

Eat to Feel Great¹

Heal Yourself and Prevent Deadly Illness with the Amazing
Healing Power of a Whole Foods, Plant Based Diet

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Version 2024.07.19.12:51.00_032

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Dedication

This work is dedicated in the memory of my parents of blessed memory

Dr. Norman Coplon

Nachman Shaul ben Zelig

A pioneer in nephrology and dialysis patient self care

Mrs. Sandra Coplon

Sara bas Chonoch

A dedicated nurse and a model for visiting the sick

Introduction

I see around me so many people with health challenges. I am writing this because there is a diet that can help. If you recently received a frightening diagnosis of a serious disease, it may help. If you simply do not feel well, it may help. If you feel okay, but you want to live longer, with a higher quality of life, it may help.

How I Discovered the Miraculous Healing Power of a Whole Foods, Plant-Based (WFPB) Diet

When I turned fifty, I developed borderline diabetes. Thinking it might help, I quickly went on a high protein, paleo type of diet. After a year, not only was my sugar no better, but I also had a highly elevated LDL cholesterol level.

At risk for Diabetes and heart attack, I desperately needed to heal my body, but I had no idea how. That is when someone told me about Dr. Greger and his book, *How Not to Die*. There are hundreds of diets available in today's market, but what is different about Dr Greger is that he backs up everything he says with reliable research articles. His approach is purely evidence based.

Greger and his colleagues, including T. Collin Campbell, PhD, author of *The China Study*, have discovered, through comprehensive research, that unlike what we have been raised to believe, animal products are not healthy foods for people. Similarly, much processed food is actually toxic to our bodies. What is good for us is something quite different.

Whole foods, plant based (WFPB) foods, such as vegetables, fruits, grains, beans, and nuts, work in perfect harmony with our bodies, to help us to recover from illness and keep ourselves healthy. It is a diet that requires no medicines, no expensive supplements, no expensive consultants. It has no side effects, no worries, just simple eating of good foods.

After three months of eating a WFPB diet, my blood sugar became normal and my LDL cholesterol decreased. I had a lot more energy and felt better all around. This was about six years ago, and I am still on the diet and have retained normal blood sugar and cholesterol levels, B”H.

Since then, I have witnessed people getting healed from serious illness by moving to a WFHB diet, some of them under my direction. Unfortunately, almost no one changes to a WFPB diet until it becomes unavoidable. They come to me as a last resort, typically after a bad diagnosis, which is a pity. It is much easier to prevent a heart attack or the onset of cancer than to try to repair the damage after it happens.

In the upcoming chapters, I summarize the case for a WFPB diet. I will try to keep it short. For a deeper understanding, see the resources in the Bibliography.

Claims about health and nutrition should be evidence based. They should always be supported with authoritative research. Nonetheless, in this material, I have taken the liberty not to reference research, because this has already been done in other works, which I am merely summarizing. You can find those works in the Bibliography.

Disclaimer

This material is not medical advice and not a substitute for medical advice.

Everyone, especially those with a preexisting medical condition and those taking medication, should consult a doctor before undertaking a change of diet.

Evidence-based Nutrition

Evaluating Claims About Nutrition

There are thousands of diets promoted, many of them contradicting each other. How can you know which nutrition claims to believe?

As in other areas of life, nutrition requires careful study. We should agree that nutrition claims ought to be backed up with evidence in the form of solid, scientific research.

Unfortunately, most nutrition claims are not backed up. Diet books of hundreds of pages have scant reference notes, numbering perhaps in the dozens, perhaps none at all. For a refreshing example of an outlier, take a look at the books and website of Dr. Greger (see Bibliography).

The Notes section of Dr. Greger's seminal work, *How Not to Die*, is 134 pages long, with each page holding about 30 notes, making the total number of notes over 4,000. The book total is 562 pages long, making the notes section *nearly a quarter* of the book!

If we want nutritional truth, it is likelier to be found in a well-referenced book like that, than in a fad diet book that reads more like a tabloid.

Discovering the Healthiest Diet

Beginning in the 1970's a number of groundbreaking epidemiological studies were conducted using thousands of participants, studying the effect of diet on health, to determine the healthiest diet. These studies included *The China Study*, *The NIH Study*, *The Harvard Nurses Study*, and *The*

Africa Study. They all came to the same conclusion: the healthiest diets were those that were whole food, plant based.

One of the most famous of these studies is *The China Study*, headed by T. Collin Campbell, professor of biochemistry at Cornell University. He studied three populations: Mongolian people, whose diet consisted of mostly meat and dairy; indigenous Chinese people in rural areas; and Chinese people in cities. These people were surveyed over a number of years.

