



Where Food Nourishes Body, Mind & Spirit!

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Live in the present. Do the things that need to be done. Do all the good you can each day. The future will unfold.
The Peace Pilgrim



News You Can Use!

Food for Life Series on
Cape Cod

Green Nosh Gathering
on June 10th

Compelling Books

Alcohol & Cancer

Recipe from Chef AJ

Viva Palooza, June 1st



Spring has finally arrived on Cape Cod. Blue skies, warm breezes, and flowering plants and shrubs are blessing everyone after a long, cold, and snowy winter. New England's seasons are a constant reminder of life's various times - the joyous, the painful, the losses, and blessings!

This snowbird, who soaked in the beauty of Florida for 4 months, is grateful to be back on Cape Cod, seeing kids and grandkids, visiting with old and new friends, taking in familiar places and faces, and cherishing in the beauty of this island. (But will it be here in 100 years for my grandchildren and their children?? I wonder!)

With much to do upon returning - inside and outside cleaning, planting veggie gardens, visiting kids and grandkids, and relishing enjoying memorable events (First Communions, gym recitals, dance recitals, and baseball games), I'm planning shorter but still informative newsletters. (For those who know me, that's a challenge.) So let's get started.....

June 2014 Food for Life Series on Cape Cod



Want help achieving your health goals?
Lose weight....Lower blood pressure....Lower lipid numbers....Increase your metabolism....Understand the foods that prevent cancer and enhance survival....Prevent and reverse heart disease? Join me in my kitchen to help get you started:

Tuesdays, from 5:30 - 7:30 p.m.
June 17th, June 24th, July 1 and July 8th

72 Keel Cape Drive, South Yarmouth, MA 02664

Class fee: \$75. For 4-week series.

(Series includes PCRM materials, DVD education, resources & handouts, cooking demonstrations, and enjoying a weekly prepared meal.)

Please register by June 10th. Class will be limited to no more than 11 participants.

Either call or email Joanne at:

508-258-0822 or joanneirwin72@gmail.com

GREEN NOSHERS OF CAPE COD

We're starting the season with a kick-off Pot Luck Brunch at my house on Tuesday, June 10th at Noon!

Bring a favorite plant based dish, minus the sugar, oil, and salt.

Following our social gathering and meal, we'll plan the season, then watch a DVD from Dr. Michael Klaper on "Sugar, Oil and Salt".

RSVP - to Joanne

Hope to see many there. Bring a friend. Invite them to health and wellness!



There are 3 astounding, informative books that I hope will peak your interest. I'm reading each at the same time; can't put them down!

"Eating on the Wild Side" by Jo Robinson

"Rethink Food, 100+ Doctors Can't be Wrong" by Shushana Castle and Amy-Lee Goodman

"Radical Remissions" (The Nine Key Factors That Can Make A Difference) by Kelly A. Turner, Ph.D.

"Eating on the Wild Side" - Last Fall I heard an interview with author, Jo Robinson, on NPR. I made a mental note to buy her book when, lo and behold, it was given to me for Christmas. Through extensive research, Robinson details the dramatic difference between the wild plants in our original diets and the varieties of today. For instance:

Wild tomatoes have up to 30 times more cancer-fighting lycopene than grocery store varieties today; wild potatoes have 20 times more antioxidants than our modern potatoes. Grape tomatoes have more antioxidants than large grocery tomatoes!

Whole heads of lettuce are fresher than bagged greens. Robinson recommends if you buy bagged greens, plunge them in cold water, rinse well in salad spinner, put in sealed plastic bag, then prick 10 pin holes in bag. This will retain freshness in the frig for up to 5 days.

The allium family of veggies (garlic, scallions, chives, leeks, onions) may fend off the flu. In a 2009 test tube study, quercetin, the main ingredient in onions, killed Type A flu virus better than the drug, Tamiflu.

Garlic has extensive cancer fighting properties. Robinson reports that garlic has been dubbed, 'The Allicin Wonderland Drug'. Leave it out on the counter for 10 minutes before plunging into soups, stews, etc. Letting it 'air' out, boosts its cancer fighting properties.

Men who consumed at least a third of an ounce (ten grams) of scallions per day had a 50% lower risk of prostate cancer.

There is so much more in her extensive research. Tips on cooking, the varieties of fruits and veggies with the most nutrient value, and recipes to enjoy.

"Rethink Food: 100 Plus Doctors Can't be Wrong"- This is a book that should be put in every doctor's hands, in every doctor's office, in the hands of every health care professional, in the hands of every hospital CEO, and in every patient's, too! Doctors from varying medical specialties write about the health benefits of a whole foods, plant based lifestyle; many from personal experience. For instance.....

Dr. Jim Conway graduated from the University of Oklahoma Medical School in 1983. He completed his orthopedic residency in San Antonio, TX, and joined OK Sports Science & Orthopedics as a board certified orthopedic surgeon. He is a member of the American College of Orthopedic Surgeons, and is a member of the American Society of Nutrition.

