



Where Food Nourishes Body, Mind & Spirit!

February 2016 !!!!

Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822

joanneirwin72@gmail.com

www.plantbasednana.com

www.plantbasedchefchallengecapecod.com

Food for Life Instructor, Physicians Committee & Certified Plant Based Educator/Consultant

"The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction." Rachel Carson

NEWS YOU CAN USE!



Cape Cod & Naples News

Green Nosh, Cape Cod

Food for Life Classes,
Naples, FL

News You Can Use!

Mushroom Soup from
Green Nosh Gathering

Article from Yours Truly



February is all about hearts, flowers, and candy, a time to celebrate, honor and cherish loved ones. Let's stop for a moment, put the secular hype aside, and ask, "How are we loving and celebrating our own hearts?" How are we tending and safeguarding this miraculous, hard-working, and tenacious organ? Are we giving thanks for this precious gift? And, in so doing, are we safeguarding our hearts by feeding our bodies foods that do no harm? How are we extending the working life of this pumping wonder?

Returning recently from a week's cruise, I again witnessed the ravages of the Standard American Diet (SAD). The obesity rate throughout the ship was startling. Eyeing young families with overweight children in tow was distressing. Thankfully, my inner missives were inaudible! We all have choices. Still, I feel an inner angst because poor nutrition, with its resulting chronic health conditions, impacts all of us. My letter to NCL may be singular, but those of us who understand the consequences of our food choices, must use our voices!

February 2016 Green Nosh Gathering

Saturday, Feb. 13th

Noon

Earthly Delights Restaurant, 15 W. Bay Rd. Osterville

Restaurant closes at 3 pm

To sign up for the Nosh, contact Alvan Hathway, bennyg576@aol.com

Or call: 508-694-6653

January 2016 Green Nosh

Thanks to Paige Mansfield for hosting the Event at her home in Eastham. Our Group is growing and new members have expressed gratitude for connecting with like-minded whole food, plant based foodies. Thanks, too, to Alvan Hathway, Co-Coordinator of our Green Nosh Group, for organizing the event.

Miss you all on Cape Cod!



SOS: Anyone willing to host a Green Nosh in their home? Contact Alvan at: bennyg576@aol.com



From One of our Favorite Restaurants on Cape Cod -
Pizza Barbone

Owned by Chef Jason O'Toole and his wife, Ali



Jason proudly displaying his roof top garden in Hyannis!! Look at those healthy greens!

Chef Jason O'Toole recently emailed me with some exciting news: Pizza Barbone is now offering vegan cheese. Jason has created a nut based (cashew) cheese that he's making in-house. Ask for that on your pizza!! He is also about to start offering a vegan option for dessert. Are you ready? A fabulous soy based gelato that is also being prepared in-house.

Jason wants folks to know that 'veggie' focus options are popping up on their specials menu all the time, in addition to plant based options on their regular menu. Jason wrote that he's been noticing a larger and larger audience of vegan diners and he's delighted to welcome plant based diners to his restaurant for a delicious "animal product free lunch and dinner"!

Many vegan/plant based regulars have told Jason that he is one of the only options on the Cape for dinner.

I think I can safely speak for everyone in our plant based community - "Hats off and Kudos to Jason and Ali for serving health and wellness to Cape Cod diners. We appreciate your commitment and efforts to offer whole foods, plant based options. These are the foods known to impart health and wellness to body, mind, and spirit! Can we clone you, Jason??"



Food for Life Classes, Naples, Florida

The following classes , sponsored by Cancer Alliance of Naples (CAN), are FREE to the public, thanks to a generous grant to CAN from the Martin Foundation.

Registration a must for all classes. Either email or call instructor, Joanne Irwin at 239-784-0854 or joanneirwin72@gmail.com

February/March 4- Week Series for Cancer Prevention, Survival & Overall Health and Wellness (Just about filled!)

Thursdays, Feb. 25th, Mar. 3rd, 10th and 24th

11 am - 1 pm

Classes held at River Park Community Center
301 11th St. North

April 4-Week Series for Cancer Prevention, Survival & Overall Health and Wellness

Tuesdays, from 5 - 7 pm

April 5th, 12th, 19th and 26th

River Park Community Center (address above)



For Foodies in Naples, Florida
“JUICeLATION”
Organic Cold Pressed Juice

Has opened in Naples
4947 Tamiami Trail North, Suite 104, Naples

To learn more and check out some of their grown, pressed and delivered juices, go to: www.juicelation.com

You can also find them at Saturday's Farmer's Market on 3rd Street
Some examples:

“Meaty Greens”: coconut water, celery, kale, spinach, cucumber, romaine, parsley, apple, lemon, ginger

“Juice of Life”: fennel, cucumber, romaine, apple, moringa leaf, lemon, cranberry hisbiscus

“Seb's Green Juice”: kale, spinach, cucumber, celery, pineapple, moringa, lemon

“Belly Blitzer”: beet, cucumber, kale, celery, apple





Cooking Vegetables – What's the Effect?