What he discovered is that in Mongolia, where the diet was mostly animal sourced, rates of cancer and heart disease were high. In rural China, where the diet consisted 95% of whole foods plant based, there was almost no heart disease, cancer, or other chronic disease. In the cities, as diets became more western diet based, with meat and processed food, there were more Western diseases like heart disease and cancer.

When people moved their homes between the cities and the rural areas, they changed their diets to accommodate their new location. At first, their health matched the areas from which they came. However, over time, as their diets began to reflect their new environments, their rates of disease also began to resemble those of their new environment. Those rural Chinese who moved to cities began to have higher rates of heart problems and cancer. Those who lived in the cities and moved to rural areas suffered less from these typical Western diseases.

These findings helped Dr. Campbell to conclude that, for our health, *what we eat* is far more important than any other factor, including our genetics and the medicines we take. It is abundantly clear that the *right* food to eat is whole foods plant based (WFPB), as is shown time after time by research, much of which is painstakingly listed in Dr. Greger's works.

The Top Killers

Dr. Greger's book, *How Not to Die*, contains chapters on the fifteen leading causes of death in Western society. He discusses how eating a whole food plant based diet can help prevent and heal *all* of these killers, without exception.

Below are the 15 top killers¹.

1. Heart disease
2. Lung disease
3. Brain disease
4. Digestive cancer
5. Infection
6. Diabetes
7. High blood pressure
8. Liver disease
9. Blood cancer
10. Kidney disease
11. Breast cancer
12. Suicidal depression
13. Prostate cancer
14. Parkinson's disease
15. Medical error²

In the next chapters, I list many of these diseases and others that Dr. Greger mentions in his books and videos³. The first list shows some of the ways

¹Other than accidents.

²Even this can be prevented. If you are not sick, there is little danger of medical error.

³Videos available for free on his website nutritionfacts.org.

WFPB foods can help your health. The second list shows how animal products influence disease and the third list shows the negative effects of sugar and processed foods.

Prevent & Cure The Top Killers

WFPB Foods Help Prevent & Heal Disease

WFPB foods were created perfectly to fit the needs of our bodies. Below are some of the ways plants help prevent and heal disease.

Bone Density

- Phytates in seeds, beans, grains, and nuts increase bone density, lower bone loss, and decrease numbers of hip fractures.

Brain

- WFPB foods contain antioxidants, which can pass through the blood-brain barrier, neutralizing free radicals that can harm brain cells

Alzheimer's Disease

- Polyphenols, chemicals found only in plants, help protect nerve cells from forming tangles and plaques seen in Alzheimer's Disease.
- Fiber decreases the chance of Alzheimer's Disease by decreasing plaque build-up.
- Saffron decreases Alzheimer's Disease symptoms.

Autism

- Sulforaphane⁴, a chemical in broccoli⁵ and other cruciferous vegetables, can suppress all the different pathways leading to autistic behaviors.

Depression

- WFPB foods reduce the chance of developing depression.
- Apples, berries, grapes, onions, green tea, cloves, oregano, cinnamon, and nutmeg increase levels of serotonin and dopamine, reducing depression.
- Seeds increase serotonin levels.
- Saffron has been shown to be a powerful anti-depressant. Even just smelling the spice may decrease depression.
- Foods high in antioxidants, including yellow, orange, and red fruits and vegetables, decrease depression. The lycopene in tomatoes is the most powerful.
- Folate in beans and greens decreases depression.

Parkinson's Disease

- Flavonoids in fruit and vegetables protect nerve cells against destructive effects of pesticides and other toxic wastes, decreasing the chance of developing Parkinson's Disease.
- Berry consumption decreases the chance of developing Parkinson's Disease.
- Nightshade vegetables, such as tomatoes and bell peppers, contain nicotine, in an amount that is protective against Parkinson's Disease.

Stroke

- Fiber in whole plant foods decreases stroke incidence.
- Potassium from greens, beans and sweet potatoes decreases stroke incidence.
- Citrus increases blood flow in the brain and all arteries.

⁴Chopping the broccoli weakens this sensitive chemical, making it ineffective upon cooking. Interestingly, waiting 40 minutes before cooking restores the sulforaphane so that it does not get damaged by cooking. Dr. Greger calls this workaround, "Hack and hold".

⁵Broccoli sprouts have 50 times more sulforaphane than broccoli itself.

Cancer Protection

Bladder Cancer

- Raw broccoli, broccoli sprouts and possibly all other cruciferous vegetables help improve bladder cancer survival rates.

Blood Cancer

- WFPB foods are protective against blood cancers.
- Sulforaphane in cruciferous vegetables and citrus kills leukemia cells.
- Green leafy vegetables kill lymphoma cells.
- Turmeric helps slow and can even stop the growth of multiple myeloma.

