

Eat To Live #18

Amazing *Alive* Scott Stoll, MD (*Eat a Little Better* Sam Kass) *Breaking the Food Seduction* John Robbins *gram for Reversing Heart Disease* Dean Ornish *Eat to Live* Joel Fuchman, MD *Eating on the Wild Side* Jo Robinson *Forks Over Knives* on Netflix *Prevent and Reverse Heart Disease* CB Esselstyn Jr *The China Study* T Colin Campbell PhD & son *Whole* T Colin Campbell *Better than Vegan* Chef Del *The Blue Zones* Dan Buettner *The Engine 2 Cookbook, The Engine 2 Diet, The Engine 2 Seven Day Rescue Diet* Rip Esselstyn *Daniel Fast* David Richards *How Not to Die* Michael Greger, MD *Forks Over Knives Family* Alona Pulde, MD **Online:** <https://forksmealplanner.com> meetup.vegan.mchenry <https://plantrician.rouxbe.com/recipes> <https://www.outofthedrums.com> <http://bemaandpas.com>

I'm in a rush to find a healthier way of eating so all my patients can live up to their potential. Living in an age dominated by marketing and mass produced food distorts our dietary education. We are NOT in need of lots of protein; plant and vegetable based diets provide all the protein we need, even extreme athletes. With high protein diets between 50-65 there is a 73-fold increase risk of diabetes. Reference: Wisdom 7:15 1907 NY Times headline More cancer in meat-eaters.

Fasting times are important to boost immunity... try to keep periods of time where you are drinking only water, with no food...either compressing meal times (to make a 12 to 16 hour fast daily) or fast on water once or twice weekly for an entire day. Food preference is MALLEABLE. It is a process anyone can undertake to alter one's taste buds to appreciate tastes that were previously drowned out in richness and sweetness. Over time we must reduce the added sweeteners.

Avoid: **sweetened beverages, salty snacks, processed**

meats, packaged sweets. Stop 80% full ! DAILY DOZEN: Beans, Berries, Fruits, Crucifers, Greens, Veggies, Flaxseeds, Nuts, Spices, Whole Grains, Beverages/exercise(90min)

READING LABELS: avoiding high fructose corn syrup, chemicals with big names, milk products. Avoid all supplements unless doc recommends (iron if heavy periods, biotin for improving nails and hair, magnesium for muscle cramps and B12 if vegan). Marketing of supplements is unregulated. ~~Probiotics~~ no! but prebiotics

COTRANSPORT of nutrients important. Fermentation products... kefir, sauerkraut, pickles, vinegar (not all are equal), wine. Genes 99.9% shared; 1-cell-to-microbiome which is 10% shared.

MILK is over marketed and should be drunk mostly until you are over 3 years old. More prostate cancer and osteoporosis with more dairy. Saturated fat with more Alzheimer's. 1601-1795 3t lemon

Organic is often not needed, it's all about food composition. Supplements aren't needed, you die sooner on multivitamins, and taking Vitamin D has not proven to benefit your health. Really!!!

The Forks over Knives Plan (book) by Pulde & Lederman has a 4-week plan to get you hooked! Stock your fridge: 1: salsa; 2: dips like refried beans or hummus; 3: jelly/jam; 4: almond milk; 5: fresh fruits including some cut up for grab and go access; 6: fresh vegetables, including some cut up for grab and go access; 7: steamed vegetables, such as green beans, broccoli, snap peas or cauliflower; 8: roasted or baked potato or sweet potato; 9: cooked grain of the week; 10: cooked bean of the week; 11: corn or wheat tortilla. (Class 9 has week of menus)

JUICING kuvings or Brevings
Apple/orange/lemon/lime/mango/ginger/blueberry/carrot/cucumber/kale or spinach

SWEET POTATO BRUSCHETTA WITH AVOCADO-TOMATO TOPPING

2 medium or large sweet potatoes, scrubbed and rinsed
1 cup seeded and diced fresh tomatoes, such as Camparis
¼ cup minced red onion
1 clove garlic, minced
2 tablespoons chopped fresh basil
1 teaspoon lemon juice
¼ teaspoon salt
Black pepper
1 avocado, pitted, peeled, and chopped
1 large cucumber, thinly sliced
1 cup baby arugula

Instructions:

1. Preheat the oven to 375°F. Line a large baking sheet with parchment paper.
2. Slice the sweet potatoes lengthwise into ½-inch-thick slices. Lay the slices flat on the prepared baking sheet and bake for 35 to 40 minutes, until the edges are browned and the slices are easily pierced with a fork.
3. While the sweet potatoes are baking, combine the diced tomatoes, red onion, garlic, basil, lemon juice, salt, and pepper in a medium bowl. Cover and let sit until the sweet potatoes are done.
4. When the sweet potatoes are just about ready, chop the avocado and gently fold it into the tomato mixture.
5. Top the sweet potato slices with sliced cucumber and baby arugula, and then spoon with 2 to 3 tablespoons of the avocado mixture on top.

FARRO AND CHICKPEA SALAD

2 carrots sliced thin
2 radishes sliced thin
½ C rice vinegar
1 C mixed salad greens
1 C cooked farro
1 C drained and rinsed (cooked) chickpeas
1 C fresh cilantro leaves
2 T olive oil
1.5 T lime juice
1 clove of garlic minced
1 tsp honey
¼ C pistachios chopped

Heat vinegar and sugar to boil and pour over carrot/radish
Arrange greens on plates then add farro, chickpeas & cilantro.. then add (drained) carrots and radishes
Chop some cilantro and add to oil, lime, garlic, honey
Drizzle above onto plates topping with pistachios

EARLY SUMMER SUCCOTASH (or other)

1 C shallots
2 cloves garlic
2.5 C fresh green beans
½ C corn

Heat 3T olive oil and add 1 C sliced shallots & 1 T sliced garlic to skillet, cooking till softened (~4 min)
Add 2.5 C fresh green beans, ½ C corn kernels, ½ C water
Cook 5-8 min uncovering after 5 then add ½ C basil, and add salt and pepper to taste

For leftovers make a wrap of it!!