



Where Food Nourishes Body, Mind & Spirit!

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"It is true that we are called to create a better world. But we are first of all called to a more immediate and exalted task: that of creating our own lives." Thomas Merton



NEWS YOU CAN USE!

What & Where are the Blue Zones?

Green Nosh Group of Cape Cod - Potluck!

Diabetes

Food for Life Classes - Cape Cod & Naples, FL



Everyone is Irish on St. Patrick's Day and that includes this Sicilian Italian. Hope you, too, will wear your Green, perhaps down a pint of Guinness or two, and maybe even attempt an Irish jig!

What I won't be celebrating with are corn beef and cabbage! Instead, my plant based Irish stew will more than do!

Hope when 'green' day rolls around, many green buds will be springing up all around the Cape.

Daffodils, I hear, are already making their welcome.

Down Naples way, tornadoes have been in season. Our community was hit with a strange microburst mid-January, and we lost a flowering hibiscus tree and some shingles. Can't complain! The house is standing.

Some good news about Naples - It's going green and into the Blue Zone - read on!



The Blue Zones

Dan Buettner, is “a National Geographic Fellow and New York Times bestselling author”. He has discovered, through multiple expeditions with teams of research scientists specializing in population studies, the five places in the world where people live the longest, and are healthiest and happiest.” These locations are dubbed the “Blue Zones”.

Where can you find these places of health and happiness? Travel to:

Loma Linda, CA: Home of Seventh Day Adventists who live 10 years longer than their North American counterparts.

Okinawa, Japan: Where females over 70 are the longest-lived population in the world.

Ikaria, Greece: An Aegean island having one of the world's lowest rates of middle age mortality and the lowest rates of dementia.

Ogliastra Region, Sardinia: Has the world's highest concentration of male centenarians.

Nicoya Peninsula, Costa Rica: Has the world's lowest rates of middle age mortality, and the second highest concentration of male centenarians.

Researchers discovered nine (9) common denominators among the Blue Zone populations:

1. **Move Naturally:** These longest living populations don't frequent gyms or attend aerobic classes, but move naturally instead. They garden, and are devoid of mechanical conveniences for house and yard work.
2. **Purpose:** Knowing one's sense of purpose in life is said to add up to 7 extra years of life expectancy.
3. **Down Shift:** Stress affects everyone, even folks in the Blue Zones. However, they have routines to shed the stress. Okinawans take a few moments daily to remember their ancestors, Adventists pray, Ikarians take a nap, and Sardinians do happy hour.
4. **80% Rule:** The Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. Blue Zoners eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.
5. **Plant Slant:** Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat - mostly pork - is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards.
6. **Wine at 5:** With the exception of Adventists, people in Blue Zones drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day with friends and/or with food.
7. **Belong:** All but five of the 263 centenarians interviewed belonged to some faith-based community. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.
8. **Loved Ones First:** Successful centenarians in Blue Zones put their families first. This means keeping aging parents and grandparents nearby or in their homes. (It lowers disease and mortality rates among children living in the homes, too.) They commit to a life partner and invest in their children with time and love.
9. **Right Tribe:** Blue Zone people chose or were born into social circles that supported healthy behaviors.

The Blue Zone Project is a systems approach in which citizens, schools, employers, restaurants, grocery stores, and community leaders collaborate on policies and programs that move a community toward better health and well-being. These locations are involved in the Blue Zone project:

Albert Lea, Minnesota

Beach Cities, California (Hermosa, Redondo, and California)

Cedar Rapids, Iowa

Hawaii

Oregon

Naples, Florida

Fort Worth, Texas

Almost two years ago **Dr. Allen Weiss, CEO, Naples Community Healthcare system**, applied for Naples to be designated as a Blue Zone. The process to achieve Blue Zone status is lengthy, demanding, and involves intense scrutiny. The city has rallied. A number of businesses, schools, restaurants, community organizations, and residential communities are pledging to embrace the Blue Zone initiative, and examine how they are adhering to those nine characteristics.

Our Food for Life program, along with other cooking classes, is currently being presented to employees at Naples Community Hospital, the City of Naples, and Collier County Schools. A growing number of restaurants are creating healthy, vegetarian/vegan Blue Zone menu options in addition to their regular offerings. Weekly progress on the project's expansion is presented in the Naples Daily News. The excitement surrounding the initiative is infectious.

**How receptive would Cape Cod be to the Blue Zone project?
Talk it up with your physician.
Write to CEO of Cape Cod Healthcare
LET YOUR VOICE BE HEARD!!**





GREEN NOSH GROUP OF CAPE COD

Come Celebrate the Wearin' of the Green
The Eatin' of the Greens'
And
The Lovin' of the Greens

At a fun Saturday Pot Luck Gathering
March 12th, 2016
3 pm

At the home of Dorothy Torrey
4 Fort Hill Road
East Sandwich
Corner of 6A & Ft. Hill Road

To sign up, email Alvan Hathaway
At bennyg576@aol.com
Or call Alvan at: 508-694-6653

(Warm, hearty hugs and thanks to Dorothy for sharing her home!)



Diabetes

Last newsletter I briefly suggested a new read by Dr. Garth Davis called "Proteinaholic". From surgeon to bariatric surgery specialty to experiencing his own health issues, Dr. Davis takes readers through his personal journey and exhaustive research, leading him to conclude, unequivocally, that a whole foods, plant based lifestyle is the way to health and wellness.

Some believe that obesity, diabetes, cancer, heart disease, and conditions like erectile dysfunction are diseases of old age, that these conditions come with the aging process. Examining the comprehensive research proves otherwise.

