



## Where Food Nourishes Body, Mind & Spirit!

September 2013

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*"Find the thing that stirs your heart and make room for it. Life is about the development of self to the point of unbridled joy!"*

Joan Chittester from Monasteries of the Heart Newsletter

### Read About:

September Green Nosh

Food for Life Series at Community School of Harwich Tech, November

Food for Life Series, Naples, FL

Environmental Chemicals' Impact on the Male Specie

Bill Clinton's Transformation

Organic - to Buy or Not to Buy?

Mary Doering's Art Show

Boston's Vegetarian Food Festival

One Pot Wonder Pasta Recipe



### Autumn, Peeking Around the Corner!

Don't you just love Autumn? Cool, crisp air, and blowing winds ushering out oppressive humidity and heat; trees painted in brilliant colors, making us smile; crunchy, dry leaves enticing us to jump and run in complete abandon!

Besides these images, September has always been a time for goal setting, a ritual from my early school days. So, let's set some new goals..... **health goals!**

What does good health mean to you? How do you prioritize health? What changes would you like to make?.....weight loss, getting off statin drugs, lowering cholesterol and blood pressure, getting more exercise, reversing type 2 diabetes, creating a fertile inner terrain for health and being.....And what are you willing to do to achieve your goals?

Whatever your goals, you can achieve them one day at a time. First, make the commitment, then write your goals in a health journal, and if you need support, join our **Green Nosh** group where we meet monthly to share healthy, nutritious plant based foods, share recipes, and health information.

Or give me a call for some personal cheerleading and consult!

## *Our September Green Nosh*

### *A Pot Luck Dinner/DVD Showing Event*

**Friday, September 27<sup>th</sup>, 2013**

**5:30 pm**

**At Joanne's Home in South Yarmouth**

**To sign-up, call Joanne or email.**

We're asking everyone to bring a plant based entrée, side, salad or dessert. Following dinner, we'll enjoy listening to some speakers from Dr. John McDougall's advanced study weekends.

And if you're able, bring your recipes to share with the group.



Our August Nosh was at Karoo's Restaurant in Eastham where a good time was enjoyed by all!

So, don't be shy, folks. If you're looking for support to meet your health goals, join us. We're all in this together - listening, sharing, and supporting one another as we commit to embracing a whole foods, plant based lifestyle - first, for our individual health goals, and, important as well, for the health and sustainability of our planet! That said, even if you're tip-toeing into plant based eating, you're more than welcome; the curious are welcome, too!



## **FOOD FOR LIFE CLASSES & CONSULTATIONS Cape Cod**

**Community School Adult Education, Harwich Tech  
Cape Cod Regional Technical High School  
351 Pleasant Lake Avenue  
Harwich, MA**

**Food for Life for Cancer Prevention/Survival, and Overall Health & Wellness**

**Instructor: Joanne Irwin, M.Ed.**

**Time: 6:00 – 8:00 pm**

**Day of the Week: Tuesday**

**Weeks: 4**

**Dates: November 5, 12, 19 and 26**

**Cost: \$75.00 (Includes materials, handouts and food)**

**To Register:**

**Reach us by phone 24-hours a day at (508) 432-4500 Ext. 229. Just leave a message and we will return your call asap.**



## **Naples, Florida**

**2014 Season, Classes held at Cancer Alliance of Naples  
990 First Avenue South, Suite 200**

**Food for Life Series for Disease Prevention/Survival/Overall  
Health & Wellness**

**January series: Thursdays from 11 - 1 pm  
Jan. 16, 23, 30 and Feb. 6<sup>th</sup>**

**March Day series: Mondays from 11 - 1  
March 17, 24, 31<sup>st</sup> and April 7<sup>th</sup>**

**March Evening series: Thursdays from 4-6 pm  
March 20, 27, April 3<sup>rd</sup> and April 10<sup>th</sup>**

**Florida classes are all FREE due to a grant from the Martin Foundation to Cancer Alliance of Naples.**

## VIP NEWS YOU CAN USE!

A Friend sent this article by Dr. Mercola my way. After reading, I knew it needed to be shared. You can check out more of Dr. Mercola on his website: [www.mercola.com](http://www.mercola.com)

### The Decline of Males??

The chemical industry is only 100 years old, but in this short time they've created substances that may now be threatening human survival. A handful of these chemicals are detailed in the film *The Disappearing Male*, which gives an educational glimpse into exactly why environmental chemicals, and particularly the gender-bending kind, are so detrimental. It's becoming quite clear that chemicals in the environment are prompting significant changes to animals, especially males, and that extends to *human* animals' as well.

