

# FOOD *already* IS YOUR MEDICINE

Many have found great joy in food preparation and choosing wholesome ingredients. Food has all sorts of amazing healing properties and yet the standard modern diet focuses more on curb appeal. Fad diets also pull people away from good solid nutritional eating. The energy you spend re-training yourself to eat healthy will pay great dividends later. If your food choices are so set in stone that you will never change them, just remember the saying: “you reap what you sow.” Many modern day illnesses are caused by our bad dietary habits: not just obesity and the high cholesterol contributing to heart disease but other inflammatory conditions as well.

The diet we speak of here uses food as close to its plant roots as possible. Generally not eating what an animal already ate: so no meat, poultry, pork, fish, dairy. Also not consuming overly- processed items on the premise that the healthy elements in the food get lost through excess heat, added chemicals and are unnaturally balanced. Caution on added sugar or high fructose corn syrup: see the documentary called “That Sugar Film.” Very entertaining and eye-opening. Vegetables in a pill or in a bottle cannot have all the health benefits of the raw deal! Eating to make our body reach its full potential is our goal. We won’t get there overnight. Take baby steps. Choose one bad habit that you can change today. Pick a day to make a meatless dish, then later make a meatless day. Throw out one bad food a week and add a healthy food (or add a way of enjoying a healthy food). A decade into doing this it got our household to 95% adherence.

Some of the recipes from our first classes were not entirely vegan, we learned to love the healthier foods and gradually ate them more and more “naturally”(less sugar/cheese/egg/fat). Retraining a sweet tooth takes time. Certain foods need enzymes your gut has forgotten about and will take time to regenerate. If you can’t tolerate broccoli: steam a little of it and take just a teaspoon a day till your body starts to appreciate it without giving your tummy a problem. Fatty liver can be caused by excess sugar. Excess sugar in the form of high fructose corn syrup is not healthy. Sugar withdrawal is real. Read your labels and see that even hot dogs have sugar in them. An amazing study showed kids with fatty livers improved in as little as 3 months by avoiding all sugary foods and soda pop. Documentaries like “Forks Over Knives” (on Netflix) everyone should watch. Lots of other references are below, and most authors have an online presence (search in YouTube).

Get familiar with the fruit and vegetable section of your grocery. Find your farmer’s market. Start living on foods that are produced locally. Get to know your farmers, become a gardener yourself. Learn what grows here and discover how to prepare it. Study one new dish a week and keep the recipes! Almost 100 great ones are on our notes from our classes. Use



a juicer! They are reasonably priced now. Gather “green” drink recipes. A favorite of mine is carrot, apple, orange, ginger and kale; it is a great way to get your veggies! It’s a tad healthier to use a Ninja or bullet if you can handle the pulp, which can be a benefit to your gut microbiome.

Even in ancient Greek medicine it was known that milk and animal protein was linked to poor health. We have more studies showing increased inflammation, osteoporosis, and cancer growth with the Standard American Diet (SAD) compared to WFPB eating. We are depriving ourselves of what God put into our healing plants, we bypass them by eating cow or chicken flesh (raised on formula in a tiny cage). Daniel and his companions did just fine without any animal protein 4000 years ago (Daniel 1:15). A well-balanced diet of fruits, grains, legumes, vegetables and nuts is medically proven to be adequate for us. No meat needed. Look up [Blue Zones](#).

Why do many adults still drink milk? Milk is for babies, cow’s milk is for calves. Countries with the highest dairy consumption have the highest rates of breast cancer, prostate cancer and osteoporosis. If you do drink it, whole milk has been shown to be healthier than skim. Healthy bodies have better levels of Vit D, but taking a pill with Vitamin D doesn’t make you healthier. Get daily SUNSHINE.

WFPB diets avoid ALL animal products. By getting all of your protein from plant sources you will be able to eat more to fill your tummy and with all that fiber you won’t be constipated. You don’t need to calculate your protein intake as long as you take a varied mix of plant-based foods. Learning to appreciate the tastes of various grains, vegetables and fruits is a process, take your time with it. Don’t forget to eat nuts (but if you diet to lose weight, employ restraint!!) The cravings for sweet and processed foods will fade with time.

Dr. Esselstyn of [Forks Over Knives](#) wants you to avoid every speck of oil. But I still use olive oil tho a lot less than years ago. Some vegans eat tofu steaks, vegan meat substitutes and still have their cereal with almond or soy milk. That helps many in transition to WFPB eating, but hopefully the myriad of choices on a WFPB diet takes you away from the need for such imitations. I do believe certain fermented foods are good for us including sauerkraut, pickles, vinegar, kefir, efitzimo and sourdough breads and alcohol! Read labels to avoid foods with too many chemicals. Avoid high fructose corn syrup or chemicals that you don’t recognize. Many delicacies have animal-derived lard as their source for fat. Such animal fats should not be in your diet at all.

