



## Where Food Nourishes Body, Mind & Spirit!

March 2013 – Spring is right around the corner; a time for new life!

Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822 [joanneirwin72@gmail.com](mailto:joanneirwin72@gmail.com)

[www.plantbasednana.com](http://www.plantbasednana.com)

Food for Life Instructor, Physicians Committee for Responsible Medicine (PCRM)

Each of us can become a blessed channel of peace for the healing of Earth's wounds: We can awaken from apathy and find creative non-violent ways to transform the abuses rampant in today's modern world.

From "Peace Planet: Light for a Modern World"



## NEWS YOU CAN USE!

*A Time for Change  
Holistic Holiday at Sea  
Cruise 2014!*

*PCRM'S Advocacy  
Power Foods for the  
Brain*

*New Books  
Recipes  
Spring Cleaning Tips*

## A TIME FOR CHANGE

For the past five years I've taught our Food for Life curriculums both on Cape Cod (which is home), and, during the winter, in Naples, FL. Through my involvement with PCRM, I've met incredibly, special people, many who've graciously shared their stories of resilience, healing, and faith. They've inspired me, and filled my coffer with continual motivation and joy. As special as this has been, my free time for creative pursuits, play, and stillness has been limited.

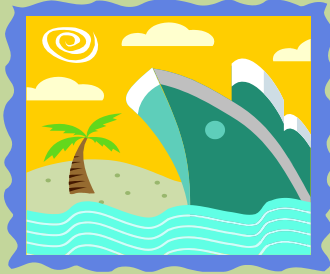
This season I made the decision to let go of the program in Naples and concentrate on doing Food for Life solely on the Cape and throughout SE MA. I'm not surprised that two days after making that decision, I received an email from a young woman interested in becoming an instructor in Naples. (Silently, I smiled and gave thanks!) I invited her to class – she's wonderful, talented, and committed to a plant based lifestyle. With some nifty recommendations, I'm hoping she's accepted as an instructor. The program will remain in good hands!

Mind you, I'll still keep teaching private classes down Naples, and doing smaller presentations as needed. I'm not ready to sit back and just play. My friend and couldn't do without assistant, Karen, and I have some things in mind to keep spreading the healing message of plant based foods.

Thanks to Cancer Alliance of Naples for grant funding the classes the past two years, and to so many who've attended and shared their journeys.

# *HOLISTIC HOLIDAY AT SEA 2014!!!!*

## *Sail on MSC's new Ship - Divina*



For the past four years I've dreamed of taking the "Holistic Holiday at Sea" cruise; however, work took precedence. So I just dreamed and drooled!

Our dear friends, Sharon and Bob Kramer from Bradenton, went on this year's cruise (they're now plant based - hurray!), and had this to say upon returning March 9th, **"It's a life changing event!"**

On their way home to Bradenton from Ft. Lauderdale, they stopped at our home in Naples for the weekend to share their experience. I felt like a kid on Christmas morning as I listened to their experiences, and hooted and hollered more so when Sharon told me WE were booked for next year's cruise. Yep, I'm going!!!!

Next year the cruise is from March 1 -8, 2014 on the new cruise ship, Divina, out of Miami, FL. (I've sailed MSC before; it's Italian! What more can I say? - Fabulous!)

The complete speaker roster hasn't been fully announced, but the regulars will be there - **Dr. Neal Barnard, Professor Colin Campbell, Dr. Caldwell Esselstyn** (now recovering from a broken hip from bike fall), etc. In addition, next year's cruise will also feature **Dr. Michael Klaper from True North, Chef AJ, author of "Unprocessed"**; she's also appeared on the Tonight show, and **Howard Jacobson, Ph.D., founder of FitFam.com**, a resource for crazy-busy families trying to raise fit and healthy children. My friends raved about the presentations, the cooking classes, the food, and the wonderful folks you meet who come from all around the world to learn the secrets to good health.

