

EAT TO LIVE 2019 FOOD IS MEDICINE

Many of you have seen this before. Trust me, it took 10 years for me to convince myself to make these changes. You say you “must” eat meat or you hate broccoli... but 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.

Whole Food Plant Based (WFPB) lifestyle is here promoted to make us healthier by stopping consumption of food that is over-processed, over-concentrated and over-sweetened. I have been convinced by the documentaries like “Forks Over Knives” (on Netflix or purchased online). Nothing short of a dramatic transformation of the way we approach food will move us to a healthier diet. Effective marketing has brain-washed the modern society into unhealthy habits.

Let's start living on foods that are produced locally. If you have a garden and eat whatever you can grow here that's a healthy start. Using our local farmer's market is a close second. Learn what grows here and learn how to prepare it. Learn one new dish a week and keep the recipes! Learn “green” drink recipes; it is a great way to get your veggies! If you don't mind all the pulp you can use a Ninja or bullet. Or get a juicer! They come in the grinding variety or the crushing (masticating or cold press) variety [Tiluxury (\$178) nearly identical to the Kuvings at the high end \$440]. One of my favorites is carrot, apple, orange, ginger and kale.

An alarming amount of precious Amazon rainforests are lost each year to cattle farming for the explosion of world demand for animal protein. Increased animal protein is linked to increased inflammation, osteoporosis, and increased growth of all cells including cancer cells. 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. Plenty of evidence shows a proper variety of whole foods provide all the protein we need to thrive.

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. Esselstyn 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 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, alcohol.. and for the brave: kefir.

Read the labels of food and avoid those that contain many chemicals. Avoid any food that has high fructose corn syrup or chemicals that you don't recognize. No animal fats should be in your diet at all. Many delicacies have animal protein like lard as the source of their fat.

All dietary supplements should be avoided. Studies by medical researchers continue to show more death and illness in those who take even multivitamins daily. Since 1994 the supplement industry has exploded with no regulation. We are being duped with empty promises. Any 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 nuked out of the 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 mean water from the tap. Don't ruin the environment with plastic bottles or flavored water or caffeinated water. 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. If someone told you those donuts were giving your body permission to kill you with cancer I'm sure you would think a little more deeply before you grabbed one. Again it is difficult to find healthy foods in America, especially if you travel. Salads are healthy but the dressings are not (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. If you get good breads (ideally you should make your bread) you can cut the leftovers real thin and let them dry and use them as crackers.

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. Try to 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 it is also a very healthy practice for those who are trying to be in charge of what they eat. If you have trouble with cravings then eat no food at all an entire day, still drink 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. Personally I like salad greens either steamed or sautéed with a tiny bit of olive oil and balsamic vinegar. Skip the cheese. You learn ways of tricking (training) the taste buds over time and won't miss it.

In the evening think popcorn as a snack. A wonderful ice cream substitute is to eat cut up melon just as they're thawing out. Buy them especially when they're in season then "ball" them or just cut into bite size chunks and put them in freezer bags in the freezer.

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. 2019 classes tentatively monthly on Monday nights [6:30pm] in our office break room from April to November.

Amazing references

[Alive](#) Scott Stoll, MD [Eat a Little Better](#) Sam Kass
[Breaking the Food Seduction](#) John Robbins
[Program for Reversing Heart Disease](#) Dean Ornish
[Eat to Live](#) Joel Fuchman [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 Bueettner Engine2Cookbook, The Engine 2 Diet, The Engine 2 Seven Day Rescue Diet](#) all by Rip Esselstyn
[Daniel Fast](#) David Richards
[How Not to Die](#) Michael Greger, MD
[Forks Over Knives Family](#) Alona Pulde, MD
[Goodbye Diabetes](#) Wes Youngberg
[The Kick Diabetes Cookbook](#) Brenda Davis
[Tahini and Turmeric](#) VickyCohen
[Online:https://forksmealplanner.com](https://forksmealplanner.com)
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