



Where Food Nourishes Body, Mind & Spirit!

May 2016

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"It is a huge danger to pretend that awful things do not happen. But you need enough hope to keep going. I am trying to make hope. Flowers grow out of darkness." Corita Kent

NEWS YOU CAN USE!



Those of us who live on this beautiful island called Cape Cod are wondering if Mother Nature is playing a cruel hoax on us. Where is Spring? I mean real Spring - with rainy April days and warming May air. It feels more like Autumn's winter prelude. As I write, gale winds are blowing outside, and the temp is dropping. My tomato plants are in and out, waiting for that day which signals, plant me and let me grow! Come on, Mother Nature, bring on the sunshine and warmth. Let's get to good news - curl up and read on.....

Food for Life Classes on Cape Cod and in Naples, Florida

Green Nosh Group of Cape Cod - May Gathering

Cape Cod Restaurants offering Plant Based Options (It's growing!)

Boston Veg Fest - October 2016

Testimonials from Class Participants

July Movie - "Cowspiracy" at Cape Cinema

Food for Life Classes Cape Cod, 2016

"4-Week Series on Cancer Prevention/Survival/Overall Health & Wellness"

August 2016

Fridays from 11 am – 1 pm
August 5th, 12th, 19th and 26th

All classes will be held at Cape Cod Hospital's Mugar Cancer Center.
Registration is necessary. Classes will be limited to 20 participants.
Each class combines, education, cooking demos, and enjoying all prepared foods!

To register contact Joanne Irwin.

Joanneirwin72@gmail.com

Call: 239-784-0854

The series is FREE to the public.

Thanks to the Community Benefits Committee, CCH, for funding.



5-Week KICKSTART to Health & Wellness

Do you desire to lose some weight?

Lower blood pressure?

Lower your lipid numbers? – Cholesterol, Triglycerides

Boost your energy?

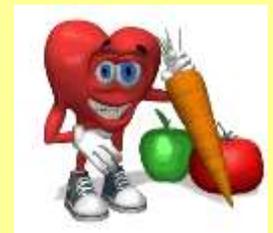
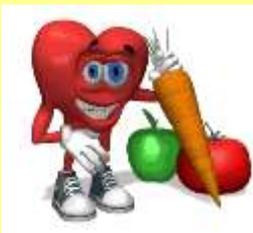
Reduce cravings for those not so good foods?

In a small, supportive, group environment, take the step to achieving your health goals. You can make it happen!

Thursdays,

October 6, 13, 20, 27 and Nov. 3

11 am – 1:30



Cost: \$125.

Series will be held at Joanne's home. Class will be limited to 10 participants. In this small, supportive environment, take the step to achieving your health goals. Education, cooking demos, enjoying healthy foods!

To register: Call or email Joanne: 508-258-0822, joanneirwin72@gmail.com

Food for Life in Naples, Florida



Some great news - Cancer Alliance of Naples will be offering a Food for Life Series for Cancer Prevention/Survival this July. One of my fellow instructors, Kathy Reynaert from Ft. Myers, will be presenting the series.

Cancer Alliance will be moving to a new location as of June 1st. This series will be offered either at their new location in Bonita Springs or at a venue in Naples. Location to be determined!!

The Dates: July 5, 12, 19 and 26.
From 5:00 - 7:00 PM

If you are interested in participating in this **FREE series**, please email Jodi Bisogno, Executive Director of Cancer Alliance at: Jodi@cancernaples.com AFTER June 1, 2016.



May's Green Nosh Gathering

Fellowship, Fun, Healthy Food & Learning



Thursday, May 26th, 5 PM

VIP: Our Pot Luck Gathering will either be held at the Blue Rock Clubhouse in my development or my home. The person who schedules clubhouse is out of town. Let me know if you plan to attend and I'll let folks know where we'll meet. A surprise program is planned!

RSVP - ASAP!!!!



