



### Where Food Nourishes Body, Mind & Spirit!

January 2013 – A New Year, a Time for a Health Reboot!

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“To be alive in this beautiful, self-organizing universe – to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it – is a wonder beyond words.” By Joanna Macy

### NEWS YOU CAN USE!



Do you have a goal?

Naples, FL Classes & Events

News You Can Use

Testimonial from Mark K.

Recipes!!



Whether you're working out on the ski slopes of a beautiful New England mountain or walking along the soft sands of a Florida beach, January is a good month to stop and take stock. Check your lipid numbers, glucose, energy levels, and your weight. Listen to your body; what is it saying? What is it asking you to do? How are YOU loving yourself?

If you feel the need to positively affect your health, but desire help, encouragement, and support for the journey, know that all that is a click away. Wherever you are in this big, beautiful country of ours, PCRM now has 86 Food for Life series currently running among more than 38 states. We've expanded big time, and our Food for Life curriculums are making a difference in so many lives, not only in the US, but in England and India, as well.

Currently, yours truly is busy presenting our series in Naples, Florida where the response has been overwhelming. I'll return to the Cape the end of April where classes will be offered both privately in my home, and in the community. More on that later.

## FOOD FOR LIFE CLASSES & EVENTS - 2013



Food for Life Classes in Naples have been filled to capacity. People are eager to take charge of their health, learn the latest that research has to offer on the relationship between nutrition and disease, and, with support, make those changes that offer health, wellness and renewed energy.

The 5-week Kickstart to Health series in November/December was a big success. I'm always awed and gratified by the wonderful people I meet on this journey. The current 5-week Kickstart is off and running.

Feb. 7<sup>th</sup> I'm offering a one time "Food for Life Class" and that is already full. In March I'll be presenting the 4-week Food for Life series and that has filled, but I'm taking a wait list.

### AVAILABLE CLASSES

#### **April 2013 Four Week Series for Disease Prevention, Survival & Overall Health & Wellness -**

Wednesdays: April 3, 10, 17 and 24 from 4 - 6 pm

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

To register, please either email or call me. Registration necessary and class will be limited to 20 participants.

**March 15<sup>th</sup> - Special Breakfast Fundraiser Class** for Cancer Alliance of Naples. **10 - 12 pm.** Cancer Alliance is a non-profit in the Naples community that offers financial support to individuals who are going through cancer treatment. The only organization of its kind in the area, CAN's financial support helps patients in a variety of ways - with rent, maintaining electricity, keeping their car, etc. so their financial burdens can be eased as they go through treatment. CAN also offers ongoing group support as well as a variety of community resources.

I've been doing the Food for Life series at CAN's offices for the past five years, and their support of our program has been invaluable! Through Executive Director, Marianne St. John's efforts, grants have been secured which enable us to offer the series and classes **FREE** for the Naples community.

I'm asking friends who've benefitted from our program and these free classes to come out and support CAN. \$30/person or whatever more you can donate. Enjoy the food, the info, the camaraderie, while saying 'Thanks' to CAN! Email or call Joanne to reserve your spot! Class will be limited to no more than 25 participants.

## GREEN NOSH SUPPORT AND NEW EATERIES COMING TO CAPE COD



*On Dec. 17<sup>th</sup> we all enjoyed a healthy, tasty, and cozy Green Soup Nosh at my home on the Cape. Talk about a fabulous variety of soup - Potato, Kale Vegetable, Minestrone, Black Bean, Marrakesh Red Lentil, and more. We feasted while the most marvelous plumbing company in the world - Tyndall & Clark - came to my rescue after a pipe burst under the kitchen sink the night before. Good thing I was in the kitchen when the pipe burst, otherwise.....*



## HEAR YE, HEAR YE...VEGAN RESTAURANT COMING TO HYANNIS IN MARCH!!

Check out "The Green Lotus Cafe" at 349 Main Street, Hyannis, owned by chef, Nate Fanara, will feature vegan, vegetarian, gluten-free and raw foods. What more could we ask for?!

If people think vegan and plant based are for the minority, think again. Word is spreading, people are waking up to the truth about food and disease, and taking charge of their health by consuming foods known to heal, prevent, and reverse disease.



