



# Plant-Based Health

healthy food you can swallow...

*Merry Christmas & Happy New Year!*

**Kathy's Story** "A friend told me about the Cancer Project cooking class, and I was interested in learning some new healthy recipes. What I wasn't prepared for was all of the information that we learned about certain types of foods, the methods of cooking, and what damage they can do to your body. What I found great about the class was the opportunity to try all sorts of new foods that I had never had before, like soy milk, tofu, and substitutes for meat and dairy products. It's not that I didn't want to try them, it's just that those things aren't called for in the recipes passed down from my mother or in the red and white checked cook book!

I have loved trying out the recipes we learned in class. I made a double batch of the Lentil Stew for a potluck recently, and had several people ask for the recipe. My husband says he wouldn't mind if I made that every week. I have a husband and two teenage boys at home, who claim to need their meat, so it has been a challenge to go completely vegan, but we made some very specific changes in the way we eat. Everyone has switched to soy milk with no complaints. We dusted off the blender and my sons have been having fun experimenting with all sorts of different fruits to add for their morning drink. They love the Green Goddess drink and their favorite trick is the frozen grapes. One son has gone crazy for hummus and insists on putting it on every sandwich or roll-up he makes for lunch. Veggie burgers and sweet potato fries have replaced the fast food specials. My husband has begun eating fruit again, and I am having fun finding non-meat entrees at the various restaurants we go to. I have learned that even if there is not a specific vegan item on the menu, every restaurant can put together a "veggie plate."

Some of the benefits have been very swift. My bowel system has been regulated, which has always been a problem for me. Without even trying, I have lost 5 pounds. I find myself checking for fiber content in foods now, rather than the carbohydrate count. For some reason, I can feel when I am full and don't need to keep eating to feel satisfied. And the best part is when my husband came to me and said, "Honey, I'm really glad we are eating healthier – I feel better." Now he wants to take the class! I wish everyone could take the class, especially those with the chance of cancer in their family. You will learn so much."



## Food For Life - DIABETES

**December 8 (6-8pm) FORT WORTH**

Acupuncture Wellness, 1502 W. Magnolia

Sign up by calling 817-877-1502 or email [acupunctureonmagnolia@gmail.com](mailto:acupunctureonmagnolia@gmail.com) **by Dec 7th**  
This class is **free** due to a donation from Saladmaster



## Food For Life - CANCER

**Wednesdays, Jan 6 - 27th**

5:30-8:00pm

FT WORTH - Cancer Care Services  
623 S. Henderson

Sign up at [www.cancerproject.org/classes](http://www.cancerproject.org/classes) or call **Cindy 817-921-0653 x221** Cost is **\$30**

# Need gift ideas? Here are some of our favorites

## For the kitchen:



Kuhn Rikon 10 1/2" Tongs  
Amazon - \$25  
Great for serving awkward foods like asparagus, green beans, fajitas, patties, etc...



Pyrex 6-pc set Essential Mixing Bowls  
They store inside each other and stack well! Amazon or Bed, Bath and Beyond \$20



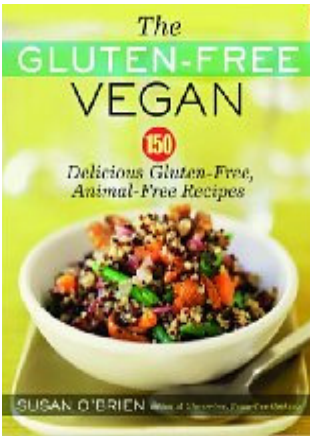
Bamboo Cutting Boards - more sanitary, less expensive  
Amazon, TJ Maxx or BB&B \$9-35

## For the taste buds:



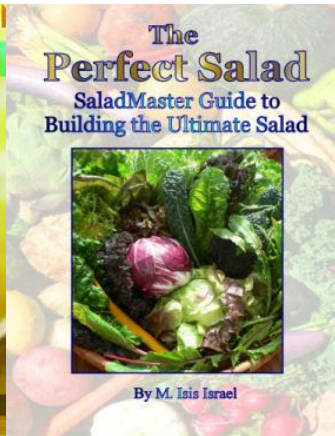
Primal Strips "Jerky" - Texas BBQ is our favorite  
veganessentials.com  
~\$5.50 per pack

## Cookbooks:

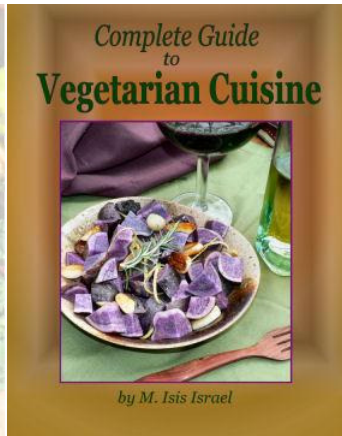


"The Gluten-Free Vegan" by Susan O'Brien ~\$18  
Delicious & easy!

## For Saladmaster owners:



"156 Salad Recipes for the Saladmaster Machine" and "Complete Guide to Vegetarian Cuisine in Saladmaster Cookware" by Isis Isreal \$13 each [www.saladmaster.info](http://www.saladmaster.info)



Assorted vegan truffles, chocolates and marshmallows from [veganessentials.com](http://veganessentials.com) or [sweetandsara.com](http://sweetandsara.com)

## For others:



Be a book angel and help more guides be accessible to patients. [cancerproject.org](http://cancerproject.org)  
\$15 ea. Donate in someone's memory or inspiration

## For Relaxation:



L.E.A.N. Women's Retreat  
March 26-28, 2010

Experience Relaxation & Renewal at this 2-day women's retreat in Glen Rose, TX. \$265 includes lodging, vegan meals, cooking classes, yoga, meditation, life coaching sessions, detox and skin care lessons, and acupuncture exercises. [www.LeanRetreat.com](http://www.LeanRetreat.com)  
*Ladies Empowered to Act Now!*  
Gift certificates available.