Though we are not repeating the **Plant Based Chef Challenge** this year, we will occasionally feature Cape restaurants that include Plant Based options on their menus. Recently, I noted that **Pizza Barbone** on Main Street, Hyannis had created a vegan cheese which can be included on any of their dishes. **Ocean House** in Dennisport now includes a separate plant based menu which is offered to its diners. Chef Anthony Silvestri tells me that many of their diners are requesting the Plant Based Menu!! And here it is! Take a look. I indulged a few nights ago, and the food was fantastic!

Ocean House's Plant Based Menu

Appetizers:

Beet and Avocado Salad with spiced cashews, grapefruit, Nantucket greens,
Miso dressing

Grilled Broccolini with sunflower tahini, sumac
Roasted Baby Carrots, sea salt, olive oil, lemon
Kung Pao Cauliflower, peanuts, peppers, herbs

Entrees:

Grilled Ancho Lime Cauliflower Steak with fresh herb quinoa, cilantro, green
goddess dressing

Hoisin BBQ Tofu with crushed avocado, sesame rice, bok choy

Dessert:

Vegan Bon Bon's



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Cape Cod Restaurants Offering Vegetarian and Vegan Options
(The List is growing! For restaurants involved in last year's Chef Challenge, go
to: www.plantbasedchefchallengecapecod.com
We hope to repeat the Challenge in 2017!!!

Siena Restaurant, 17 Steeple St, Mashpee Commons
Daniel Webster Inn, Sandwich
Green Lotus Café, Hyannis
Pavilion Indian, Hyannis
Sunbird Kitchen & Café, Orleans
Grab n Go Health Bar, Provincetown

Bass River Burrito & Fish Company, Rt. 28, West Dennis



I recently enjoyed a delicious burrito dinner at Bill's Bass River Burrito & Fish Company!! Bill prides himself on serving the freshest ingredients. Aware both of foods that heal, and foods that often initiate allergic reactions, Bill provides healthy options and choices for diners. His burritos and bowls are beyond delicious and healthy. For those who partake of seafood, those options are available. I hope many of our readers frequent his establishment. You won't be disappointed. A bonus is getting to know Bill. His welcome and hospitality are an added bonus. Before long, this may become one of your favorites!!



Boston Veg Fest

*Saturday & Sunday, Oct. 22nd and 23rd
Reggie Lewis Athletic Center*

Saturday Presenters:

Dr. Mona Sigal

Rich Roll

Chef Panhaj Pradhan

Dr. Michael Greger

Kristin Lajeunesse

Sunday Presenters:

Shayna Ashton

Dr. Kim Allen Williams

Jane Velez-Mitchell

Rich Roll and Julie Piatt

Google each presenter for bio info and credentials. I think you'll be impressed with this year's line-up.

Also, for \$5 you can purchase a ticket for an early preview of all vendors in main hall. The hall becomes very crowded so this is an opportunity to get a sneak peak before doors open to the public.





In last month's newsletters I asked for folks to share any health changes they experienced from embracing a whole-foods, plant based diet. It's always good to hear how others are doing, and how their health has been impacted by saying farewell to the Standard American Diet. Their stories continually inspire me to keep sharing what I've learned since beginning this journey in 2006. Thank you to those who took time to share.

Shirley Sprague wrote:

"Here is my success story on plant based diet. I have never been a big meat eater and preferred vegetables, but I did eat chicken and fish occasionally. I thought I was eating pretty healthy, but my numbers were rising. And I had always been a daily walker and frequented the gym 4-5 times weekly.

One and a half years ago I had my first visit with Dr. Sidhartha and took his advice to follow a vegan diet to reverse my diabetes. It was that or take medication. After only six weeks, my A1C dropped to below normal and my cholesterol dropped 60 points, and blood pressure was perfect. I feel good and surprisingly enjoy being vegan."

From Linda M in Naples, Florida:

"On March 7th I attended the first of four classes titled "Food for Life for Cancer Prevention and Survival. One of the first assignments was to set a goal of three weeks on a plant based diet plan. With recipes and tips shared by Joanne, I was surprised at how easy it was to follow this plan. My confidence grew in knowing that I was getting essential vitamins, minerals, and proteins.

