

# EAT 4 THE HEALTH OF IT

AUG 2018  
Vol 2-18

A newsletter for Healthy Eating Adventure® (HEA)

## Congrats GRADS!

WILSON's 2018 HEA Adventure  
Graduates, Family and Friends Celebrated!



### Here's what participants are saying...

I've tried so many diets, this whole foods plant-based lifestyle is the first where I've felt satisfied and empowered; I'm no longer hungry all the time.

I was interviewed by a national publication to talk about exercise and heart health. But I talked more about whole foods plant-based eating with the interviewer, because it has been the most impactful in improving my congestive heart failure and my health in general.

My anxiety meds were cut by half and my husband's anxiety also was cut in half!

I lost 12 pounds – this Adventure has helped me to stay on track.

My Cholesterol is down 30 points.

My blood pressure medication was cut in half.

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Newsletter edited and  
produced by BJ Reed



The next HEA will be held at  
Carlisle War College starting  
Oct 23, 2018. Look for  
updates on the HEA  
website.

#### Schedule of events

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

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



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, Shippensburg University and Norland Pharmacy.



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.

**Thank you to Norland Pharmacy for Sponsoring our Wilson Adventure.**

Thank you to Summit Endowment Fund.

## 2018 HEA at Wilson College

This summer's Healthy Eating Adventure at Wilson College, for the 7<sup>th</sup> year, kicked off with Dr. Liz George's presentation and a delicious whole foods, plant-based meal. The program included a Kitchen Make Over presentation with a short film, knife skills, Ask the Doc, cooking demo, shopping trips, coaching, testimonials and teamwork. The super hot weather did hold off for one pot luck to be held at the Fulton Farm Pavilion, Laird Hall made a great space for other pot lucks. Thank you Wilson College for the generous use of this space. Wilson's HEA wrapped with a potluck graduation with participants, family and friends. Congratulation to all new graduates who will share this healthy way of eating with other community members!

We are able to hold these events due to the dedication of the coordinators, coaches, presenters and tour guides...thank you!

**Thank you Chris Mayer, Director, FCSS for hosting Wilson's HEA.**





## 2018 HEA at Wilson College



**And once again we had adventuresome kids adding to the fun. Congratulations parents on a great start for your kids; think what a difference they will make!!**





**In the News with Tom and Zipper**

Mortimer Mouse, better known as **Mickey Mouse**, will be 90 years old on the eighteenth of November. He is looking good. Now I know why. Research recently published in **Immunity** shows that mice fed on a diet rich in indole-3 carbinol which is produced when we digest vegetables such as kale, cabbage and broccoli were protected from gut inflammation and colon cancer. We all know vegetables provide numerous benefits but many of the mechanisms that provide the benefits remain unknown. This study is a first and hopefully not last to offer concrete evidence of how I3C in the diet can prevent colon inflammation and cancer. Vegetables offer many health benefits and science is beginning to fill in the blanks as to how and why. That might explain why Porky Pig and Elmer Fudd appear overweight and unhealthy....not enough veggies!



**Summertime - Take advantage of the harvest and freeze or can for Winter**

Our valley provides produce that is higher quality than what is available in the grocery stores so why not save it for winter? The garden is either feast or famine, right now it is feast and we are harvesting and freezing and canning: Here is what I do.... Have a party! Many hands make quick work.

It started with 200 ears of corn and an elderly friend who missed "putting up corn" now that she lives in a condo. So, I mentioned it in a meeting and had a volunteer from the pro shop who thought it sounded like fun. Before I knew it there were 4 of us husking and parboiling and cutting and bagging and laughing and eating and everyone had some to take home to their freezers for the Thanksgiving dinner.

Since then, we have had beet parties and lima parties and vegetarian chili parties and the much-shared joy. As my Dad used to say, "it's not work, if you're having fun".

**Patti's Garden Path**



## In the Kitchen with Coach BJ



ANNOUNCING the release of my latest eCookbook

### Enjoy Cooking Whole Food, Plant-Based **SOUPS&STEW**s with Coach BJ

Enjoy 35 Soup sand Stews recipes along with  
35 beautiful photographs

[View details](#)



*cook well, eat well, live well*

### Manhattan no-Clam Chowder

Here's a great comfort food, the blended flavors and textures will satisfy your taste buds! (See cover image.)

