

# Plant Based Cooking Seminar



June 19, 2018

Plant Based Cooking  
incorporating the 12 step  
program and CREATION  
Health!



**Step 6:** Were entirely ready to have God remove all these defects of character.

Scripture Text: "Humble yourselves before the Lord, and he will lift you up."

(JAMES 4:10)



# CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition





**Air** - The body's most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health. Fresh, clear mountain air surrounds the beautiful natural environment of North Georgia.

- Sleep with an open window
- While outside breathe deeply



## 2018 SERIES OVERVIEW

JANUARY – DESSERTS

FEBRUARY – SOUPS

MARCH – SAUCES, GRAVIES, DRESSINGS

APRIL – SNACKS

MAY – SALADS

JUNE – SANDWICHES

JULY – PICNIC FARE

AUGUST – ENTREES

SEPTEMBER – INTERNATIONAL FARE

OCTOBER – BREAKFAST ITEMS

NOVEMBER – HOLIDAYS

DECEMBER – DRINKS, SMOOTHIES



Sandwiches –  
Bread  
Flour Tortillas  
Pita Bread  
Flat Bread  
Buns

### **VEGAN VEGGIE SANDWICH EVEN MEAT EATERS LOVE:**

sliced bread  
hummus  
green leafy lettuce  
microgreens or sprouts  
red bell pepper or tomatoes (or both!)  
Shredded carrots  
red onion  
Cucumber – thinly sliced  
Avocado

### **Plant Based Pesto - Ingredients**

3 cups packed basil.  
1/2 cup lightly toasted pine nuts.  
4 cloves of garlic (or 1 heaping tbsp.)  
1 tbsp. nutritional yeast.  
2 tbsp. fresh lemon juice.  
1/4-1/2 tsp. salt to taste.  
water to thin (about 4 tbsp.)



## THE HARMFUL EFFECTS OF CAFFEINE (TRIMETHYL XANTHINE) – The Country Life Natural Foods Nutrition Seminar Cookbook, Copyright 1984, Southern Missionary Society

1. Stimulates acid secretion in stomach. 10 ½ ounces of coffee (two small cups) provoked increased output of HCl for more than an hour in normal person; in one with ulcer, effect was greater and lasted more than two hours.
  1. Aid to ulcer production
  2. Aggravates existing ulcer
  3. Interferes with healing in one under treatment. (1). (2)
2. Higher incidence of stomach cancer with more than 5 cups per day.
3. Habit forming: Drug  
Withdrawal symptoms: headaches (3)
4. New disease: “Caffeinism”  
Several mental hospitals, including Walter Reed Medical Center, produced psychiatric symptoms (anxiety neurosis) by caffeine and completely resolved them when caffeine was eliminated: insomnia, headache, agitation, restlessness. (4)
5. Mutagenic Effect: breaks (splits) chromosomes of cells.  
Interferes with repair of DNA  
Both human and mouse cells grown in a test tube with caffeine will be unable to repair injuries in their chromosomes. (5)
6. Crosses placenta and affects unborn child: immature liver; enzymes are undeveloped at birth for detoxification of caffeine. Can cause permanent injury to baby.



7. Increased risk of bladder cancer with four or more cups per day.
8. Raises blood pressure (6), (7)
9. Increases heart rate (8)
10. Caffeols: volatile oils; give coffee its characteristic flavor and aroma. Irritate lining of stomach and digestive tract; as potent in stimulating secretion of stomach acid as caffeine. (2), (9), (10)
11. Increases blood coagulation: increases risk of coronary thrombosis. Lowers level of special enzyme (tissue lipase) which removes fats from blood. (11)
12. Increases mental speed (arithmetic, typing) but impairs motor coordination (target shooting, writing, auto driving)  
Hangover effect: improvement of mental efficiency fell off below normal from one to three hours after drinking coffee. (12)
13. Aggravates hypoglycemia and diabetes: Just two cups of coffee significantly raised blood sugar. More functional hypoglycemia among coffee drinkers. (13), (14)
14. Aggravates coronary heart disease:  
Related to heart attacks by interfering with fatty acid/glucose balance in the blood.
  1. Cyclic AMP: releases fatty acids and glucose into blood stream.
  2. Enzyme pde (phosphodiesterase) destroys AMP and therefore stops the release of fatty acids and glucose into blood stream.
  3. Caffeine inhibits pde: glucose and fatty acids released into blood stream when body does not need them.
  4. Causes marked and prolonged elevation of blood glucose and free fatty acids: tends to raise cholesterol which increases arteriosclerosis. (15), (16)
15. Alcohol Drinking: experiments with animals show when caffeine is added to diet, animals voluntarily drank 2 to 4 times more alcohol than amount consumed without coffee. (17)



16. Bad Habit Glue:
17. Decreases fatigue.
18. Steals sleep: (18)
19. Stimulant: prolongs electrical messages transmitted by neurons. "Caffeine" is considered by pharmacologists as a stimulant of the central nervous system, affecting primarily the higher center of the brain. The amount of caffeine in a cup of coffee will make a person feel more alert and physically active, yet the actual result according to scientific experiments is more confusion and nervousness. (18)

