

FOOD 2020

Here's how to MAKE FOOD YOUR MEDICINE.

Ok, last year you didn't think you much of this. You say you "must" eat meat or you hate broccoli...but really who likes popping pills? Your taste buds can be retrained. We can learn to prepare whole food well and make it taste amazing. We are all going to eat anyway, why not eat what helps us thrive? Heart attacks and diabetes and many inflammatory diseases are PREVENTABLE or REVERSIBLE. The problem is that we pay the price only later, blissfully damaging ourselves now with the Standard American Diet (SAD).

Whole Food Plant Based (WFPB) makes us healthier by stopping consumption of food that is over-processed, over-(calorie)-concentrated and over-sweetened. Documentaries like "Forks Over Knives" (on Netflix or purchased online) have convinced many. More references below.

Get familiar with the fruit and vegetable section of your grocery. Find your farmer's market. Start living on foods that are produced locally. Get to know your farmers, become a gardener yourself. Learn what grows here and learn how to prepare it. Learn one new dish a week and keep the recipes! Almost 100 great ones on our notes from our classes. Get a juicer! Learn "green" drink recipes. One of my favorites is carrot, apple, orange, ginger and kale; it is a great way to get your veggies! If you don't mind all the pulp you can use a Ninja or bullet instead.

An alarming amount world resources are spent each year to fuel the explosion of world demand for animal protein. Even in ancient Greek medicine it was known that milk and animal protein was linked to poor health. We have more studies showing increased inflammation, osteoporosis, and cancer growth with the SAD compared to WFPB eating. We are depriving ourselves of what God put into our healing plants, we are bypassing them, by eating a cow or a chicken (raised on a bottle in a tiny cage). WFPB diets avoid all meat, poultry, pork, chicken, fish and dairy. Look how strong gorillas and elephants are who consume only plants. It is a crazy myth that we need any more protein than that found in a well balance diet of fruits, grains, legumes, vegetables and nuts. Plenty of evidence is now available shows a proper variety of whole foods provide all the protein we need to thrive (some industries try to bury those studies).

Why do many adults still drink milk? We are one of the few mammals that drink milk beyond infancy. Countries with the highest dairy consumption have the highest rates of breast cancer, prostate cancer and osteoporosis. And yet it is marketed as a way to make strong bones!!! Daniel and his companions did just fine without any animal protein 4000 years ago (Daniel 1:15).



WFPB diets avoid ALL animal products. By getting all of your protein from fruit and vegetable sources you will be able to eat more to fill your tummy and certainly won't be constipated. You don't need to calculate your protein intake as long as you take a varied mix of plant-based foods. Learning to appreciate taste of various vegetables and fruits in their whole form is a process, take your time with it. Don't forget nuts (but if you diet, employ restraint!!) The sweetness and richness of processed foods is addictive and takes time to detoxify.

Dr. Campbell of Forks Over Knives wants you to avoid every speck of oil. I still use olive oil however (a lot less than years ago). It is true that oil will make your blood flow more slowly and anytime that you can enjoy food without oil that is a benefit. I am not in favor of using lots of soy in place of dairy... it's not that appealing to me nor do I like the texture... what in the garden resembles tofu? I do believe certain fermented foods are good for us including sauerkraut, pickles, vinegar, kefir, alcohol!

Read food labels to avoid many chemicals. Avoid high fructose corn syrup or chemicals that you don't recognize. Animal fats should not be in your diet at all. Many delicacies have animal-derived lard as their source for fat.

All dietary supplements should be avoided. Studies show more death and illness in those who take even a simple multivitamins daily. Think of the fine balance in the body keeping all of our metabolism and immune and neurologic systems working perfectly. Throwing an excess of a vitamin we know caused for instance scurvy when it was deficient is not necessarily going to help us when we are not desperately deficient (as those scurvy-ridden sailors were). Imagine a symphony with an extra 100 tubas because we noticed without them the musical piece was lacking. More is not always better!

Since 1994 the supplement industry has exploded with no regulation. We are being duped with empty promises. Even a health-food snack bar that has lots of weird ingredients should be avoided [which is just about all of them]. Your body needs minerals and trace elements and likely many things we have not even defined: all of which are found in our locally grown produce, and many are nuked out of our processed foods.

Sample diet. Wake up in the morning have a bowl of oatmeal from either steel cut or rolled oats (not the pre-flavored kind which has too many chemicals). You can put a teaspoon of molasses in it (the blackstrap molasses has a lot of iron and that's a good start for a diet that will now be free of animal protein). A piece of fruit whether it be an orange, grapefruit or apple will give you vitamins and fiber and a sense of fullness. This is preferable to juice because juice misses the fiber and perhaps some of the nutrients the fresh fruit would have. But juicing is better than not having fruit.

