

# EAT 4 THE HEALTH OF IT

OCT 2016  
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*A newsletter for Healthy Eating Adventure® (HEA)*

## HEA Wilson College Graduation 2016



Every Adventure has its own unique “flavor” and atmosphere. This year at Wilson College our potlucks were held out at the Fulton Farm CSA pavilion. Not only were we enjoying the huge variety of tastes of food prepared by Adventurers, but we were sitting in the middle of a farm reminding us where this Bounty comes from. Nature gives us so much to be grateful for – the fresh air, the company, the scenic views and everything we need for good health!

At graduation people reported improved blood pressures, improved glucose control, more energy, sleeping well, resolution of irritable bowel and GERD — we see these health improvements with every adventure. *Really exciting* at this adventure, 3 people (1 with psoriasis and 2 with painful swollen joints) had resolution of these auto immune/inflammatory symptoms – greatly improving their wellbeing!

Now for “the numbers”: 6 of the 8 pre diabetics normalized their fasting sugar and our gentleman with troublesome diabetes dropped his fasting sugar from 265 to 104. Total weight lost in the 4 weeks for the 32 doing biometrics was 197.8 pounds – an average of 6.2 lbs.— some even lost over 10 pounds! Stay on track with your new lifestyle and your weights will normalize!! Be patient, the weight didn’t all accumulate in 1 year!! Average LDL drop was 16.8 — right up there with what the statins can do, but the plant based way has many more beneficial side affects!!

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*Newsletter edited and produced by BJ Reed*

### Schedule of events

**Our next HEA will be hosted by Shippensburg University starting with the Kickoff on October 4, 2016 with Dr. Elizabeth George’s presentation and a whole food, plant-based dinner. Check for details on the [HEA website](#).**



**[North Square Farmer’s Market Chambersburg open Saturday Mornings 8am-noon](#)**

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

# Did plant eaters have fun in the SUN this summer or what!



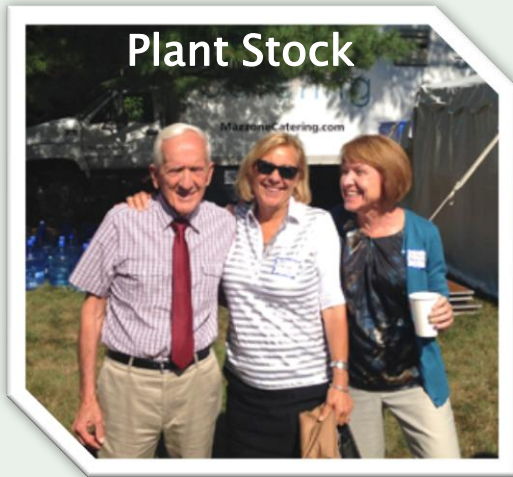
Nick and his Solar Oven



Caledonia Park  
Pot Luck

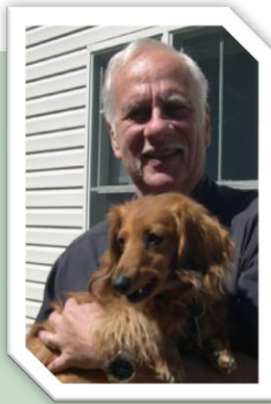


Plant Stock



*cook well, eat well, live well*





### In the News with Tom and Zipper

Finally, after 3 years of retirement, I have found the perfect job! Working in the outdoors, travel opportunities, on the job perks, surrounded by wonderful people and all the while benefitting my community. Wow! This job, I must confess, is open to anyone who might be interested. It is working for the South Central Pennsylvania Gleaning project headquartered locally in downtown Chambersburg. Periodically, during harvest, we pick fresh vegetables from farmer's fields that previously would have been left to decay – ***working in the outdoors.*** We provide the fresh veggies to local food pantries and outreach sites from Shippensburg to Waynesboro – ***travel.*** While gleaning, we can sample what we pick – ***perks.*** Volunteers from throughout the county meet at the specified fields and glean for approximately an hour to an hour and a half – ***wonderful people.***

HEA programs are supported in part by a grant from the Summit Endowment [www.summithealth.org](http://www.summithealth.org)