#### **Infertility Rates are Rising as Sperm Counts Drop**

One couple in the film described the waiting room at their infertility clinic as similar to an emergency room - packed with lines extending down the hall. Infertility is more common than many think these days. An estimated 1 in 6 American couples struggle with getting pregnant each year<sup>1</sup> and there's compelling evidence that hormone-disrupting environmental chemicals are partly to blame. The problem with low sperm counts has become so severe that the World Health Organization has had to continually *drop* what's considered a 'normal' sperm count to lower and lower levels over the last several decades, lest too many men be classified as infertile. Chemicals that may disrupt sperm count and quality are pervasive in today's modern world. They lurk in personal care products, food containers, medical tubing, toys and more. Bisphenol-A (BPA) and phthalates are two of the most well-known culprits.

**Bisphenol A (BPA)** BPA is a common ingredient in many plastics, including those in water bottles and children's toys, as well as the lining of most canned goods. It was recently discovered that even many cash register receipts contain this chemical. BPA is so pervasive it has been detected in the [umbilical cord blood of 90 percent of newborn](#) infants tested!

Recent studies have confirmed suspicions that BPA is affecting male fertility, primarily by reducing semen quality. One such study, which provides the first epidemiological evidence of an adverse effect on semen quality, was published in the journal *Fertility and Sterility*.<sup>2</sup> The researchers found that higher urine levels of BPA were significantly associated with:

- Decreased sperm concentration
- Decreased total sperm count
- Decreased sperm vitality
- Decreased sperm motility

Compared with those who did not have detectable levels, the men *with* detectable levels of BPA had more than:

- Three times the risk of lowered sperm concentration and lower sperm vitality
- Four times the risk of lower sperm count
- Twice the risk of lower sperm motility

In women, BPA can also reduce chances of successful in vitro fertilization (IVF) by interfering with oocyte (immature egg cell) quality. Two recent studies attest to this. One found an inverse association between BPA concentration and normal fertilization,<sup>3</sup> and the other found that "BPA was detected in the urine of the majority

of women undergoing IVF, and was inversely associated with number of oocytes retrieved and peak estradiol levels."<sup>4</sup>

**Phthalates** Phthalates are another group of chemicals that wreak havoc with reproductive health. Exposure to phthalates can lead to incomplete testicular descent in fetuses, reduced sperm counts, testicular atrophy or structural abnormality and [inflammation in newborns](#).

Phthalates are commonly found in vinyl flooring, detergents, automotive plastics, soap, shampoo, deodorants, fragrances, hair spray, nail polish, plastic bags, food packaging, garden hoses, inflatable toys, blood-storage bags, intravenous medical tubing, and more.

### **A 200% Increase in Male Genital Birth Defects**

Gender-bending chemicals are the likely culprit behind a 200% increase in male genital birth defects in recent years, the film cited, highlighting one woman who believes her son's undescended testes falls into this category.

Congress passed the Food Quality Protection Act in 1996, which required the US Environmental Protection Agency (EPA) to initiate the Endocrine Disruptor Screening Program (EDSP) to screen pesticides and other environmental chemicals for their potential to affect the endocrine systems of both animals and humans. According to the EPA:<sup>5</sup>

*"In the 1990s, some scientists proposed that certain chemicals might be disrupting the endocrine systems of humans and wildlife. A variety of chemicals have been found to disrupt the endocrine systems of animals in laboratory studies, and compelling evidence shows that endocrine systems of certain fish and wildlife have been affected by chemical contaminants, resulting in developmental and reproductive problems."*

However, despite the fact that nearly two decades have passed since the beginning of the program, the market is literally flooded with chemicals that have the potential to wreak havoc on reproductive health, especially when exposure occurs in utero or during childhood (as is often the case).

The strongest evidence showing that exposure to environmental chemicals can lead to disruption of endocrine function comes from the bizarre changes seen in a number of wildlife species, such as male fish transforming into females; [frogs developing a variety of defects](#) like multiple testes or ovaries; and hermaphrodite bears, just to name a few.

The effects are being seen in humans as well. The endocrine-disrupting chemicals phthalates, for instance are linked to testicular atrophy or structural abnormality. In experiments on rats, phthalates have demonstrably blocked the action of fetal androgens, which affects [gender development in male offspring](#), leading to undescended testes at birth and testicular tumors later in life.

Studies have also found that boys whose mothers had high phthalate exposures while pregnant were much more likely to have certain [demasculinized traits](#) and produce less testosterone.

