

# Eat To Live #26

## AMAZING REFERENCES

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



I wish I could better promote a healthier way of eating so all my patients can live up to their potential. Horrible trend to emphasis on genetics alone... epigenetics!! Caldwell 250 genes can turn off/50 on; China then mice. Eat what we like instead of the apple itself!?!? Pills/Orwellian. Pleasure principle (aided by affluence), tastes good, do more. Not entirely marketing. God hints: veggies: Daniel 1:12,15. Trust our scientists? 1601 3t lemm and 1795 believed, 1907 meat and cancer linked it's not 2101 yet. 13/7 How many vitamins? Blue zones centurions, national advisor who published yet would not diss meat in formal rec, this is not just wt loss! With high animal protein diets between the age of 50-65 there is a 73-fold increase risk of diabetes. Inflammation, diabetes, heart disease, skin conditions. Quail: Did God hint in Exodus 16:13?

Living in an age dominated by marketing and mass produced food distorts our dietary education. Food preference is MALLEABLE not just richness and sweetness. We must reduce added sweeteners. Reference: Sirach 7:15 "Don't hate hard work and farming, which were created by the Most High." 40 teens (13yo ave) with 21-25% liver fat, more than four times the normal limit. 8wk 9%-1% 30%dn. Fasting 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.

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 under 3yo. More prostate cancer and osteoporosis with more dairy. Saturated fat with more Alzheimer's.

Organic is often not needed. Supplements aren't needed, you die sooner on multivitamins, and taking Vitamin D has not proven to benefit your health. Really!!! Farmer's market, your own garden, then preserving!

**FINISH** meals with **FRUIT!** (common in Europe!)

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)

## CEVICHE from Rip Esselsyn [I do this every year]

### INGREDIENTS

- One bunch kale stripped and chopped chiffade
- ¼ cup hummus [can substitute 2 tablespoons olive oil and 1/8 eighth cup apple cider]
- one half lemon juiced
- one quarter teaspoon salt
- ½ teaspoon red chili flakes or a hot pepper chopped
- one half red bell pepper finely chopped
- one small carrot grated or julienned
- one half purple onion diced (pic has olives too)

### DIRECTIONS

Massage the chopped kale in the lemon juice a while then add all the rest and enjoy! I like best on crackers.

## APPETIZER

**INGREDIENTS** any fresh veggies or crackers/chips

**INSTRUCTIONS** dip in the hummus (below)

## SWEET POTATO HUMMUS

### INGREDIENTS

- 2 large sweet potatoes
- ¼ cup tahini
- 3 TBS lemon juice
- 4 cloves garlic
- 1 ½ tsp sea salt
- 1 tsp ground cumin
- ¼ tsp cayenne pepper (optional)

### DIRECTIONS

Bake or steam sweet potatoes about an hour then blend in food processor till creamy (don't overdo it) then add rest.

## BEET BURGER

### INGREDIENTS

1. yellow or red beet as big as bun
2. hamburger buns your favorite

### DIRECTIONS

- fire up the grill and slice beet 3/8" thick
- grill (takes a while) till a little charred on top
- top with whatever you like on a burger (ours is homemade relish and "vegan mayo" (from store)

## VEGAN SPRING RISOTTO

adapted from Wms Sonoma w help of Forks over Knives

### INGREDIENTS

- 1 Tbs. sea salt, plus more, to taste (can use less!!)
- 1 lb. slender asparagus, tough ends removed and asparagus cut into 2-inch lengths
- 5 cups ~~chicken~~ vegetable broth (cut
- 3 garlics minced
- 1 onion chopped
- ¼ C lemon juice
- ~~1/4 cup olive oil~~
- 1 leek, white and light green portions, halved lengthwise, sliced and rinsed well
- 2 cups Arborio or Carnaroli rice
- 1 cup dry white wine, at room temperature
- 1 cup fresh or frozen shelled English peas
- ~~1 Tbs. unsalted butter~~



• ~~1/4 cup grated Parmigiano-Reggiano cheese~~

• Use this fake Parmesan "cheese"

- ½ cup almond
- 2 T tahini
- ¼ C nutritional yeast
- 1 T fresh lemon juice
- 1 T mirin

• Freshly ground pepper, to taste

### DIRECTIONS

1. In a large saucepan three-fourths full of water to a rolling boil. Add the 1 Tbs. salt and the asparagus and cook until nearly tender, 1 to 2 minutes. Drain and rinse under cold running water. Set aside.
2. In a saucepan over medium heat, bring the broth just to a simmer and then keep it just below a simmer over low heat.
3. Heat up a large, heavy saucepan over medium high heat. Add the leek and sauté until softened, 2 to 3 minutes. "Deglaze" with a little wine then add the rice and stir until each grain is translucent with a white dot in the center, about 3 minutes. Add the rest of the wine and stir until it is completely absorbed.
4. Add the warm broth a ladleful at a time, stirring frequently after each addition. Wait until the broth is almost completely absorbed (but the rice is never dry on top) before adding the next ladleful. Reserve 1/4 cup broth to add at the end.
5. When the rice is almost tender to the bite but slightly firm in the center and looks creamy, after about 18 minutes, add the asparagus, peas and a ladleful of broth. Cook, stirring occasionally, until the asparagus and peas are heated through and just tender and the rice is al dente, 2 to 3 minutes more. You may find that you did not need all of the broth or that you need more. If more liquid is required, use hot water.
6. Remove the risotto from the heat and stir in the "fake" cheese and the reserved 1/4 cup broth. Season with salt and pepper. Spoon onto warmed plates and serve immediately. Serves 6.