That's a question I'm often asked. The following info was taken from a lengthy article by **Dr. Joel Fuhrman**. Hopefully, the following nutshell will assist you in preparing and maintaining the healing nutrients in your luscious, yummy veggies. First off, cooking veggies changes their physical and chemical properties. Some nutrients are leached, but others are better absorbed because cooking softens cell walls.



Many nutrients are damaged by heat, light or oxygen. Vit C is nutrient most vulnerable to cooking. 30% Vit C in leafy greens - destroyed by cooking. Heat causes degradation of folate, B Vitamins, and phenol antioxidants. Minerals and fat-soluble vitamins (A,D,E & K) are more stable in heated conditions.

Cruciferous Vegetables: Important to know that these wonderful greens contain important nutrients called glucosinolates. Those nutrients are converted to cancer-fighting isothiocyanates (ITCs), but for that to happen, the plant cells must be broken up by chopping or chewing the veggies. CHOP these veggies before cooking or blend them well before adding them to a soup or stew. After chopping, the best next cooking method that preserves nutrients is lightly steaming, followed by stir-frying, boiling, and microwaving. Beta-carotene and lycopene, other powerful antioxidants, are heat stable and, thus, more absorbable when cooked. Vit E fractions are more bioaccessible after heating. Studies show that adding some fat improves absorption of the carotenoids from raw veggies. Good to add some nuts and seeds to your salads!

What happens when food is stored? Over time there is some nutrient loss. Shipping foods long distances results in some nutritional loss. That's why it's important to buy local, fresh produce. Frozen veggies have lower levels of Vit C, thiamin, riboflavin, and niacin due to blanching in the freezing process. Once frozen, nutrient loss diminishes. Frozen veggies are picked fresh and frozen quite quickly, and that preserves a large portion of nutrients. Re frozen fruits, there is minimal loss because fruits are not blanched before freezing.

Steam greens in a wok alternating covering and stirring.

Steam greens for 10 minutes or less.

Half artichokes up middle and steam for 18-20 minutes.

Boil sweet potatoes, cook carrots, and parsnips in soups and stews.

Bake hard squashes at low oven temp (325) for 1 hour.

Wok or steam mushrooms, or add to soups and stews.

Puree raw cruciferous greens, shallots, and onions before adding to soups and stews!



CHEESE

One of the most addictive foods, one of the most artery clogging foods, one of the most saturated fat laden foods, and the food that folks say is the hardest to give up!!

(Good news: Once you break the craving, you won't miss it at all!)

University of Michigan researchers have revealed that cheese contains a chemical found in addictive drugs. Casein is the culprit! This chemical, found in ALL dairy products, triggers the brain's opioid receptors, producing a feeling of euphoria linked to those of hard addiction. Scientists found that in milk, casein has a minuscule dosage. But it takes about 10 pounds of milk to produce a pound of cheese! The addictive casein coagulates the solid milk fats and separates them from the liquids. As a result, the super-strength chemical becomes concentrated when in solid dairy form.

500 students surveyed on food cravings. Pizza topped the list as most addictive food, and all top ranking foods contained, you guessed it - CHEESE!

The average person consumes approximately 35 pounds of cheese a year, three times more than they did back in 1970.

Cheese is loaded with fat, cholesterol and sodium.

Typical cheeses are 70% fat, mostly saturated fat which leads to heart disease and obesity.

Cheese is number one source of saturated fat!

¼ of an average 12 inch cheese pizza contains 13 grams of fat.....6 of which are saturated fat along with 27 milligrams of cholesterol.

One ounce of cheddar cheese contains 9 grams of fat and 6 grams of saturated fat.

Cheese immediately raises triglyceride levels.

But there is **GOOD NEWS!** There are more non-dairy cheeses on the market, made from soy, rice, and almonds. And **CASEIN FREE!** New brands are appearing all the time! Check these out online. Whole Foods stocks quite a few, as do some regular grocery chains. Ask your grocer to stock your favorite!

Field Roast Makes Chao slices *

Tofutti *

Daiya *

Go Veggie *

Follow Your Heart *

Tree Line Cheeses

Punk Rawk Labs

Miyoko's Kitchen

Heidi Ho *

Vtopian Artisan Cheeses

Kite Hill *

***Non-Dairy Cheeses I've enjoyed! But remember, you can easily make your own without added chemicals and oils. Many recipes are online. Check it out, give a try, and enjoy in MODERATION!!**



The Experts Speak Out...