Breast Cancer

- High vegetable intake is associated with higher levels of melatonin, providing protection against breast cancer.
- High fiber fruit, vegetables, vitamin C from food sources, and apples are associated with decreased risk of breast cancer.
- Sulforaphane in cruciferous vegetables, such as broccoli, may prevent remaining breast cancer stem cells from turning into tumors.
- Flax seeds help prevent tumor growth.
- Soy decreases the risk of recurrence.
- Green tea decreases the risk of breast cancer and if taken with cooked mushrooms, by a larger amount.

Digestive System Cancer

- WFPB foods decrease the rate of digestive cancers.
- Turmeric helps decrease the number of polyps in the colon.
- Phytates in whole grains, seeds, nuts, and grains decrease rates of colo-rectal cancer, and can disrupt tumor blood supplies.
- Red, orange, dark green leafy vegetables, berries, apples, and citrus all help decrease the rate of esophageal cancer.

Lung Cancer

- Cruciferous vegetables, like broccoli, decrease cancerous effects of tobacco smoke⁶.

Pancreatic Cancer

- WFPB foods decrease the rate of pancreatic cancer.
- Turmeric reverses precancerous changes in colon, lung and pancreas.

Prostate Cancer

- Flax seeds slow the growth of prostate cancer and decrease incidence rates.
- WFPB foods improve PSA levels in men with elevated levels.

Tumor Suppression

- Many WFPB foods have been proven to reduce blood supply to growing tumor cells.

Diabetes

- WFPB foods regulate insulin.
- WFPB foods decrease Diabetic neuropathy.
- Unsaturated fats, found in nuts, olives, and avocados, protect cells against saturated fats, which cause insulin resistance.

Digestive System

- Natural fiber supports healthy intestinal flora, keeping out most toxins, while allowing healing nutrients to enter the blood stream.
- Natural fiber decreases the risk of hiatal hernia, diverticulitis, and hemorrhoids.

Heart

Cholesterol Levels

- WFPB foods lower LDL cholesterol.

⁶Best thing for lungs is not to smoke.

- Seeds, nuts, whole grains, beans, fruits, and vegetables all help to reduce and heal arterial plaque buildup, decreasing chances of heart attack.

High Blood Pressure

- WFPB foods help lower blood pressure.
- WFPB foods are naturally low in salt, lowering blood volume and heart load.
- Citrus improves arterial function.
- Whole grains, flax seeds, hibiscus tea, and nitrate rich foods, such as beets and greens, lower blood pressure.

Immune System

- Berries increase natural killer white blood cells able to destroy virus-infected and cancerous cells.
- Mushrooms and cruciferous vegetables, like broccoli, help protect the body from invading microbes.
- Citrus fruit, bell peppers, kiwi, and green leafy vegetables contain large amounts of Vitamin C, helping the body fight infections. Vitamin C works best if taken as a whole food.
- Most fruits and vegetables are anti-inflammatory and full of naturally occurring antioxidants.
- WFPB foods may improve autoimmune conditions, including, Multiple Sclerosis, Myasthenia Gravis, Diabetes Type 1, and Crohn's Disease⁷.

Kidneys

- WFPB foods tend to be more alkaline, decreasing the acid load on the kidneys.
- Plant protein, such as from beans and grains, is easily processed by kidneys.
- WFPB foods decrease the incidence of kidney stones.
- Switching from animal to plant protein may reverse Minimal Change Kidney Disease.

⁷People with Crohn's Disease should not eat yeast.

Liver

- Anthocyanins, the color that makes fruit and vegetables purple, red, and blue, help prevent fat accumulation in liver cells.
- Whole grains and cranberries decrease liver inflammation.

Lungs**Asthma**

- Fruits and vegetables decrease the incidence and symptoms of asthma.

Chronic Obstructive Pulmonary Disease (COPD)

- Fruits and vegetables may slow the progression of COPD.

Weight Loss

- People on WFPB diets tend to be thinner, with less total body fat.
- WFPB foods raise metabolism, thus burn more calories.
- Berries, citrus, and garlic, decrease blood supply to fat cells, preventing fat build-up.

Effects of Eating Animal Products

Although we may have grown up believing that eating animal products is the healthiest diet, study after study has actually shown that eating animal products regularly may be the cause of many of our modern day killer diseases, including heart disease, cancer, and autoimmune diseases. Many diets today are based on eating animal products on a regular basis. Even if these diets may be helpful in weight and blood sugar reduction in the short term, they are not healthy diets.

Below are some of the ways animal products adversely affect our health.

Brain

1. Animal products create plaque buildup in brain, which causes Alzheimer's Disease and stroke.
2. Animal products contain highest levels of neuro-toxic heavy metals
 - i. Highest arsenic: poultry and tuna
 - ii. Highest lead: dairy
 - iii. Highest mercury: seafood
3. Arachidonic acid found in chicken and eggs increases risk of depression.

