

EAT 4 THE HEALTH OF IT

JAN 2017
Vol 1-17

A newsletter for Healthy Eating Adventure® (HEA)

Shippensburg University on November 19, 2016 held graduation night for the **HEALTHY EATING ADVENTURE**. It was a beautiful evening full of celebration, warm friendliness, encouragement and achievement. Well done to everybody who graduated and many thanks to the volunteer support team!



Newsletter edited and produced by BJ Reed

Our next HEA will be hosted by Penn National Golf Community in Fayetteville, PA - starting with the Kickoff on January 17, 2017 with Dr. Elizabeth George's presentation and a whole foods, plant-based dinner. Check details on p.7 and on the [HEA website](#)

Happy Healthy

Faces!!!



Look on page 2 to see what Adventurers had to say about their HEA experience!

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Chili Cook-off at Chambersburg Ice Fest
JAN 28



Here's what Adventurers had to say at SHIP 2016 Graduation:

Tammy – "I was a vegetarian – now with 100% whole foods, plant-based I feel way better physically. I'm much more alert as to what I'm putting into my body and I love the potlucks."

Jerry – "1st Adventure – I was very unhealthy before. I had 5 stents. After a week of eating this way the nagging fleeting chest pains I had been having disappeared. Lots of positives. I love the support I have from friends. Numbers went down. I'm committed to continuing."

Kristin – "My 2nd Adventure – lost weight and am so excited that we have this Adventure in our area. I love the sense of community and friendship and being together and potlucks."

Beth – "I overcame the challenge of going "all in" – I love the mindfulness it requires and honoring yourself. I lost weight, my #'s went down and I feel better. Personally it's very rewarding."

*See more testimonials on the HEA website.



Winter in the Garden

This time of rest is welcomed. As winter settles in, my kale still produces but everything else is done for the season except for few herbs still standing.

The summer abundance of herbs time lulls me into thinking there will always be dill or basil at my fingertips, then cold weather finds me going to the Giant, grumbling about "buying herbs". Luckily this year I tried the Tom and Jan Good's method of preserving herbs. This method preserves the color and freshness of delicate season herbs.

1. Cut fresh herbs (dill works perfectly), wash and air.
2. Wrap dry herbs in paper towels. Fold and turn down the edge.
3. Put it in hydrator until ready to use.

RECIPE WITH DRIED DILL

SAAG... (middle eastern recipe)

Sauté one chopped onion in white wine or water

Add 2 boxes of frozen chopped spinach

Add 2 tablespoons of dried dill

2 tsp ground coriander

Add 1 bunch of chopped cilantro

½ tsp salt and a dash of cayenne

First sauté onion, then add other ingredients and cook over medium heat about 20 min. stirring and adding water if needed.

Lemon juice is a nice finish to the dish when serving.

Healthy Food Comes in Many Flavors!

As the weather dropped this December, we delighted in the warm, spicy flavors of a delicious lunch buffet at our Indian restaurant on Wayne Avenue, Chambersburg: [The India Café](#). From whole grain naan bread and rice pudding to exquisite curries, special spices and aromatic herbs, we were spoilt for choice! Thankfully, we will get another opportunity to finely dine Indian style again at the beginning of 2017! Make sure you join in the fun! Stay tuned! Stay healthy! Keep warm and kitchen-creative as we go into 2017! ...*Roshni*



News from
Wilson's Fulton
Center



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Join Us



FRESH Series

Finding Responsible Eating Strategies for Health

Nutrition Made Clear:

Why We Eat What We Do

by *Roberta H. Anding*

Saturday, Jan. 28

1:30 p.m.

Allen Auditorium, Warfield Hall

The event is free and open to the public.

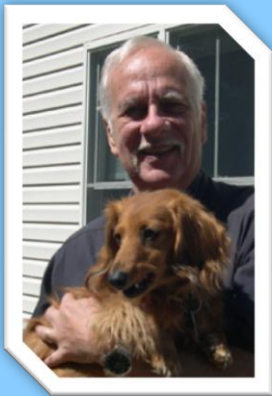
Features a video lecture by Anding followed by a panel discussion with B.J. Reed, plant-based health food coach; Julie Rauli, associate professor of sociology; and Cindy Bryant Weidman, registered nurse and health educator.

Opportunity for additional lectures if there is sufficient interest.

For more information, go to wilson.edu/fultonevents

WILSON
COLLEGE

cook well, eat well, live well



In the News with Tom and Zipper

One aspect of eating plant-based that receives attention is the health benefits enjoyed by those partaking in this dietary lifestyle. Although one can never be assured as to the specific benefits resulting from healthy eating, one can be assured that benefits will indeed result. However, as we continue along the path of eating whole foods and plant-based, other less promoted benefits will be realized: Less cruelty to animals, gains in the reduction of societal health issues, reduction in environmental destruction and waste (soil, water, air etc.), witness to younger people as to proper nutrition and governmental cost savings - to name a few.

