

# EAT 4 THE HEALTH OF IT

Oct 2017  
Vol 3-17

*A newsletter for Healthy Eating Adventure® (HEA)*

## IT'S A WRAP!

Wilson's 2017 HEA Adventure  
Graduates, Family and Friends Celebrated!



*Newsletter edited and produced by BJ Reed*



### Here's what participants are saying...

I plan on continuing this all of my life! Learned so much about new foods for me - tofu, new grains and easy recipes.

We started as something for fun – mom is a lot happier! We all learned to read labels. My skin really cleared up!

My cholesterol is down 50 points – all labs dropped. I want to share the transformation with others. I always loved animals, in a family of meat eaters, finally doing this for myself!

The food is lovely, delicious, it's something that's easy to do the rest of our lives! My cholesterol dropped 30 points – I didn't expect a change because I was already working out.

I could not have done this without HEA! I'm down 20 pounds, enjoying exercise, my sugar dropped by 110.

My doc said "your cholesterol has dropped ridiculously low" – cut my meds in half.

**HEA will be holding SHIP University's 2017 ADVENTURE which starts on Oct 24th, 2017.**

**New adventurers, family and friends are welcome to come and support each other. (See details on Page 8)**

#### Newsletter Content:

Wilson Adventure.....p.1-2  
In the News.....p.3  
In the Field.....p.3

In the Kitchen.....p.4  
Local Eating.....p.5  
Local Shopping.....p.5  
Dr. Liz's Corner.....p. 6-7

### Schedule of events

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

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



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, Shippensburg University and Norland Pharmacy.



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](http://www.summithealth.org)

## 2017 HEA at Wilson College

This summer's Healthy Eating Adventure wound down with a potluck at Fulton Farm and a graduation dinner on the Wilson Campus. Armed with knowledge, cooking skills, coaching, testimonials and teamwork; the new graduates will share this whole food, plant-based way of eating into the community.

Thank you for hosting Wilson's 6<sup>th</sup> year's HEA...

**Chris Mayer**, Director, FCSS

[cmayer@wilson.edu](mailto:cmayer@wilson.edu)

717-264-4141 x 3247







### In the News with Tom and Zipper

This past week we had a not so pleasant surprise. Our dog Zipper was sick so we took him to the vet. Apparently, Zipper was suffering from anxiety and stress which was affecting his overall health. The vet gave us some pills including an antibiotic and probiotics...along with the bill. (The bill was three times what my first car cost.)

Evidently the anxiety and stress were caused by Zipper's two day stay at a dog kennel. We had taken him there previously, but apparently the number of dogs and constant noise that weekend caused his body to react. Plus they did not consistently feed him his much loved veggies.

This made me think of the plight of the millions of hogs, chickens, cows and other animals packed tightly in noisy unsanitary conditions awaiting slaughter. They are pumped with antibiotics, tranquilizers, steroids and God only knows what else so that the meat industry can thrive. Talk about stress.

Anyway, by eating a plant-based diet, we can enjoy the satisfaction of not participating in this carnage. Maybe I'm taking the term "least of my kingdom" too far. But I think not!

### It's that time of year –Winter Squash!

Fresh Winter squash are showing their faces at farmer's markets, vegetable stands and grocery stores in the area. There are so many varieties to pick from, they each have their own attributes and purposes. **Delicata Squash** has become a favorite – try it! This small gem is characterized by a cream colored delicate rind with green stripe with golden-orange flesh – just beautiful. They are so easy to prepare; you can eat the "delicate" skin, no peeling; when roasting they become caramelized, so creamy and naturally sweet but not too sweet; they have a somewhat nutty flavor too; perfect size for a single serving (about 6–7 inches long) and they fit perfectly into an energy-efficient toaster oven; this delicate squash could easily be eaten as a dessert, it's that tasty...need I say more.

**We live in the fertile Valley,  
so enjoy all varieties!**

### IN THE FIELD



©B.JReed

## In the Kitchen with Coach BJ



**PUMPKIN PEANUT BUTTER SOUP:** Who doesn't love peanut butter? Nuts add natural fat to a recipe so a small cup of soup goes a long way. A great way to start a meal!



Serves: 7 || Prep Time: 15 minutes ||  
Cook Time: 15 minutes

- 1 (15-ounce) can pumpkin or 2 cups precooked pumpkin or squash
- 1/3 cup peanut butter
- 3 cups vegetable stock homemade
- 2 cups water
- 1 small onion, diced
- 3 tablespoons coconut flour
- 2 teaspoons mild curry powder(or to taste)
- 1 teaspoon ground cinnamon
- 1 teaspoon coriander
- 1 clove garlic, sliced or 1/2 teaspoon garlic powder
- 2 teaspoons ginger root, grated or 1/2 teaspoon ground ginger powder
- 1/2 teaspoon turmeric
- 1/4 teaspoon salt
- 1/8 teaspoon red pepper flake (or more to taste)
- 1/2 cup unsweetened non-dairy milk
- +++++

Mix all ingredients in a soup pot, except non-dairy milk. Heat to a boil then reduce heat and simmer for 15 minutes. Blend soup in pot until smooth with an immersion blender. Add non-dairy milk, stir. Serve warm or cool.