Drink water when you are hungry for a snack. I am anti-plastic but I realize for some it is unthinkable to drink out of the tap. Flavored water and caffeinated energy drinks just try to convince you that water needs to be dressed up. Coffee is okay if you don't overdo it.

At lunchtime be sure you enjoy your time with your food. If you're in too much of a hurry you will be inclined to grab something more calorie-dense like the donuts in the lunchroom. Again it is difficult to find healthy foods in America, especially if you travel. Salads are healthy but the dressings are not (almost all have oil in them). Enjoy your salads with some fine balsamic vinegar so that you aren't adding oil to your healthy salad. Refried beans can be made with olive oil instead of animal fat. Salsa is good. I don't mind the occasionally chips or pita bread. Try to find healthier breads with less chemicals. You know the bread is not pure if it remains on the counter and does not mold in a week. Our local farmers grow their wheat and grind the flour and make incredible breads. Alternatively get a heirloom wheat like Jovial Einkorn wheat and make your own. Just a little yeast and salt and time and you have a fragrant house and an incredible treat.

Fruit makes a good dessert. Bananas have been over-marketed and are a food that I'm not particularly fond of. They are a cheap source of starch and energy and have been domesticated by selective breeding for over 7000 years. They are propagated by cuttings and would not grow in your back yard. But you can grow beets, sweet and white potatoes, they are a good source of vitamin C, protein and energy, and cause less sugar spikes.

Those trying to lose weight need to measure out portions and not leave the whole dish at the table. Eat big enough portions so that you feel full and are not going to jam a calorie dense candy bar or ice cream into you after the meal. Limit your sweet if the sweet tooth demands to be fed. Drink water when you are hungry.

Once your stomach gets accustomed to running off of your stored fat and protein reserves you will not constantly crave food. Many Americans are completely oblivious of how it feels after having not eaten for the past four or five hours. Most cultures have fasting days as part of their religious practice and that is a very healthy practice for those who are trying to be in charge of what they eat. An amazing study showed that we activate our stem cells when we fast. We get better survivals in the ICU when we allow some fasting to occur (compared to the milk-based tube feeds). If you have trouble with cravings then eat no food at all an entire day, while still drinking water. Make sure your urine still looks clear like water and not dark like apple juice and you will be fine.

For dinner try making your own fresh made pasta (taking some semolina flour and warm water with a tiny bit of salt—amazingly easy). You could also take potatoes and mash them with some flour: that makes gnocchi. Now is the time you get your vegetables



out: certainly tomato sauce, peppers, carrots, and celery... all these things are very healthy. Eggplant sliced very thin and grilled up is very tasty. Don't forget beans complement the protein mix in your diet. Rice is also a great staple. Skip the cheese. You learn ways of tricking (training) the taste buds over time and won't miss it.

In the evening think of popcorn as a snack. Buy good melons when they're in season then "ball" them or just cut into bite size chunks and put them in freezer bags in the freezer. They make a wonderful ice cream substitute just as they're thawing out.

There are substantial claims for this diet's benefit on gastro esophageal reflux, sleeping, erectile dysfunction, and a general sense of well-being. It is not expensive to buy beans, vegetables or mushrooms instead of meat. It is not as fast as grabbing McDonald's. We can make meal preparation a happy family affair. Organic is not necessary for most.

We strive to be grateful to God for the produce He provides and pray that he may keep the food safe and keep us safe from harm. Go to www.mycaringfamily.com and see the tab on the left called Nutrition Classes to see notes from our classes we hold in fair weather months. Especially enjoy the amazing recipes in each class. 2020 classes tentatively monthly on Thursday nights [6:30pm] in our office break room from April to November.

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AMAZING REFERENCES

Brenda Davis	Becoming Vegan
Chef Del	Better Than Vegan
Joel Fuhrman	Eat to Live
Jo Robinson	Eating on Wild Side
Alona Pulde	Forks Over Knives Family
Wes Youngberg	Goodbye Diabetes
Michael Greger	How Not to Die
CB Esselstyn Jr	Prevent & Reverse Heart Disease
Dean Ornish	Program for Reversing Heart Disease
Vicky Cohen	Tahini and Turmeric
Dan Buettner	The Blue Zones
Colin Campbell	The China Study
David Richards	The Daniel Fast
Rip Esselstyn	Engine 2 Seven Day Rescue Diet
Brenda Davis	Kick Diabetes Cookbook
Colin Campbell	Whole