A small world experience....Sharon told me that the last night of the cruise they had dinner with a lovely couple. In getting to know one another, where do you live, etc., Sharon learned that Lee and Chris are our neighbors at Land Yacht Harbor in Naples. I marvel at those 'it's a small world' stories!

I hope many of my friends from Cape Cod and Naples way will think of making the trip. We live only once, and the teachings, research, and resources shared by so many eminent physicians, researchers, authors, and vegan chefs will fill your toolbox with all you need to maintain health, regain health, and live fully alive with energy, vitality, and joy!

Check out VegNews for more on the upcoming 2013 Cruise.

## IMPORTANT ADVOCACY NEWS from PCRM.....hot off the press.....

“Today marks a historic moment as today is the first day that the marketing, import, and sale of animal-tested cosmetics and their ingredients are no longer legal in the European Union (EU). The Physicians Committee spent years rallying support for this ban that will save the lives of countless rabbits, guinea pigs, mice, and rats who suffer and die each year for cosmetics testing.

Two years ago, the Physicians Committee delivered nearly 25,000 letters from EU residents and people around the world to the European Commission (EC). The letters called on the EC to maintain its 2013 deadline for a ban on the marketing of cosmetic products tested on animals. Physicians Committee supporters [Alicia Silverstone](#) and [True Blood's Kristin Bauer](#) also wrote letters calling for the ban.

This ban follows [Israel's Jan. 1 ban](#) that no longer allows the import and marketing of cosmetics, toiletries, or household cleaners that were tested on animals. Earlier this year—encouraged by the EU's approaching ban—India announced that it is also planning to impose a ban on testing cosmetics on animals.

But we're not resting until the United States joins the EU and Israel. We're talking with U.S. lawmakers, cosmetics manufacturers, and ingredient suppliers. Our new [Come Clean](#) campaign is working to end excruciating skin irritation and corrosion tests on animals. Come Clean asks cosmetics companies to reveal whether they perform these tests, so Physicians Committee scientists can help them transition to superior, cruelty-free test methods.

If the people of the EU, Israel, and India can safely use cruelty-free cosmetics, it's time for the United States to join them and for all cosmetics companies to come clean.”

Joanne's recommendation: Write your Congressional leaders to request cruelty-free cosmetics testing in the US. We should be leading the way, not lagging behind other industrialized nations.