- 2 cups water
- 1 tablespoon garlic minced
- 1 onion, diced
- 2 carrots, diced
- 2 stalks celery, sliced
- 2 potatoes, diced with skin
- 8 ounces Shiitake mushrooms, diced
- 1 tablespoon parsley
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon dried savory
- 1/2 teaspoon paprika
- 3 tablespoons nutritional yeast
- 2 tablespoons tomato paste
- 1 teaspoon oregano
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 lemon, juice
- 1 1/2 sheets nori roasted seaweed, crumble
- 1 (28 1/2-ounce) can crushed Italian plum tomato

*Optional:* 1/2 cup dry sherry

+++++

*Pressure Cooker:* Prepare all vegetables. Shiitake mushrooms chopped have the same look and texture as clams.

Place all ingredients, except sherry, in the pressure cooker. Cook on medium pressure for 4 minutes. Take cooker off the hot burned, let it set for 10 minutes then quick release the pressure. After pressure is released, add sherry to chowder, stir. Serve warm. (Stove Top directions featured in book.)

#### NUTRITION FACTS

Calories 161, Calories From Fat 4, Total Fat 1g, Saturated Fat 0g, Chol 0mg, Sodium 64mg, Total Carbohydrate 27g, Dietary Fiber 7g, Sugars 5g, Protein 7g

Check out my  
BLOGS  
[coachBJ.com](http://coachBJ.com)  
including how-to  
videos and more  
recipes!  
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## Eating out, day trips...



### Love Again Local Vegan Restaurant

West Chester, PA



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



### Tomato Pie Café Lititz, PA



### Root Vegan Restaurant Lancaster, PA

## Shopping locally.....



### NORTH SQUARE FARMERS MARKET CHAMBERSBURG, PA

MAY 26th – OCT 20st, 2018  
Saturday Mornings  
8am – noon  
Rain or Shine!

Support local farmer's stands and grocery stores which support local growers. Don't forget to...**Thank your community farmers for their hard work!**

## Dr. Liz's Corner

### How Does a Whole Foods Plant-Based Lifestyle Treat Inflammation?

Dr. Mike Gaudiose referred Ms. S. to the Wilson College HEA to help treat an inflammatory condition. Ms S. had years of lower back and hip pain and stiffness, and a variety of other joint symptoms as well as IBS. Recently she was diagnosed with a condition known as Ankylosing Spondylitis with tests for inflammation and a test known as “HLA B27 testing”. Methotrexate was recommended but she wanted to try dietary changes first, a recommendation by Dr. Gaudiose. Within 3 weeks of whole foods plant-based eating she noted she no longer had the chronic back and hip pain, energy was significantly improved and her IBS had resolved. Amazing what plants can do!!

**There are many clues** as to how a whole foods plant-based lifestyle reduces inflammation. Plants are dense with polyphenols – i.e. phenolic acids, flavonoids, stilbenes, lignans which research has shown to have antioxidant, anti-inflammatory and anti cancer properties. Of course it's helpful to leave out processed foods and “non-foods” with many additives, which likely contribute to inflammation. Anti oxidants are crucial to our



body's functioning and repair because they balance the “free radicals” that are produced in our body's daily routine of making energy – the Krebs's Cycle, as well as other biochemical processes. Sadly, the current Standard American Diet is very low in antioxidants because it is low in plants; plants contain on average 64 times as much antioxidants as animals.

**A recent Journal of the American Medical Association (JAMA) article adds another clue.** The July 24/31, 2018 issue reported a study which found that 26% of participants had **antibodies to “alpha-Gal” a complex sugar**

**that is a main allergen in red meat.** They were found to have more arterial plaque build up than those without the antibodies, and those plaques were likely to be less structurally sound; that is, they could rupture more easily and block an artery. An inflammatory component to heart disease has long been suspected. Researches found that, while a small percentage of individuals have florid allergic reactions to red meat, 20% might develop alpha-Gal antibodies without allergy symptoms, which could contribute to chronic smoldering inflammation.

