



Plant Based Health

healthy food you can swallow

Kay's Story ~ "While preparing to go for my annual exam in 2007, I questioned why I made an appointment each year. The result was always the same...everything is fine. However, upon examination this time, my doctor felt a lump in my right breast. She had not yet received the results from my mammogram, which I had obtained prior to the exam, so she made an appointment for me to have an ultra sound. A mass was found, a biopsy scheduled and it was determined to be breast cancer. Ironically, when I returned home that day, I received a letter in the mail with the results of my mammogram. The report read, "We are glad to report that your mammogram was clear." I urge everyone to do self examinations monthly and to have annual exams by your physician.

After surgery to remove the mass, I underwent 16 weeks of chemo and 37 days of radiation, extending from February through October. Even though this is all behind me, I wanted to do more to improve my health and strengthen my immune system. I saw a magazine article by Michael Landon's daughter, advertising the website cancerproject.org, and the "Food for Life" classes. Although the closest class to Oklahoma City was in Dallas, I decided to attend at the Women's Center at Baylor University. After all, at each session, they served food....my favorite thing!

I began changing my eating habits slowly. I selected foods low in fat, high in fiber, and ate more fruits and vegetables. After just a few short weeks, I could tell that my clothes were fitting more loosely. To date, I've lost 28 pounds, have more energy. I walk stairs and the treadmill on a daily basis. I'm not totally a vegan, but I don't eat dairy, eggs, and very little cheese and meat. I haven't had a hamburger in months! I even made it through the holidays without gaining any weight. I'm very grateful for the information I've received after attending the Food for Life classes. I visit the website daily, looking for more recipes and to see what is new.

Check Out Our New Website!

Asian Persuasion Coleslaw



This salad is a rainbow of gorgeous colors, and its flavorful gingery dressing will keep you coming back for "just one more taste."

Created by KatherineL, Monday, 11 January 2010

www.plantbasedhealth.com is complete with video recipes, resources, class schedules and information. We've videotaped 45 Cancer Project recipes so students can see recipes that weren't prepared in class!

Pressed Salad

- 2 Carrots
 - 1 medium Daikon Radish
 - 1 Green Apple
 - 3 stalks Bok Choy
 - 1 t. Salt
 - 1 T. Lemon or Orange Juice
- Grate carrots, radish and green apple on a box grater or cone #1 on the Saladmaster machine. Substitute traditional red radishes for daikon, if preferred.
 - Thinly slice the entire stalk and leaf of the bok choy.
 - In a large bowl, add all vegetables and salt. Gently rub the salt into the surface of the vegetables with your fingers.
 - Place salad in a "press" for at least 30 minutes. Or place a plate on top of the vegetables in the bowl. Add a weight (like a jar of spaghetti sauce) on top of the plate to provide pressure.
 - Using a fork, gently toss the salad. Add lemon juice and serve! ***This salad is a delicious way to enjoy vegetables without a high-fat dressing! Plus, the radishes are in the cruciferous family which are great cancer fighters.***





Food For Life - CANCER

Saturdays, April 10th - May 1st 10:30am-1:30pm
Emerald Lotus Yoga, 121 N. Ballard, WYLIE, TX

Sign up with Vivian 214-649-7105

Another series in GrandPrairie & Ft. Worth will be scheduled soon for April/May.

Check the website for updates or email Katherine



Food For Life - DIABETES

Two diabetes will be scheduled in April at Spiral Diner in Dallas and Spiral Diner in Ft. Worth. Stay tuned for details, or check our website for updates.

