



Plant-Based Health

healthy food you can swallow...

Last "Food For Life" series of the summer!

Saturdays, August 8th and 15th (10am - 4pm)

First Choice Health Systems, 1201 W. Airport Freeway (next to Ross dept store) Euless, TX

Sign up at www.cancerproject.org/classes - **Classes are free due to a donation from Saladmaster**

The text/cookbook is loaned to students and may be purchased in class for \$20.



Introducing.... A Fundraiser for Kids, Schools and Youth Groups!

Tired of selling popcorn, candles or chocolate? The "Cooking For Life" fundraiser, developed by The Cancer Project (a non-profit group) will help you realize your fundraising goals quickly and simply, while also benefiting the community! Student organizations sell tickets to a cooking and nutrition class, conducted by The Cancer Project. This class focuses on Nutrition for Kids, easy 5- minute recipes and cancer/diabetes/obesity prevention for families. All attendees are provided a full meal

and a 12-page cookbooklet with recipes and information. **It's Simple:** Students are only responsible to sell tickets - the scheduling and classes are all handled by The Cancer Project. **It Benefits the community:** Help raise awareness of the link between nutrition and cancer, and help fund future classes in DFW.

Realize your fundraising goals: For example, if a class of 30 students sells 10 tickets each, they will earn \$3000! Students also earn personal award gifts based on tickets sold that include iPods, guitars, gift certificates and more. Please contact Katherine (817-526-4811) or Carolyn (817-652-8140) for more information and to book your group's fundraiser for the Fall.

Recipe of the Month: Chocolate Mousse Pie (from The Cancer Project)

Many students have expressed dislike for this recipe in the new version of The Cancer Survivor's Guide - Here is the previous recipe version from the older edition of the book.

Ingredients

1 block Silken tofu, Mori-Nu FIRM is best
1/2 c Vanilla Soy Milk
1/3 c Agave Nectar
1 c Non-Dairy, Semi-Sweet Chocolate Chips
Graham Cracker Pie Crust, optional

1. Mix tofu, soy milk and agave nectar in a food processor or blender until smooth.
2. Melt chocolate chips in a small pot over low heat. Add to the smooth mixture. Process until mixed well.
3. Pour into a bowl or graham cracker pie crust, and refrigerate at least one hour to set. Serve with strawberries!
4. Optional: add 1/3 c. Peanut Butter or 1 Banana and blend well.

Soy-Free version:

Use 1 avocado and 1 small, baked (or 1/2 large) sweet potato, instead of tofu. Substitute almond or rice milk instead of soy milk.



Volunteers needed: The Cancer Project is in need of volunteers to help with "Food For Life" classes
Call or email Katherine to sign up for a series in the Fall, please :)

Suffering from Menopausal Symptoms?

Understand the Risks of Estrogen Replacement Therapy

Many doctors prescribe estrogen replacement therapies to cure hot flashes, slow bone loss and reduce risk of heart disease. However, estrogen supplements can also cause high blood pressure, gallstones, vaginal bleeding, nausea, weight gain, breast tenderness, headaches and depression. Most importantly, **women taking estrogen supplements have 30-80% more breast cancer risk** than other women. The recent "Women's Health Initiative" study of 16,000 women showed a 29% higher chance of heart attack, 41% higher chance of stroke and 111% higher chance of blood clots for women taking estrogen replacement therapies (Ref 1). *Premarin* (short for pregnant mares' urine), the most commonly prescribed of these, contains estrodial and estrone, two types of estrogen found in humans. Unfortunately, it also contains enormous amounts of equilin, a horse estrogen that does not occur naturally in humans and results in many complications.

Hot Flashes: Fortunately, there are natural solutions for most women to ease these symptoms without increasing their risk for cancer. That is, through simple diet and lifestyle changes. In Asian cultures, where animal protein intake is low, only about 10% of menopausal women experience hot flashes. Many "Food For Life" students who recently adopted a low-fat, plant-based diet, have rid themselves of hot flashes and common menopausal symptoms simply by removing dairy and animal proteins from their diet. "Animal based meals affect hormone levels rapidly and strongly, and undoubtedly contribute to the menopausal problems that are common in Western countries" (Ref 2).

Bone Health: Cultures with lower dairy and animal protein intake, also have a much lower risk of osteoporosis and bone density loss. Osteoporosis is not caused by inadequate calcium intake - rather, by overly rapid calcium loss. The top 5 contributors to calcium loss are animal protein, sodium, caffeine, smoking and lack of exercise. When animal protein (meat and dairy) is digested, it makes the blood slightly acidic. In the process of neutralizing, it pulls calcium from the bones, which is flushed from the body in the urine. "A recent report in AJCN showed that when subjects eliminated meat, cheese and eggs from their diet, calcium losses were cut in half." The best sources of calcium are beans and dark, leafy greens. Also, sodium and caffeine stimulate calcium loss through the kidneys (Ref 2).

In addition to diet and lifestyle changes, natural progesterone creams have demonstrated the ability to encourage new bone growth (Ref 3). Unlike estrogens, which simply slow bone loss, progesterone actually increases bone density. It is derived from yams or soybeans, has no significant side effects, and is sold without a prescription as a transdermal cream. Altered forms of progesterone, called progestins (e.g., Provera) are commonly prescribed unnatural chemicals and do not quite fit into the body's systems for using and eliminating progesterone. These also have harmful side effects. Postmenopausal women who are taking estrogens are often advised to cut their estrogen dose in half when starting progesterone, because progesterone temporarily increases the body's sensitivity to estrogen. Many women find that they no longer need estrogen at all after a few months using the progesterone cream (Ref 2).

Heart Disease: In regards to heart disease, hormones are no match for lifestyle changes. "Dr. Dean Ornish has shown that a combination of a low-fat, vegetarian diet, mild exercise, stress reduction and smoking cessation is powerful enough to **reverse heart disease** in 82% of patients in one year" (Ref 3). Cholesterol only exists in animal proteins, so eliminating these from the diet would also help lower cholesterol. Fiber, only found in plant foods, helps remove cholesterol from the body and reduces the amount of cholesterol the liver makes.

References (check these articles for much more information!)

1. www.pcrm.org/news/commentary020725.html
2. www.cancerproject.org/survival/factors/menopause.php
3. www.cancerproject.org/survival/factors/hrt.php
4. www.pcrm.org/health/PDFs/chol_heartdisease.pdf