



Where Food Nourishes Body, Mind & Spirit!

November 2015

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“Even if you have a lot of work to do, if you think of it as wonderful, and if you feel it as wonderful, it will transform into the energy of joy and fire, instead of becoming a burden.” Tulku Thondup Rinpoche

NEWS YOU CAN USE!



Great Health News!!

November Green Nosh & Chef Challenge Info

Naples, FL Classes for 2016

News You Can Use



The World Health Organization (WHO) finally inundated the media, announcing that “BACON, SAUSAGE and other PROCESSED MEATS cause **CANCER**, and that RED MEAT probably does, too.”

For those of us who teach this, and know the exhaustive research done in the field, this is **very old news**. I'll include DAIRY in the list of Big-Bugaboos detrimental to health! Finally, the WHO is awakening a public, many of whom are unaware of the serious health risks red and processed meats pose. The WHO's findings were drafted by a panel of 22 international experts. Their studies report that an additional 3.5 ounces of red meat everyday raises the risk of colorectal cancer by 17%; eating an additional 1.8 ounces of processed meat daily raises the risk by 18%. The risk of developing cancer from processed meat increases with the amount of processed meat consumed.

For those who have children and grandchildren consuming hot dogs - let's put an end to this dangerous and unhealthy habit!!

Time to ban hot dogs and other processed meat sales at baseball parks and other communities. Would we pass out cigarettes to our children? Would we pass out cigarettes at retirement communities? Don't think so. Time to stop dispensing the poison!

Green Nosh Gathering - November



Do you know where this is? Let's play Jeopardy.....

Which restaurant has the most vegan/vegetarian/plant based options - soups, sandwiches, salads & smoothies - on Cape Cod?

IF YOU ANSWERED:

WHAT IS THE GREEN LOTUS CAFÉ?

You Guessed it; You're a Winner!!!

We'll be meeting on **Friday, Nov. 20th, 5 pm**, for a fun **Pot Luck Gathering at the Green Lotus**. Nata Fanara has graciously allowed us to use his restaurant for our Meet-UP. Since he's not charging, we're asking folks to make a small donation that we can present to Nate for use of his space.

Let's enjoy some fun time together, and fill ourselves with tasty plant based goodies. We also want to make some plans for the coming year.

There will be a guest speaker to talk about her work on the Cape!!!

**RSVP TO JOANNE RE YOUR PARTICIPATION IN THE GATHERING
BY NOV.10th!!!!**

Plant Based Chef Challenge.....



This first-ever Challenge ended October 31st. Hope you've enjoyed some of the creations from our fifteen participating restaurants. The enthusiasm from many chefs and owners has been gratifying, and our hope is that some of the wonderful plant based culinary creations will become part of their regular menu offerings. Some of the restaurants have already inquired about a Challenge repeat next year.

The bulk of organizing this Event has been accomplished by a mere handful of us. If we repeat the Challenge next year, we would appreciate more participation from Cape Codders. Together, we can do this very easily and effortlessly. It's fun, rewarding, and can make a difference!

Kudos, kudos, to my Committee! You know who you are. Could not have done this without you. Your enthusiasm and assist made this possible. Together, WE CAN!!!

Here are some pics from our talented Chefs. Winners have been announced on the challenge website - see below. We plan to deliver chef certificates, and gifts the week of Nov. 9th. We've already drawn for diners' prizes. Folks are being notified as this go to press.

For more pics and detailed info, go to:

www.plantbasedchefchallengecapecod.com or check us out on Facebook!



Food for Life Classes in Naples, FL 2016

All Classes to be held at Cancer Alliance of Naples, 990 First Ave. South, Suite 200. Classes are FREE to the public, thanks to a grant from the Martin Foundation for Cancer Alliance.

Theme: "How Foods Fight Cancer and Enhance Survival"

February/March Series:

Thursdays from 11 - 1 pm
Feb. 25th, March 3rd, 10th and 24th

Registration is necessary as class will be limited to 20 participants.
To register, either email or call instructor, Joanne Irwin at:
239-784-0854 or email: joanneirwin72@gmail.com





Have You Heard???

News from Bottom Line Health:

Alzheimer's tied to meds

"Folks on meds for insomnia and anxiety, known as benzodiazepines, for three months or longer are up to 51% more likely to develop Alzheimer's disease, according to a new study."
"The strength of this association grew the longer the drugs (such as Xanax and Restoril) were taken. Antonine Parente, MD, Associate Professor, University of Bordeaux, France.