## The Gleaning Project



The best part is seeing how appreciative and excited the community recipients are at being able to enjoy fresh fruits and vegetables. Last evening, in 1 hour, we picked over a ton of potatoes from one of the Bender's fields. It was fun. Best part, think how these potatoes will ***benefit the community.*** If you would like to get involved with this endeavor, check out either the FaceBook page The Gleaning Project SCPA or their WEB page [www.thegleaningproject.org](http://www.thegleaningproject.org)



**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

### ANGEL HAIR PASTA AND SPINACH WITH PESTO: So simple, yet so yummy!

1 (13-ounce) package whole wheat pasta angel hair or your favorite whole grain pasta

1 cup fresh spinach

1/2 teaspoon salt

*For Pesto:*

1/2 cup cashew nuts

1/2 – 1 cup water (depending on consistency desired)

1/2 medium onion or 1 shallot, quartered

1 clove garlic, sliced

2 cups fresh Spinach

4 ounces (1/2 cup) fresh basil

1 tablespoon nutritional yeast

1/2 lemon (juice)

1/8 teaspoon salt

Optional: red pepper flakes and Parm-Like Cheeze

+++++

*To Make Pesto:* In a small bowl, microwave cashews in about 1/2 cup water or enough water to cover cashews for about 1 minute. Place softened cashews and remaining ingredients in a blender. Blend, adding tablespoons of water until desired consistency is reached.

*Pasta:* Cook pasta according to package directions. To the boiling pot, add fresh spinach during the last 1–2 minutes. Drain and add salt and Spinach/Basil Pesto to the pasta, gently toss. After plating, add Parm-Like Cheeze and red pepper flakes.

*cook well, eat well, live well*



Serves: 4

Prep Time: 20 min

Cook Time: 9 min

#### Nutritional Facts

Amount per Serving

Calories 446

Calories From Fat 84

Total Fat 8g

Saturated Fat 3g

Sodium 328mg

Total Carbs 76g

Dietary Fiber 11g

Sugars 4g

Protein 18g

[coachbj.com](http://coachbj.com)

More recipes  
and videos





## Late Summer News from Patti

Our August vacation took my daughter Honor and me to the Hudson River Valley to attend the Esselstyne's Plant Stock retreat at their family home. Dr. Liz met us there and we had two inspirational day learning about the progress the plant based food movement is making in the world.



The speakers included T. Colin Campbell, every member of the Esselstyne family including the children, Rich Role, Dr. Michael Greger and Dr. Doug Lisle to name a few. They all have written books and Dr. Greger has an excellent website <http://www.nutritionfacts.org>.

The messages were powerful about the unsustainable state of our health and the state of our environment due to using so much land to produce animals. This is an annual event you may want to attend next year.



Concord grapes are ripe, harvested, and juiced. There is an old grape arbor behind the Inn at Penn National that although no one tends it produces abundantly each year. The grapes call to me and my car finds its way there every September. Grapes are so easy and everything including the seeds are nutritious. Just put them in a large pot with water and simmer away. I food mill my juice and either process it or just keep it in the fridge for drinking. These grapes do not need sugar they are incredibly flavorful.

Peaches and Stanley plums are so delicious this season I'm dehydrating them for the winter. Just wash, slice and dehydrate for 24 hours. Peaches keep best in the freezer since they have no preservatives on them and plums can be done at the same time. Kabocha Squash are a welcome addition to the garden this year. My daughter Honor raved about these from her farmers market in Venice Beach so I order seeds, planted them and forgot about it till I stumbled onto these beauties in the back of the flower garden. They are AMAZING orange dense and nutritious, when baked and eaten right out of the oven. If you find this one buy it and save the seeds to grow next year in your garden.

Kale available: My garden is abundant and I love to share.

## Patti's Garden Path





## JOIN the HEA TEAM for the SHIP Adventure Kick-off on OCTOBER 11, 2016

Join our next Adventure at Shippensburg University



[www.healthyeatingadventure.org](http://www.healthyeatingadventure.org)

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



**GET STARTED** with a  
**FREE Lecture by Dr. Liz George**  
Tuesday, October 11, 2016 @ 6 PM



**"A Research-Based Revolution  
in Healthy Eating"**

Reisner Dining Hall, Tuscarora Room  
Shippensburg University, Shippensburg PA  
**Dinner follows at 7:15 pm**

**Reservation Required for Dinner:**  
Call: Alicia Gaul 717-477-1619  
Dinner costs: \$10

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" - October 18
- "Learn and Share" weekly potlucks -  
October 25 - November 8
- Celebrate Success - November 15

**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