The more a pregnant woman is exposed to high levels of phthalates, the greater the risk her son will have smaller genitals and incomplete testicular descent, leading to impaired reproductive development. The chemical also appears to make the overall genital tracts of boys slightly more feminine. It is believed that phthalates have these adverse effects because they reduce testosterone synthesis by interfering with an enzyme needed to produce the male hormone.

## Even the Most Vulnerable Are Being Inundated with Gender-Bending Chemicals

Studies have shown that premature babies are exposed to extremely high concentrations of phthalates, which are widely used to make plastics like polyvinyl chloride (PVC) used in medical tubing and other medical equipment. With each plastic tube that a newborn is hooked up to, the rate of phthalate exposure increases. And for those premature infants who spend weeks and months in the neonatal intensive care unit, the exposure levels can be extraordinary.

A report released by the nonprofit organization Environment and Human Health, Inc. (EHHI) found that male infants exposed to phthalates through medical procedures are most at risk of suffering health effects.<sup>6</sup> The phthalate di(2-ethylhexyl)phthalate, or DEHP, in particular, is raising concern because of research linking it to:

|  |  |
|--|--|
| Disturbed lactation  | "Decreased dysgenesis syndrome": A syndrome involving cryptorchidism (undescended testicles), hypospadias (birth defect in which opening of urethra is on the underside of the penis instead of at the end), oligospermia (low sperm count), and testicular cancer |
| Interference with sexual differentiation in utero              | Enlarged prostate glands   |
| Impaired ovulatory cycles and polycystic ovary syndrome (PCOS) | Numerous hormonal disruptions  |
| Early or delayed puberty                                       | Breast cancer and uterine fibroids   |

A typical American comes in regular contact with some 6,000 chemicals and an untold number of potentially toxic substances on a less frequent basis. There are approximately 75,000 chemicals regularly manufactured and imported by US industries, so you could be exposed to any number of them. Disturbingly, most of them have never been adequately tested for safety for adults, let alone their impacts on the most vulnerable among us, our children.

The chemical industry has, in fact, resisted testing chemicals on developing bodies, as might occur when a fetus is exposed in utero, likely because they'd have trouble explaining away all the ill effects that are likely to be revealed. Furthermore, there is absolutely no toxicology research that takes into account the effects of multiple, simultaneous chemical exposures and their resultant synergistic toxicity, which is what actually happens to exposed populations in the real world.

## The Chemical Industry Is One of the Most Powerful Lobbyists

Like the biotech, pharmaceutical and processed food industries, the chemical industry wields incredible power over Congress, and uses it to have bills passed in their favor - and regulatory violations overlooked. Perhaps that is why, despite the proven risks, the US Food and Drug Administration (FDA) has [denied a petition to ban BPA](#) from food packaging. The FDA and most other US regulatory agencies are backed by pro-industry, pro-corporation advocates who often have massive conflicts of interest when it comes to protecting the health of the public.

In fact, the revolving door between private industry and government oversight agencies like the FDA is so well established these days, it has become business as usual to read about scandal, conflicts of interest and blatant pro-industry bias, even when it flies in the face of science or the law. The fact is, if you want to stay safe, you can't depend on the FDA, the EPA or any other government agency; you've got to look out for yourself.

### Protecting Yourself in a Chemically Driven World

No one knows what health consequences to this toxic chemical cocktail will cause to an adult, let alone a developing baby. Unfortunately, it is our future generations, and possibly the species as a whole, who will likely pay the heftiest price for this lack of safety concern, as an embryo and fetus develop at a much faster rate than adults.

While this development occurs, cell division and growth is rapid -- and these rapid changes provide many opportunities for mistakes to occur. It's clear that boys appear to be at particular risk but, really, no one is safe. I encourage everyone with children or grandchildren to review Theo Colburn's *Our Stolen Future*, which is one of the BEST resources on this topic. Further, while you make the switch to remove and reduce chemicals around your home, remember that one of the ways to significantly [reduce your toxic load](#) is to pay careful attention to what you eat.

