

EAT 4 THE HEALTH OF IT

April 2017
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A newsletter for Healthy Eating Adventure® (HEA)

Penn National Adventure Graduation 2017



Newsletter edited and produced by BJ Reed



Here's what participants are saying...

I couldn't believe my cholesterol dropped 34 points in 28 days!

I am sleeping better and have lost 16 pounds!

I lost 7 pounds and total cholesterol went down 38 points! I appreciated the Restaurant discussion to help with going out.

My body feels much better this go around. Feeling great right now. The community of HEA is a special thing and something to hold on to.

My inflammation was down and I can remove my rings now.

I feel better every day and have more energy.



Share the word with your family, friends and coworkers – our next HEA will be hosted by Wilson College starting with the Kickoff on June 13, 2017 with Dr. Elizabeth George's presentation and a whole food, plant-based dinner. Check for updates on the HEA website.

Schedule of events

[Check out HEA's website and blog](#)

[See what's going on at Wilson's Fulton Center](#)



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OPENS
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In the News with Tom and Zipper

Albert Einstein, who was better known for his physics and math than for his interest in the living world, once said: "Nothing will benefit human health and increase chances of survival of life on Earth as much as the evolution to a vegetarian diet." (WorldWatch). Now is this "fake news" or not? Akin to Global Warming, assertions such as these can be dismissed as mere doomsday prophecies and simply inaccurate. Deforestation, grassland destruction, decreasing supply of fresh water, issues associated with waste disposal, energy consumption, global warming, food productivity and lifestyle disease are all signs of liberal hysteria. Or are they? As people continue to consume meat, they are participating in the devaluation of the legacy we leave to future generations. By eating a plant based diet, we are doing our share to insure that future generations can also enjoy the bounties of nature just as our generation has. Our small contributions to a meatless diet will generate rewards that we will not see nor enjoy but that our grandkids will. And we can finally say that we are as smart as Albert Einstein...at least on this issue.

It's all about the beans!!

Once again HEA volunteers participated in the Chili Cook Off during the Annual Ice Fest in Chambersburg PA. Thanks Nick and SHIP U for the beautiful kitchen space.



Spring is here at last!

It is planting time for cold weather vegetable crops and for separating perennials. If you plan ahead, you can get 3 plantings in our Franklin County season. I plant my cold crops; onions, potatoes, broccoli, cauliflower, kale, peas, beets and greens, the first week in April. Check the garden centers and see what they have in stock. Those plants will be ready for harvest by the time the soil is warm enough for tender summer vegetables like tomatoes and cucumbers. At the end of August, you can begin the rotation on the cold weather crops again.

Perennial flowers are peeking through the soil now and will appreciate being separated and given more room in the garden. Hostas and iris and peonies are popular local plants that are good candidates for separating. Dig a circle around the plant deep enough to lift the whole plant, tease the roots apart and replant what you want to keep and relocate the residual.

Need plants: *Master Gardeners' Plant Sale* – veggies and flowers– May 20th 9:00 to 1:00 Franklin Farm Lane;
Vo-Tec Center Greenhouse Sale – veggies and flowers– Route 11 South opens April 23rd open mornings.

Patti's Garden Path

In the Kitchen with Coach BJ

My **NEWEST** eCookbook is OUT! Whole food, plant-based **DESSERTS**, no oil recipes, low sodium and less sugar. Comfort food recipes include BJ's Double Chocolate Cake, Sweet Potato Pie, Fudge with Walnuts and more. There are 35 recipes with 63 beautiful photos. You can download various digital formats for **\$2.99**. Instantly view and/or print recipes from a computer and eBook. This book is the second book in my new series of topics...more eCookbooks to come including easy meals, soups/stews, sides, sauces/salads and pressure cooker meals. Enjoy the BAKING fun!

Check out my website for more details and photos
coachbj.com
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and videos



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



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.

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

Eating out locally...

Hoss's Family

Great looking Salad Bar – plenty of greens and beans



Once again HEAers were treated to a delicious lunch buffet at the Indian restaurant on Wayne Avenue, Chambersburg [The India Café](#).





Panera Bread

Breakfast until 11:00 AM. Steel Cut Oatmeal (just ask for... no-dairy, Almond milk on the side)





Each newsletter we feature some wonderful eateries...wherever our roving reporter spots HEA eaters. Check out our website for more local places to eat.



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Fulton Farm will once again have their Campus Farm Stand at Wilson College. Beautiful ORGANIC produce will be offered for sale every Wednesday from 4-6 pm (watch for opening date).

This season the FULTON CENTER will be doing a monthly educational program at the North Square Farmers Market in Chambersburg.

Fulton Farm CSA is now accepting registrations for the 2017 season. You are welcome to contact **Chris Mayer** for specifics or other details.

To summarize benefits of Fulton Farm CSA:

- * 24 weeks of USDA Certified Organic produce
- * Pick up days are Tuesday or Friday
- * Whole (weekly) or Half (bi-weekly) shares are available
- * Discount for working members
- * Community educational and social programs
- * Weekly newsletter in season

In addition, your share also support sustainability and healthy lifestyle programs for the campus as well as our community (like HEA), you help to train the next generation of farmers through our intern and apprentice programs, you provide fresh food underserved populations (Gleaning Project) and you promote community supported agriculture nationally through the Robyn Van En Center's work.

