

Plant Based Cooking Seminar



December 18, 2018

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



Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Scripture Text: "Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted."

(GALATIANS 6:1)



CREATION Health

Choice – Temperance, Water

Rest, Time

Environment – Sunshine, Air, Products

Activity – Exercise

Trust - in God our Creator

Interpersonal Relationships

Outlook

Nutrition



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





Nutrition - Proper nutrition is the foundation of good health and recovery.

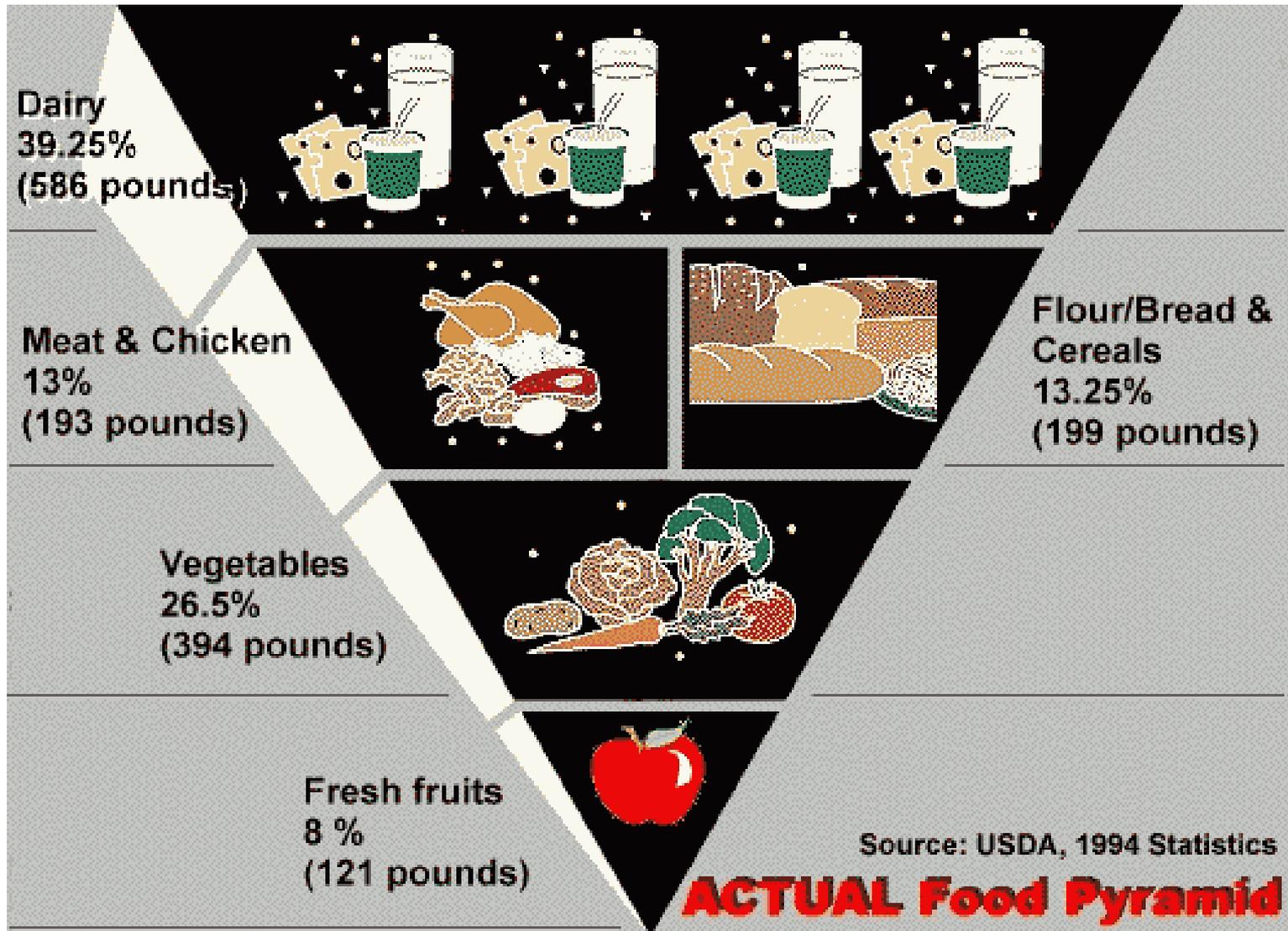
- 2-3 meals a day
- Breakfast like a King, lunch like a Prince, and dinner like a Pauper (Adelle Davis Quote – 1904 – 1974) Before her death she stated, “In my opinion there is no question whatsoever that the terrific amount of cancer we have now is related to the inadequacies of our American diet.”
- Allow 4-5 hours between meals
- Try not to drink with meals
- If you must snack, drink water
- Schedule your last meal to start no later than 6:00 PM
- If man makes it, don't eat it. (Jack LaLanne) Jack LaLanne fervently believed every human being can attain maximum body health and fitness if they will practice moderation, eat the most natural foods, and exercise on a regular basis.



USDA My Pyramid



What are Americans really eating?



Plant-Based Dietitian's Food Guide Pyramid[®]

By: Julieanna Hever, M.S., R.D., C.P.T.
www.PlantBasedDietitian.com

High-fat whole foods

such as: avocados, nuts, olives;
whole food-sweetened treats; dairy
substitutes such as oat, almond, rice, and soy
Use Sparingly.

Leafy, Green Vegetables

such as collards, spinach, and kale
Eat at least 2-3 servings
(1 cup raw or 1/2 cup cooked) per day.

