

EAT TO LIVE

Session #13



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July 19, 2017 old notes & recipes on website [Session #11 has a whole week of recipes B/L/D]

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 Fuchman, MD
Eating Mindfully Susan Alpers, PhD
Eating on the Wild Side Jo Robinson
Fifty Two Loaves William Alexander
Forks Over Knives on Netflix
Prevent and Reverse Heart Disease CB 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 Arestedis Laftsidis
The Vegetarian Bible Publications International .
The Blue Zones Dan Buettner

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!!!

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 previous 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, non dairy alternatives include sauerkraut, 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.

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.

APPLE KOHLRABI SALAD

2 kohlrabi cut into matchsticks
1-2 Honeycrisp apple into matchsticks
¼ C fresh tarragon leaves
1 T lemon zest
2 T lemon juice
2T olive oil
salt and pepper to taste

LIMA BEAN –SWEET POTATO SOUP

1 large onion chopped
1 leek chopped (white and green)
3 stalks celery chopped
3 large carrots cut pretty
1 bay leaf
6 cloves garlic chopped
1 T fresh sage chopped
1 T fresh thyme
8 cups veggie broth
16 oz lima beans soaked overnight
2 large sweet potatoes (alt butternut sq)
½ t each white and black pepper
1 bunch of kale torn to bite sized pieces
1 T balsamic vinegar
1 C fresh parsley chopped
In hot pan caramelize onions then add leek, celery, carrot & bay leaf, add some of the veggie broth. Then add garlic sage and thyme, add broth and lima beans and boil, simmer for an hour or so (till beans tender). Peel sweet potatoes and cut into several fairly large pieces... add them to the beans, but check them a ½ hour or so later for doneness and then fish them out and puree them with some of the bean juice.
Steam kale in pot with ¼ cup of water for 5 minutes.
When beans are al dente add the sweet potato puree back and add balsamic vinegar then salt and pepper to taste.
Serve by putting some steamed kale in a bowl then adding the soup.

MANGO-GREEN BEAN SALAD

3 C green beans cooked al dente ~ 2m
2 mango cut in thin strips
1 C cherry tomatoes halved
¼ C cilantro
3 scallions sliced
¼ C peanuts crushed
Put together all above and add dressing of:
4 T lime
1 1/2 T tamari sauce
1 tsp cane sugar or honey

ADDITIONAL IDEAS NOT SERVED TONIGHT: GREEN DRINKS:

Kale, apple, carrot, ginger, cucumber Grapes, apple, berry, spinach
Pears, parsnips, +/- lime
Kale, apple, sweet potato, ginger Basil, cilantro, mango, onion, lime

Crock pot Steel Cut: GREASE POT 1st!!: 1 cups steel cut, 4 cups water, 2 apples cut up(or rhubarb/strawberry), 1 cup almond milk, ¼ t vanilla, and cinnamon+- maple syrup to taste (some apples are sweet enough already), 7hrs on low: Awake to aroma of breakfast!

REFRIED BEANS

boil up some pinto beans overnight in a crockpot (or some white French Haricot beans). Chop finely one onion and sauté in olive oil and have a hot pepper in there but don't cut that up. Make sure there's a little extra olive oil and start adding first beans without any fluid and smash them around with a wooden spoon and as you near the end of the beans start adding some of the fluid. I put 1/2 cup of homemade catchup in sometimes for flavor but that is optional. Serve while hot and quickly refrigerate in small jars as it does spoil rather quickly. ON A TORTILLA OR BREAD WITH A FRESH SLICE OF TOMATO IS GREAT

BEAN/POTATO

½ cup dried beans like edamame or white
boil them up for an hour
onion.. chop and sauté with
garlic and handful of chopped greens
and add sliced potatoes (2)
when nearly done add the beans
put in some apple cider or chunks
wine vinegar and mustard to taste