

*Amazing references* **Alive** Scott Stoll, MD **Breaking the Food Seduction** Neal Barnard, MD **Diet for New America** John Robbins **Program for Reversing Heart Disease** Dean Ornish **Eat to Live** Joel Fuhrman, MD **Eating Mindfully** Susan Albers, PhD **Eating on the Wild Side** Jo Robinson **Forks Over Knives** on Netflix **Prevent and Reverse Heart Disease** Dr. Esselstyn Jr **The China Study** T. Colin Campbell PhD & son **The Idiot's Guide Plant Based Nutrition** J. Hever **Whole** T. Colin Campbell **Better than Vegan** Chef Del **Lenten Cookbook** Aristedis Laftsidis **The Vegetarian Bible** Publications International. **The Blue Zones** Dan Buettner **The Engine 2 cookbook, The Engine 2 Diet, The Engine 2 Seven Day Rescue Diet** Rip Esselstyn

Reach 100 yrs old by eating daily: NUTS, BEANS, FRUIT and WHOLE GRAIN BREAD, and avoiding: sweetened beverages, salty snacks, processed meats, packaged sweets. Stop when 80% full! Exercise low intensity but very regular (walk hills).

Fasting times are important to boost immunity... try to keep periods of time where you are drinking only water, with no food...either compressing meal times (to make a 12 to 16 hour fast daily) or fast on water once or twice weekly for an entire day.

READING LABELS: avoiding high fructose corn syrup, chemicals with big names, milk products. Avoid all supplements unless doc recommends (iron if heavy periods, biotin for improving nails and hair, magnesium for muscle cramps and B12 if your blood shows a deficiency). Marketing of supplements is unregulated and FOS.

Food preference is MALLEABLE. It is a process anyone can undertake to alter one's taste buds to appreciate tastes that were previously drowned out in richness and sweetness. Over time we must reduce the added

sugar and not just use natural sweeteners (ie: honey, stevia).

COTRANSPORT of nutrients important. Fermentation products... like cheese and yogurt are better than probiotic pills, nondairy alternatives include sauerkraut, pickles, vinegar (not all are equal), wine.

MILK is over marketed and should be drunk mostly until you are over 3 years old. More prostate cancer and osteoporosis with more dairy. Saturated fat with more Alzheimer's. Food density.

I'm in a rush to find a healthier way of eating so all my patients can live up to their potential.

Living in an age dominated by marketing and mass produced food distorts our dietary education. We are NOT in need of lots of protein; plant and vegetable based diets provide all the protein we need, even extreme athletes. With high protein diets between 50-65 there is a 73-fold increase risk of diabetes. Bible references. Wisdom 7:15

Organic is often not needed, it's all about food composition. Supplements aren't needed, you die sooner on multivitamins, and taking Vitamin D has not proven to benefit your health. Really!!!

The Forks over Knives Plan (book) by Pulde & Lederman has a 4-week plan to get you hooked! Stock your fridge: 1: salsa; 2: dips like refried beans or hummus; 3: jelly/jam; 4: almond milk; 5: fresh fruits including some cut up for grab and go access; 6: fresh vegetables, including some cut up for grab and go access; 7: steamed vegetables, such as green beans, broccoli, snap peas or cauliflower; 8: roasted or baked potato or sweet potato; 9: cooked grain of the week; 10: cooked bean of the week; 11: corn or wheat tortilla. (our online session #9 has a week of menus)

Online: <https://forksmealplanner.com>

# Eat To Live

Session  
#14

Sept 13, 2017 most notes/recipes on website  
Todd and Terry Giese [www.mycaringfamily.com](http://www.mycaringfamily.com)



## Appetizer: Rip's Kale Ceviche

Kale cut 'chiffonade' (or chop well)

1 avocado

lemon juice of one lemon

½ tsp crushed red pepper (or cut up jalapeno)

½ red bell pepper

1 carrot grated

½ purple onion diced

1 cup mandarin oranges or mango (or peach)

Mash and massage Kale, avocado and lemon juice.

Flavor with salt if needed and pepper flakes

Stir in the rest and enjoy (prep 1/2 hour ahead best)

## Vegetarian Minestrone

1 C chopped yellow onion

½ C chopped carrot

¼ C chopped celery

3 cloves of garlic chopped

some salt

1 t fresh rosemary

½ t black pepper

¼ t crushed red pepper

3 C vegetable broth (or water)

1 15oz can of cannellini beans, drained and rinsed

1 14oz can diced tomatoes

1 ½ C chopped zucchini

1 T red wine vinegar

3 C chopped collard greens

2 cups cooked orzo

¼ C nutritional yeast

heat up initial ingredients (up to broth) in saucepan

and use either quick stir with a tiny bit of water method or a little bit of olive oil then put all but collards greens in with the broth and another 2 cups of water. Boil at least 10 minutes (till zucchini tender) then stir in collard greens and simmer a few minutes till they are tender. Salt to taste (if needed) and top with some nutritional yeast (really, tastes almost like parmesan cheese)

## Natalia's Mango-Cherry Sorbet

1C unsweetened almond, oat or soy milk

2 pitted dates

1 t vanilla extract

2 C frozen mango chunks

20 frozen dark sweet cherries

blend 1<sup>st</sup> 3 ingredients

add mango, blend, then cherries, blend and serve