## WHAT ABOUT THAT CUP OF TEA ? ? ?

The effects of tea are similar to coffee:

1. Contains caffeine.
2. Contains irritating caffeoils.
3. Contains tannic acid – retards digestion with strong brew.
4. Contains Theophylline – 6 times worse than caffeine in inhibiting pde  
(6 times worse in releasing fats and sugar into blood stream; therefore, 6 times worse in aggravating coronary heart disease)

Coffee	6 oz.	120 mg. caffeine
Coffee, decaffeinated	6 oz.	18 mg. caffeine
Tea	6 oz.	100 mg. caffeine



- (1) Roth, J.L.A., A.C. Ivy, and A.J. Atkinson. "Caffeine & peptic Ulcer." JAMA. 126:814, 1944.
- (2) "Caffeine Withdrawal Headaches." J. of Lab. & Clin. Med. 28:1212-1219, 1942-3.
- (3) Rest & Taylor. Physiological Basis of Medical Practice, 7<sup>th</sup> Ed. (1961), p. 1270.
- (4) Ostertag, W., E. Duisberg and M. Sturmman. "The Mutagenic Actuary of Caffeine in Man." Mutation Research #2, 1965, p. 293-6.
- (5) New England Journal of Medicine. 250:845, 1954.
- (6) Grossman, M.I. "Physiologic Approach to Medical Management of Duodenal Ulcer." American J. Dig Dis. New Series 6:56, 1961
- (7) Cole, Philip, Lancet, June 26, 1971, p. 1335.
- (8) Myers, Medical Pharmacology (Los Altos, Calif: Lange Medical Pub., 1970), p. 112.
- (9) JAMA. 126:814-820, Nov. 25, 1944.
- (10) Stollman, T. A Manual of Pharmacology, (Philadelphia: W.B. Saunders & Co., 1957), p. 268-9.
- (11) Wing and Robinson, Biochemistry Journal, CIX (1968), 841.
- (12) deVries, Herbert A. Physiology of Exercise, (Dubuque, Iowa: William C. Brown Co., 1966), p. 395
- (13) Jankelson, O.M., et al. "Effect of Coffee on Glucose Tolerance and Circulating Insulin in Men with Maturity Onset Diabetes." Lancet, March 11, 1967, p. 527.
- (14) Sutherland and T.W. Rall, Journal of Biological Chemistry, 232:1077-1091, 1958
- (15) "Coffee Drinking and Acute Myocardial Infarction." Report from the Boston Collaborative Drug Surveillance Program. Lancet, Dec. 16, 1972, p. 1278.
- (16) Oglesby, Paul, M.D. "Stimulants and Coronaries." Postgraduate Medicine. Vol. 44, 1968, p. 199.
- (17) Register, U.D., et al. "Influence of Nutrients on Intake of Alcohol." J. Am. Diet. Assoc. 61:159, 1972.
- (18) Journal of Pharmacology & Experimental Therapeutics, Vol. 149, No. 1, 1965, p. 159.
- (19) Recent Progress in Hormone Research. 2:632, 1965.



## Detoxing from Caffeine

<http://goodfoodeating.com/3139/how-to-stop-drinking-coffee-without-getting-headaches/>

### **Tools of the trade:**

[Vitamin C powder](#)

[Magnesium powder](#)

[Dandelion root tea](#)

Filtered water

### **The routine:**

When you wake up in the morning the first thing you need to do is have a small glass of water with a teaspoon of vitamin C powder. Follow it with another glass of water.

Next boil the kettle and have 2 cups of strong, black dandelion root tea.

Fill up a BIG bottle of water (approximately 2 litres), add 2 teaspoons vitamin C powder and 2 teaspoons magnesium powder.

You'll want to make sure you drink plenty of the water throughout the day, as much as you can to help [support the detox](#) withdrawal. If you need more, fill up another bottle and make sure you add your vitamin C and magnesium to the mix.

Go about your morning as usual, don't let yourself get too hungry and keep drinking that water.

After lunch have another small glass of water with a teaspoon of vitamin C powder. Follow this with a strong, black cup of dandelion tea.

Keep going about your day, making sure you keep drinking water.

Do the same at dinner with the vitamin C, skip the dandelion and just keep drinking water.

**TIP:** Just one additional thing, if you feel like your head is starting to get cloudy or you sense a slight headache coming on, take an extra dose of vitamin C and drink more water. It should pass within 15-20 minutes. It's also important to point out again that you need to keep your water intake high throughout the day. If you allow yourself to dehydrate, you WILL get a headache, and once it gets a hold of you it's more difficult to get rid of it.



**Matthew 12:33** If you grow a healthy tree,  
you will pick healthy fruit. If you grow a diseased tree,  
you will pick worm-eaten fruit. The fruit tells you about  
the tree.