Dr. Conway thought he was eating right and taking care of his health. At the age of 53 he needed cardiac bypass surgery. Stents wouldn't do. His blockages were serious! He had an 85% blockage of his left Anterior Descending coronary artery, an 80% blockage farther downstream, and a 70% blockage of his right Main coronary artery. His cardiologist recommended bypass surgery. He read Professor T. Colin Campbell's, "The China Study" and Dr. Esselstyn's, "Reverse and Prevent Heart Disease". He cancelled his bypass surgery and adopted a whole foods plant based diet instead. Within 6 months his stress test was normal, his total cholesterol went from 494 to 115 (HDL 64 and LDL 15), and triglycerides fell from over 3200 to 175.

Dr. Conway stated, "We don't know the exact cause of rotator cuff tears, but we do know that they start in the area with the poorest blood flow. Just as erectile dysfunction is now being called 'the canary in the coal mine' regarding vascular disease, I think tendonopathies are canaries of vascular disease as well and are ultimately due to poor nutrition. I think most of the degenerative conditions I treat as an orthopedic surgeon are diet-related and can significantly be reversed by adopting a whole foods, no-added oil, plant-based diet."

This is just one of 100 + essays from doctors who have awakened to the TRUTH, the REALITY, to the HEALTH BENEFITS of a whole foods, plant based lifestyle!

"Radical Remission" - I can't put this book down. Kelly Turner, Ph.D., received her BA Degree from Harvard University and her Ph.D. from the University of California at Berkley. She is a researcher and psychotherapist specializing in integrative oncology. Her research led her to investigate 1000 cases of Radical Remission - defined as people who defied a serious or even terminal cancer diagnosis with a complete reversal of the disease. The study focused on seventy-five factors, including astounding insights of the Nine Key Factors that Dr. Turner found among nearly every Radical remission survivor. Anyone who reads these amazing cases, so professionally explained, has the opportunity to look inside themselves - yours truly included - to assess what we need to work on for health, peace, and wellness.

Out of the nine factors, only two deal with the physical. The remaining seven relate to our minds and spirits. (No surprise, right?!) I won't even whet your appetite with one of the numerous cases detailed in her work; suffice to say, this is a most compelling work. Dr. Turner is esteemed by her colleagues. She is balanced in her exploration, never suggesting that any patient avoid conventional therapy, though she reports instances of stage 4 metastatic diagnoses that healed without conventional treatment. What she shares are additional factors experienced by survivors that can assist any patient in their healing journey.

This is a work not just for patients dealing with serious and, often, terminal diagnoses, but also for anyone desiring to enhance their health, focus on prevention, and, in many instances, to enhance survival from serious illness.

Here are the Nine Factors evidenced among Radical Remission survivors, and discussed in detail:

- Radically changing your diet ("No sweets, no meat, no dairy, no refined foods")
- Taking charge of your health (Ask questions, be active, be a curmudgeon.)
- Following your intuition
- Using herbs and supplements
- Releasing suppressed emotion
- Increasing positive emotion
- Embracing social support
- Deepening your spiritual connection
- Having strong reasons for living

I hope you enjoy this work as much as I am. I'd be interested in feedback!

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## Responsible Drinking?? Is there such a thing?

According to the 2014 World Cancer Report (WCR), issued by the World Health Organization's International Agency for Research on Cancer (IARC), 'responsible drinking' has become "a 21<sup>st</sup>-century mantra for how most people view alcohol consumption. **But when it comes to cancer, no amount of alcohol is safe.**"

That news dismays many. In my Food for Life classes, I'm always asked about alcohol consumption. Is it safe? How much can I drink? Do the warnings only relate to wine? Can I still drink scotch?

The lengthy report continues...."Declared a carcinogen by the IARC in 1988, alcohol is causally related to several cancers. We have known for a long time that alcohol causes esophageal cancer, says Jurgen Rehm, PhD., WCR contributor on alcohol consumption, and Senior Scientist at the Centre for Addictions and Mental Health in Toronto, Ontario, Canada, "but the relationship with other tumors, such as breast cancer, has come to our attention only in the past 10-15 years." A causal relationship also exists between alcohol consumption and cancers of the mouth, pharynx, larynx, esophagus, colon-rectum, liver, and female breast; a significant relationship exists between alcohol consumption and pancreatic cancer. Links have also been made with leukemia, multiple

myeloma, and cancers of the cervix, vulva, vagina, and skin. For bladder, lung, and stomach cancers, the evidence for an alcohol-cancer link is conflicting.”

“The type of alcohol - wine, beer, spirits - doesn't usually matter, except in the case of cancer of the esophagus. The esophagus is covered with very fine cilia that are easily destroyed by high concentrations of ethanol, such as found in hard liquor.”