### Nutrition Facts

Calories 128 Calories from Fat 63,  
Total Fat 7g, Saturated Fat 2g,  
Cholesterol 0mg, Sodium 123mg, Total Carbohydrate 10g, Fiber 6g, Sugars 3g, Protein 5g

Check out my updated WEBSITE and new BLOG [coachBJ.com](http://coachBJ.com) including how-to videos and more recipes!



*cook well, eat well, live well*



## Eating out locally...



**THE PARROT**  
Gettysburg 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.

### **MARIO'S ITALIAN RESTAURANT**

Chambersburg PA hosted a special delicious evening meal for 27 people...HEA GOES ITALIAN



Whole grain pasta will be an option on Mario's menu now. Ask for veggies in oil-free tomato sauce. Continue to ask for Whole Food, Plant-Based options at your local eateries.



## Shopping locally...



### **NORTH SQUARE FARMERS MARKET CHAMBERSBURG, PA**

MAY 27th – OCT 21st, 2017  
Saturday Mornings  
8am – noon  
Rain or Shine!

Zipper and I will miss our weekly trips to the farmer's market.

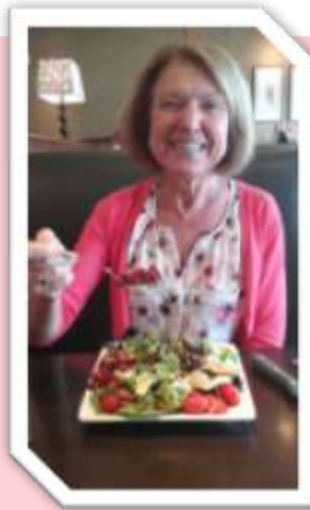
Support local farmer's stands and grocery stores which support local growers. Don't forget to...**Thank your community farmers for their hard work!**

## Dr. Liz's Corner

### Preventing Nature Deficit Disorder

Last Friday evening as we completed a 19 mile bike ride to Old Stonebridge – coming back along Stitzel, King, Findley, and McFarland – we were treated to a beautifully spreading and glowing sunset, lighting up the clouds with azures, rose, violet, orange and golden edges. I felt my mood soaring. Later as I sat down to my computer again – revisiting the irksome website I had been working on earlier in the day – even then my mood remained elated. It wasn't just the endorphins of the exercise that did this; it was the 2 hours of immersion into the out of doors – our beautiful rolling hills, fields, streams, woods, mountain views. My experience gave me some further insight into the term "Nature Deficit Disorder", coined by child advocacy expert Richard Louv in his book *"Last Child in the Woods"*. He points out that getting out into nature is actually key to the developing brain, mobility and agility, and remains important to adult mental and physical health.

Anyone who takes a nice walk outdoors over lunch-break, will tell you that they come back refreshed from the morning's work and energized for the afternoon. The exercise is great for your heart, lungs, brains, bones, and joints, and it goes beyond that; the



mindfulness of the daylight, the fresh air, the views, the sights and sounds around – debrief us from the busy work morning, relax us, refresh us. Not only does it make us work more efficiently in the afternoon, the physiologic benefits of stress reduction are well known.

In a presentation to the American Academy of Pediatrics\*, Mr. Louv included some interesting facts from research on nature's role in our growth and wellbeing:

- Play in natural environments is associated with young children's improved motor abilities and increased creativity
- Contact with the natural world appears to significantly reduce symptoms of attention deficit disorder in children (and adults as well)
- Nearby nature, and even a view of nature from a bedroom or classroom window, can reduce stress in children
- Older children who spend more time outside are generally more physically active and have a lower prevalence of overweight
- Spending time outdoors seems to help prevent myopia. (near sightedness)

- Access to nature nurtures self-discipline and self-confidence among children, including children with disabilities.
- Natural environments, such as parks, help children learn. (think about the wonderful learning experiences at our Summer in the Park program, TWEP, the Academy and Whitetail's outdoor programs)
- Hospitals that have gardens and flowerbeds note improved wellbeing in staff and patients
- Natural environments foster recovery from mental fatigue
- Green exercise offers added benefits when compared to equal exertion in indoor gyms (balance, reflexes, foot/eye coordination)
- Playing, including play in nature, is more compelling and inviting to most kids and adult caregivers than 'exercise'

Mr. Louv directly links the lack of nature in the lives of today's wired generation—nature-deficit—to some of the most disturbing childhood trends, such as the rises in obesity, diabetes, attention disorders and depression.

