

Eat To Live #30



We are encouraging a return to simplicity in eating..

Consciously choose foods which provide the most nutrients. Support local commerce, minimize transportation expenditures and consume items locally grown in season. It's pear harvest time, grapes just got harvested and veggies are dying to be eaten. Actively pursue longevity and good health. Eat healthy without supplements. No protein shakes are needed.

Often I listen to patients' menus thought to be healthy and hear a profusion of meat and milk. Or whole foods originally healthy but now way over-processed. We want your *whole* diet to be *whole* foods, not just an add-on. We will show you some options for optimizing your health if you are motivated to out-living your peers.

Our path to healthy eating took quite a while. The journey to whole food eating is one of discovery of tastes and flavors that have been lost in the sea of ever rising fat content. We need to measure what we eat and wait for the satiety. This is how our bodies were meant to thrive. Detox from excess sweets! Don't just trick your body with sweet (non-sugar) chemicals. Artificial sweeteners mess up your healthy gut bacteria (microbiome), that is also not a healthy option.

If you are an anthropologist, just find societies with healthy longevity. Or read [Blue Zones](#), where 5 different cultures with amazing centenarians had their diet and lifestyle recorded. They were 100 times less likely to have diabetes. Hearts were free of heart disease (*14 year olds in our society show evidence of early heart disease*). Less inflammatory conditions with these diets including less arthritis, multiple sclerosis, lupus and most amazingly less cancer.

PROTEIN. Let's say it out loud. We have been pummeled with misinformation about how much protein and how much dairy we need. These long-lived centenarians ARE NOT eating meat every day. They DO NOT buy gallons of milk. They do not eat PROTEIN bars. We humans can adapt to high intakes of protein but we do it at the expense of our health. Careful scientific studies show that the amount of protein we need is the amount of protein found in fruits and vegetable and grains and nuts. A balanced intake requires NO ANIMAL PROTEIN

for optimal health.

When you recall your day's diet, it should include beans, berries, fruits, crucifers (broccoli or cauliflower or kale), greens(salad), vegetables, nuts, whole grains, spices and good hydration. Avoid sweetened beverages, salty snacks, sweets and lunchmeat! READ LABELS of foods in the stores to avoid buying items with high fructose corn syrup, big chemicals and milk products.

VEGAN is not exactly what we encourage though there is some overlap. We try to eat foods less manipulated so things like tofu and seitan are not prominent in this diet. When we first started this journey we were using some cheese and egg to make the whole foods more palatable. As time went by we find such additions less necessary. Even a sauteed onion is more tasty now to me without any butter or oil (I could scarcely believe that could work before I saw it). In ancient Christian cultures certain "partial" fast days restricted diets to fruits and boiled veggies with no oil. That fostered an appreciation of foods in unadorned forms. You find such eating even now in the Greek monasteries.

That said, we are not eating entirely oil-free. And we are not averse to using wheat, though we tend to get an heirloom "strong bread flour" from Heartland Mill in Kansas and make our own bread with sourdough fermentation. We sometimes make our own pasta with semolina flour (Heartland sells that too from organic Durham wheat). Eftazimo bread uses semolina flour and chickpea flour with the dough rising not with yeast but raising by natural bacterial fermentation. Bacteria are our friends.

Fermentation products also are on our "good list." Think of things like sauerkraut, pickles, good vinegar, kvass, kefir, wine! Realize that our microbiome is a collection of symbiotic bacteria living within and on us. Just like the seeds for a good lawn, ingesting probiotics is like swallowing good seeds. But that is not good enough! The soil has to be right. And our "soil" is the undigested food we eat that stays in the gut till it is passed (we call that 'collectively' fiber). Meat, cheese and milk have no fiber, therefore do nothing to enrich the "soil" for good symbiotic bacteria. Meat also tells the body to "pack it on" so literally you will gain more weight eating the same calories if it is meat as opposed to vegetables/beans/fruits. Artificial

Sugary sweets and drinks are the rage. During COVID the incidence of diabetes in children increased by 100%. Children in the US already have fatty livers, a disease previously only found in obese elderly diabetics. A study of just 40 obese teens with premature fatty they simply intervened by cutting out all sweets and those fatty livers were improving already after 3 months.

