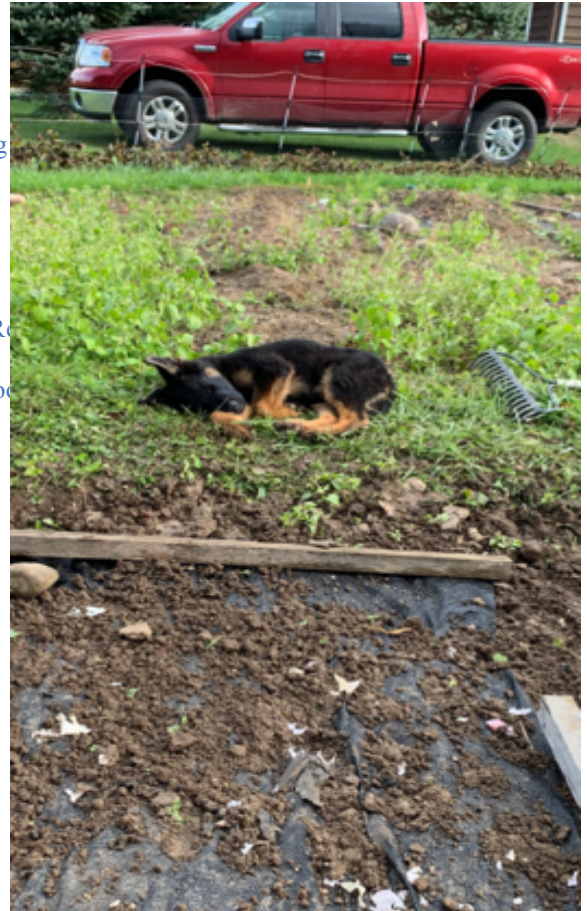


# Eat To Live #28

## AMAZING REFERENCES

Brenda Davis- Chef Del	Becoming Vegan Better Than Vegan	Dean Ornish	Program for Reversing Heart Disease
Joel Fuhrman	Eat to Live	Vicky Cohen	Tahini and Turmeric
Jo Robinson	Eating on Wild Side	Dan Buettner	The Blue Zones
Alona Pulde	Forks Over Knives Family	ColinCampbell	The China Study
We Youngberg	Goodbye Diabetes	David Richards	The Daniel Fast
Michael Greger	How Not to Die	Rip Esselstyn	Engine 2 Seven Day R Diet
CB Esselstyn Jr	Prevent & Reverse Heart Disease	Brenda Davis	Kick Diabetes Cookbo
		ColinCampbell	Whole



I wish I could better promote a healthier way of eating so all my patients can live up to their potential. Horrible trend now emphasizing genetics alone... epigenetics!! Caldwell 250 genes can turn off/50 on; China then mice. Eat what we like instead of the apple itself!?!? Pills/Orwellian. Pleasure principle (aided by affluence), tastes good, do more. Not entirely marketing. God hints: veggies: Daniel 1:12-15. Trust our scientists? 1601 3t lemon and 1795 believed, 1907 meat and cancer linked it's not 2101 yet. 13/7 How many vitamins? Blue zones centurions, national advisor who published yet would not diss meat in formal recce, this is not just wt loss! With high animal protein diets between the age of 50-65 there is a 73-fold increase risk of diabetes. Inflammation, diabetes, heart disease, skin conditions. Quail: Did God hint in Exodus 16:13?

Living in an age dominated by marketing and mass produced food distorts our dietary education. Food preference is MALLEABLE not just richness and sweetness. We must reduce added sweeteners. Reference: Sirach 7:15 "Don't hate hard work and farming, which were created by the Most High." 40 teens (13yo ave) with 21-25% liver fat, more than four times the normal limit. 8wk 9%-1% 30%dn. Fasting 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.

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 under 3yo. More prostate cancer and osteoporosis with more dairy. Saturated fat with more Alzheimer's. Organic is often not needed. 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!FINISH meals with FRUIT! (common in Europe!)

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

## BRUSSELS SPROUTS WITH MAPLE-MUSTARD SAUCE

from Forks over Knives

### INGREDIENTS

½ cup onions  
½ cup low-sodium vegetable stock  
1½ tbsp Dijon mustard  
3 cups Brussels sprouts  
½ tbsp pure maple syrup  
sea salt  
freshly ground black pepper

### DIRECTIONS

Set an electric pressure cooker to sauté or heat a stovetop pressure cooker over medium heat. Add the onion and cook for 1 to 2 minutes, stirring and adding 2 to 3 tablespoons of water as needed to prevent sticking.

Whisk the vegetable stock and Dijon mustard in a small bowl; add the mustard mixture to the pressure cooker. Stir in the Brussels sprouts and pure maple syrup.

Lock the lid on the pressure cooker. Bring to high pressure for 3 minutes. Quick release the pressure. Remove the lid carefully, tilting away from you. Season with sea salt and freshly ground black pepper to taste.

## CANTALOUPE-CUCUMBER SOUP



from Forks over Knives

### INGREDIENTS

1 cantaloupe  
½ cup unsweetened, unflavored almond milk  
2 tbsp lime juice  
½ tsp fresh ginger  
1 cucumber  
sea salt  
2 tbsp finely snipped fresh basil

### DIRECTIONS

In a blender combine cantaloupe, almond milk, lime juice, and ginger. Cover and blend until smooth. Add cucumber; cover and blend until smooth. Season with salt. Stir in basil. Cover and chill at least 2 hours (up to 5 hours).



## SLOW COOKER VEGAN LASAGNA SOUP

### INGREDIENTS

- 4 1/2 cups vegetable broth
- 1 medium onion, diced
- 3 garlic cloves, minced
- 3/4 cup dried brown lentils
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 14 ounce can diced tomatoes
- 1 14 ounce can crushed tomatoes
- 8 lasagna noodles, broken into pieces
- 3 cups chopped spinach leaves

### For the Vegan Pesto Ricotta

- 1 cup raw cashews, soaked in water 4 to 8 hours, drained and rinsed
- 1/4 cup unflavored soy or almond milk
- 1/4 pound extra firm tofu, drained
- 3 to 4 tablespoons [prepared vegan pesto](#), to taste
- 1 tablespoon lemon juice
- salt and pepper to taste

### DIRECTIONS

#### Make the Lasagna Soup

1. Place broth, onion, garlic, basil, oregano and lentils into slow cooker and stir a few times to blend. Set the slow cooker to high and cover. Allow to cook until lentils are just a bit on the firm side, about 2 hours.
2. Add diced and crushed tomatoes to the slow cooker and stir. Allow to continue cooking on high for 2 to 3 hours more.
3. Add noodles and spinach to the slow cooker and give the mixture a stir. Allow to cook until noodles are tender and spinach is wilted, about 12 minutes.
4. Season the soup with salt and pepper to taste.

#### Make the Vegan Pesto Ricotta

1. Place cashews, and milk into food processor and blend until smooth. Add tofu and pulse a few times, just until the mixture takes on a ricotta-like texture. Add pesto to taste, lemon juice, and season with salt and pepper to taste.

#### Serve

1. Divide soup into bowls, and top each with a dollop of vegan pesto ricotta. Serve.