer his critique of Professor Campbell's research. Previous to this request from his colleague, Dr. Kelly had never heard of Campbell's research and book. After reading, Dr. Kelly became passionate about the research. He openly wondered why the medical establishment, governmental research institutions, etc. had not picked up the baton, as has been done for heart research, to test Campbell's findings with cancer patients. He decided to do his own research with patients in his surgery. (In Ireland a doctor's practice is known as his 'surgery'.) And that he did.

Dr. Kelly asked his cancer patients to read The China Study and embrace a plant based lifestyle to assess the diet's effect on cancer. I won't give you the results, suffice to say that what he showed with humans was exactly what Campbell showed in the lab - that cancer can be turned on and off by what type of protein it is fed. Give it animal protein and it blooms. Turn off animal protein and replace it with healthy plant based protein, and cancer growth is either stunted or reversed. Dr. Kelly's research involved a small population, but nonetheless, the results were head-spinning. His research spanned eight years. He has one "striking statistic: With the exception of cancer of the pancreas, not one of the cancer patients who have been on an animal-protein-free diet and remained faithful to it have died from their disease." When you read his case studies, your heads will be spinning, as well, and I venture to say many of you will be cheering 'bravo' as I was with each case. (Any of my friends and family members out there who are living with cancer, you play the fool if you refuse to read this!)

Dr. Kelly also enters into an intelligent, insightful discussion as to why these findings haven't been embraced by the community at large. Let's face it - the implications for the global economy are huge, not to mention the effect on the pocketbooks of the powers that be! Please treat yourself this New Year and read this modern day physician prophet. You'll be glad you did!

The American Cancer Research Institute (AICR)

The AICR was founded in 1982 to advance the then radical idea that cancer could be prevented. They began focusing on cutting edge research, and have applauded the work of T. Colin Campbell's, Ph.D. "The China Study", and the ground-breaking documentary, "Forks over Knives". The AICR funds research on nutrition, physical activity, and cancer, and continually educates the medical community and public on their empirical, researched findings. The AICR recommends eating whole plant based foods, comprised of fruits, vegetables, grains, and legumes to both prevent and fight cancer.

Part of their mission statement reads: "We interpret the results of that research, along with findings from the global scientific community, to craft reliable, evidence-based recommendations for lower cancer risk."

The AICR lists 10 recommendations for cancer prevention and survival:

- Be as lean as possible, without becoming underweight.
- Be physically active for 30 minutes every day. Limit sedentary activities.
- Avoid sugary drinks. Limit consumption of energy dense foods.
- Eat more of a variety of fruits, vegetables, grains and legumes (beans, peas & lentils.)
- Limit consumption of red meat (beef, pork & lamb), and avoid processed meats.
- Limit consumption - if drinking at all - to two drinks/daily for men and 1 for women. (Note: Research evidences the link for breast cancer patients re alcohol and increasing risk of recurrence. Many oncologists are telling their breast cancer patients to limit alcohol consumption to one drink/weekly.)
- Limit consumption of salty foods and processed foods with salt.
- *It is best for mothers to breastfeed for up to 6 months and then add other liquids and foods.
- *After treatment, cancer patients should follow the recommendations for cancer prevention.
- *Recommendations for special populations.

In a recent posting from Dr. Michael Greger's "NutritionFacts.org" site, he discusses the foods that fight **breast cancer**. He notes that research is showing that consuming whole, plant based foods, a la the recommendations from the AICR, is positively affecting those particular cancer rates. Breast cancer risk was reduced by 60% for women who followed, at least, five of the above recommendations, noting specifically the effect of having a lean body mass, consuming whole, plant foods, and limiting alcohol consumption.

Embracing a whole foods, plant based lifestyle reduced the risk of being diagnosed with most cancers.

Re Bladder Cancer, a large study among 469,339 men and women showed that just a 3% increase in animal protein consumption was associated with a 15% higher risk of being diagnosed with bladder cancer. However, just a 2% increase in consuming plant protein in their diets evidenced a 23% lower risk of the disease. Wow! That's impressive.

AICR research has also shown a lower rate of mortality among older breast cancer survivors who consume a plant based lifestyle.

Let's get honest here. The paradigm shift toward whole, plant based nutrition is here. The science cannot be refuted. However, more than reading stats on paper are the incredible, beyond a shadow of a doubt testimonials from hundreds of people who have been cured of chronic illness or had serious medical conditions reversed.

When I first began eating this way back in 2006, I wanted to tell the world. First, I wanted my husband, children, grandchildren and other family members to learn about this and embrace it. I was driven. That passion is still within, but my voice has been tempered. Many in my family now breathe a thankful sigh of relief at my letting go. And that I have.

I can only take care of me, and you can only take care of you. My way may not be the way for others. I find it both sad and distressing, however, when some people kid me about my way of eating, and laud their love of sausages, and then in the next breath I hear about their by-pass surgery.

A very wise mentor and friend suggested I continually embrace the Serenity Prayer - "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." And I share that prayer with those of you who have shared their frustration and quandary with me over family members continually consuming the foods that are the fertile ground for disease and illness.

When I suggested that change is happening, this article says, "It's so!"



The government may begin pushing Americans to eat more vegetables and less meat. (Photo: Getty Images)

Where's the beef? A panel that advises the Agriculture Department appears set to recommend that you be told not only what foods are better for your own health, but also for the environment. That means that when the latest version of the government's dietary guidelines comes out, it may push even harder than it has in recent years for people to choose more fruits, vegetables, nuts, whole grains and other plant-based foods — at the expense of meat.