Digestive System

1. Animal products contain no fiber, which leads to constipation, which may cause hiatal hernia and other conditions.

2. Animal products create harmful intestinal flora, causing Leaky Gut Syndrome, allowing toxins and viruses into the blood stream.
3. Animal products increase the rate of digestive system cancer.

Heart

1. Animal products contain cholesterol and saturated fat, which create plaque buildup, which narrows blood vessels, leading to high blood pressure, stroke, and heart attack.
2. Animal products contain toxins, causing arterial inflammation.

Kidneys

1. Animal products increase body acidity, which forces kidneys to counterbalance by creating ammonia, which in turn damages the kidneys.
2. Animal sourced protein forces kidneys to overwork, leading to kidney failure.

Liver

Animal products create fatty buildup in liver, known as Fatty Liver Disease.

Lungs

1. Egg and dairy may induce asthma.
2. Nitrite in preserved meat increases the chances of developing chronic obstructive pulmonary disease (COPD).

Pancreas

1. Saturated fat blocks the ability of cells to use insulin, causing the pancreas to overwork to produce more insulin.
2. Animal products increase the rate of pancreatic cancer.

Sexual Organs

Animal products cause plaque buildup in narrow blood vessels, causing impotence and reduced sexual pleasure. Male impotence is an 80% indicator of heart disease.

Skin

1. The two most common causes of eczema rash are dairy and eggs.
2. Acne is often caused by dairy consumption⁸.

Systemic

1. Animal products cause inflammation.
2. When cooked at high temperature, animal products create chemicals that cause aging, DNA damage, oxidative stress, and cancer.
3. Animal products are high in methionine, which causes aging.
4. Animal products contain viruses, bacteria, hormones, antibiotics, nitrates, nitrites, and heavy metals.

⁸It takes 10 weeks after stopping dairy to see if there is improvement.

Effects of Eating Refined Foods

White Sugars & Refined Grains

Pancreas

Increases need for insulin, which can lead to diabetes.

Liver

High sugar intake leads to fatty buildup in the liver, leading to Fatty Liver Disease.

Kidneys

Chronic high levels of blood sugar leads to kidney damage and failure.

Eyes

Chronic high levels of blood sugar may lead to blindness.

Digestive System

Breeds unhealthy digestive flora, including yeast, allowing toxins and pathogens into the bloodstream. Lacks fiber, leading to many illnesses, including chronic constipation and cancer.

Refined Oil, Fried Foods, & Highly Processed Foods

Contain Many Toxic Chemicals

These chemicals may lead to oxidative stress and inflammation, possibly leading to illness.

The Ideal Diet

Now that you understand the importance and benefit of a WFPB diet, you may be wondering what and how much to eat, in order to get all the nutrients you need.

Recommended Daily Diet

Below is an evidence-based diet⁹ from Dr. Michael Greger's book, *How Not to Die*, and website, *nutritionfacts.org*. Dr. Greger has spent years researching this diet, which has helped to improve many people's lives, including our own.

Because different foods vary in the types of macronutrients¹⁰ and micronutrients¹¹ they contain, Dr. Greger suggests eating a variety of foods each day, in order to get the full spectrum of benefit.

Each Day

1. **Three servings of beans¹² and lentils** (Each serving is ½ cup cooked beans or lentils, or ¼ cup in the form of a dip). They are full of fiber, vitamins, and minerals. They increase friendly gut flora, and may help prevent cancer, lower blood pressure, and regulate sugar.

⁹aka *The Daily Dozen*.

¹⁰Such as protein, carbohydrates, & fats.

¹¹Such as vitamins, minerals, & antioxidants.

¹²Some people are afraid of eating beans. An easy introduction is lentil soup. In addition, be sure to cook your beans thoroughly. Also helpful is soaking them overnight beforehand.

2. **One serving of berries** (Each serving is $\frac{1}{2}$ cup fresh or $\frac{1}{4}$ cup dried). Berries are full of antioxidants, boost the immune system, and help protect against cancer. They help reduce inflammation in the brain, liver, and cardiovascular system.
3. **Three servings of other fruits** (for example, mango, kiwi, and citrus). They are full of Vitamin C and other antioxidants, helping to strengthen the immune system.
4. **One serving of cruciferous vegetables** (Each serving is $\frac{1}{2}$ cup chopped). Cruciferous vegetables include broccoli, cabbage, kale, kohlrabi, mustard, and horseradish. They help prevent DNA damage and cancer, defend the body from pathogens and pollutants, decrease allergies, inflammation, and Type 2 diabetes, and contain chemicals that protect the brain and eyes.
5. **At least two servings of greens**¹³ (Each serving is 1 cup raw or $\frac{1}{2}$ cup cooked). Greens are the healthiest food on the planet and are full of vitamins, minerals, and antioxidants. They help prevent DNA damage, heart attacks, strokes, and cancer growth. They also contain chemicals which may prevent macular degeneration.
6. **At least two servings of other vegetables** (Each serving is 1 cup greens or $\frac{1}{2}$ cup other vegetables). Vegetables include garlic, onions, and mushrooms¹⁴, which help strengthen the immune system and prevent cancer. Sweet potatoes, carrots, and squash all contain many vitamins, minerals and other vital nutrients.
7. **Flax seeds** (one tablespoon ground) boost the immune system and decrease inflammation, cholesterol, blood pressure, and blood sugar levels. They are also full of omega 3 oils.
8. **Nuts and seeds** (Each serving is $\frac{1}{4}$ cup whole or two tablespoons buttered¹⁵). Nuts are full of fiber, vitamins, and minerals. They help protect against heart and respiratory disease and decrease risk of stroke and atherosclerosis. They also increase metabolism and