All dietary supplements should be avoided. Studies show more death and illness in those who take even a simple

Multivitamin daily. Imagine a symphony with an extra 200 tubas because we noticed the musical piece without tubas was lacking. How unbalanced is that! That's what some of these supplements do to our body! More is not always better! Think co-transport of nutrients.

Since 1994 the supplement industry has exploded with no regulation. Our body needs to keep a delicate balance of metabolic, immune and neurologic systems. It's designed to work perfectly and needs no "improvement" from some new supplement. We are being duped with empty promises. Even a health-food snack bar that has lots of weird ingredients should be avoided which is just about all of them. Your body needs minerals and trace elements and many things we have not even discovered! Eat locally grown produce to get them!

Sample diet: In the morning a bowl of cream of wheat or steel cut or rolled oatmeal (not the pre-flavored kind which has too many chemicals). And fruit: orange, grapefruit or apple, or a slice of melon will give you vitamins and fiber and a sense of fullness. For a change in the summer we enjoy our own sourdough bread and jam (ore re-fried beans). Coffee is okay if you don't overdo it. Drink water when you are hungry for a snack. I am anti-plastic but I realize for some it is unthinkable to drink out of the tap. Vendors of flavored water and caffeinated energy drinks convince many that water needs to be 'dressed up.'

At lunch try to enjoy your time with your food. If you're in too much of a hurry you will be inclined to grab something more calorie-dense like the donuts in the lunchroom. It is difficult to find healthy foods in America, especially if you travel. Salads are healthy but the dressings are not: as almost all have oil in them. You can top your salad with fine balsamic vinegar, order these great healthily-flavored bottles at <https://www.bemaandpas.com/balsamic-vinegar-c-33.html>. Refried beans can be made with olive oil instead of animal fat. Salsa is good with chips or pita bread; I put it on thin slices of dried remnants of our bread. Van Laars in Woodstock's farmer's market (Tues and Sat am) grinds flour that they grow and sells incredible breads from it. Or buy Jovial Einkorn wheat and make your own. Just a little yeast and salt and you will have a fragrant house and an incredible treat.

Fruit makes a good dessert. Bananas have been domesticated by selective breeding for over 7000 years and are still over-marketed but high in starch and low in nutrients. Eat (or grow your own) beets, sweet and white potatoes, they are a good source of vitamin C, protein and energy, and cause less sugar spikes than bananas. After healthy food is eaten you may feel compelled to have dessert if you don't feel full. Try to avoid the urge. Give your body a ½ hour to start to digest what you ate and the hunger urge fades. Once your stomach gets trained for smaller, more "slow-release" energy meals your food cravings diminish. Buy good melons when they're in season then "ball" them or just cut into bite size chunks and

put them in bags in the freezer. They make a wonderful ice cream substitute as they're thawing out.

Intermittent fasting is popular now and helps you avoid snacks which is especially helpful if you have a calorie problem. Most religions have fasting days as part of their religious practice. An amazing study showed that we activate our stem cells during a prolonged fast. We even improve survival in the ICU with some fasting (instead of milk-based tube feeds). Be sure to stay hydrated with water, your urine should look pale light yellow and not dark like apple juice.

For dinner try making your own pasta by mixing some semolina flour with warm water and a tiny bit of salt. You could also mash potatoes mixing them with some flour, no egg needed: that makes gnocchi.

Now is the time to get your vegetables out: certainly tomato sauce, peppers, carrots, and celery... all these things are very healthy.

Eggplant sliced very thin and grilled up is very tasty. Beans complement the proteins in your diet.

Skip the eggs and cheese. You will retrain your taste buds over time and won't miss it.

There are substantial claims for this diet's benefit on gastro esophageal reflux, sleeping, erectile dysfunction, multiple sclerosis, rheumatoid arthritis, lupus and a general sense of well-being. It is not expensive to buy beans, vegetables or mushrooms instead of meat. Make meal preparation a happy family affair. Organic is not necessary for most. Go to [www.mycaringfamily.com](http://www.mycaringfamily.com) and see the class notes.



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#### AMAZING REFERENCES

Brenda Davis	Becoming Vegan
Chef Del	Better Than Vegan
Joel Fuhrman	Eat to Live
Jo Robinson	Eating on Wild Side
Alona Pulde	Forks over Knives Family
Wes Youngberg	Goodbye Diabetes
Michael Greger	How Not to Die
CB Esselstyn Jr	Prevent & Reverse Heart Disease
Dean Ornish	Program for Reversing Heart Disease
Dan Buettner	The Blue Zones
Colin Campbell	The China Study
David Richards	The Daniel Fast
Rip Esselstyn	Engine 2 Seven Day Rescue Diet
Brenda Davis	Kick Diabetes Cookbook
Colin Campbell	Whole