They say that every journey begins with the first step. Consider eating whole foods, plant-based an important first step, a small one, but an important one nonetheless. Keep walking!

Upcoming Penn Nat'l Adventure

Penn National Healthy Eating Adventure in January 2017 is perfect timing for participants who are intent on keeping their New Years Resolution. If you've been wanting to change your eating habits but can't figure out how, taking on a whole foods, plant-based diet makes this a lot easier. At the Healthy Eating Adventures, the eat and learn potlucks make the difference — folks sharing "how did you make this", "where did you find this", "what seasoning is that", "how do you roast veggies", "how do you cook without oil", "what do you take for lunch" and more wonderful conversations and solutions. I remember more than one conversation about how this way of cooking is actually *easier and less expensive!*

Adventures are always full of energy and community! And as the weeks go on people get more energetic and upbeat — it's the plants!!! You can see this in the Adventure photos. One thing I notice at Penn National, participants go crazy over the beauty of the food and love taking pictures. Food made from plants (rather than made in plants) is just so colorful, we just can't help but want to share the beauty!

And now for the Numbers from 2016 Penn National Adventure: Average drop in LDL totals was 17 points! Average weight loss 5.2# in just 4 weeks (continue this whole foods, plant-based lifestyle — and watch your weight normalize!). 5 out of the 6 pre diabetics normalized their fasting blood sugars. And the participant with diabetes dropped her fasting sugar from 378 to 142!! We have to remind participants with hypertension and diabetes that they will need to have their medications adjusted downward (or stopped) and changes can be seen within a week.

Join us in January 2017!
(See p. 7 for details)



HEA program was created in 2010 by Dr. Liz George of Mercersburg PA to encourage a lifestyle of whole foods, plant-based eating for the community and beyond. It is a community service of MacWell with sponsors including Wilson College, Shippensburg University and Penn National Golf Course.

In just 28 days you will...

- *Re-awaken ability to enjoy flavors of food
 - *Lose cravings for sugar, salt and fat
 - *Lower blood pressure and cholesterol
 - *Lose body fat
 - *Normalize blood sugar
 - *Sustain good health
- All with the help of a coach and on-going support.**

In the Kitchen with Coach BJ

PEAS AND BEANS SOUP

We like it, packed with protein
and warms the heart!

- 1 medium carrot, sliced
- 1 celery stalk, sliced
- 1/4 cup shallots, sliced (2 small)
- 2 cloves garlic, slices
- 3 cups vegetable stock (low sodium)
- 4 cups water
- 1 (28-ounce) can Italian plum tomato, low sodium
- 1/3 cup green split peas, rinsed, sorted
- 1/3 cup yellow split peas, rinsed, sorted
- 1/3 cup lentils dried, rinsed, sorted
- 2 cups cabbage, shredded
- 1 medium apple (no need to peel if organic), cored and chopped
- 1 (14-ounce) can pinto or adzuki beans, low sodium, include brine
- 2 tablespoons nutritional yeast
- 2 tablespoons tomato paste
- 1/2 lemon (juice)
- 1 teaspoon dried basil (1/4 cup fresh)
- 1 teaspoon mild chili powder
- 1/2 teaspoon dried savory
- 1/2 teaspoon turmeric
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- +++++

In a large soup pot, sauté carrots, celery, shallots and garlic until the shallots are translucent. Add all other ingredients into the soup pot. Heat to a boil, simmer for about 25 minutes or until vegetables are cooked to your liking. Serve over leafy greens.



Serves: 8
Prep Time: 20 min
Cook Time: 30 min

Nutritional Facts
Amount per Serving
Calories 204
Calories From Fat 4

Total Fat	0g
Saturated Fat	0g
Sodium	185mg
Total Carbs	36 g
Dietary Fiber	14 g
Sugars	8 g
Protein	13 g

coachbj.com

More recipes
and videos



cook well, eat well, live well



HEA programs are supported in part
by a grant from the Summit
Endowment www.summithealth.org

Dr. Liz's Corner



Put Food on the Table in 2017

As the State of the Union Address approaches, we wonder what the priorities of the new President and Congress will be. If the election debates are any forecast, we should be concerned that the most significant of challenges and opportunities might be missing: our food. Whether for health, the economy or the environment, nutrition is the predominant issue facing us. Overlooking this is the predominant threat to global security.

Diabetes alone costs America \$322 billion a year, not that far behind US military spending of \$596 billion. With diabetes being largely preventable or reversible with a whole foods, plant-based diet, surely this potential for large government savings should garner some attention from congress.