¹³Dr. Caldwell B. Esselstyn, Jr., a colleague of Dr. T. Collin Campbell, recommends that people with heart disease should take six servings of greens and beets daily. If you are taking Warfarin, consult with your doctor, as the Vitamin K in greens may interact with the Warfarin.

¹⁴Really fungi.

¹⁵'buttered' means in the form of a butter, as in peanut butter.

may help you lose weight rather than gain it. Walnuts may be the healthiest nut.

9. **Spices** are generally packed with antioxidants. Turmeric, ginger, and cardamon help reduce inflammation and strengthen the immune system. They are so powerful that they may help reduce symptoms of many inflammatory diseases and infections. Greens used as spices, such as cilantro, oregano, zaatar, and peppermint, have the benefits of greens and spices. Katzach, also known as black seeds or black cumin, may reduce blood pressure, LDL cholesterol levels, and blood glucose levels. Use very little katzach, no more than 1/8 teaspoon per day. Grind to powder. (Pregnant women are advised not to consume Katzach).
10. **Three servings of whole grains** (Each serving is the size of a slice of bread or ½ cup cooked grain or 3 cups of popcorn). Grains are full of fiber, vitamins, and minerals. They help prevent cancer, heart disease, diabetes type 2, obesity, stroke, and inflammation.
11. **At least five cups of water or tea** (350mg each), especially green tea. Green tea helps prevent cancer and protect the brain from cognitive decline and stroke, while boosting the immune system.
12. **Exercise**¹⁶.

Vitamins

Although the WFPB diet discourages taking supplements beyond normal food, nonetheless, Dr. Greger advises taking Vitamin B12 and Vitamin D supplements. Have your Vitamin B12 and Vitamin D blood levels checked. He recommends taking 2,000 units of Vitamin D per day and 2,000mcg of B12 once a week. Consult your doctor about what is right for you.

Things to Avoid

Avoid smoking, eating processed and fried food, salt, and sugar. Limit animal proteins and fats, such as milk, eggs, fish, chicken, and meat, as much as possible, ideally limited to only special occasions.

¹⁶It is not a food, but Dr. Greger includes it anyway

Important Concepts

Inflammation

Inflammation is a process that occurs when our immune cells are activated by toxins, viruses, bacteria, cell injury, and other stresses upon our bodies. These immune cells help create proteins and other chemicals that help the body heal. Blood tests, such as IL-6 (interleukin 6) and CRP (C-reactive protein), can measure levels of inflammation in our bodies.

When the immune system is constantly being triggered over months and years, it is called chronic inflammation. Although acute (short term) inflammation can be lifesaving, most chronic diseases are caused by chronic inflammation. People with cancer and heart disease generally have elevated indicators of inflammation.

Foods are generally either inflammatory or anti-inflammatory.

Foods such as animal products, saturated fats, processed food, sugar, and fried food can increase the levels of inflammatory markers and are therefore called inflammatory foods.

Whole foods from plant sources decrease the levels of inflammatory markers and are therefore called anti-inflammatory foods.

A meal of steak and sugary soda can increase a person's IL-6 levels, whereas a meal of blueberries, turmeric, and broccoli will decrease them.

Whole foods are anti-inflammatory, because they are filled with antioxidants and other healing micronutrients, which help fight the inflammation caused by toxins and other stresses. They can heal our bodies. In contradis-

tion, inflammatory foods contain a variety of toxins, which stimulate inflammation.

If you are eating a meat meal, adding spices like turmeric, ginger, and garlic, and plant foods, like broccoli and blueberries, can lower the inflammatory effects of the meat meal. The anti-inflammatory properties of the plant foods and spices help the body neutralize the toxins in the meat.

Eating meat and junk food once in a while will not lead to chronic inflammation, but eating meat, cookies, and french-fries every day, and more than once a day, can easily lead to chronic inflammation.