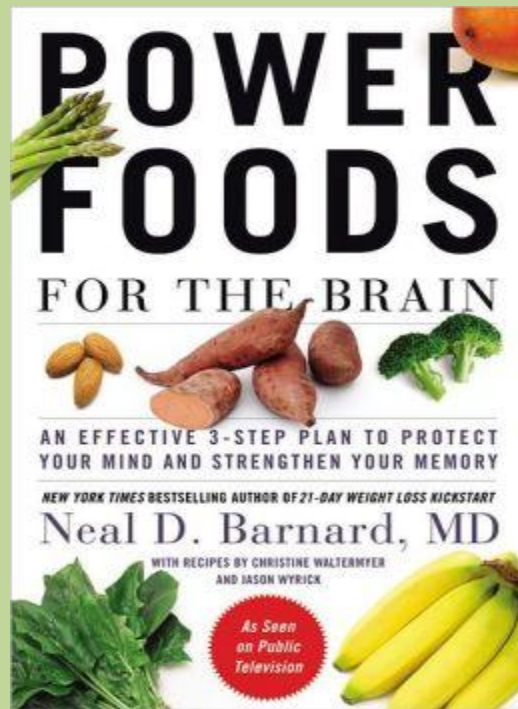
## FOOD FOR LIFE CLASSES, NAPLES, FL, 2013 SEASON



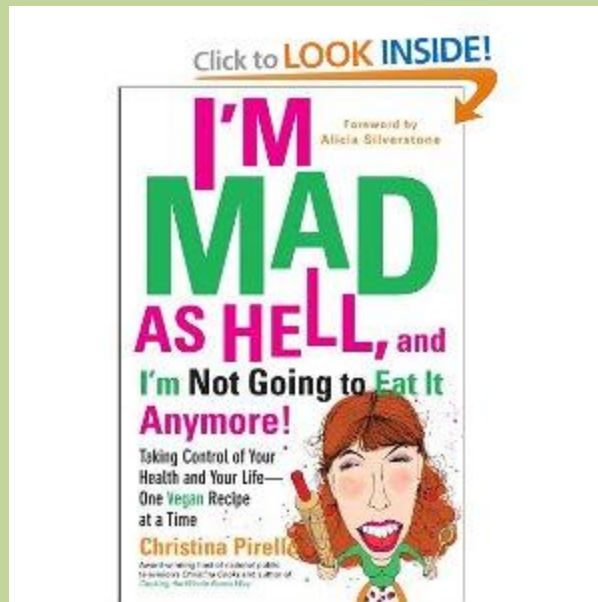
My friend and assistant, Karen, and some of our January Kickstart participants at Cancer Alliance of Naples. We've enjoyed full classes throughout this season – presenting both the 5-week Kickstart to Health series, and our Food for Life series for Cancer Prevention and Survival.

I'm excited to share our Employee Wellness Program. If you are employed by or know of a company that is looking to boost the health of its employees, give me a call. Companies who offer Wellness Programs for their employees often experience less absenteeism, increased productivity and motivation among its staff. What more could a company want – to have its bottom line positively impacted!

For All Those Health Conscious Bookworms out there....two must reads:



**Dr. Neal Barnard's "POWER FOODS FOR THE BRAIN"** - I can't put this book down; the medical research and findings are startling. You'll learn the best foods for cognitive function, hear about those that pose serious threats to your memory and cognition, you'll learn about the role of alcohol and caffeine in Alzheimer's risk, along with reading enlightening information on how toxic metals impact memory and brain functioning. The recipes presented have been developed by Jason Wyrick, the executive chef and publisher of the magazine, "The Vegan Culinary Experience", and a guest instructor at the Le Cordon Bleu program at the Scottsdale Culinary Institute. Christine Waltermeyer is the founder and director of the Natural Cooking School in Princeton, NJ and Manhattan, and has contributed recipes, as well.



The second must read hails from macrobiotic cook and author, par excellence, **Christina Pirello**. Titled, "I'm Mad As Hell, and I'm not Going to EAT it Anymore!", Christina gives readers step by step guides on how you can take control of your health and life - one vegan recipe at a time. Her data on why America is fat and sick should be a wake-up call for us all. Describing the politics of food will make you shudder, and wish you could take time to sit yourself in front of Congress with a bullhorn. Her recipes, as always, are veganlicious!







Want to protect your brain? This is what Dr. Barnard suggests:

Brain Threats

Saturated fats  
Trans fats  
Excess iron  
Excess copper  
Excess aluminum

Brain Protectors

Vitamin E (not as supplement)  
Beans and Chickpeas  
Blueberries and Grapes  
Green leafy vegetables  
Sweet potatoes  
Vitamin B 12



For Extra Brain Power

Exercise (the aerobic kind)

Intellectual Stimulation (reading, crossword puzzles, scrabble)

Good Sound Sleep

For helpful sleep, check out CD's from Hemi-Sync, Interstate Industries, Inc., (d/b/a Monroe Products), founded by Robert A. Monroe, internationally known for its work with audio sound patterns that can have dramatic effects on states of consciousness.

Monroe achieved world-wide recognition as a ground-breaking visionary and explorer of human consciousness. His pioneering research, beginning in the 1950s, led to the discovery that specific sound patterns have identifiable, beneficial effects on our capabilities. For example, certain combinations of frequencies enhance alertness; others induce sleep; and still others evoke expanded states of consciousness.

Assisted by a broad base of specialists in psychology, medicine, biochemistry, psychiatry, electrical engineering, physics, and education, Robert Monroe developed Hemi-Sync<sup>®</sup>, a low-cost, patented audio technology that facilitates enhanced performance.

Currently, I'm using their CDs on 'Sound Sleep', and, also, increasing 'Deep, Supportive, Meditative States'.

