

Eat To Live #33

We promote a return to pure and simple eating, i.e.:
Consciously choose foods which provide the most nutrients.
Support local commerce, minimize transportation expenditures and consume items locally grown in season.
Actively pursue longevity and good health. Eat healthy without supplements. No protein shakes are needed.

Many patients confess to me their “healthy diets” loaded with meat and dairy. Some profess plant based eating but with over-processed plant products. We endorse your whole diet to be whole foods, not just plant add-ons. We hope to motivate you to embark on this journey to give yourself a better chance of out-living your peers.

Our path to healthy eating took quite a while. 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 were an anthropologist, you could go live with societies with great health and longevity. Or just read [Blue Zones](#), where 5 different cultures with amazing centurions 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). The 90+ yr old men were vigorous, arthritis-free and passion-able and most amazingly cancer-free.

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 centurions 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 [includes chicken] 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 promoted 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 goes by we find such additions less necessary. Even a sautéed onion is more tasty now to me without any butter or oil (I could scarcely believe that would 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 still use a little (mostly olive) oil. 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 through natural bacterial fermentation (some rainy day I hope to try making it).



Bacteria are our friends. Fermentation products are on our “good list.” Think of things like sauerkraut, pickles, fine balsamic vinegar, kvass, kefir, wine! Realize that our microbiome is a collection of symbiotic bacteria living within and on us. Just like a good lawn, good fiber is the nutritious soil and probiotics are like good seeds. Our “soil” is the undigested food that stays in the gut till passed (we call that ‘collectively’ fiber). Meat, cheese and milk have no fiber, so do nothing to enrich the “soil” for symbiotic bacteria. Meat tells the body to “pack it on” so you gain more weight eating the same “meat” calories as plant calories.

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, in a study of obese teens with fatty livers simply cutting out all sweets made the fatty livers improve 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, all 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 infections, but often times nutritional interventions can cure things like [Clostridium difficile](#) and [H pylori](#). A plant based diet has calmed and sometimes cured painful menstruation. Cures of DM, LUPUS, skin conditions, MS and the pain of fibromyalgia we have seen, books even tell of these amazing stories.

So 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, 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 the best option for many people. We hope we've inspired you to choose a whole foods lifestyle and THRIVE.

PLT-PEAS-LETTUCE TOMATO

GREEN PEA SPREAD

- 2½ CUPS FRESH GREEN PEAS OR THAWED FROZEN GREEN PEAS
- ¼ CUP PACKED FRESH BASIL
- 1 TABLESPOON NUTRITIONAL YEAST
- 1 TABLESPOONS LEMON JUICE
- 1 T SUNFLOWER SEED BUTTER OR ALMOND BUTTER
- 2 GARLIC CLOVES, MINCED
- ½ TEASPOON SALT
- PINCH RED PEPPER FLAKES, OR MORE TO TASTE
- 1-2 TABLESPOONS WATER

SANDWICH FIXINGS

- 1-2 TOMATOES, THINLY SLICED
- 4-6 ROMAINE LETTUCE LEAVES
- 8 SLICES WHOLE GRAIN BREAD, TOASTED
- DIJON MUSTARD, TO TASTE

INSTRUCTIONS

- If using fresh peas, cook them in boiling water for about 3 minutes or until they turn bright green, then quickly transfer them to a bowl of ice water to cool. Set aside for 5 minutes. If using frozen peas, be sure to thaw them.
- Drain the peas, transfer them to a food processor, and add basil, nutritional yeast, lemon juice, sunflower seed butter, garlic, salt, red pepper flakes, and 1 tablespoon water. Process until mixture is well combined but not completely smooth—you want to maintain some texture. Add more water if needed to achieve desired consistency. Taste and adjust seasonings as needed. Transfer the spread to a glass bowl.
- Toast the whole grain bread (2 slices per sandwich). To make each sandwich, spread one toast slice with Dijon mustard and the other slice with ¼ cup of Green Pea Spread. Layer sliced tomatoes and crisp romaine lettuce between the toast slices.

BLACK BEAN, CORN, AND ROASTED RED PEPPER LETTUCE CUPS

INGREDIENTS

- 2 CUPS FROZEN ROASTED CORN, THAWED
- 1 (15-OUNCE) CAN NO-SALT-ADDED BLACK BEANS, DRAINED AND RINSED (OR 1½ CUPS COOKED)
- 1 MANGO, CHOPPED
- 1 CUP CHERRY TOMATOES, HALVED
- ½ CUP JARRED ROASTED RED BELL PEPPERS, CHOPPED
- ¼ CUP COARSELY SNIPPED FRESH CILANTRO
- 1 FRESH JALAPEÑO PEPPER, SEEDED (IF DESIRED) AND FINELY CHOPPED
- 3 CLOVES GARLIC, MINCED
- 1 TABLESPOON CHILI POWDER
- 1 TEASPOON GRATED LIME ZEST
- 3 TABLESPOONS FRESH LIME JUICE (FROM 2 LIMES)
- SEA SALT AND FRESHLY GROUND BLACK PEPPER
- 12-16 LEAVES FROM ROMAINE LETTUCE HEARTS
- ½ AVOCADO, DICED

INSTRUCTIONS

1. Combine all! Put on lettuce leaf, top with the avocado. Ok to use a chip or “rusk” with it.



WHITE BEAN FETTUCCINE ALFREDO WITH PEAS AND SUN-DRIED TOMATOES

INGREDIENTS

- 8 OZ. DRY WHOLE WHEAT FETTUCCINE
- 8 OZ. SUGAR SNAP PEAS, HALVED
- 1 15-OZ. CAN CANNELLINI BEANS, RINSED & DRAINED (1½ CUPS)
- 2 CLOVES GARLIC
- 2 TABLESPOONS NUTRITIONAL YEAST
- 2 TABLESPOONS ALMOND BUTTER
- ⅓ CUP READY-TO-EAT SUN-DRIED TOMATOES, THINLY SLICED
- SEA SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

INSTRUCTIONS

1. Cook fettuccine according to package directions for al dente, adding peas the last 3 minutes of cooking. Drain, reserving ¼ cup cooking liquid.
2. Meanwhile, in a food processor combine beans, garlic, nutritional yeast, and almond butter. Process until smooth. Add the reserved cooking liquid; process until smooth.
3. Return pasta and peas to the pot. Stir in bean sauce and tomatoes. Season with salt and pepper.

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 Diet
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
Jenn Sebestyen	Meatless Monday Family Cookbook