Oxidative Stress & Antioxidants

Another term associated with aging and disease is oxidative stress. Chemical reactions are constantly occurring in our bodies. Sometimes free oxygen radicals are created during these reactions. A large concentration of oxygen radicals is called *oxidative stress*. These oxygen radicals can damage cells and the DNA inside of them. Damaged DNA can lead to cancer and other diseases.

Antioxidants, found in plant foods, destroy free radicals. The varied colors and tastes in plant foods are often indicators of antioxidants. Different foods contain different antioxidants, each with its own unique healing properties. For example, garlic and onions contain allium, which has anti-cancer qualities. Greens contain lutein, which can pass the blood brain barrier. Blueberries contain the purple-colored, anti-inflammatory, anthyacin.

Oxidative stress may also be exacerbated by the many toxic chemicals in our present-day society. Antioxidants and other plant nutrients work synergistically to detoxify these chemicals.

Fiber

Fiber is found only in plants and is essential for good health. Although we cannot digest fiber, the friendly, healthy bacteria in our gut can. They eat fiber to produce short-chained fatty acids, which is what the cells lining our intestines eat to keep healthy. With healthy cells lining our intestines, less toxins, including viruses, can enter our blood stream. If we don't eat

enough fiber, unhealthy bacteria can grow in our gut, which can damage the intestinal lining. There are theories that many diseases occur because of Leaky Gut Syndrome, caused by lack of fiber.

Cancer

Like most people, I used to think of cancer as a frightening game of roulette. Every so often, a cancer free, healthy person would catch cancer, the unfortunate luck of the draw. Actually, this is not entirely accurate, rather everyone has cancer cells occurring in the body all the time.

In a healthy body, the immune system destroys these cancer cells constantly, before they can manifest as a disease. A body subject to chronic oxidative stress, is more likely to succumb to the cancer. So, really, the cure to cancer has always existed: eating a proper diet. It can help cure cancer and keep it away.

Eating Animal Products Occasionally

Plants are the perfect food and almost never bad for you, but could we eat *some* animal products and still be healthy? The answer seems to be a qualified, yes.

Think of it this way: Alcohol is a poison, but for a healthy person, occasional, tempered indulgence does no damage. Similarly, one could probably take a puff of a cigarette once a day without damage. The body is able to overcome moderate, occasional threat.

The problem is that what used to be an occasional indulgence on holidays and special occasions, has turned into multiple animal- based meals per day.

The body has amazing resilience and can actually heal itself from the bad effects of many poisons. For example, animal products cause atherosclerosis, which is a build up of plaque on the artery walls, which could lead to serious conditions, including heart attack. Surprisingly, there are special scrubber cells that work on the artery walls to remove the plaque buildup. The problem is that they are unable to keep up with the plaque buildup.

Dr. Greger gives an analogy to being hit on the shins with a hammer. It

would be extremely painful and cause severe bruising, but eventually the body would recover. However, if the hammer were to strike three times a day, the body might not be able to keep up.

So too with animal products. Small amounts, spaced sparsely, may not be a problem.

To summarize, our bodies are able to process small amounts of animal sourced foods. If you are healthy, eating a small amount of animal products on occasion, such as for celebrations and holidays, may not damage your body. Eating animal products every day may be damaging.

Refined Foods & Supplements

Dr. Campbell, in his book, *Whole*, discusses the importance of eating whole foods. When parts of food are removed through refining, the remainder is no longer as nutritious.

Some nutrition processes are a synergy of dozens of simultaneous chemical reactions between the multiple components of the whole food and the body itself. When parts are removed, some of the reactions are eliminated, often to the detriment of good nutrition. Because the interactions are so complex and multi-varied, there is usually little ability to understand them and hence the interactions are best left alone. Just eat the whole food.

Dr. Greger shows further research that even just grinding some types of whole food and eating the entire result is less effective, because it changes the digestive process.

For these reasons, many supplements and pharmaceuticals, which by their nature, attempt to isolate single, active ingredients, may be less effective than whole food nutrition. Instead of isolating an ingredient out of its plant-based source, just eat the entire plant-based source.

Recipes

See the Bibliography for cookbooks. Below are some recipes to get started.

Recipes are approximate. Don't get hung up on exact amounts. Modify to taste and convenience.

Vegetable & Lentil Soup

- 2 large sweet potatoes, cut
- 2 cups dry lentils, preferably red (orange)
- 1 onion
- 8 cloves garlic
- dill
- parsley
- turmeric
- thyme
- pepper
- salt (only if allowed)

Cook all ingredients in water for about ½ hour. Blend if desired.

Fruit Shake

- 400gms blueberries
- 400gms strawberries
- 10 pitted dried dates
- ½ cup plain cashews (not roasted)
- ¼ cup pineapple

- water to cover

Blend well. Tastes best if fruits frozen first.