The following are the G0-TO experts in the plant based movement. You can follow them on social media or check out their websites. Recipes included on some sites. The evidenced based information is available. I believe it's important for anyone who is curious about plant based nutrition to do their own research and study. That's the only way to make it your own. Don't rely on just 'hearing from others', but study from the esteemed experts, - physicians, researchers and dietitians - whose work and research is impacting health and wellness worldwide! Though there are slight differences among the experts, the fundamentals are the same - eat whole plant based foods!

- | | |
|---------------------------------|---|
| 1. Colin Campbell, Ph.D. | NutritionStudies.org |
| 2. John McDougall, MD | drmcDougall.com |
| 3. Caldwell Esselstyn, MD | dresselstyn.com |
| 4. Neal Barnard, MD | pcrm.org |
| 5. Michael Greger, MD, Ph.D. | Nutritionfacts.org |
| 6. Michael Klaper, MD | doctorklaper.com |
| 7. Joel Fuhrman, MD | drfuhrman.com |
| 8. Alan Goldhamer, DC | healthpromoting.com (True North) |
| 9. Doug Lisle, Ph.D. | healthpromoting.com (True North) |
| 10. Matt Lederman, MD | transitiontohealth.com |
| 11. Alona Pulde, MD | transitiontohealth.com |
| 12. Thomas M. Campbell, MD | nutritionstudies.org |
| 13. Garth Davis, MD | proteinaholic.com |
| 14. Dean Ornish, MD | deanornish.com |
| 15. Pam Popper, PhD, ND | thewellnessforum.com |
| 16. Ginny Messina MPH, RD | theveganrd.com |
| 17. Jack Norris, RD | jacknorrisrd.com |
| 18. Joel Kahn, MD | drjoelkahn.com |
| 19. Jeff Novick, MS, RD | jeffnovick.com |
| 20. Julianna Hever, MS, RD, CPT | plantbaseddietitian.com |





Alvan sent this recipe from the January Green Nosh Gathering. From what I heard, everyone loved it. (I'll also add recipe to my website.) And remember, mushrooms are considered the Queen of Immunity with wonderful cancer fighting properties!

MUSHROOM SOUP



- 2 T veggie broth
- 1 yellow onion, diced
- 1 lb sliced button mushrooms
- 1 lb sliced baby bell mushrooms
- 4 stalks celery, diced
- 3 carrots, shredded
- 6 garlic cloves, pressed
- Salt and pepper to taste
- 3 (16 oz) containers low sodium veggie broth
- $\frac{3}{4}$ cup marsala wine
- 1 cup fresh parsley, chopped

In a separate pot cook 1 cup of "Rice Select Royal Blend" (which is light brown rice, whole wheat pearl couscous, brown flaxseed, and black lentils.)

Note: "Rice Select" Royal Blend with Flaxseed and Black lentils can be purchased online or at local grocery store or a whole foods market. There are different varieties of "Rice Select". Costco carries a few.

Saute onions, garlic, celery, and carrots in a little broth or water till soft. Add the mushrooms, and broth. Bring to boil and simmer for 20 minutes. Add the wine and parsley and cook on low for another 15. Add the cooked "Rice Select" to the soup.

Let me know how you liked it!!!



(I relieved my angst from the Cruise by writing the following. I submitted to a website for publication. Wanted to share with my readers as, I guess, many of you have experienced similar emotions.)

Imperfection is part of being human. No one escapes relationships, spouses, children, and various experiences that would be judged as 'imperfect'. Making judgments on those imperfections is part of the human dilemma, as well. Still, imperfections are blessings in disguise; they serve as teachers on the road to becoming fully compassionate, accepting, and loving individuals.

I am a bona fide member of the choir of the imperfect. A recent January cruise experience with hubby and four friends thrust my imperfection into full view.

As much as I pride myself on being non-judgmental and accepting, I admit to finding my imperfect-self mesmerized and, often, glaring at the food choices piled on people's plates. One noticeably obese man was relishing mounds of chili dogs and French fries at the buffet lunch. A creamy chocolate éclair sat waiting its destruction.

Internally, my dialogue was professorial, preachy, and, probably, pretty obnoxious. I wondered if this individual realized the harm he was inflicting on his body. My audible missive would invite his reading of "The China Study", "Prevent and Reverse Heart Disease", along with the incredible information from Drs. Barnard, McDougall, Greger, Klaper, et al. Continuing, I would share the wondrous health transformations I often hear from participants in my Food for Life Nutrition and Cooking classes for PCRM. I would tell him about one of my class participants whose remarkable reversal of heart disease is proof positive that what we put on our forks makes a huge difference in our health and wellness.