Organically-grown, biodynamic whole foods are really the key to success here, and, as an added bonus, when you eat right, you're also optimizing your body's natural detoxification system, which can help eliminate toxins your body encounters from other sources. Rather than compile an endless list of what you should *avoid*, it's far easier to focus on what you should do to lead a healthy lifestyle with as minimal a chemical exposure as possible:

1. As much as possible, buy and eat organic produce and organic free-range foods to reduce your exposure to pesticides and fertilizers. *(My suggestion: eat whole foods, plant based for optimal health!)*
2. Rather than eating conventional or farm-raised fish, which are often heavily contaminated with PCBs and mercury, supplement with a high-quality purified krill oil, or eat fish that is wild-caught and lab tested for purity.
3. Eat mostly raw, fresh foods, steering clear of processed, prepackaged foods of all kinds. This way you automatically avoid artificial food additives, including dangerous [artificial sweeteners](#), food coloring and [MSG](#).
4. Store your food and beverages in glass rather than plastic, and avoid using plastic wrap and canned foods (which are often lined with BPA-containing liners).
5. Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath).
6. Only use natural cleaning products in your home.
7. Switch over to natural brands of toiletries such as shampoo, toothpaste, antiperspirants and cosmetics. The Environmental Working Group has a great database<sup>7</sup> to help you find personal care products that are free of phthalates and other potentially dangerous chemicals. I also offer one of the highest quality organic skin care lines, shampoo and conditioner, and body butter that are completely natural and safe.
8. Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances.
9. Replace your non-stick pots and pans with ceramic or glass cookware.

10. When redoing your home, look for "green," toxin-free alternatives in lieu of regular paint and vinyl floor coverings.
11. Replace your vinyl shower curtain with one made of fabric, or install a glass shower door. Most all flexible plastics, like shower curtains, contain dangerous plasticizers like phthalates.
12. Limit your use of drugs (prescription and over-the-counter) as much as possible. Drugs are chemicals too, and they will leave residues and accumulate in your body over time.
13. Avoid spraying pesticides around your home or insect repellants that contain DEET on your body. There are safe, effective and natural alternatives out there.

## Let's Move from the Frightening to A Health Transformation!



### BILL CLINTON BECOMING VEGAN - THE WHY, THE HOW AND HIS CONSTANT MOTIVATION:

Check out the following article on this site:

<http://www.aarp.org/health/healthy-living/info-08-2013/bill-clinton-vegan.html>

### SOY MYTHS, DEBUNKED ONCE AGAIN:

The following notes are from an article posted by Dr. Joel Fuhrman but written by John Robbins in his article, "The Truth About Soy". (This needs to be repeated because there is way too much false info out there on soy. (It's not the soy that's feminizing males; it's the chemicals!))

- There's an abundance of scientific evidence that demonstrates the benefits of whole soy foods.
- Steer clear of genetically modified soy; instead, eat minimally processed soy foods like edamame, tofu and tempeh.
- Whole and minimally processed soy foods protect against breast cancer.
- A 2009 meta-analysis of studies on soy and prostate cancer found that higher intake of soy was associated with a 26% reduction risk.
- Isoflavones in soy have a number of anti-cancer effects that are unrelated to their ability to bind the estrogen receptor.
- Soy foods are not only associated with decreased risk of hormonal cancers, but also lung, stomach, and colorectal cancers.
- Avoid processed foods, GMO foods and eat a variety of whole natural plant foods including beans such as black beans, chickpeas, lentils, and enjoy some edamame, tofu and tempeh as well.

## ORGANIC PRODUCE - SHOULD WE OR SHOULDN'T WE?



In a two year research project, undertaken at Southern Methodist University, researchers, Santharam Kolli and Johannes H. Bauer, found that fruit flies that ate organic foods did better in almost every health measure than those that ate conventionally grown food. Health measures tracked included: living longer, laying more eggs, resisting stress better, and acting livelier.

Charles Benbrook, Ph.D., research professor at Washington State University's Center for Sustaining Agriculture and Natural Resources noted there is a full 94% reduction in health risks if you eat organic.

*Pediatrics Journal*, 2012, reported that organics have been "convincingly demonstrated to expose consumers to few pesticides associated with human disease. Article pointed to numerous studies showing that exposure to pesticides may affect brain development.

One study noted that the odds that 8-15 year olds would have ADHD rose 55% with a 10-fold increase in urinary concentrations of organophosphates, among the most common agricultural pesticides.

Other studies have linked mothers' pesticide exposure during pregnancy to lower IQs and problems with memory and reasoning in children.

US farmers use about 1.1 billion pounds of pesticides a year, and the residue can last for days or even years in the environment.....our soil, water, and air.

Many environmental toxins have been transmitted from mother to child in utero.

It's impossible to avoid GMO's in your diet unless you go organic. 88% of corn and 94% of soy is GMO.

New regulations now allow for more herbicide residue in animal feed and produce.