## A New Year, A New Opportunity to Further Enhance Health and Wellness....

Health and wellness are in our hands. If we're waiting for a knight in shining armor to come riding in and save us and make the positive health changes for us, we'll all have a long wait. However, there is a caveat to this. The knights do exist....in the personages of doctors and researchers like Dr. Neal Barnard, Dr. Michael Greger, Professor Colin Campbell, Dr. Caldwell Esselstyn, Dr. John McDougall, Dr. Joel Fuhrman and many others who have done the research, written the books, and given us delectable, healthy, plant based recipes that chart the way. All we have to do is say a resounding YES. Feel the fear and do it anyway! Open the books, read, get to the health food store, discard your pantry and frig of processed, saturated fat laden animal and dairy foods, and prepare some new recipes. Put on some nice music while you cook, sit and dine under candlelight while your cells delight and smile! You can do it!

## Some practical tips to help you on your way....

Eat **3 servings** of **fresh fruit** each day. (A serving is  $\frac{1}{2}$  cup of chopped fruit or berries or 1 small piece of fruit. Include nutrient dense fruits, such as strawberries, blueberries, and citrus.)



Eat **4 servings** of **vegetables** each day. (A serving =  $\frac{1}{2}$  cup cooked or 1 cup raw veggies. Make sure your Foods are whole, plant based, and unprocessed.



Eat foods full of colorful phytonutrients - orange/yellow fruits and veggies contain a powerful antioxidant, beta-carotene, and lycopene, another essential antioxidant, comes from the bright red pigment found in tomatoes, watermelon, and pink grapefruit.



Eat plenty of fiber - at least 40 grams daily. Fiber not only maintains healthy bowel function, but fiber molecules attach to excess hormone molecules and other toxins, and flush them out of our systems.

Eat at least 3 servings of legumes (beans) daily. (A servings =  $\frac{1}{2}$  cup cooked beans,  $\frac{1}{4}$  cup low-fat bean spread, 1 cup non-dairy milk, or 3 ounces of tofu, tempeh, or meat alternative.)



Eat whole grains - about 6 servings daily. A serving =  $\frac{1}{2}$  cup cooked grain, such as oatmeal or quinoa, 1 slice of bread, or half a pita or tortilla.

Avoid dairy and animal protein. Each has been linked to cancer, heart disease, obesity, and type II diabetes.



Still your Mind! - Cancer and many other chronic diseases are multi-faceted, not only influenced by nutrition, but by our thinking. You know the saying about 'stinkin' thinkin'? Well, it's true. Hans Selye, M.D., is the physician who named the word 'stress' and said: "The modern physician should know as much about emotions and thoughts as about disease symptoms and drugs. This approach would appear to hold more promise of cure than anything medicine has given us to date." Back in 1987 when my family first moved to the Cape after my husband then was diagnosed with a rare form of cancer, the doctor I interviewed to be our internist started our discussion with one question to my husband, "How much stress have you experienced and how do you deal with it?" That sold me!

Engage in a daily practice of meditation, some form of energy healing, prayer, etc. And be part of a group for support, nurturance, and encouragement. And if any of my readers have a question or need support for your plant based lifestyle, don't hesitate to call. Interruptions are my work!!

**Weight Loss: Diet vs Exercise** (You can read more about this on Dr. Michael Greger's website, [www.NutritionFacts.org](http://www.NutritionFacts.org)) Most people believe that both diet and exercise are EQUALLY important to losing weight and maintaining weight. The old thinking - calories in, calories out - is just that - old thinking!! What is more important to losing weight and maintaining a healthy weight are the calories consumed. What we're eating makes more of a difference than exercise. For instance, if you choose to eat just 2 chicken legs, you need to run an extra 3 miles to outrun the weight gain from the chicken, and that's for steamed chicken, skin removed, as well. So think about what you're putting on your forks! You can exercise all you want, but if you're running to McDonald's for that burger, fries, and milkshake, time at the gym will be sabotaged big time. And you want to avoid the big MickeyD's, chicken, and the rest of those dastardly animal proteins.

**Dementia, Alzheimer's and Us, Baby Boomers!** Physical exercise appears to be a top remedy. Exercise can actually change your brain by creating new brain cells and all important synapses. Eat those dark, leafy greens, and foods with healthy Omega 3 fatty acids. Folks who have consumed the Mediterranean diet - mainly fruits, veggies and whole grains - have a lower chance of getting Alzheimer's. Studies show that some alcohol can be protective: no more than 2 servings daily for men, and one for women. However, women who have had breast cancer should have no more than 1 serving alcohol weekly, so says the latest research. Know, too, that overconsumption of alcohol can actually cause dementia. So take care when you belly up to the bar!!