Dr. Liz's Corner



What is Whole Food?

Did you know that unassuming celery has anti – cancer properties along with anti-hypertensive? What got me thinking about “What is Whole?” was an article on celery, one of my childhood favorites – more on that later.

“The whole is greater than the sum of its parts” – is perfectly exemplified by how a plant based lifestyle sustains us:

Plants are “whole” by themselves – They don’t need the added fats, salt, sugar, preservatives, coloring agents that are often included in packaging/canning and in pre-made foods. These additives add to heart disease, Alzheimer’s and cancer (a simplified list). For peak nutrient content and quality, produce is best bought fresh or frozen at peak ripeness. (Or better yet, grow your own or buy a share in your local organic CSA’s.)

In their “whole” state many foods store easily in our fridge for weeks – carrots, celery, cabbage, apples, oranges, beets, turnips to list a few; potatoes, Jerusalem artichokes, onions, garlic – store easily in a cool, ventilated place. Whole grains, dried beans, dried herbs maintain their nutritional value even for years when kept in a cool, dry place. (Isn’t it amazing that they could still sprout grains found in ancient Egyptian tombs – the power of plants!!) However, plants pulverized and strained into oils, go rancid.

“Whole” includes the skins and outer leaves where many of the nutrients are concentrated along with additional fiber. For examples: Keep the peels on for your mashed potatoes and don’t peel carrots. Try to remove onion skins minimally, and the outer skins can be saved for making your veggie stock. Wash, don’t throw away the darker outer leaves of your Romaine and cabbage. (They’re darker because of the higher nutrient content – plants get their colors from their nutrients). Even learn to use orange and lemon “zest” (grated peel).

Whole includes the pulp. When food is “juiced”, the pulp, a main source of the nutrients and fiber, is thrown away. (Drinking the juice separated from its fiber causes the natural sugars to be absorbed very quickly, raising blood sugar) Blending (into “green smoothies”, for example) conserves more of the fiber and nutrients, and makes it easy to consume more greens etc. – but, taken in this way, we miss out on the valuable role that chewing plays in adding saliva, digestive enzymes and cues to process foods and absorb nutrients most effectively.

Whole includes the grain that houses the nutrients necessary to grow the new plant – the vitamins, minerals, antioxidants, amino acids. These are what nourish us and are lost in white flour, white bread, white rice, noodles, chips and crackers. Choose whole grains.

Eat a whole variety of foods to get all your nutrients; celery is a nice addition to our food variety. When my mother was working on supper for our family of 6 kids – carrots and celery sticks were always around to keep us “snack happy” AND because she had this natural instinct for power packed foods. So when I read about celery (Mar 1st – “Truth about Cancer”), I thought “Mom was right again ☺”. Packed with vitamins, minerals and electrolytes, celery also contains *apigenin* and *luteolin*. These compounds are bioactive flavonoids that work as antioxidants. The apigenin component of celery fights cancer cells by inducing apoptosis (programmed cell death), which causes the cancer cells to self-destruct. Luteolin has the capacity to short circuit the replication cycle of cancer cells. If we eat all the colors of the rainbow, and a variety of the 4 food groups – fruits, veggies, legumes, whole grains – we won’t overlook unsung heroes like celery in our “nutrition armamentarium”.



Go the Whole Way. Get the full benefit from your whole foods plant based eating by leaving out harmful processed foods, junk foods, fast foods and animal products.

Eat your nutrients in the form of whole foods; our body is so complex, scientists have yet to unravel all its intricacies and needs. Supplements simply can’t fill the complexity of the picture. And when we separate out nutrients into supplements – we’re missing other key ingredients (some that we probably don’t even know about) contained in the whole food. Also the whole food is important in absorption.

Consider the whole person; we are indeed what we eat. Our bodies are extraordinarily complex systems of hundreds of thousands of instantaneous molecular reactions. These processes all link together, one leads to the next. The food we eat provides the enzymes (often vitamins) that make these molecular interactions function efficiently. Our food also provides key molecules that balance these interactions. For example, consider the complex “Kreb’s Cycle” – the molecular cycle that creates energy in our bodies. In the process, it releases “free radicals”. The foods we eat are the source of the antioxidants that are essential to balance the free radicals. Left unbalanced – i.e. not completing the **whole molecular equation** with the antioxidants found in plants – these free radicals can play a harmful role contributing to inflammation and cancer.

Consider that the whole picture includes our environment. What we eat doesn’t just impact our health; a plant based diet is key to a sustainable environment. The excess land and water used to produce and process animal products, would go a long way toward feeding the world healthfully if it were used instead to grow plants for human consumption.

The whole is greater than the sum of the parts also applies to community. A community working together is greater than the sum of its individuals. When we participate in and spread the word of our Healthy Eating Adventure community, we bring each other and the world closer to the peaceful, sustainable, healthful whole foods, plant based lifestyle.