Benign BPH (Prostatic Hyperplasia)

"Men who exercised just one hour a week had a 13% reduction in the need to get up twice or more during the night to urinate, according to a new study. More exercise provided even greater benefit. Why? Exercise helps curb inflammation." Kate Wolin, ScD, Associate Professor of Surgery, Loyola University Chicago Stritch School of Medicine.

Plant Based Diet Eases Diabetic Nerve Pain

Anne Bunner, PhD, Associate Director of Clinical Research, PCRM:

"20 week study of people with diabetic neuropathy, half ate a low-fat vegan diet and took a B-12 supplement, and the other half took only the supplement. **Result:** The group eating the plant-based diet had significantly greater pain relief and lost more weight than the other group."

Latest in Exercise Research: From Barry A. Franklin, Ph.D. William Beaumont Hospital

We all know the benefits of exercise. However, some people are diligent about daily gym work-outs, and, yet, think nothing of having a burger and fries afterward. Exercise is important, but nutrition plays a greater role in health and weight loss. Here's the skinny: "A recent study in the Journal of the American College of cardiology found that people lived longest when they ran, on average, for 30 minutes or more, five days a week. Surprisingly, that research also showed that people who jogged at an easy pace for as little as 5 - 10 minutes a day had virtually the same survival benefits as those who pushed themselves harder or longer. **Beaumont** offers four strategies to help with exercising more efficiently:

- Recognize that some exercise is always better than none!
- Go for a run instead of a walk. (Caution: If you take running seriously, you should still limit your daily workouts to 60 minutes or less, no more than 5 days a week.)
- Ease into running.
- Aim for the "upper middle" (Exercise at a level you would rate between fairly light and somewhat hard.)

Beaumont cautions:

"There are risks linked to distance running:

Acute right-heart overload. These runners often had transient decreases in the pumping ability of the right ventricle and elevations of the same enzymes that increase during a heart attack.

Atrial Fibrillation: Exercise more than 5 hours a week may be more likely to develop atrial fib that can trigger a stroke.

Coronary Plaque: Despite their favorable coronary risk factor profiles, distance runners can have increased amounts of coronary artery calcium and plaque as compared with their less active counterparts.

BE CAREFUL: The emotional rush from running competitions increases levels of epinephrine and other stress hormones. These hormones, combined with hard exertion, can transiently increase heart risks. Beaumont adds that all this doesn't mean that you should never enjoy a daily run, or a few long ones, just don't overdo it!!"

Spinach: "A healthy green chock full of iron, folate, and vitamin C. BUT it also contains oxalic acid, a natural compound that interferes with calcium absorption. That acid is broken down in cooking, so best to steam or sauté spinach to keep it from interfering with calcium absorption." But don't stop eating raw spinach salads. Spinach has other wonderful properties, and the other greens - kale, collards, bok choy, mustard greens, etc. all have absorbable calcium.



Interesting Facts About Whole Foods Plant Based Lifestyle (WFPB) WFPB: What it has and How it Impacts Health & Wellness:

Higher in dietary fiber, magnesium, folic acid, Vitamins C & E, Iron, & phytochemicals

Lower in Calories, Saturated Fat and Cholesterol

Lowers Risk of Cardiovascular Disease

Lower rates of Obesity

Lower rates of Type 2 Diabetes

Lower rates of some cancers

Increases the intake of health protective nutrients

Decreases the intake of foods implicated in many chronic diseases

Thinner than meat eaters and vegetarians

Have lower total and LDL cholesterol than vegetarians

Have lower blood pressure than vegetarians

WFPB foodies who consume at least 525 mg calcium per day have the same bone density and bone fracture rate as omnivores. This disputes claims otherwise.

WFPB foodies who eat a wide variety of food show no deficiency in Vit D or iron. This disputes claims otherwise.

WFPB foodies who eat B12 fortified foods or take B12 supplements are no more B12 deficient than omnivores. This disputes claims otherwise.

The muscle mass of WFPB foodies is comparable to that of vegetarians and omnivores.

In every large, peer reviewed study to date, WFPB foodies have shown better overall health compared to omnivores.

In every large, peer reviewed study to date, WFPB foodies have been shown to have a better mood and outlook on life than omnivores.

In every diet based disease prevention study to date, the WFPB lifestyle did no worse than any other diet at preventing disease. And in most cases, it did much better than other diets.



As we enter this season of Thanksgiving, a time for sharing with family and friends, I wish you all a joyous, memory filled holiday. The following reflection from Alice Walker is good food for thought for all of us.....

"I had assumed that the Earth, the spirit of the Earth, noticed excetions - those who wantonly damage it and those who do not. But the Earth is wise. It has given itself into the keeping of all, and all are therefore accountable!" Alice Walker