## CHEERS TO MARK K. IN SEATTLE, WA

This is a domino effect kind of testimonial. I bugged one of my best friends to watch 'Forks over Knives' and she, in turn, after experiencing the positive effects of plant based foods on her health, encouraged her three adult children to view the documentary, as well. Her children watched the film and, like most who view this life changing documentary, have joined the plant based movement. (Smart friend, smart children!) Her son, Mark, who's the father of a precious little guy named Casey, lives in Seattle, Washington. Mark's astounding lab results, in just 3 ½ months, are proof positive of what a plant based lifestyle can do. Thanks, Mark for giving permission to share your results.

When Mark had his labs taken this past August, quite a few values were red flagged. He adopted a plant based way of eating, and this past December this is what his labs showed:

<u>August Labs:</u>	<u>December results:</u>
His glucose was 103	89
His creatinine, Ser (.76-1.27) was .75	.82
Total cholesterol was 203	139
Triglycerides were 198	55
LDL was 121	83

Thanks, Mark, for sharing your results. I'm celebrating your food choices. Bravo! May you continue walking the path to renewed health, vibrancy, and wellness. I know Casey will, also, be the beneficiary of your example! (Mark's results show how quickly the body heals, restores and renews when it's fed the foods that heal.)

## For all you Plant Based Foodies Out There, Some Recipes to Enjoy!



**KAREN'S CHOCOLATE SURPRISE.** (This decadent, tasty treat comes from Karen, who's been my faithful cooking assistant and now friend over the past couple years.) Every now and then we need a bit of chocolate to satisfy and nurture. This is quick, easy, and will surely please the grandchildren, AND it only has 3 ingredients!

1 (10 oz) bag of dark chocolate chips - vegan  
 $\frac{1}{2}$  cup of chopped raw almonds or walnuts  
 $\frac{1}{2}$  cup dried cranberries or blueberries

- Line a cookie sheet with wax paper.
- Melt chocolate in a double boiler.
- Pour melted chocolate onto cookie sheet. Sprinkle the dried fruit and nuts on the top of the chocolate. Gently press into the chocolate.
- Refrigerate for 2-3 hours. Break into pieces.
- Can store this in freezer (for that every now and again treat)!

**RED CURRY CHICKPEA AND SWEET POTATO SOUP** (This comes from our Kickstart to Health series. Loaded with beta-carotene from the sweet potatoes, protein and calcium from the beans, and a wealth of carotenoids and flavonoids in the spinach, this soup gives both taste and health!)

1 T Thai red curry paste (available in regular supermarkets, in aisle with Asian foods)  
2 cups water  
1 small sweet potato, chopped into small, bit-size pieces  
1 cup cooked, rinsed chickpeas  
1 cup baby spinach leaves

Place a dry soup pot over medium heat. Add the red curry paste and slowly stir it for about 2 minutes. Slowly stir in the water, making sure the curry paste thoroughly integrates with the water. Add the sweet potato and chickpeas. Simmer the soup for about 5 minutes, until the sweet potatoes are al dente. Add the spinach immediately after you remove the soup from the heat. (This makes 2 servings.)

For a larger crowd - say 20 - use 4 cups broth, 3 medium potatoes, 2 cans beans, 1 T curry paste plus 1 tsp.

This fabulous ZUCCHINI BREAD comes from the informative, creative Cathy Fisher of [www.straightupfood.com](http://www.straightupfood.com) Cathy works for both Dr. John McDougall in Santa Rosa, CA, and 'True North Health Center' also in northern CA. Cathy is in the process of writing her first cookbook. Having a degree in journalism before completing another degree in nutrition, Cathy's book will surely please. I can't wait for its publication.

Cathy has, graciously, given me permission to share her recipe, along with her descriptive photos. You can subscribe to her site. Check it out. Her recipes look awesome, and I know, from experience, that they taste delicious, too!

## Zucchini Bread

Traditional zucchini breads are rich and dense due to their refined oil and sugar, but these ingredients are not necessary, or health-promoting. This bread gets its moistness and heartiness from zucchini, apples, dates, and millet and oat flours.



I have happy memories of my mom's zucchini bread made from the squash in our garden. And it was full of walnuts from our trees, which my dad used to pay me and my sister twenty-five cents a bucket to pick up. We complained a lot, but those walnuts were so good! Usually we'd make this in the summer or fall when zucchinis were fresh and plentiful. But there's no reason you can't make this tasty bread anytime of the year.