These conditions and diseases are a result of the Standard American diet (SAD), a nutrition lifestyle filled with high caloric, nutrient deficient, saturated fatty foods, excess sugars, sodium, additives, hormones, and refined carbohydrates. What we choose to eat matters! We can impact our health and wellness by our food and beverage choices!

Briefly, I'm including some of Dr. Davis's bullets on diabetes, currently in epidemic proportion.

Meat Consumption is a MAJOR cause of diabetes. Carbs are not!

Japanese have 'traditionally' experienced health and longevity, and they consumed a very heavy carb diet.

Recently, the Japanese diet has become 'westernized'. In '97 diabetes rates went from 9.9% to 15.3% in 2007.

Brazilians consume more animal protein than any other country. Their government has suggested that Brazilians limit their meat intake. (Due to concern over rising health conditions.)

One of the largest prospective cohort studies ever done, (EPIC - 'European Prospective Investigation into Cancer and Nutrition'), followed 521,000 people from 10 European countries. Research concluded that meat, and especially processed meat (bacon, lunch meats, etc. is associated with development of type 2 diabetes. Fruit and vegetable consumption is associated with a decrease in the disease.

Another finding in the EPIC study was the fact that glucose and fructose consumption was actually correlated with LESS diabetes.

Loma Linda University researchers have studied the Seventh Day Adventist population. They found, too, that animal protein is significantly associated with diabetes.

Nurses' Health Study and Health Professionals Follow-up Study, both conducted by Harvard researchers, again evidenced a significant relationship between meat, processed

meat consumption and type 2 diabetes. Increasing meat consumption by just half a serving a day increased the risk of developing diabetes by 48%.

Women's Health Initiative followed 37,000 women over an eight year period. Again, animal protein consumption and diabetes were connected, especially hot dogs and bacon!! Like the EPIC study, this study also found that sugar (Are you ready for this?) was completely unrelated to the development of diabetes.

Dr. Garth stated that he "didn't know of a single study showing that people who eat meat are protected from diabetes."

Our bodies were created to process sugar and starch.

Cells use sugar for energy.

Insulin, produced in the pancreas, is needed to take the sugar from our bloodstream and transport it into our cells for energy.

Muscles are the greatest consumers of sugar and the place where insulin must work effectively for us to remain healthy.

"When we eat meat, we are eating protein and fat. The protein raises insulin, which blocks fat mobilization from the cell, and causes the consumer fat to enter the cell."

"When we eat apples or potatoes, there is insulin secretion, but NO fat to be placed into the muscle cell."

"Insulin resistance is due to fat toxicity to the muscle cell."

In Dr. Neal Barnard's research (PCRM), done between George Washington University Medical Center and University of Toronto, type 2 diabetes patients were divided into two groups. One group consumed the Standard American Diabetes Association Diet, and the other consumed a low fat, low glycemic, plant based diet. Both groups took exercise out of the equation.

After 6 months the group with the best A1C numbers was the group on a low fat, low glycemic, plant based diet. They also showed better results in lowering lipid numbers.

Very simply, the high fat American diet causes fat to build up in the cells. That fat acts like a glob of bubble gum in a lock which prevents insulin from doing its job of transporting glucose into the cells. Since the sugar (energy) is unable to move into the cells, it builds up in the bloodstream, and walla, glucose is elevated, and folks are on their way to type 2 diabetes.

Medications that lower blood sugar are not addressing the issue that is causing type 2 diabetes in the first place. **"The problem is actually the fat and inflammation that is destroying the body's ability to utilize sugar safely and efficiently."**

Dr. Garth describes interesting research: **"If you take a group of people and feed them a high-fat meal versus a high-carb meal, you find that the high-fat eaters develop significantly increased inflammation after the meal, while the carb consumers do not."**

A plethora of studies show that the more carbs one eats, the less inflammation, and, consequently, the less diabetes risk. (And re carbs, we are talking about the unrefined carbs - whole, unprocessed grains.)

I recommended Dr. Davis's book last month and do so again. An excellent read, it lists the research and data accumulated on the what, how and why of type 2 diabetes.



*Food for Life Classes Cape Cod
2016*

"4-Week Series on Cancer Prevention/Survival/Overall Health & Wellness"

To date, this is what has been scheduled at Cape Cod Hospital. I'll announce private classes at a later date.

June 2016

Fridays from 11 am - 1 pm
June 3rd, 10th, 17th and July 1st (skipping June 24th)

August 2016

Fridays from 11 am - 1 pm
August 5th, 12th, 19th and 26th

All classes will be held at Cape Cod Hospital's Mugar Cancer Center. Registration is necessary. Classes will be limited to 20 participants.

To register contact Joanne Irwin.
joanneirwin72@gmail.com
Call: 239-784-0854

These series are FREE to the public.
Thanks to the Community Benefits Committee, CCH, for funding these programs.



April 2016 Food for Life Series, Naples, Florida

Still have a few openings for this 4-week series for Cancer Prevention/Survival:

Tuesdays, from 5 – 7 pm

April 5th, 12th, 19th and 26th

River Park Community Center

For details and registration, contact Joanne at above.

All series are FREE to the public!

Thanks to Cancer Alliance of Naples, the Martin Foundation, and the City of Naples for funding and supporting the Food for Life series!!



With a promise to announce the Green Nosh of Cape Cod's next Potluck asap, I'll sign off for now as I wish each and every one of you the best of health, joy, and happiness!

And Happy early Spring. It's just a couple weeks away. Yeah!

