

EAT 4 THE HEALTH OF IT

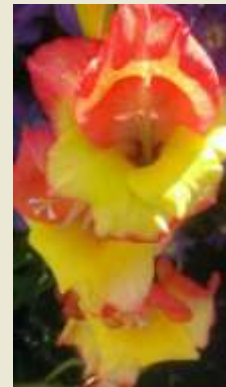
July 2017
Vol 2-17

A newsletter for Healthy Eating Adventure® (HEA)

Wilson's Adventure In Progress June 2017



Newsletter edited and produced by BJ Reed



Kickoff Meal



Kitchen Make-over Cooking Demo



HEA is currently holding Wilson College's 2017 adventure which started with a Kickoff presentation on June 13, 2017 followed by the Kitchen Make-Over cooking demonstration.

New adventurers are engaged and excited about expanding their culinary skills and healing their bodies! WOW, the variety of the food at the pot lucks are so inviting and flavor packed. Past graduates are welcome to come and support new adventurers. (Continued on page 2.)



Schedule of events

[Check out HEA's website and new blog entries](#)

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

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2017 HEA at Wilson College

This summer's Healthy Eating Adventure is in full swing! Nearly 100 people attended Dr. Liz's kickoff lecture on June 13, and over 30 new participants have signed up for this new Adventure. After Coach BJ's kitchen makeover, Roshni's supermarket shopping trip and our first official potluck dinner we are well on our way to a whole foods, plant-based *lifestyle*. This is the sixth year Wilson College has hosted an Adventure, and it is because of your inspiring stories, eagerness to learn and great food that the Fulton Center for Sustainability Studies continues to host the HEA at Wilson.

This community approach to eating well is a natural fit for the Fulton Center. We have been seeding, weeding, and feeding Franklin County and the surrounding area for over 22 years with our community supported agriculture program, one of the oldest in the country. Healthy, local and sustainable food and food choices have been a hallmark of our program since its inception. This same thinking permeates the HEA, where coaches, hosts, volunteers from all walks of life come together to share their love of food and health with a new crop of intentional eaters who are looking to take control of their health. It is through the support of one another that we can, and will make the lasting changes that we need to restore our own health as well as the health of our planet.



We will be taking the 4th of July off from our potluck schedule, so stay (plant) strong and our Tuesday night potlucks will resume at the pavilion at Fulton Farm on July 11th and 18th followed by our graduation potluck dinner back on the Wilson Campus. Please feel free to contact me with any questions about the Fulton Center or HEA, you can also "like" the Fulton Center on Facebook or you can subscribe to our newsletter to take a closer look at all our activities for the community.

Until we meet on the 11th, enjoy the abundance of the season and eat well! All the best, **Chris Mayer**, Director, FCSS

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In the News with Tom and Zipper

What did you have for breakfast this morning? Hope it wasn't bacon and eggs. Maybe you forgot! Anyway, forgetting things as we age causes many of us to imagine we are entering the forbidden territory of Alzheimer's.

A bit of good news on this front. A new panel established by the National Academies of Science, Engineering, and Medicine has found evidence there are three things people can do to slow mental decline and lower their chances of developing dementia, namely; brain engagement, high blood pressure control and regular exercise.

Although HEA can do little for brain engagement or exercise (that's up to you), eating a plant-based diet can certainly assist in managing your blood pressure and improve your overall cardio vascular health. So...in addition to our nutritious plant-based diet, working some puzzles and getting regular exercise may well be what we need to remember what we had for breakfast this morning; hopefully something along the lines of oatmeal with blueberries.

SUMMER IN THE GARDEN

Everything is ripe at once! For those adventures who are participating in the Wilson College HEA, you are blessed with fresh options everywhere. This year the cabbages and cauliflower and kohlrabi have benefited from the spring rains. A roasted head of cauliflower disappears quickly as an appetizer as does the kohlrabi, just sliced and eaten raw. The cabbages are destined for sauerkraut and kimchee.

Learning to cook differently has opened doors to new uses for the produce and to preserving fresh locally grown goodness beyond the moment. I'll be freezing my own fresh peas, but ordering them already shelled from Hess's on 316. This is a great resource for local fruit and vegetables.

After I harvest the cruciferous vegetables I'll plant a second sowing of beets and put in fennel. I saw a great idea to extend lettuce into the summer season: It was an old window screen with two legs on the top, they propped in the garden and planted nasturtiums on the top to shade the underside planting of lettuce. Hope you get the idea.

Be grateful for where we live... this fertile valley is magnificent.
Enjoy and Share!

Patti's Garden Path



Memorial Day – A Celebration of HEA Volunteers



In the Kitchen with Coach BJ



NO CHOP BLACK BEAN

CHILI: This chili is just so easy – ingredients are canned, frozen and dried. I call these easy-peasy dishes NO CHOP, but it's your choice to chop or not. From start to finish, this simple throw-together chili can be on the table in less than 30 minutes.



