

Eat To Live #21

Amazing

Alive Scott Stoll, MD (*Eat a Little Better* Sam Kass)
Breaking the Food

Seduction John Robbins *gram for Reversing Heart Disease*
Dean Ornish *Eat to Live* Joel Fuchman, MD *Eating on the Wild Side* Jo Robinson *Forks Over Knives* on Netflix *Prevent and Reverse Heart Disease* CB Esselstyn Jr *The China Study* T Colin Campbell PhD & son *Whole* T Colin Campbell *Better than Vegan* Chef Del *The Blue Zones* Dan Buettner *The Engine 2 Cookbook, The Engine 2 Diet, The Engine 2 Seven Day Rescue Diet* Rip Esselstyn *Daniel Fast* David Richards *How Not to Die* Michael Greger, MD *Forks Over Knives Family* Alona Pulde, MD **Online:** <https://forksmealplanner.com>
<https://plantrician.rouxbe.com/recipes>
<https://www.outofthedoldrums.com>

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 animal protein; plant and vegetable based diets provide all the protein we need, even extreme athletes. With high animal protein diets between the age of 50-65 there is a 73-fold increase risk of diabetes. Reference: Wisdom 7:15 1907 NY Times headline More cancer in meat-eaters.

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. 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. We must reduce added sweeteners.

Avoid: **sweetened beverages, salty snacks, processed meats, packaged sweets.** Stop 80% full ! DAILY DOZEN: Beans, Berries, Fruits, Crucifers, Greens, Veggies, Flaxseeds, Nuts, Spices, Whole Grains, Beverages/exercise(90min)

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 vegan). Marketing of supplements is unregulated. **Probiotics** no! but prebiotics

COTRANSPORT of nutrients important. Fermentation products... kefir, sauerkraut, pickles, vinegar (not all are equal), wine. Genes 99.9% shared; 1-cell-to-microbiome which is 10% shared.

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. 1601-1795 3t lemon

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!!! Farmer's market, your own garden, then preserving!

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. (Class 9 has week of menus)

SWEET POTATO PIE OATMEAL from Forks

over Knives Cookbook by Del Sroufe

INGREDIENTS

1 large sweet potato, peeled and diced
1 cup rolled oats
1 cup (or more) unsweetened almond milk
¼- ½ cup date molasses
1/2 tsp ground cinnamon and
1/2 tsp ground ginger
1/4 tsp ground allspice
1/4 tsp orange zest
pinch of salt

DIRECTIONS

Steam the sweet potato until tender, about 10 minutes. Mash the potato and add all the rest of ingredients. Cook the mixture over medium heat until the oats are tender, about 10 to 12 minutes.

Session
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SALSA (PICO DE GALLO) +MANGO/PEACH

INGREDIENTS

1.5 lb tomatoes
¾ C onion
½ bunch fresh cilantro
1 hot banana pepper
Juice of 2 limes (of key lime juice)
½ can black olives-pitted
3 cloves garlic
1/3 C key lime juice
1/3 C apple cider vinegar
1 C firm pear or mango

DIRECTIONS

Put slightly chopped ingredients into food processor but don't pulse too much

OPTIONAL ADDITIONS:

Sweet corn cut off cob (uncooked)
A sweet pepper (1/2 or ¼ of one)
Some tomatillos

Add for taste:

Chili powder
Cumin
Coriander ground +/-seeds

Mix in unsalted black beans just prior to serving. If you store the Pico with beans in it the fluid is absorbed sometimes, destroying the acidity and causing early spoilage.

INGREDIENTS

3 celery stalks sliced
2 carrots diced
1 onion diced
2 cloves garlic, crushed



2 t sweet paprika
1-2 t crushed red pepper
1 ½ t ground cumin
1 t ground turmeric
1 t ground coriander
1 t salt
28 oz diced tomatoes (can if need be)
6 C water or veggie broth
1 can cannellini beans or chickpeas
½ C semolina flour
3 T freshly squeezed lemon juice
1 C chopped cilantro

DIRECTIONS

Heat the 2 T olive oil in a large soup pot. Add the celery, carrots, onion, garlic, sweet paprika, red pepper, cumin, turmeric, coriander and salt.

Cook over medium high heat for 2 to 3 minutes stirring often until fragrant.

Add the tomatoes, the water in the chickpeas (garbanzo beans) or cannellini beans.

Bring to a boil then put the heat on low and simmer for 20 minutes covered.

Add the semolina while stirring constantly.

Add the lemon juice and the cilantro.

Bring to a boil and turn off the heat.

Let the soup sit covered for 15 minutes.