**A word about baking pans:** This recipe makes one standard loaf or two “half” loaves. Most recipes make 2 standard loaves, but you can easily double this recipe if you want to make two. I wanted to touch on baking pans since a different size pan will affect the baking time slightly, and there are so many sizes of loaf pans.

My **standard** pan holds 5 cups of water (to the brim) and is about 8.25 x 4.25 x 2-1/2” (it’s says “medium loaf pan” on the end, and is “Gourmetware” brand).

What I call my “**half**” loaf pan holds 2 cups water and measures 5.75 x 3” (the brand is “Good Cook” and says “mini loaf pan” on the label). It doesn’t say “half” on it, but that’s what I call it since it looks like about the size of my standard pan (see comparison photo below).

There are also true “**mini**” loaf pans that measure closer to 2.25 x 3.5”. These can be sold individually or as “cavities” in one large pan. I have not made these super small loaves, but I’d start checking them for doneness around 25 minutes and cook longer as needed.

So, if you want to replicate my loaves, those are the two pan sizes I have used (I have the Good Cook brand of pans in my [online store](#) as well as a true “mini” pan). If your pan is not one of these sizes, [this chart](#) on pan sizes may be helpful.

## Ingredients

10 Medjool dates, pitted and chopped  
1 cup non-dairy milk  
1-1/4 cups quick or Old Fashioned rolled oats (not instant), ground into flour  
¾ cup dry millet, ground into flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon cinnamon  
½ teaspoon ground nutmeg  
½ teaspoon ground (dry) ginger  
1-3/4 cups unpeeled and grated zucchini (about 1 and a half medium zucchinis)  
½ cup unpeeled, grated apple (about half of a medium apple)  
2 teaspoons vanilla extract  
¾ cup walnut halves, chopped

## Directions

1. Preheat oven to 325. In a small bowl, cover the chopped dates with the non-dairy milk and set aside to soften.
2. Dry ingredients: Grind the oats and millet into a flour using your blender (a high-speed blender will do a finer job) and place into a bowl. Add to this the soda, baking powder, cinnamon, nutmeg and ginger.
3. Wet ingredients: In another bowl, place the grated zucchini and apple, and vanilla. Using your blender again, blend the dates and the non-dairy milk until very smooth. Add the date mixture to the bowl of zucchini, apple and vanilla, and mix with a fork.

4. Combine the wet and dry ingredients and mix thoroughly with a wooden spoon, adding in the chopped walnuts at the end. Pour into one standard size loaf pan OR two half-loaf pans (see above) lined with parchment paper (see photos of how to do this below), or use silicone bakeware. The batter will fill the pan about 3/4 of the way.

5. Bake 1 standard loaf for 65-70 minutes uncovered with your oven rack in the center position. If you are making two half loaves, bake both at the same time on one rack with some space between them for 40-45 minutes uncovered. The bread will be done when the top of the loaf is an even medium brown, it has started to pull away from the sides of the pan, and there are some cracks in the top of the loaf.

When you take the bread out to test for doneness, insert a toothpick far down, and if it comes out clean, it's likely done. If the top of the loaf is brown but doesn't pass the toothpick test, put it back in covered lightly with a piece of foil and cook for 5 more minutes or until the toothpick comes out clean. Let cool for 5 minutes before removing from the pan to cool further on a cutting board. Cool for another 10-15 minutes before slicing.

Prep time: 35 minutes

Cook Time: 40-70 minutes: makes 1 standard loaf or two half loaves

### NOTES

**Sweetness:** This bread is not overly sweet, but just sweet enough, according to my palate. But feel free to add 2-3 more dates if you prefer a sweeter bread.

**Nuts:** Any type of nut may be used; or they may be omitted altogether.

**Raisins:** A half cup of raisins would also be a nice addition, and would add additional sweetness.



Above: A close-up of a slice from the standard loaf. The crumb (the soft inner part of the bread) is moist yet not under-cooked. Adding the ground millet helps this since oat flour alone can sometimes result in a texture that is heavy and sticky.



Above: The half loaf is on the left and the standard loaf is on the right. The standard loaf was cooked a little longer, so it's darker in color.



Above: This is the half loaf made with sliced almonds instead of walnuts. You can see the millet grains, which look like cornmeal, even when ground. If you were to grind the millet and oats in a Vitamix or other super high-speed blender, the texture would be finer (I used my small Tribest Blender to grind my grains). I like the grainier texture just as well.

**HAPPY, HEALTHY EATING TO ONE AND ALL!**