On the other hand, if you want a more complex Chili recipe, turn to the one in my book *Enjoy Cooking Whole Food, Plant-Based ENTRÉES with Coach BJ*

Check out my [HEA BLOG](#) to see more CHILI photos and How-to video.

Serves: 8 || Prep Time: 15 minutes ||
Cook Time: Pressure cooker (4 minutes).
Stove top (20 minutes).

2 cups homemade vegetable stock
1 1/2 cups frozen onions and peppers
1 cup frozen carrots
1/2 cup dried corn or 1 cup frozen corn
1/2 cup fresh parsley or 2 tablespoons dried parsley
1 tablespoon celery flakes
1 leaf bay leaf
1 (28-ounce) can plum tomatoes, no added salt
2 tablespoons tomato paste
1/2 -1 tablespoon hot pepper sauce, to taste
1/2 -1 tablespoon curry chili powder, to taste
2 teaspoons minced garlic or 1/2 teaspoon granulated garlic
2 (14-ounce) cans black beans and brine, no added salt
1/2 lemon or lime (juice)

Pressure Cooker: Place all ingredients, except pre-cooked black beans, into pressure cooker (no need to thaw frozen veggies). Pressure cook on medium pressure for 4 minutes. Move pressure cooker off the hot burner and let rest for 10 minutes, then quick release. Add black beans, stir.

Stove Top: Place all ingredients into a large pot (no need to thaw frozen veggies), bring to a boil; simmer for about 20 minutes.

Nutrition Facts

Calories 181 Calories from Fat 3,
Total Fat 0g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 100mg, Total
Carbohydrate 29g, Fiber 9g, Sugars 6g,
Protein 8g

More recipes
and videos
coachbj.com



HEA program was created in 2010 by Dr. Liz George of Mercersburg PA to encourage a lifestyle of whole food, plant-based eating for the community and beyond. It is a community service of MacWell with many volunteers and sponsors including Wilson College, Penn National Golf Course Community and Shippensburg University.



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.

HEA programs are supported in part by a grant from the Summit Endowment
www.summithealth.org

cook well, eat well, live well

Eating out locally...



JAMES BUCHANAN
PUB
Mercersburg, PA



FLANNERY'S
Mercersburg, PA



Each newsletter we feature some wonderful eateries...wherever our roving reporter spots HEA eaters. Check out our website for more local places to eat.



RED LION INN
Chambersburg, PA

...and in Orlando



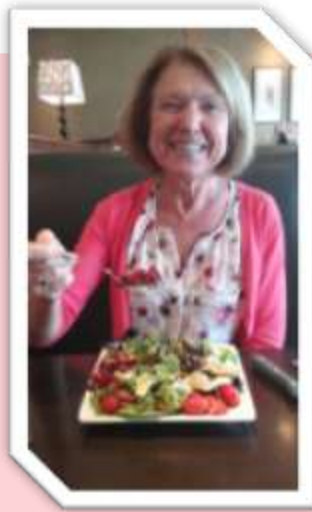
Shopping locally...



NORTH SQUARE FARMERS MARKET
CHAMBERSBURG, PA
MAY 27th - OCT 21st, 2017
Saturday Mornings
8am - noon
Rain or Shine!

FULTON FARM CSA shares are still available on Fridays, pickup 2-6, contact **Chris Mayer**, Director, FCSS
cmayer@wilson.edu

Dr. Liz's Corner



The Feeding and Care of your Microbiome

What is our “microbiome”?

Our microbiome is the ecosystem of bacteria that lives in mutual benefit (symbiotically) with us in our guts, mouths, noses, and on our skin. Amazingly, the 13 trillion cells that make up the human body, live harmoniously with 130 trillion bacterial cells! Our 20,000 human genes coexist with 5 million to 8 million bacterial genes (some times referred to as the “second human genome”). These bacteria, when in balance, play a key role in every organ system - digestion, our immune systems, circulation, nervous system, musculoskeletal. They protect us by stimulating our immune system, reducing inflammation, and helping to digest our food as well as produce nutrients. They can perform these beneficial roles in your health as long as you feed them the right foods.

The good news is, if you're following a whole foods, plant-based lifestyle, you actually have been nourishing your microbiome; you're encouraging the helpful bacteria to take hold. Often in less than a month, your microbiome can shift to a healthy balance, and will stay that way as long as you keep feeding it well. Along with the amazing array of vitamins, minerals, antioxidants key to our organ systems, plants also

provide fiber. Plant fiber is the key “food” for healthy bacteria. This is another good reason to stick to our plant-based eating.

On the other hand, the Standard American Diet (SAD), low in fiber and high in the sugar, salt and fat of highly processed foods and excessive animal products, does not nourish your gut bacteria (nor you). Research is showing that the SAD encourages a more harmful group of bacteria to thrive and it also causes a decrease in the variety of bacteria.