Whole grains

such as brown rice, barley, quinoa,
oats, amaranth, whole wheat, whole
grain pasta, and sprouted grains.
6-11 servings (1/2 cup cooked or
1 slice whole grain bread) daily.

Fruit (all types)

Consume 2-4 servings
(1 piece or 1/2 cup)
everyday.

Legumes

(beans, peas, lentils and seeds)
Consume 2-3 servings
(1/2 cup cooked legumes or 1 Tbsp seeds)
every day.

Vegetables

(all types,
including starchy)
Eat as much and as many
different colors as possible
each day.



Drink plenty of pure water and some tea everyday.
Exercise at least 1 hour everyday

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CME credits available for this article — see page 66.

ORIGINAL RESEARCH & CONTRIBUTIONS

Special Report

Nutritional Update for Physicians: Plant-Based Diets

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Abstract

The objective of this article is to present to physicians an update on plant-based diets. Concerns about the rising cost of health care are being voiced nationwide, even as unhealthy lifestyles are contributing to the spread of obesity, diabetes, and cardiovascular disease. For these reasons, physicians looking for cost-effective interventions to improve health outcomes are becoming more involved in helping their patients adopt healthier lifestyles. Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. We present a case study as an example of the potential health benefits of such a diet. Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA_{1c}, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.

Introduction

In the HBO documentary *The Weight of the Nation*, it was noted that if you “go with the flow” in the US, you will eventually become obese.¹ In 2011, Winters reported that in some areas of the country, the rate of obesity is 39% and is increasing at a rate of 5% per year.² Risks of obesity, diabetes, hypertension, and cardiovascular disease, along with their ensuing complications (eg, behavioral health and quality-of-life problems) often go hand-in-hand and are strongly linked to lifestyle, especially dietary choices.³ Of all the diets recommended over the last few decades to turn the tide of these chronic illnesses, the best but perhaps least common may be those that are plant based.

Despite the strong body of evidence favoring plant-based diets, including studies showing a willingness of the general public to embrace them,⁴ many physicians are not stressing the importance of plant-

lack of patient education resources.

National dietary guidelines for active living and healthful eating are available at www.ChooseMyPlate.gov.⁵ A typical healthful plate of food is 1/2 plant foods (nonstarchy vegetables and fruits), 1/4 whole grains or unprocessed starchy food, and 1/4 lean protein.

The goal of this article is to review the evidence supporting plant-based diets and to provide a guideline for presenting them to patients. We start with a case study and conclude with a review of the literature.

Case Study

A 63-year-old man with a history of hypertension presented to his primary care physician with complaints of fatigue, nausea, and muscle cramps. The result of a random blood glucose test was 524 mg/dL, and HbA_{1c} was 11.1%. Type 2 diabetes was diagnosed. His total cholesterol was 285 mg/dL, blood pressure was 132/66 mmHg, and body

weight was 200 lb. He was prescribed metformin, 1000 mg twice daily; glipizide, 5 mg daily; and 10 units of neutral protamine Hagedorn insulin at bedtime. His physician also prescribed a low-sodium, plant-based diet that excluded all animal products and refined sugars and limited bread, rice, potatoes, and tortillas to a single daily serving. He was advised to consume unlimited non-starchy vegetables, legumes, and beans, in addition to up to 2 ounces of nuts and seeds daily. He was also asked to begin exercising 15 minutes twice a day.

The patient was seen monthly in his primary care clinic. Over a 16-week period, significant improvement in biometric outcome measures was observed. He was completely weaned off of amlodipine, hydrochlorothiazide, glipizide, and neutral protamine Hagedorn insulin. Follow-up blood pressure remained below 125/60 mmHg, HbA_{1c} improved to 6.3%, and total cholesterol improved to 138 mg/dL. Lisinopril was gradually decreased to 5 mg daily and his diabetes is controlled with metformin alone, 1000 mg twice daily.

Definitions of Plant-Based Diets

The presented case is a dramatic example of the effect a plant-based diet can have on biometric outcomes like blood pressure, diabetes, and lipid profile. The reduction in HbA_{1c} from 11.1% to 6.3% in 3 months is much better than would be expected with monotherapy with metformin⁶ or daily exercise.⁷ The improvement in blood pressure observed over a 4-month period with few medications is also easily encountered in clinical practice.



AMA Encourages Plant-Based Meal Options at Hospitals and Healthier Food for SNAP Participants

BY **JEFFERSON REID** ON **JUNE 30, 2017** IN **WELLNESS**

The American Medical Association (AMA) passed two important resolutions this month aimed at helping the nation to eat better. The first calls on U.S. hospitals to improve the health of patients, staff and visitors by offering plant-based meals and meals... [Read more](#)

'The Biggest Loser' Producer Debuts First Plant-Based Reality Show, 'The Big Fat Truth'

BY **LINDA FRIEDMAN** ON **JUNE 10, 2017** IN **WELLNESS**

The king of weight-loss television, JD Roth (former executive producer of "The Biggest Loser"), discovered the benefits of a whole-food, plant-based (WFPB) lifestyle two-and-a-half years ago, and now he wants to help bring the movement to the masses. "The Big... [Read more](#)

<https://www.forksoverknives.com/category/wellness>



Biblical References to Nutrition

Genesis 1:29 - Pre Fall

Genesis 3:17-18 Fall

Genesis 9:3-4 Post Flood

Leviticus 11

Daniel 1:12

1 Corinthians 10:31

Revelation 22:2

