

EAT TO LIVE

Who: Todd Giese, MD; Family doctor in private practice for 26 years here in this community
What: Educational/Motivational talk and demonstrations on Whole Food Plant Based Eating
Where: 1808 Miller Rd (at church of our receptionist) for adequate space to have a class!
Why: eCornell's course and "Forks Over Knives" inspires me as I hope I can inspire YOU!
When: Wednesdays 7-8:30pm Sept 10,17,24 and Oct 1st, 2014
How: through lecturing, demonstrations, some tastings, learning together, collaborating

You can email me: patmos@sbcglobal.net

TURN VOICE MEMO ON TODD

Some good resources:

Alive	Scott Stoll, MD
Breaking the Food Seduction	Neal Barnard, MD
Diet for New America	John Robbins
Dr. Dean Ornish's Program for Reversing Heart Disease	
Eat to Live	Joel Fuchman, MD
Eating Mindfully	Susan Alpers, PhD
Eating on the Wild Side	Jo Robinson
Fifty Two Loaves	
Forks Over Knives	on Netflix
Prevent and Reverse Heart Disease	CB Esselstyn Jr MD
The China Study	T Colin Campbell PhD & son
The Idiot's Guide to Plant Based Nutrition	
Whole	T Colin Campbell
Chef Del's Better than Vegan	
Lenten Cookbook	Arestedis Laftsidis
The Vegetarian Bible	Publications International

<http://www.mindbodygreen.com/course/the-ultimate-guide-to-plant-based-nutrition>

<http://nutritionstudies.org/courses/healthy-heart/>

[http://www.ecorazzi.com/2014/09/02/exclusive-interview-with-vegan-environmentalist-suzy-amis-
cameron-2/](http://www.ecorazzi.com/2014/09/02/exclusive-interview-with-vegan-environmentalist-suzy-amis-cameron-2/)



PICO DE GALLO (gringo SALSA)

2 lb tomatoes (from your or your neighbor's garden)

¾ C chopped onion

½ cup chopped fresh cilantro (or 4 T dried cilantro leaves)

1 hot banana pepper +/- habanero/Serrano/chile/poblano

½ sweet pepper green, yellow or red

juice of 3 limes

½ can black olives

one mango

add to taste: cumin, coriander, chili powder

Demo: donuts, chocolate vs. Pico 4 each

Describe: texture, temp, sweet, heat, taste, feel, ready next; re-identify sensations after some time

100 vs 2500 cal/lb salad vs chocolate

sugar immune function USA: century: 40 to 180 lb sugar plus 60 high fructose corn syrup, 62 more pounds of processed grains, 70 pounds of oil, 28 pounds of cheese and 53 gallons pop per person/yr

Make green drink: kale, carrot, apple, cuke

Drink: choc milk vs kale, carrot, apple, cuke

cancer studies 5% vs 20% milk casein (animal protein) cancer initiation/promotion

WW2 and give meat to soldiers/ immediate decrease cancer incidence, then up again

Calcium, protein and Vit D suppress Vit D production

Phosphorus promotes osteoporosis (added without being on package)

antioxidants and other amazing chemicals... hundreds in a single apple

- pete and his green drinks, skin cracks, health, Indian training I missed

Make pesto

Pine nuts, olive oil, garlic, basil

Show: pat a pan, turnip, eggplant, okra

EAT: jerky vs veggie mix

CUT VEGGIES into 1/4" cubes:

Carrot, potato, eggplant, butternut squash, pat-a-pan squash, onion, celery

Sprinkle with oil and roast at 400 deg for about an hour (softer veggies can go in later)

Balsamic vinegar partway thru cooking for taste

Vascular McD study

Volume food/ food prep / growing your own / regularity /easy to keep snacks (TX)

Local grow/ vs animal 100x water, 8x fossil fuel