How the gut bacteria accomplish their important roles is very complex, and research provides new information daily. For example, by looking at the gene sequences of human bacteria it has been estimated that they produce 3000 different molecules with biologic activity; these molecules act as “messengers” to the immune system, to the gut wall, to the brain and numerous other activities – some even inhibit harmful bacteria.

How does the microbiome impact our immune system and defenses? Interestingly, animals raised without microbes essentially lack a functioning immune system. Gut bacteria stimulate B lymphocytes in the gut wall to divide and become active. These “B cells” are important in fighting harmful bacteria and viruses, by producing antibodies. Another example, messenger

molecules and butyrate, a bacterial nutrient product from fiber, strengthen our gut wall – one of our body's first lines of defense from toxins and infections.

What's leaky gut? Butyrate is an important source of intestinal cell energy. Without it, the gut doesn't effectively maintain its “tight junctions” between cells. Inflammatory molecules, such as endotoxins, from the bacteria that predominate in the SAD, also harm the tight junction. This allows toxins from the environment, including all those unpronounceable food additives, to get in through the gut wall. This leaky, inflamed gut not only contributes to inflammation in our bodies, but also causes cramps, diarrhea and many cases of irritable bowel.

Do gut bacteria “eat” meat?

Well, sort of, but not the bacteria you really want to encourage. Some American diets are very high in meat – meat at most meals. This encourages different bacteria needed to break down the amino acid Carnitine from animal protein. It gets turned into TMA (trimethylamine), absorbed and then oxidized in the liver to TMAO, making a very inflammatory molecule that contributes to coronary artery plaque formation (one of the links between meat and heart disease). Our body makes Carnitine, so we don't need to get it in our diet and trigger this whole negative process. You can see why the Carnitine supplement that muscle builders are taking is harmful.

Is there a connection between gut bacteria and cancer? Yes – there are many mechanisms for this. One example is that the butyrate



produced when healthy gut bacteria ferments fibers, plays a role in discouraging tumor formation. Interesting note here – gut bacteria fermentation is similar to the way cabbage is turned into sauerkraut! A link has also been shown between the bacteria present chronic gingivitis (gum infection) and pancreatic cancer.

What's the association between gut bacteria and obesity? This is too complex for a simple answer – hold onto your hats. Research in the past decade indicate that obesity problem could be the contributed to by the kind of bacteria you harbor. Guess what - the same SAD foods that contribute to obesity are the ones that encourage disruptive bacteria. These bacteria cause inflammation that impacts how insulin functions and even decreases our leptin (the “I’m full” messenger molecule). So the SAD is a double whammy – it’s loaded with non-nutritive calorie dense food, and the gut bacteria it supports, contribute to the metabolic disarray. This could be why a whole food plant-based diet significantly improves glucose control, including reversing pre-diabetes and, with perseverance, often reversing diabetes.

Will probiotics “fix” the problem? They might be helpful in rebalancing your bacteria, but only if you feed them the right foods.

Taking probiotics is kind of like putting goldfish in a fish tank – you’ve got to feed them the right food if you want them to stay alive. But probiotics aren’t really needed to restore bacterial balance, your body will do it, if you give the bacteria a high fiber diet (and leave out the junk food).

How do antibiotics affect the microbiome? Not surprisingly antibiotics can wipe out some of your healthy bacteria and allow resistant ones to thrive. Double whammy again – lose the benefit of the good bacteria, and the overgrowth of “bad” bacteria, for example C. Difficile causes inflammation and diarrhea. This is a good reason to avoid unnecessary antibiotics – they’re not needed for upper respiratory infections, not even bronchitis, all of which are caused by viruses. And you certainly want to avoid antibiotics in any animal products.

Does the microbiome really communicate with our brain? Yes, in many ways. For example, a

healthy microbiome produces indolepropionic acid (IPA) from dietary tryptophan. Once absorbed from the intestine and distributed to the brain, IPA confers a neuroprotective effect against cerebral ischemia and Alzheimer’s disease. Also, your gut wall actually manufactures 80% of your serotonin – an essential neurotransmitter. A healthy microbiome prevents gut wall inflammation that can disrupt this production. There is active research looking at connections between the foods we eat, our microbiome and our moods, as well as conditions such as schizophrenia and autism.

And our microbiome contributes some important vitamins! Among the molecules a healthy microbiome produces are folate, niacin, biotin, thiamine and B12 – sort of “insurance” added to dietary intake. These are key to numerous metabolic pathways in all organ systems.

What will keep my microbiome happy? Eat food made from plants, not made in plants!! Parents – to give your children a good start on a healthy microbiome, have a vaginal birth if at all possible, breast feed, get your children a puppy and let them play outdoors. There is even a study that shows that exercise encourages a healthy microbiome!

Read more about your microbiome at

<http://www.mayo.edu/research/search/search-results?q=microbiome>