Think of when you were a child. On weekends we left the house in the morning and road the neighborhood on bikes, explored streams, climbed trees. Remember the delight and amazement of finding a birds nest, spying a box turtle hidden in the garden, gathering brightly colored leaves; we collected acorns, rocks, feathers, shells from our nature trips – and made a "natural science center" at home.

In one generation we have dramatically shifted away from that exploring, adventure, creativity and fresh air, to a world





focused on hand held devices, Aps and screens – at home, at school, at work. We're connected to the internet and disconnected from the outside world.

We can blame technology, but behind every screen-dominant upbringing is an overly cautious parent.

Understandably, we want to protect our kids from “out there” variables; but as a result we've created a divide in our lives from nature. The more we get back out doors and preserve it in our yards and our communities, the more we recapture security as well as key health benefits.

One might think that kids and adults can “travel” further and see more with computers and TV. One can look at pictures from Tuscarora Ridge, but that's nothing like hiking up there, marveling at the rock formations and seeing the vast views of our valleys. One can look at a picture of Johnston Run, but that's nothing like sitting there, listening to the stream and the rustling of the wind and birds in the trees, or catching a glimpse of a curious critter out of the corner of your eye. One can look at a field of wild flowers, but that's nothing like standing in it, watching bees, monarchs, humming

birds and other pollinators busily at work. Interestingly – they are actually harvesting in *their* garden, and creating the seeds for their next year's food supply. Listen intently and you can hear the flap of a butterfly's wings – honest!

Further, if we only explore the world in photos or in virtual reality, our non- involvement in the real world of nature causes us to not see its changes, pollution and degradation; we are risking losing it.

Enjoy some of these (and there are many more) outdoor activities in our area:

- Explore James Buchanan Park, look under the rocks in the stream for salamanders and craw fish
- Plant a garden and let the kids dig in it, it will boost their immune systems and they'll learn where real food comes from
- Plant pollinator gardens, be on the route of the monarch migration



- Keep your yard natural with habitat for critters and trees for fresh air
- Take the kids for a hike on Tuscarora Trail or the Appalachian Trail, and let them see how really vast our valleys and views are
- Visit Norlo Park or bike/hike the Chambersburg and Shippensburg Rail Trails
- Walk around Cowan's gap lake; explore Conococheague institute and TWEF
- Take a kayak down the Conococheague
- Enjoy our MPMC bike routes with amazing views of our beautiful countryside and history (Maps available around town and at [mpmcproject.org](http://mpmcproject.org))
- Plan on helping with trail and stream clean ups; help plant a riparian buffer to protect our streams from run-off.

*When you're out, be really mindful of the sights, smells, sounds, textures, laughter – be careful not to view this just through the lens of your mobile device.*

Perhaps, if we each enrich our well being with daily doses of laughter, mindfulness and nature, we can have a world with joy, awareness of each moment, and a commitment to a sustainable Earth.

[\\*http://richardlouv.com/blog/grow-outside-keynote-address-to-the-american-academy-of-pediatrics-national/](http://richardlouv.com/blog/grow-outside-keynote-address-to-the-american-academy-of-pediatrics-national/)

# JOIN THE HEA TEAM for the SHIP Adventure Kick-Off October 24, 2017

Join our next Adventure at Shippensburg University



[www.healthyeatingadventure.org](http://www.healthyeatingadventure.org)

Would you like support  
for taking on **healthy  
eating habits?**



**GET STARTED** with a  
**FREE Lecture by Dr. Liz George**  
Tuesday, October 24, 2017 @ 6 PM



"The Science Behind Whole  
Foods Plant-Based Eating"

Reisner Dining Hall, Tuscarora Room  
Shippensburg University, Shippensburg PA  
**Savor the Flavors Dinner follows at 7:15**

**RSVP for Dinner by October 20**

Online: [www.healthyeatingadventure.org](http://www.healthyeatingadventure.org)

Call Patti Peck 717-352-3046

Dinner costs: \$10.

Come learn how  
**IN JUST 28 DAYS  
YOU CAN...**

- Lose cravings for sugar, salt and fat
- Learn Holiday Healthy Eating
- Lower blood pressure and cholesterol
- Lose body fat
- Sleep better, increase your energy
- Help prevent and reverse diabetes
- Be heart-attack proof
- Sustain good health



**The 28-Day Healthy Eating  
Adventure Includes:**

- A coach and ongoing support
- Health Screening with lab (18 and over)
- Resource Materials and Cookbook
- "Kitchen Makeover" - Oct 31
- "Eat and Learn" weekly potlucks -  
Nov 7, Nov 14, Nov 21
- Celebrate Success - Nov 28

**Registration available after the lecture.**

**Cost:** \$65/Individual, \$90/Family (A \$270 value  
made available through generous sponsorships and volunteers)



Healthy Eating Adventures are a community  
service of MACWell and sponsored by:



Return adventurers join us – adventure is free or \$30.00 for lab work