Sue Barry gives me permission to share her story. In her own words, she writes:

"My name is Susan Barry and I am a 63 year old with Coronary Artery Disease. May 2002 began my downward slide into doctoring and hospitals with my first heart attack and subsequent quadruple by-pass surgery. I was told by my cardiologist that I should continue all that I was doing to maintain, but that probably would not have a very good quality of life, and to expect future issues. I continued to exercise (walking) and eat as nutritiously as I knew how (the Standard Heart Diet). My total cholesterol continued to range in the high 200s, with the highest at 306. I did maintain until August 2011 when I had a second heart attack and suffered congestive heart failure. As my ejection fraction remained very low, my cardiologist recommended that I be ambulated to the University of Pennsylvania for evaluation at the Heart Transplant Unit. After seeing many doctors, the lipidologist "strongly recommended LDL-apheresis" as my mode of treatment, which would be done twice monthly for the rest of my life in a hospital about 3 hours from home. (This was on 9/28/11 when my cholesterol reading was 272 and LDL of 214.) LDL apheresis is a form of apheresis resembling dialysis, to eliminate the cholesterol containing particle, low-density lipoprotein (LDL), from the bloodstream. Each procedure takes several hours. Going home to ponder and pray lots about having to live this way, my daughter found Dr. Caldwell Esselstyn's book, "Prevent and Reverse Heart Disease". After devouring it (Esselstyn's book), I told my lipidologist that I wanted to try plant-based nutrition to see if it would reverse my lab scores. My numbers began to improve immediately and my follow-up visit to Univ of PA found me no longer eligible for apheresis treatments. Praise God. I continue to follow a plant based nutrition regimen, and continue to experience great lab scores. My current TOTAL CHOLESTEROL IS 152, HDL 47, LDL 86. My weight has come down from 142, while at the hospital at Univ of PA, to 118 today. I feel good, exercise often, and share my story as often as I can." (Sue's story continues:)

"In October 2014, I was again admitted to the hospital feeling poorly. And, once again, in the throws of heart attack #3 and CHF. It seems one of my original leg grafts used in 2002 collapsed. I left the hospital a week later with 2 stents and a life-vest, due to right ventricular fibrillation. Not good. But, however, by Thanksgiving, I was out of my vest.

With three heart attacks, I don't know what the future will bring, other than knowing that each day is a gift. I walk an average of 2 miles a day, and have continued my plant-based, no oil nutrition plan, with prayer and meditation being number one in my healthy life regimen. My weight and labs continue to remain awesome, and my cardiologist believes that this lifestyle is fueling my ability to enjoy an awesome life! I feel amazing and continue as always to affirm: Plant-Based Nutrition Heals!!!"

This is just one of many stories I'd love to shout to folks standing on the buffet line on that cruise ship. (And thank you, Sue, for so graciously giving me permission to tell your remarkable story. I know you are making a difference in many lives!) Still, I believe in the truism that 'when the student is ready, the teacher appears.' So instead of judging, I quiet my inner parent and, instead, send a blessing to those who are, most probably, unaware, and addicted to animal protein and dairy with all its fats, sugars, and salt. One can only hope that before a major medical crisis knocks on their door, a wake-up call is heeded.

I know I'm not alone in my imperfection. I've heard from many of my colleagues how they'd love to say something after observing what folks choose to eat. Some in my own family make horrific food choices! And, yet, all I can do is be an example of how my chosen lifestyle provides health, energy, and vitality.

A couple years ago I took two of my grandchildren to lunch. One ordered grilled cheese and fries, and the other chicken nuggets and fries. My order was a veggie burger and steamed broccoli; hold the butter! My grandson eyed me curiously, and even though he's fully aware that this Nana eats differently, he questioned.

"Nana, do you ever, ever, ever eat anything unhealthy?" (This is just how he questioned me!)

"When we have big family parties", I responded, "I sometimes enjoy potato chips with my vegan dip. I don't eat chips as a rule, but I indulge at special times." I continued, "Would I be able to run with you, playing tag and baseball if I ate unhealthy foods?"

He thought for a moment and responded with his seven year old wisdom, "No. And you know, Nana, when you sit on the floor and play with us, you can get up and my other Granny can't." (Now there are other reasons adults might not be able to get up easily, but this was his seven year old observation. I know his other Granny is a lovely, warm person who brings many gifts to her grandchildren! And she moves around a lot to keep up with them!)

Again, we teach more by the noticeable effects of plant based nutrition on our health, wellness and vitality, rather than by preaching!

In 2006 I was blessed with imperfect lipid numbers. How wondrous that day when I went bopping in for my labs, thinking I was a perfect health specimen, only to realize that I was teetering on a dangerous cliff. And how blessed to have as my physician, coach, and supporter the only plant based physician on Cape Cod, Dr. Kumara Sidhartha! Humbled by my imperfection, new doors opened to a wondrous journey into whole foods, plant based nutrition. Not only for me, but for the Food for Life teaching I'm privileged to share with folks searching for another way to health, wellness, and healing. Imperfections are truly blessings in disguise!

February is Heart Health Month! I hope you are all choosing to love your hearts, give thanks for its gifts, and treat it well.

Hugs to All, Joanne!