21 Day Meditation from Deepak Chopra, online, began Monday, March 11<sup>th</sup>. If you're interested, google the title, register for this free and wonderful experience. The focus of this 21 day meditation is achieving health. Deepak's a gift. What a difference 15 minutes a day can make!



## RECIPES FOR BRAIN PROTECTION

### SPAGHETTI WITH WHITE BEAN MARINARA SAUCE (From Dr. Barnard's new book)

(Folks continually ask for quick, easy, but healthy entrees. Here's one you'll enjoy.)

Adding beans to your sauce makes it hearty and healthy, adding all important fiber and protein. If you want you can add some chopped kale to the sauce for added nutrients or steam the kale and serve on the side.

10 ounces uncooked whole-grain or brown rice spaghetti

1 24 ounce jar fat-free marinara sauce

1 15 oz can low-sodium cannellini beans, drained and rinsed (Cannellini beans were a favorite choice of my grandmother who lived with us. Her Italian dishes were beyond delicious!)

In a saucepan, heat the sauce and beans, cover the pot, and warm over low heat. Cook the spaghetti according to packaged directions, and top with the sauce and beans.

### MY OWN RECIPE FOR PASTA WITH CANNELLINI BEANS

This recipe came from my mother and grandmother who never - ever - used a cookbook. Their meals were in a little town in Sicily called Salaparuta. Peasant meals, healthy meals, meals using home grown vegetables from family gardens. How blessed I am to be handed this tradition. My father always said, "A week without pasta is a week without sunshine."

Pasta prepared with a variety of vegetables and beans - peas, broccoli, cauliflower, asparagus, lentils, red kidney beans with escarole - were served weekly in my growing up years.

1 15 ounce can Eden organic cannellini beans, do not drain

1 small yellow onion, diced

1 8 ounce can organic tomato sauce

1  $\frac{1}{2}$  tsps. dried oregano

Salt and pepper to taste

$\frac{1}{2}$  lb small tube macaroni, elbows, ditalini, etc.

Saute the diced onion in a little water till soft. Add the tomato sauce and simmer on low for 15 minutes. Add the beans, the oregano, and salt and pepper to taste. Keep on low heat till the pasta is cooked. When you drain the pasta water, leave a little water in the bottom of the pot. Add the beans and sauce to the pasta, season to taste, and serve with a hearty green salad and some multi-grain bread on the side.



## ROASTED FENNEL AND TOMATO SOUP

My mother always had a bulb of fennel in the frig. It was an after dinner delicacy. On weekends dad would often soak some cut fennel in red wine. It's a Sicilian, Italian thing!!

Fennel is loaded with Vitamin C and compounds that aid digestion. Pair that with the powerful, lycopene, in tomatoes, and you have a winning, hearty, healthy combo.

This comes from Christina's book:

Makes 4-5 servings

1 fennel bulb, trimmed and diced

8 ounces organic cherry tomatoes

1 medium carrot, diced

2 whole garlic cloves

Sea salt to taste

4 cups filtered water

1 bay leaf

1 T balsamic vinegar

2-3 sprigs fresh flat-leaf parsley (the Italian kind), coarsely chopped

Preheat oven to 350.

Mix fennel, tomatoes, carrot, and garlic with a slight drizzle of olive oil (not much - remember oil is fat) and salt to taste. Toss veggies to coat. Roast the veggies, uncovered, for about an hour, until soft and lightly browned.

Put roasted veggies in soup pot, add the water and bay leaf. Bring to a boil, covered. Then reduce the heat to low and simmer for 15 minutes. Season with salt to taste, and simmer for 5 minutes more.

Transfer soup to a food processor and puree until smooth. Return to the soup pot and keep soup on low heat until ready to serve. You may also use an immersion blender to puree the soup. Serve the soup garnished with a drizzle of balsamic vinegar and parsley.