3.2 Trillion dollars was spent on health care costs last year; 86% of health care dollars are spent on chronic disease such as diabetes, heart disease, hypertension, and stroke. These are lifestyle diseases – preventable with a whole foods, plant-based diet, regular physical activity and not smoking. This year again meat was regularly in medical journal articles for its role in cancer and heart disease. Whole grains and fruits and veggies were again the heroes in prevention of disease and promotion of healthy aging. The evidence mounts for whole foods, plant-based habits and exercise in reducing Alzheimer's risk.

On the standard American Diet the economy is impacted not only by health care costs, but lost man power in the form of illness, less energy, incapacity (such as from obesity and arthritis), less clarity of thinking. Whole foods, plant-based diet "grows" a stronger more vibrant work force.

How we raise our food (and what we raise) significantly impacts the environment. Livestock grazing and grain feed contribute to 90% of deforestation, and the oceans are unbalanced and depleted from overfishing, as well as from runoff containing pesticides, hormones and antibiotics. These immense tracts of land used for grazing and feed contribute largely to loss of biodiversity (both plant and animal species).

Along with CO₂, ruminants produce a significant portion of the methane (23 times the global warming potential (GWP) as CO₂) and nitrous oxide in manure (296 times the GWP of CO₂). Raising livestock takes more than 10 times as much water than the same amount of calories in plant foods and contributes significantly to water pollution. Consider in contrast fruit trees that utilize the CO₂ and help provide shade, capture water in their foliage and roots and stabilize soil from erosion. The amount that could be written on this would fill volumes.

So there are many reasons for Congress to focus on food and nutrition, but one that should speak clearly nonpartisan to them is the simple economics of it. In 2013 the government shutdown and sequestration was over an 86 billion dollar discrepancy in the budget. The \$322 billion on diabetes, preventable through a whole food, plant-based lifestyle should be an eye opener.

Yet last year the government bought \$20,000,000 of excess cheese and gave it to the school lunch program; instead they could have let market forces let the excess cheese be a message to the dairy industry regarding their overproduction. Rather, directing the money to the increased fruits, vegetables and whole grains, reduced sugar and fat recommended by the scientific advisory council on school lunches could go a long way in reducing the current rate of obesity in children (1 out of 5!). That amount of money would also go a long way toward putting home economics back in schools to teach cooking from scratch.

Another Whitehouse conference on nutrition (the last was in 1969) and a nonpartisan policy promoting education, food programs, and large-scale land use planning for water, soil and "nutrition" conservation is in order. With continued government and consumer encouragement manufacturers and restaurants can continue to respond to the need to limit fat, sugar, salt, and additives and provide more whole food variety.

We've all discovered the benefits of whole foods, plant-based eating, as well as the frustrations of the overwhelming amount of processed foods in grocery stores and limited selections at restaurants. To keep this lifestyle, we have to share it – help it spread to friends, family, coworkers and communities and continue to volunteer for the HEA programs. And we have a bigger imperative, your Congressmen need to hear from you about your whole foods, plant-based success and the potential USA and worldwide benefits.

<http://www.consumer.org> is one site that has contact info.

JOIN the HEA TEAM for the
Penn National Golf Community Adventure
Kick-off on JANUARY 17, 2017

Join our next Adventure at Penn National Golf Community



www.healthyeatingadventure.org

Would you like support
for taking on **healthy
eating habits?**



GET STARTED with a
FREE Lecture by Dr. Liz George
Tuesday, January 17, 2017 @ 6 PM



"A Research-Based Revolution
in Healthy Eating"

Founders Grille at Penn National Golf Club
Fayetteville, PA

Dinner follows at 7:15 pm

Reservation Required for Dinner:

Call: Patti Peck 717-352-3046 or ppeck@pennhomes.com

Dinner costs: \$15

Come learn how
**IN JUST 28 DAYS
YOU CAN...**

- Lose cravings for sugar, salt and fat
- Lower blood pressure and cholesterol
- Lose body fat
- Sleep better, increase your energy
- Help prevent and reverse diabetes
- Be heart-attack proof
- Sustain good health

**The 28-Day Healthy Eating
Adventure Includes:**

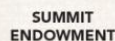
- A coach and ongoing support
- Health Screening with lab (18 and over)
- Resource Materials and Cookbook
- "Kitchen Makeover" - January 24
- "Learn and Share" weekly potlucks -
January 31 – February 14
- Celebrate Success - February 21

Registration available after the lecture.

Cost: \$65/Individual, \$90/Family (A \$270 value
made available through generous sponsorships and volunteers)



Healthy Eating Adventures are a community
service of MACWell and sponsored by:



Return adventurers pay \$30.00 for lab work only