The study also reported that smoking along with drinking is considered a “dangerous mix”. “A synergistic effect has been found for tobacco smoking and alcohol consumption with respect to the risk for cancers of the oral cavity, pharynx, larynx, and esophagus; the highest risks are seen in those who are both heavy drinkers and heavy smokers.”

Also suggested are:

### “10 Strategies to Reduce the Personal and Public costs of Alcohol”

#### Personal Health Behaviors:

- Monitor your alcohol intake. Know your number!
- Limit consumption to 1.5 daily drinks for men and 1 drink for women, by US standards.
- Less is more: Lower alcohol consumption leads to greater health and longevity.
- Take a day off. Not drinking for 1-2 days each week can help the liver recover from the effects of alcohol and reduce the risk for liver complications.

#### Government Intervention:

- Apply a minimum pricing policy to alcohol to reduce consumption of cheap alcohol, especially by young people.
- Label the amount of alcohol in grams (like food labeling) to allow consumers to track the exact amount of alcohol they are consuming.
- Limit the times and places alcohol can be purchased to reduce impulse buying, and avoid contact with alcohol in shops and supermarkets.
- Provide treatment to benefit individuals and society; offer to all people with an alcohol dependence problem.
- Invest in research to develop new approaches to addiction.
- Develop alternatives to alcohol - investigate new drugs that mimic the milder effects of alcohol; simulate relaxation without the negative side effects of alcohol.

As Dr. Michael Klaper of True North in CA adamantly stated on the Holistic Holiday at Sea cruise.....'Alcohol is poison!!! Just STOP drinking it!' (I was thrilled to hear a doctor speak so passionately about the negative effects of this toxin!)

Back in the 80's I worked for a school based juvenile crime and delinquency prevention program in Tulsa, Oklahoma. We taught our program to over 240 schools in the Tulsa area. One of our sessions involved showing kids diseased lungs and livers due to smoking and alcohol consumption, respectively. Not a pretty sight!

For families living with alcoholism, there is help. AA is a wonderful program that offers help and support. Al-Anon is for family members coping with a loved one's addiction. Again, that social support is so important for healing!

One of my dear friend-colleagues from that program in Tulsa taught me to say, "I need you." Saying "I NEED" is a sign of strength, not the weakness perceived in our secular, go it alone world mentality. None of us can go it alone. We are not islands, but rather inter-connected souls with gifts to give one another, and gifts to receive.

Now off to something lighter - Chef AJ's Yummy Sauce!!!

## AND HERE'S CHEF AJ!!



AJ was the featured chef on the 2014 Holistic Holiday at Sea cruise. She's been eating plant based for over 36 years, and adds author, lecturer, chef and comedienne to her many accomplishments. In the past she's appeared on the Tonight Show with Johnny Carson, then with Jay Leno and also on Letterman's show. She brings her spicy and funny comedic side to her cooking demos.

Her recent book is titled, "Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight". In addition to tasty, healthy SOS recipes (sugar, oil and salt free), AJ details her personal weight loss story, and transition from vegan junk foodie to the vibrant and healthy person you see in the above photo.

To check out more of her recipes, go to You Tube, and search, The Chef and the Dietitian.

Here's her Yummy Sauce and it is, indeed, just that - yummy!! I love it over steamed kale, and thinned for a healthy, delicious salad dressing.

### Ingredients:

1 (15 ounce) can cannellini beans, rinsed and drained (or 1.5 cups of cooked beans)  
Juice and zest of one organic lemon (if the lemon does not yield 1/4 of a cup of juice, then add more lemon juice)  
1/2 cup water

2 Tablespoons salt-free mustard (I used Dijon; can use Stoneground)

3/4 ounce pitted dates (approximately 3 deglet noor dates)

1 clove garlic

**Preparation:**

Place all ingredients in a blender and blend until smooth. If you are using a high-powered blender, you can make this sauce warm to serve over rice and veggies. It is also delicious cold massaged into shredded cabbage for "Yummy Slaw". I recently thinned it with some water and brought it to a restaurant for my salad dressing. So YUMMY!!

**One more VIP Announcement:**

**Emerald Physicians, Viva Palooza Health Fair, will be held on Sunday, June 1<sup>st</sup> at Barnstable High School, from 10 - 3 pm.**

**Vendors, physicians, health information, cooking demos, food from Cape Restaurants, raffles and prizes, plus much more. Hope to see you there!**

Well, dear friends and family, I said this would be shorter. I'm getting there. My hope and prayer is that this Spring season blesses you and your loved ones with renewed energy and vitality, and that for folks out there who are just thinking about their nutrition lifestyle and wondering, 'Does this plant based eating really make a difference?', give it a try. You'll be amazed as so many of my class participants have experienced. Again, the choice is yours. The gift is there. It's up to you to open the package.

**Good Health and Joy, Everyone!**

**In love and Namaste!**

**Joanne Irwin**

**Passionate Plant Based Nana!**