

# Eat To Live #32

We promote a return to pure and simple eating, i.e. 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. 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, spices and good hydration.

Avoid sweetened beverages, salty snacks, sweets and lunchmeat! READ LABELS of foods in the stores to avoid buying items with high fructose corn syrup, big chemicals and milk products.

VEGAN is not exactly what we encourage though 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 by we find such additions less necessary. Even a sautéed 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 their 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.

## BROCCOLI-CRUST VEGGIE PIZZA

### INGREDIENTS

- 4 cups broccoli florets
- 1½ cups chickpea flour
- 2 tablespoons almond flour
- 4 teaspoons Italian seasoning
- 2 teaspoons regular or sodium-free baking powder
- 4 cloves garlic, minced
- ½ teaspoon ground turmeric
- 1 teaspoon sea salt (optional)
- ¼ teaspoon crushed red pepper (optional)
- 1 cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or rice
- 2 tablespoons lemon juice
- 2 cups 1-inch asparagus pieces
- 1 cup chopped red onion
- 1 cup chopped orange bell pepper
- 1 cup chopped tomato
- 1 medium avocado, halved, seeded, peeled, and chopped (optional)
- 10 to 12 fresh basil leaves, chopped

### INSTRUCTIONS

1. Preheat oven to 350°F. Place broccoli in a food processor; pulse to a ricelike texture.
2. In a large bowl combine the next eight ingredients (through crushed red pepper); mix well. Add broccoli, milk, and lemon juice; mix well. Pour on the prepared baking sheet and spread into a rectangle about ¼ inch thick. Top with asparagus, onion, bell pepper, and tomato.
3. Bake about 40 minutes or until there is browning on top and edges. Let cool completely. Using a thin spatula, separate pizza from parchment. Slice pizza. Top with avocado and garnish with basil. Serve at room temperature or reheat.

## ROASTED ASPARAGUS WITH TARRAGON AND BALSAMIC

### INGREDIENTS

- 2 lb. fresh asparagus, trimmed and cut into 3-inch pieces
- 4 scallions (green onions) cut diagonally into 2-inch pieces (1 cup)
- 1 red bell pepper, thinly sliced and cut into 2-inch pieces
- 1 teaspoon miso paste
- ½ teaspoon chopped fresh tarragon leaves
- ½ teaspoon garlic powder
- 2 to 3 tablespoons balsamic vinegar
- Freshly ground black pepper, to taste

### INSTRUCTIONS

1. Preheat oven to 400°F. Line two shallow baking pans with parchment paper or silicone baking mats.
2. In a large bowl combine asparagus, scallions, and sweet pepper. In a small bowl stir together 2 Tbsp. water, the miso paste, tarragon, and garlic powder. Drizzle over vegetables; toss to coat.
3. Roast 7 to 9 minutes or until vegetables are just tender. Drizzle with balsamic vinegar season with black pepper, garnish with additional fresh tarragon.

## BARBECUE STUFFED SWEET POTATOES WITH SMOKY JACKFRUIT

### INGREDIENTS

- 4 small sweet potatoes
- ¼ cup apple cider vinegar
- 1 tablespoon + 2 teaspoons pure cane sugar
- 1 medium red onion, halved and thinly sliced
- 1 15-oz. can no-salt-added tomato sauce
- 1½ teaspoons chili powder
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- ½ teaspoon smoked paprika
- ½ teaspoon ground ginger
- 1 14-oz. can green jackfruit, drained and chopped
- 1 cup refrigerated steamed lentils
- Sliced English cucumber (optional)

### INSTRUCTIONS

1. Preheat oven to 425°F. Scrub sweet potatoes thoroughly; pat dry. Bake 40 to 60 minutes or until tender. Let stand until cool enough to handle.
2. Meanwhile, for quick-pickled onion, in a small saucepan bring vinegar, 2 teaspoons of the sugar, and 1½ teaspoon water to boiling. Stir in onion. Remove from heat; let stand for at least 20 minutes, stirring occasionally. Drain before using.
3. In a medium saucepan stir together the next six ingredients (through ginger) and the remaining 1 tablespoon sugar. Stir in jackfruit and lentils. Bring to boiling; reduce heat. Cover and simmer 5 minutes to heat through, stirring occasionally.
4. Cut a slit in tops of the potatoes. Fluff potato pulp with a fork. Top with jackfruit mixture, pickled onion, and cucumber (if using).