Vegetarian Cholent/Stew

- 1 cup white/red beans soaked overnight
- 2 sweet potatoes
- 1 potato
- 1 onion
- 10 cloves garlic
- cajun spice
- curry spice
- pepper
- thyme
- salt (if allowed)

Fill with water, cook 2 hours, then put on hotplate to stew overnight.

Cinnamon Carrot Layer Cake

Wet ingredients

- 2 large carrots, cut coarsely and boiled in 2 cups water
- 1 large carrot, cut coarsely
- 1 large tart apple, cored and cut coarsely
- 10 dried, pitted dates
- 1 tablespoon vinegar
- 1½ teaspoons vanilla

Dry ingredients

- 3 cups almond flour
- 1 cup ground flax seeds
- ½ teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon

One recipe of Vanilla Frosting (see below)

Bakes in a lined 6x9 inch (17x23 cm.) baking pan.

Preheat oven to 350°F (175°C).

Thoroughly combine the dry ingredients in a large mixing bowl.

Blend the wet ingredients, including the water from the carrots, until the apple and carrot pieces are small flakes.

Pour the wet ingredients into the dry ingredients and mix well.

Pour the batter into the lined baking pan.

Bake for about an hour. Check periodically until an inserted toothpick comes out clean.

Let cool totally.

When cool, slice the cake in half, to get two cakes for layering.

Place one layer on a cake platter and frost the top with about a third of the frosting. Place the other layer on top and frost the entire cake with the rest of the frosting.

Refrigerate.

Vanilla Frosting

- 2 cups raw cashews
- 8 dried, pitted dates
- ½ cup natural soy milk
- juice of half a small lemon, including pulp
- 1 teaspoon vanilla extract

Puree all ingredients together in a blender until absolutely smooth.

Spicy Techina Dip

- ½ cup whole techina paste
- ½ cup water
- 1 bulb garlic (about 12 cloves)
- 2 cups fresh coriander/cilantro/kusbara greens
- 3 fresh chilly peppers
- 1 tablespoon cumin

- juice of 2 lemons, including pulp
- salt to taste (if necessary)

Blend all ingredients together until smooth.

Burgers

You can use almost any combination of cooked grains, beans, and vegetables to create your own burgers. I add lots of spices and ground cashews and flax seeds to hold them together.

Shape as patties and bake in oven until crispy on outside.

My favorite burgers are: * quinoa & black lentil burgers * oat & black bean burgers

Cashew Sweet Cream

Combine cashews (raw, not roasted), dried pitted dates, and water to taste in a blender on dip setting. Omit dates if you want to make a cream to add to soups or vegetables.

Spice Drink

Always be looking for ways to get more healthy nutrition. One way to get all of the goodness of spices is to throw them all together into a spice drink in the morning. Many of the spices work together to become even more anti-inflammatory.

My spice drink looks like this:

- 1 tablespoon ground flax seeds
- ¼ teaspoon ginger
- 1 teaspoon cumin powder
- ¼ teaspoon turmeric
- ¼ teaspoon ground black pepper¹⁷
- 1 tablespoon sumac powder

¹⁷Increases the effect of the turmeric.

- 1/8 teaspoon black seed¹⁸ powder
- 1/4 teaspoon cardamon¹⁹
- 1 teaspoon oregano
- 1/4 teaspoon cloves

Mix ingredients in a mug. Add water to cover. Mix again.

If you find this drink unpleasant, find other ways to consume these amazingly healthy spices.

Ground Cashews as Cream Substitute

Grind cashews and add them to fruit shakes, sauces, and other cooked dishes as a cream substitute.

Ground Flax Seeds as Thickener

Grind flax seeds and add them to anything that needs thickening. Makes for an egg substitute.

Grinding Spices & Nuts

An electric coffee grinder can grind spices to powder and nuts to paste/butter.

¹⁸aka katzach, black cumin.

¹⁹Increases the effect of the sumac.

Sample Daily Meal Plans

Amounts are not listed. Choose amounts to fit the *Recommended Daily Diet* above.

Drink tea and water throughout the day. Preferably twenty minutes before meals and two hours after meals.

Sample 1

Breakfast

- Salad with tomatoes, peppers, cabbage, and greens
- Hummus
- Whole rice or noodles

Snack

- Fruit

Lunch

- Fruit shake with blueberries, other fruit, and cashews (raw, not roasted)

Dinner

- Lentil soup
- Whole grain bread

Sample 2

Breakfast

- Oatmeal and blueberries

Snack

- Fruit

Lunch

- Bean and quinoa patties
- Salad

Dinner

- Salad with techina and humous
- Whole grain noodles and tomato sauce

Sample 3

Breakfast

- Fruit shake with blueberries

Snack

- Fruit

Lunch

- Whole grain bread
- Salad with techina and humous

Dinner

- Black rice and lentils

Making The Change

Do Not Pressure Your Family

People take their food very seriously and not everyone wants to cut down on eating meat and junk food. Instead of lecturing, add healthy options at the table. The more love, patience, and acceptance you can show, the better the chance of having other members of your family join along.