The beef and agriculture industries are crying foul, saying an environmental agenda has no place in what has always been a practical blueprint for a healthy lifestyle.

The advisory panel has been discussing the idea of sustainability in public meetings, indicating that its recommendations, expected early this year, may address the environment. A draft recommendation circulated last month said a sustainable diet helps ensure food access for both the current population and future generations.

A dietary pattern higher in plant-based foods and lower in animal-based foods is "more health promoting and is associated with lesser environmental impact than is the current average U.S. diet," the draft said.

That appears to take at least partial aim at the beef industry. A study by the journal *Proceedings of the National Academy of Sciences* last year said raising beef for the American dinner table is more harmful to the environment than other meat industries such as pork and chicken.

The study said that compared with other popular animal proteins, beef produces more heat-trapping gases per calorie, puts out more water-polluting nitrogen, takes more water for irrigation and uses more land.

As the advisory committee has discussed the idea, doctors and academics on the panel have framed sustainability in terms of conserving food resources and also what are the healthiest foods. There is "compatibility and overlap" between what's good for health and good for the environment, the panel says.

Once the recommendations are made, the Agriculture and Health and Human Services departments will craft the final dietary guidelines, expected about a year from now. Published every five years, the guidelines are the basis for USDA's "My Plate" icon that replaced the well-known food pyramid in 2010 and is designed to help Americans with healthy eating. Guidelines will also be integrated into school lunch meal patterns and other federal eating programs.

The meat industry has fought for years to ensure that the dietary guidelines do not call for eating less meat. The guidelines now recommend eating lean meats instead of reducing meat altogether. But another draft discussed at the panel's Dec. 15 meeting says a healthy dietary pattern includes fewer "red and processed meats."

In response, the National Cattlemen's Beef Association sent out a statement by doctor and cattle producer Richard Thorpe calling the committee biased and the meat recommendation absurd. He said lean beef has a role in healthy diets.

Objections are coming from Congress, too.

A massive year-end spending bill enacted last month noted the advisory committee's interest in the environment and directed Agriculture Secretary Tom Vilsack "to only include nutrition and dietary information, not

extraneous factors" in final guidelines. Congress often uses such non-binding directions to put a department on notice that lawmakers will push back if the executive branch moves forward.

Environmentalists are pushing the committee and the government to go the route being considered.

"We need to make sure our diets are in alignment with our natural resources and the need to reduce climate change," said Kari Hamerschlag of the advocacy group Friends of the Earth.

Michael Jacobson of the Center for Science in the Public Interest said the idea of broader guidelines isn't unprecedented. They have already been shaped to address physical activity and food safety, he said.

"You don't want to recommend a diet that is going to poison the planet," he said.

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CAN PLANT BASED FOODIES FIND HEALTHY FOOD OPTIONS CRUISING? YES, YOU CAN!



Those who know me well have heard my take on cruising. You see one Caribbean island, you see them all. That's not to say that I'm averse to all cruising. There are many interesting places to see in the world, and I've heard that Alaska and the Baltic offer natural beauty and history.

Folks seem incredulous to believe that you can eat healthy, plant based foods on a cruise. Given that more people are becoming educated on the health benefits of plant based foods, cruise companies, along with other establishments, are catering to consumers' demands. So if you're thinking of cruising, but doubt that you can eat healthy, think again.

Hubby and I took the above Princess cruise in December and I was delighted with the service. The first thing I do after checking into our cabin is to search out the maître d. After sharing my 'vegan' request, I'm told to announce my request to my server, and all will be well. And well it was.

Each evening the maître d met with me to discuss the next day's menu. A vegetarian option was always included on each menu, but most of those dishes were drenched in cheese. I'd make my request known, make suggestions to veganize a dish, and they'd oblige. One evening I requested Indian food and I was pleasantly surprised with a fabulous, gourmet Indian dinner.

The maître d introduced me to the young chef who was daily preparing my foods. I was informed that more people were requesting gluten free options, but I was the sole 'vegan' on the ship. Oh, the joy of being that needle in a haystack!

The buffet on this cruise ship was outstanding. Plant based breakfasts and lunches are a breeze. Oatmeal, grits, muesli, fruits, soy milk and even tofu and bok choy were breakfast staples. Also included were vegetarian baked beans and roasted potatoes. Salad choices at lunch

were plentiful. But each day they prepared a dal soup that was to die for. Soup and rice became my luncheon favorites.

The photos below give you a hint of some of the choices. I also included the toxic foods that our neighbors down the street indulge in. I'm always amazed with all the health info available today that folks still pile their plates with oodles of eggs, bacon and sausage.



A variety of greens always available.



Lots of fresh vegetables and fruits.



Mung bean sprouts - always a big hit!



Lovely salad toppings!



Veggie Pasta Dish for Dinner



Indian dinner with rice on the side. So tasty!



Roasted veggies with tofu.



Pablo from Portugal who was more than delighted to make sure I enjoyed my dinners.

Here's what our neighbors indulged in:



A variety of eggs and mcmuffins, pastries, and different kinds of sausage were plentiful.



I can't imagine the number of pigs killed to keep the bacon and ribs flowing on the ship!

Let's close on a healthy note - Breakfast - bok choy, soy milk, and oatmeal!



So, as we move into another exciting new year, I encourage many more Cape Codders to join our Green Nosh Group - together we can support each other, enjoy healthy food, work to create positive change within our community, dispense the health information that makes a difference and, most importantly, accept others' choices.

Happy, Joyous 2015 to One and All!