---





## From Healthy Eating to Natural Cleaning

Besides eating healthy - lean, green and totally plant based, it's time to give some attention to our home environment, and what we use to clean and shine! My friend and Food for Life assistant, Karen, just sent this site my way. The article tells you how to easily make your own cleaning products.....that WORK and are FREE of toxic chemicals. Besides taking no time at all to whip up (and not in your food processor), these homemade cleaners are extremely inexpensive and economical to make. So here goes, get ready for Spring cleaning au naturel!!

**BAKING SODA:** Is a non-abrasive scouring cleanser that you can use on your countertops, ovens, in bathtubs and sinks. It rids clothes of perspiration odors when used in conjunction with laundry detergent in your washing machine.

Add a  $\frac{1}{2}$  cup to your laundry load.

Before you vacuum, sprinkle it on your carpet as a deodorizer. (Always did that when I had my dog!)

**SUPER WASHING SODA:** Is also known as sodium carbonate. It is a caustic cleaner that is safer than other solvents. Important to wear gloves when using.

It cuts grease.

Gets wax or lipstick out of clothing.

Neutralizes odors

**LEMON JUICE:** The acid in the juice neutralizes hard water deposits, dissolves buildup and dirt on wood, and tarnish on silver. (White vinegar can be used in place of lemon juice.)

**ANTIFUNGALS/DISINFECTANTS:** Grapefruit seed extract and essential oils such as lavender, clove, and tea tree oil have antiseptic properties and operate as natural fungicides.

To keep mold at bay, add 1 or 2 tsps of essential oil to 2 cups of water in a spray bottle, or 20 drops of grapefruit seed extract to 1 quart of water. Spray away!

### HOW TO MAKE:

**ALL PURPOSE SURFACE CLEANER:** Mix together equal parts white vinegar and salt. Scrub surfaces with a natural cleaning cloth. (You can buy gallons of white vinegar for peanuts. Vinegar poured over conventionally grown fruits and veggies, then sprinkled with some baking soda, removes much of the residue from pesticides.)

**COOKWARE CLEANER:** Coarse salt does wonders for scouring copper pans and ceramic baking dishes.

**DISINFECTANT:** Mix  $\frac{1}{2}$  cup of borax powder with 1 gallon of hot water. Add a few drops of fragrant essential oil such as thyme, rosemary, or lavender. Store the mixture in a labeled spray bottle.

**FLOOR SCRUBBER:** Use washing soda and rinse well.

**FURNITURE POLISH:** Mix 1 cup lemon juice with 1 T olive oil (a good use for the oil!!!) and 1 T water; lightly apply to furniture using a soft cloth. Let sit for a couple of minutes, then buff.

**NO-STREAK GLASS CLEANER:** Combine  $\frac{1}{4}$  cup undiluted white vinegar, 1 T cornstarch, and 1 quart of warm water. Divide into spray bottles. For a lint free shine, wipe dry with a sheet of crumpled newspaper or a coffee filter.

**TILE AND GROUT PASTE:** 1 cup water and 3 cups baking soda mixed into a paste works great for cleaning tile and grout. Use a toothbrush (not your own!) to scrub the paste into the grout.

**WOOD BUFFER:** Hide wood scratches by rubbing them with the meat of a walnut. (Now this is a new one on me!)

Now this next idea is for you after a day of spring cleaning.....

**POST-CLEANING HAND SOAK:**

Microwave or oven-warm a small bowl of olive oil (again, a good use for the oil, on your skin, not in your mouth). Kick back and soak your hands. Add some granulated sugar and scrub away the extra layer of dry skin that has accumulated over the winter!!!

Hopefully, my March greeting has given you some food for thought - how to keep your brain well-powered and booted up, how to maintain a spic n' span Betty Crocker clean home a la natural, and while you're scouring and scrubbing away with vinegar, lemon and oil, you can dream and contemplate of sailing on the high seas, come March 2014, on MSC's Holistic Holiday at Sea.

Whatever you're doing, I send wishes of good health and joy from my soon-to-be disinfected home to yours. Blessings to one and all!

Joanne