On March 26th I went to the doctor for an annual check-up, and was amazed to learn that FOR THE FIRST TIME IN ALMOST 10 YEARS - my blood pressure was 110/70. I have struggled to lower my BP for years on my own. First my watching my diet and, when that didn't work, I finally began taking medicine. That only helped a little; my BP still remained high.

I credit my lower BP to the three weeks I stayed on a plant based diet, and I fully intend to follow this style for life. Words cannot describe how happy I am to finally be on the right track toward a healthy lifestyle."

Susan Barry's story is so inspiring. She graciously gives me permission to share her story, and a recent update is included.

"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 200's, 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 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: PLANT BASED NUTRITION HEALS."

Susan sent me this follow-up:

"In October 2014 I was again admitted to the hospital feeling poorly. And, once again, in the throes of heart attack #3 and CHF. It seems one of my original leg grafts used in 2002 had 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 attacks to my heart, 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 lifestyle regimen. My weight and labs continue to remain awesome, and my cardiologist believes that his lifestyle is fueling my ability to enjoy an awesome life!

I feel amazing and continue, as always, to affirm: Plant-based Nutrition Heals!



James Cameron, Successful Film Director and Plant Based Afficiando!

In 2012 James Cameron and his family began embracing an all-vegan diet. At first Cameron made the change primarily to help the planet by lowering his carbon foot print. What he quickly learned, however, was that embracing this lifestyle also dramatically improved his health.

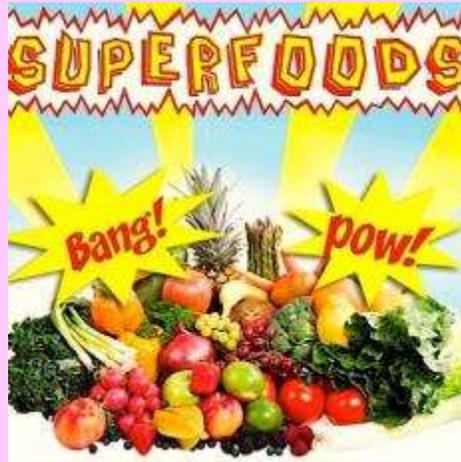
In an interview with *Men's Journal Magazine* in 2016, Cameron explains why he continues to eat a plant based diet:

Cameron read about the Blue Zone regions of the world, and how these populations, regarded for longevity and health, consume little meat and instead eat a diet high in plants.

He also suggested that reading "The China Study" and watching the famed documentary "Forks Over Knives" is far better for health than Atkins and Paleo diets.

Cameron notes that some tip-toe slowly into a plant based lifestyle, but for him and his wife, they went cold turkey. Cameron admits to telling his wife that he reserved the right to have a prime rib or T-bone steak if he desired one, but found that after a month of consuming a plant based lifestyle, he simply had no desire for the beef. As he said, "your brain reprograms itself".

Avatar 2 is on the drawing board!!



Some Super Food Stars

- BLUEBERRIES:** High in antioxidants, helpful in maintaining memory
High in manganese, which helps maintain skin and bone health
- BANANAS:** Rich source of potassium. Potassium helps balance sodium to maintain BP.
Good source of B vitamins
- CHICKPEAS (GARBANZO BEANS):**
Good source of iron
High in manganese and zinc
Healthy source of protein and calcium
High in fiber
- CHIA SEEDS:** Great source of Omega-3 fatty acids
Has both soluble and insoluble fiber
High in calcium
- BRAZIL NUTS:** One Brazil nut daily provides daily recommended dose of selenium
High in zinc, an immune booster
Also high in Vitamin E
- DATES:** High in iron and zinc
High in potassium
- ROLLED OATS:** A healthy fat and high in fiber
Rich in B vitamins
Good source of protein and complex carbs

Healthy eating & Happy Spring!!