**Cleveland Clinic researchers studied TMAO production.** They showed that the omnivore microbiome converts carnitine from animal protein to TMA, which the liver converts to the inflammatory molecule TMAO. TMAO is damaging to our blood vessels, contributing to plaque build up as well as inflammation. This inflammation also contributes to chronic kidney disease and diabetes. (See graphic page 8.)



### Skyline Drive and Blue Ridge Parkway

Amazing feats of vision and perseverance...but the results are enduring and valuable to all...kind of like shifting the world's eating habits to whole foods plant-based lifestyles!



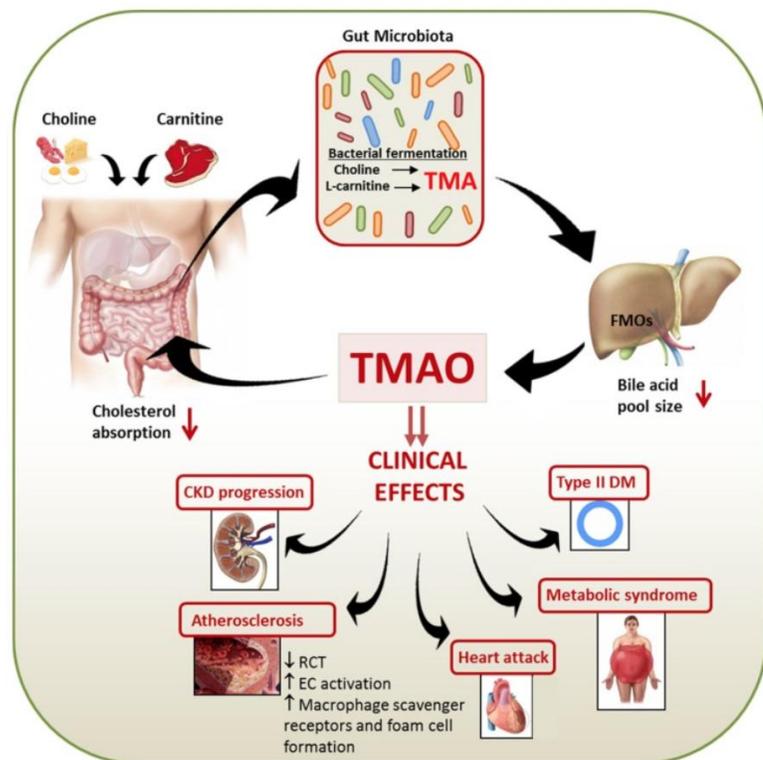
**A 2015 study by Sutcliffe et al, showed that a vegan diet, rich in fruits, vegetables, whole grains and legumes, significantly lowered CRP!** CRP (C-Reactive Protein) is another molecule produced in reaction to inflammation. A study by Macknin et al in February 2015 Journal of Pediatrics also showed this result in parents and their children who were placed on a plant-based diet; the other arm was placed on an American Heart Association diet which did not lower CRP.

**In the past 8 years (Oct. 2010 – Oct.2018) HEA has had over 500 participants.** With our recent Wilson Adventure, almost all participants, as usual, lost weight, cholesterol dropped for many (even by 50 points), those with hypertension experienced improvement and not surprisingly improved diabetic control. In addition to Ms. S., we've had other patients with marked improvement in joint pains and also in inflammatory rashes such as chronic acne, psoriasis, Eczema and seborrhea. As always, plant-based eating is certainly worth a try before trying some of the newer advertised drugs.

It really is no wonder a Plant-based lifestyle reverses inflammation and so many other chronic conditions. This way of eating is “simply” adding back the 1,000’s of helpful molecules that our body needs to function, grow and repair, and it’s leaving out the damaging animal and processed foods.

Read more **ON OUR WEBSITE** about fantastic results and why plant-based eating makes this difference.

### How the Inflammatory Molecule TMAO is Produced from Ingestion of Animal Products



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5127123/>



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