

Eat To Live #29

We are encouraging a return to simplicity in eating. Think before you eat which foods will provide you the most nutrients. Support local commerce, minimize transportation expenditures and consume items locally grown in season. It's peach harvest time, corn is mature and lots of veggies dying to be eaten. Mark yourself as a pursuer of longevity and good health. Healthy eating requires no supplements. Requires no protein shakes. Requires no trips to a health food store.

Often when I listen to the menus thought to be healthy I hear a profusion of meat and milk with whole foods either minimized or processed beyond recognition. Some who come on the whole food journey *add on* whole foods instead of making the entire diet of whole foods. I realize only a few rare individuals take this diet as their continuous fare and I suppose for some it seems better to die at the same time as your peers instead of out-living them by another few decades. BUT at least you will have some options for optimizing your health if you are so motivated.

Our path to healthy eating took quite a while. The journey of whole food eating is one of discovery of tastes and flavors that have been lost in the sea of ever rising sweetness and greasiness (higher satiety). Eating whole foods does require you to measure what you eat and wait for the satiety .

You could have been one of the lucky ones on the ship in 1601 where a shipmaster gave each sailor 3 teaspoons of lemon juice at sea, or you could have been any other sailor for the next 194 years who died of scurvy at sea while waiting for the scientists to agree that something in the lemon prevents scurvy. I hope that because you are here you will be one of the lucky ones.

If you are a sociologist, you could just find cultures with healthy longevity. Or you could 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*). Less inflammatory conditions with such diets including 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 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 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 like the plague sweetened beverages, salty snacks, sweets and lunchmeat! READ LABELS of foods in the stores to avoid high fructose corn syrup, big chemicals, milk products.



VEGAN is not exactly what we encourage tho 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 goes on, we find such additions unnecessary. 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 the traditional Christian practice, certain "partial" fast days restrict foods to fruits and boiled veggies only with no oil. I am sure that allowed for an appreciation of foods in their more raw form.

That said, we are not entirely oil-free, nor are we averse to using wheat, tho we tend to get an heirloom "strong bread flour" from Heartland Mill in Kansas and make our own bread with sourdough fermentation. We enjoy making our own pasta (not a regular thing) 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.

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.

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.

STRAWBERRY GAZPACHO from forks over knives app/web

- 1 lb. fresh strawberries, hulled
- 1 medium cucumber, peeled and cut into chunks (1½ cups)
- 1 medium tomato, cut into chunks (1 cup)
- 1 medium red bell pepper, cut into chunks (1 cup)
- ½ of an onion, chopped (¼ cup)
- 2 cloves garlic
- 1 tablespoon lemon juice
- 1 tablespoon white balsamic vinegar
- ¼ to ½ cup low-sodium vegetable broth
- Sea salt, to taste
- Freshly ground black pepper, to taste

BLEND ALL then GARNISH with sliced fresh strawberries, cucumber slices, and fresh herbs

THAI SLAW Jane Esselstyn from Plant Strong

- 1 and ¼ cup salsa
- ¼ cup natural peanut butter
- 1 tablespoon maple syrup (or less – to taste)
- 1 tablespoon water
- 1 teaspoon tamari
- 2 teaspoons minced ginger (or more- to taste)
- 2-3 shakes of red pepper flakes (optional)
- ½ head of green cabbage, finely shredded
- 1 bunch cilantro, chopped
- 1 red pepper, julienned
- ¼ cup peanuts, coarsely chopped



INSTRUCTIONS

In a saucepan combine salsa, peanut butter, maple syrup, water,

tamari, ginger and red pepper flakes. Over medium heat, warm all ingredients until uniformly blended into a sauce. Then pour sauce over cabbage and toss. In a saucepan combine salsa, peanut butter, maple syrup, water, tamari, ginger and red pepper flakes. Add red peppers, cilantro and chopped peanuts and serve.

PEACH AND PEPPER TACOS

- 1 large avocado, halved, seeded, and peeled
- ⅓ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
- 2 tablespoons lime juice, divided
- ¼ teaspoon hot pepper sauce
- 1 small clove garlic, chopped
- 5 tablespoons orange juice
- 1 teaspoon chili powder
- 1½ cups hot cooked barley
- 2 tablespoons sliced fresh basil
- Sea salt, to taste
- 4 medium peaches or nectarines, halved and pitted
- 12 whole miniature bell peppers in assorted colors
- 1 large fresh poblano chile pepper, halved and seeded
- 1 small yellow onion, quartered lengthwise
- 12 6-inch corn tortillas

INSTRUCTIONS

For Avocado Crema: In a blender or food processor combine avocado; plant milk; 1 Tbsp. of the lime juice; the hot pepper sauce; garlic; and sea salt, to taste. Blend until smooth.

In a bowl combine 3 Tbsp. of the orange juice, the remaining 1 Tbsp. lime juice, and the chili powder. Add barley and basil; toss to combine. Season with salt.

Brush peaches, bell peppers, poblano, and onion quarters with the remaining 2 Tbsp. orange juice. Grill, covered, over medium-high about 10 minutes or until slightly charred, turning as needed and brushing with water as needed to prevent drying. Transfer to a cutting board; cool slightly.

Halve bell peppers and remove stems and seeds. Cut peach halves and onion into wedges; separate onion wedges. Cut poblano into bite-size strips.

Spread tortillas with Avocado Crema. Top with barley mixture and grilled peaches and vegetables