**Conventionally grown Strawberries:** The Environmental Working Group found 40 different pesticides in the berries:

30% are neurotoxins

30% are associated with birth defects

33% are known or suspected to cause cancer

33% are known or suspected endocrine disruptors

40% have been associated with reproductive effects

65% can cause kidney or liver damage

95% are toxic to birds, bees, and/or aquatic life

If these brief stats don't scare the beejeesus out of you, what will? We are killing ourselves, our planet and its long term sustainability. Pesticides in our food build up cumulatively. We need to be vigilant about what we feed our families. It's enraging when governmental standards are relaxed so 'Big Agra' can up its pesticide amounts in farming.

I certainly understand that organic produce is more expensive. Some fruits and vegetable are more contaminated than others. I've posted that list in previous newsletters. Remember the thinner the skin, the more vulnerable it is to pesticide contamination.

To read more, check out the source of this information: "[Prevention](#)" magazine, September 2013 issue.

If you're unable to buy organic strawberries, for instance, make sure they are well washed in a solution of vinegar sprinkled with some baking soda. That removes about 95% of the residue on the fruit.

This is what it looks like:



Pur strawberries in bowl. Cover with white vinegar. Sprinkle some baking soda on the top. Watch it fizz. Swish well. Rinse a few times in filtered water. Then drain. And don't worry, your berries won't taste like vinegar.

I do this with grapes and berries. At least I feel like I'm cleaning the fruit well.

At a small produce market in Naples, FL, they bring in wonderful looking strawberries from Plant City, FL, a huge produce growing region. An employee who artistically mounds the berries for display told me that at the end of the day, her gloves are 'black' from touching the berries. Wonder what causes that discoloration? How many people buy conventionally grown berries and just pop them in their mouths without a thorough washing?

## PLANT BASED STARS RIGHT IN OUR OWN BACKYARD



**Mary Doering, one of our Cape Cod Green Noshers, is having her photography featured at the Cotuit Center for the Arts, 4404 Falmouth Road, Cotuit, MA, from August 30 - October 6.**

Her show is titled, "He Saw She Saw" and features her work along with that of Mikael Carstanjen. Together they visited 10 sites including boat yards, abandoned buildings and gardens. The resulting images reflect each artist's unique viewpoint of the location. Printing techniques include: images on metal, alcohol transfers to Arches 88, archival prints on washi and other fine art papers.

The Gallery is open from 10 am - 4 pm Mondays through Sundays.

The Boston Vegetarian Society proudly presents  
**The 18th Annual Boston Vegetarian Food Festival**

Saturday, October 26, 2013, 11AM\* - 6PM

and

Sunday, October 27, 2013, 10AM - 4PM

**\*Saturday 10 - 11 AM preview.** A limited number of tickets (\$5) are now on sale to visit the Exhibitor Room before the doors open at 11 AM for Free Admission to all.

Reggie Lewis Athletic Center  
1350 Tremont Street, Boston, Massachusetts  
Subway stop across the street



## RECIPES

The following One Pot Dish was sent to me by my friend, Karen, who assists with the Food for Life Program in Florida. I couldn't wait to try it. Well, I did and it was fabulous! Easy to prepare and, walla, it works! I couldn't believe it; it's like magic in a skillet!



For this delectable pasta dish, check out the first photo.....In a rather keep skillet, place the ingredients in sections:

- 1 can diced tomatoes with their liquid
- 8 oz mushrooms, sliced
- 1 large sweet onion, cut in julienne strips
- 6 garlic cloves, thinly sliced
- $\frac{1}{2}$  tsp red pepper flakes
- 2 tsps dried oregano leaves
- 2 large sprigs basil, chopped
- 4  $\frac{1}{2}$  cups vegetable broth
- 12 ounces linguine pasta
- Salt and pepper to taste
- 2 tsps extra virgin olive oil (recipe called for 2 T; you can omit oil)

Place the pasta, tomatoes, onion, garlic, basil, in a large stock pot or deep skillet. Pour in the vegetable broth. Sprinkle the red pepper flakes and oregano on the top. Drizzle with a scant amount of the olive oil.

Cover the pot and bring to a boil. Reduce heat to a low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so. Cook until almost all liquid has evaporated, but you can keep about an inch of liquid in the bottom of the pot.

Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot. Garnish with nutritional yeast or vegan parmesan to taste.

NOTE: I also added a  $\frac{1}{4}$  cup dry white wine to the pot. You can also add a few handfuls of baby spinach or Swiss chard to the pot. Whatever you like!!

Here's a challenge for readers:

Create your own One-Pot Wonder and, if it suits your fancy, please send my way so we can post for all to enjoy.

Until next time, good health, and happy plant based eating to one and all!

Joanne, Plant Based Nana