Feel Good About Every Healthy Addition to Your Diet

Instead of feeling bad about not making good food choices, rejoice in your successes. If you want to continue with your journey toward eating a healthy diet, you need to feel good about yourself and understand that it is not an easy journey, especially if your family is not on board.

Success Stories

Over the past years that I have been on the Whole Foods Plant based (WFPB) diet, I have recommended it to many people. Some say they can't make any changes and others say they cannot believe that meat is not the healthiest food. However, some people do make the change and their health improves. Included in the diagnoses of friends and family members we have encouraged to change to a WFPB diet are cancer, high blood pressure, obesity, Crohn's disease, Multiple Sclerosis, diabetes, and others.

Stories of some of the people I know who have changed to a WFPB diet:

Myasthenia Gravis

A family member of ours, in her fifties, suffered from an autoimmune disease similar to Multiple Sclerosis, called Myasthenia Gravis, from the age of 12. She had been taking medications the entire time, including monthly IV treatments for about 25 years. Her symptoms included varying amounts of paralysis, most often in the facial and arm muscles, but occasionally throughout the entire body. Thankfully she was always able to breathe. She knew that if she forgot to take her medicine, it could lead to hospitalization or worse.

The IV medication stabilized her myasthenia for the most part, while incorporating other medications when needed. She always felt flu symptoms after each IV treatment, which would pass after a few days. When she turned 50, she began to feel flu symptoms for longer periods of time, until she felt them all month.

She was terrified of stopping her IV's, knowing they were keeping her alive, and did not want to change her medications as these worked best for her. That is when she decided to change her diet.

Until her fifties, her diet consisted of the normal Western diet of meat or dairy and eggs every day. She ate white bread and pastries, some fruit and a few vegetables. In one day, she changed her diet to a completely WFPB diet. With her doctor's supervision, within three months she was off all medications and symptom free. She felt more energetic and thirty years younger. Six years later she is still on the WFPB diet and still symptom free.

Diabetes Type 1

Another family member was diagnosed with Diabetes Type one at the age of 30. He always thought that the WFPB diet was ridiculous, and wanted nothing to do with it. With much coaching, as a compromise, he decided to eat a WFPB diet for three months, and started the WFPB diet immediately. The doctors told him he would need at least 30 units a day of insulin, but he kept becoming hypoglycemic because his diet required him to need less insulin than what he was being given.

By the time he went home from the hospital, he was taking no insulin at all, and this lasted for an entire year. At the end of a year, he decided to stop the diet and return to eating meat and other junk food everyday.

Eating the standard diet, he started having to return to taking insulin, and his sugars were no longer easily controlled. After about a month, he returned to the WFPB diet, and continues with it until today. Now he takes about seven units a day, and his sugars are well controlled. His doctor tells him he is a example for his patients to emulate.

His advice to other diabetics is to always continue on the WFPB diet, and once you start on the diet, monitor your sugars very closely. You will probably need much less insulin and become hypoglycemic if you over medicate.

Crohn's disease

We have two friends who were struggling with severe bouts of Crohn's disease in their twenties. One of them underwent two surgeries. After changing their diets to WFPB and eating only sourdough bread, made without yeast, both have been in remission ever since.

Obesity

Another family member who was significantly overweight and was diagnosed with high blood pressure finally decided to start a WFPB diet. He lost about 50 pounds over several months and is thrilled with the way he looks and feels.

Liver Cancer

Another friend was diagnosed with liver cancer. He decided to follow everything his doctor prescribed as well as to change his diet to Dr Greger's diet. He is doing very well and his doctor tells him to continue doing whatever he is doing because it is helping.

Reducing Medications

Are you taking medications? Read the side effects on the insert. It can be frightening. A WFPB diet may help reduce your need for medications.

Perhaps you would like to work with your doctor to change your diet, to see if you can reduce your medications. Never stop taking medications without your doctor's advice.

More medical professionals are learning about the importance of adding a WFPB diet in their treatment plans, whereas in the past, the importance of WFPB nutrition was almost completely neglected.²⁰ I even know of one cardiologist who recommends that his patients read the book, *How Not To Die*, and eat a WFPB diet.

Support

All life changes are difficult, especially dietary changes. It is much easier to make changes if you have friends to encourage you, especially if they are on a similar journey. Feel free to contact me if you have any questions or need some support. If you like, please let me know if this pamphlet helps you.

²⁰According to one survey, medical students, during their entire medical school education, are taught about nutrition for a total of six hours.

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