Helpful Resources



The Bankrupt Vegan

After attending the Cancer Project's "Food For Life" classes, Jennifer Manriquez started a blog to help others in her situation. Her mission: *feed a family of 3 nutritious and tasty vegan food on \$50-75/week*. She posts lots of recipes, menu plans, experiments and tips to stretch grocery dollars without going broke! www.bankruptvegan.blogspot.com

The Daily Health Message

The Daily Health Message is written & emailed daily by James Buel. It's main purpose is to inspire, encourage, and motivate others to make health a priority in their lives. A Lifetime of personal health related experience is now being shared to all who wish to receive. Send an email to jbuel515@gmail.com to receive it!



www.DelectablePlanet.com is a great website filled with plant-based video recipes, information and an online store. The videos are done in a catchy, fast-forwarded way so they don't require too much time investment. Save time driving to the grocery store by ordering from the 7,000 natural, organic items in their store!



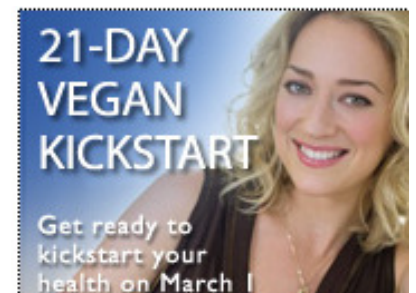
Local, Organic Co-op

"Your Health Source" offers high-quality, low-cost organic fruits and vegetables from local farms. There are over 40 different pickup locations in DFW, so there's sure to be one near you. Food is delivered every other week and includes 15-30 pounds of fruits and vegetables. Have orders are available to. What a great way to support Texas farms and enjoy organic food for less money! A typical order sample and more information is available on their website: www.yourhealthsource.org



Don't Go Vegan Alone!

Sign up for the 21-day vegan kickstart that begins on March 1st on www.pcrm.org. This free program includes meal plans, recipes, nutrition webcasts, celebrity tips and daily encouraging messages. Let Dr. Barnard, friends and community support you and show you how easy it is to improve your diet in just 21 days. All you need is an email address and an appetite!



Let's Welcome Our Newest DFW Instructor!

Vivian's health was declining for several years, until she had a heart attack in 2006. Then, she realized a change was necessary. However, her small changes were not enough to dramatically improve her health. While working for Saladmaster, she heard of The Cancer Project and registered for Katherine's Food For Life class. The information presented was jaw-dropping. It was very clear to Vivian and she suddenly "woke up". She started a plant-based diet immediately and watched her health quickly improve. Her doctors even began taking her off some of her medications. After changing to a plant-based diet, her cholesterol dropped from 225 to 120 and she lost about 35 pounds. Vivian's passion for her new diet continued to grow and she began volunteering at classes and encouraging everyone she knew to attend. There was a sense of urgency and she knew what she had to do next... teach! Now, Vivian is reaching out to educate her family, friends and community. Vivian lives in Plano and will help us cover more of the DFW metroplex. She also spends several months a year in India and will be bringing The Cancer Project classes to that country. Last Fall, she toured India with Dr. Neal Barnard for a series of Diabetes presentations. Vivian continues to grow in this field and completed her certificate in Plant Based Nutrition from eCornell University.



Fun Things to Do in DFW

Women's Retreat

I have joined hands and hearts with a team of like-minded, authentic and incredibly talented women and we have put together a weekend experience that will benefit any woman who would like to achieve more balance, inspiration, peace, health and well-being. (Wouldn't that include us all?!)

I hope you will join us for our event from **March 26-28!** I will be preparing all of the **food** and providing **cooking instruction**. We'll

also engage in **life coaching, meditation, yoga, detoxification and acupuncture**. Visit www.LEANRETREAT.com for more information and registration. (L.E.A.N., Ladies Empowered to Act Now). Registration is limited to the first 50 women, so don't delay! Gift certificates are available.



Golf Tournament benefitting The Cancer Project

April 10th, 2010 1:00pm

Join us at Riverside Golf Club in Grand Prairie, Texas for a 4-man scramble golf tournament. Entry fee is \$100 and includes greens fee, cart fee, range balls and Texas-style fajita buffet. All proceeds benefit The Cancer Project. Prizes include: Closest to the pin on all Par 3's, Longest Drive, Hole in one wins a 2010 vehicle, First, Second & Third Place Teams. Find more information on

www.mastersinapril.com.

