

Eat To Live #31

and seitan are not prominent in this diet. When we first started this journey we were using



We promote a return to pure and simple eating, ie:
Consciously choose foods which provide the most nutrients.
Support local commerce, minimize transportation expenditures and consume items locally grown in season. It's time to harvest pumpkins and settle the garden in for the cold. 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. The journey to whole food eating is one of discovery of tastes and flavors that have been lost in the sea of ever rising fat content. 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, sweetened beverages, salty sn: id
READ LABELS of foods in the s h
high fructose corn syrup, big ch

VEGAN is not exactly what we encourage though there is some overlap. We try to eat foods less manipulated so things like tofu

some cheese and egg to make the whole foods more palatable. As time goes by we find such additions less necessary. Even a sauteed 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.

Bacteria are our friends. 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. 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, a disease previously only found in obese elderly diabetics. In a study of 40 obese teens with premature fatty livers they simply cut 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, 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.

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.

TEX-MEX STUFFED PEPPERS

INGREDIENTS

4 medium bell peppers halved lengthwise

----to the right: the dressing:

1/2 yellow onion diced

1 1/2 tsp smoked paprika

1 1/2 tsp cumin

1/4 tsp salt

1 1/2 cups quinoa

1 3/4 C cooked pinto beans

1 C corn

15 oz diced tomatoes

1/4 cup chopped cilantro

Juice of 1 lime

ranch"

1 cup raw cashews

1/2 cup water

1/3 cup peeled and diced cucumber

2 tablespoons lemon juice

1 tablespoon nutritional yeast

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon sea salt, more to taste

1/4 teaspoon dried dill

blend above for "creamy

INSTRUCTIONS

Sauté onion till translucent, add paprika, cumin, salt

Add quinoa with 3 C water and bring to boil then simmer

After 10 min add the beans corn, tomato, cilantro and lime.

To 9x13 baking dish add 1/4C water and bell peppers open side up.

Drizzle 1T "creamy ranch" into each & fill with mixture

Bake in 400 degree oven, drizzle a little ranch on top, serve

CREAMED KALE

INGREDIENTS

2 bunches kale, washed dried and torn into pieces (ribs removed)

1 garlic clove, minced

2 tablespoons minced shallot

3/4 cup unsweetened Almond Breeze almond milk

1/4 cup freshly grated parmesan (veganize if can)

1/2 teaspoon crushed red pepper flakes

zest of 1 lemon

salt and pepper to taste

INSTRUCTIONS

Blanch kale in salted, boiling water until bright and tender, 6 to 8 minutes. Drain kale into a colander, pressing out as liquid as possible. Set aside.

Sauté garlic and shallots for 3 to 4 minutes. (a bit of oil may be used)

Add almond milk and reduce heat to medium.

Simmer mixture until milk has reduced by 1/3.

Stir in the remaining ingredients and reduce heat to medium-low.

Simmer until thickened and everything is completely combined.

Adjust seasonings and serve.

15 ounces sweet potatoes (save 2 tbsp of liquid)

1 1/4 cups granulated sugar

1/3 cup olive oil or avocado oil or vegan butter

2T ground flaxseed plus 6T water (give it a few min to thicken)

1 3/4 C flour

1 teaspoon baking soda

3/4 teaspoon salt

1/2 teaspoon nutmeg

1/4 teaspoon baking powder

1/2 teaspoon allspice

1 teaspoon cinnamon

1/2 cup chopped pecans (optional)

INSTRUCTIONS

Preheat oven to 350 degrees. Oil up a 9x5 loaf pan

In a large bowl, mash sweet potatoes in 2 T of liquid.

Add sugar, 1/3 C of water, oil, flaxseed (the egg substitute) and oil to the mashed sweet potatoes and mix well.

Add flour, salt, nutmeg, cinnamon, allspice, baking soda, and

baking powder. Mix well.

Stir in chopped pecans.

Pour evenly into prepared pan(s). For the 9x5 pan, bake for 60-70 minutes or until toothpick inserted into center comes out clean.**

Cool for 15 minutes in the pan. Turn out onto rack.

SWEET POTATO BREAD

INGREDIENTS