Milk is popular and yogurt heavily marketed as a health food. Yes these have probiotics but there is no fiber for keeping those healthy bacteria in your gut for you to benefit. What are those benefits? Cotransport of nutrients, metabolism of healthy brain chemicals, creation of signals to help the body safely metabolize your nutrients and promote control of the inflammatory system. There is a lot going on in your gut. In fact the bacteria like E coli outnumber your body's cells 10 to one. As we age, the diversity of this microbiome decreases, so nurturing it is of huge importance.

Antibiotics can treat many diseases, but often times alternative nutritional solutions exist to such infections as *Clostridium difficile* and *H. pylori*. Painful menstruation can be calmed or cured for many with a plant based diet. Kicking DM, LUPUS, MS and pain of fibromyalgia are all documented. Why do we use medicines when diet might help you? For starters it is a lot more work to change your diet than pop a pill every morning. Second, the studies look less scientific and we like scientific now. Third, it isn't always just one thing that will make you well once you spent 60 years eating one way. So both taking medicine and eating better is probably a better option in many instances. I hope that because you are here you will choose to thrive on this lifestyle.

HARVEST BREAKFAST OF WHOLE FOOD FANATICS

- Slice of bread from farmer's market
 - Thin (1/4") slice of onion
- Put both straight on griddle, add slice of tomato
Drizzle fine balsamic vinegar on top,
Don't forget a slice of fresh melon.

PEAR AND SWEET POTATO SOUP

INGREDIENTS

- ½ kilo (1 pound) sweet potatoes peeled and roughly chopped
- 1 onion chopped
- 4 pears peeled and chopped (can reserve a slice per photo if you like to garnish (roast?))
- 1 potato peeled and chopped
- 3-4 cups of broth. I have used vegetable and chicken and they're equally good.
- ¼ cup Greek yogurt (optional! Non-vegan)
- Top with fresh mint OR thyme and croutons

INSTRUCTIONS

1. Place a large pot over medium heat. Add the onion and a sprinkling of salt and cook for 3-4 minutes until the onion has softened. Stir often and try to sweat the onions, not brown them.
2. Add the both potato chunks and sauté in the onions for 2-3 mins. Then pears & sauté 2' more.
3. Add the stock to the pot and simmer for 20-30 minutes until potatoes and pears are soft.
4. Blend with immersion blender until smooth.
5. Reheat almost to the boil and stir in the yogurt.
6. Serve with a garnish of fresh chopped mint, croutons or chunks of roasted sweet potato

ROASTED TOMATO AND EGGPLANT SOUP

Beth Le Manach

INGREDIENTS

- 1 eggplant, cut into 1 inch chunks
- 6 Roma tomatoes, sliced in half lengthways

- 2 garlic cloves, sliced thinly
- 2 tbsp (30 ml) olive oil
- ½ tsp (2.5 ml) dried oregano, separated
- 32 oz (960 ml) of vegetable broth
- 1 tbsp (15 ml) tomato paste
- 2 tbsp (30 ml) fresh basil

INSTRUCTIONS

Preheat oven to 425F (218C).

Prepare 2 rimmed-lined baking sheets. On one sheet place the eggplant and the other place the tomatoes and garlic. On each tray, drizzle 1 tbsp (15 ml) of olive oil, ¼ tsp (1.25ml) oregano, and salt and pepper to taste. Toss to coat.

Place both trays in the oven on different racks and roast for 10 minutes. Then flip the trays and roast for 10 minutes more.

Transfer the roasted vegetables to a large stock pot. Add vegetable broth and tomato paste. Simmer for 10 mins.

Blend with an emersion blender until smooth, with small chunks remaining. You can also do this in a blender. Ladle out soup into bowls, top with fresh basil and croutons.



PEAR AND APPLE CRISP

Dish size about 6" x7" tho if bigger dish can double

- o Apples core and peel and fill the dish 2/3
- o Pears peel and fill the

dish the rest of the way

- o Slice after coring (nice if slice w processor)
- o Sprinkle a tablespoon of sugar on top

In bowl mix the topping:

- ½ C brown sugar
- ½ cup white or wheat flour
- ½ tsp of cinnamon
- ½ C rolled oats (optional)
- 1 ripe avocado

Mush together with a fork and sprinkle on top
COOK in 350 oven for 40 minutes.