

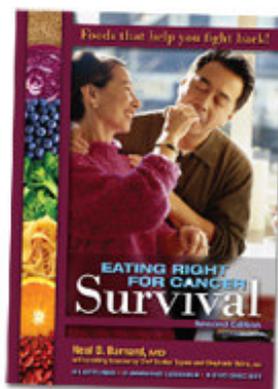


Plant-Based Health

healthy food you can swallow...

Linda's Story: My granddaughter, Brooklyn, was just 13 months old when she started having chronic ear infections - one month after her doctor transitioned her to whole cow's milk. She had her first set of "tubes" in her ears at 15 months old. That didn't seem to solve the problem and she continued to be sick with ear infections continuously and every time there

would be another prescription for antibiotics. The pediatrician wanted to try another set of "tubes" in her ears and I suggested to her we try a more natural approach. After visiting a natural doctor, he concluded "this little girl has no immune system functioning and her lymphatic system is not functioning very well - you need to get her off of DAIRY today!" The Doctor suggested building her immune system and my daughter just broke into tears. She had never made the connection between the cow's milk and her ear infections before that moment. She removed dairy from her diet and Brooklyn never had any more problems - she is now a healthy 6 year old! *(About 40% of recurrent ear infections in children are caused by food allergies - the most common is allergy to cow's milk. For more information, visit http://www.nutritionmd.org/health_care_providers/eye_ear_nose_throat/otitis_nutrition.html)*



The new "Eating Right for Cancer Survival" videos are now on sale for \$20. This is the same video viewed in class (about 1.5hrs) plus 3 hrs of cooking demos. Call Katherine or order online at www.pcrm.org/shop. The online store also has The Cancer Survivor's Guide book, books on heart disease, diabetes and many cookbooks.

Estimated Percentage of Cancer Due to Selected Factors*	
Diet	35% to 60%
Tobacco	30%
Air and Water Pollution	5%
Alcohol	3%
Radiation	3%
Medications	2%

*Source: National Cancer Institute (Washington, DC: 1985), and R. Doll and R. Peto, Journal of the National Cancer Institute, 1981, 66(6):1191-308.

Carcinogen Found in KFC's New Grilled Chicken

Tests of KFC's new Kentucky Grilled Chicken have revealed substantial amounts of carcinogens. All 12 samples were found to contain PhIP, a chemical classified by the federal government as a carcinogen. It is linked to several types of cancer. PhIP and other heterocyclic amines do not occur naturally in chicken; they form when any animal muscle is cooked to high temperatures. For more information, go to : <http://pcrm.org/news/release090521.html>

Upcoming "Food For Life - Cancer" 7-Class Series

All classes are offered for **free** - the text/cookbook is loaned to students and may be purchased in class for \$20.

Wednesdays (5:30-8:30pm) July 22nd - Aug 12th

Cancer Care Services, 623 S. Henderson, Ft. Worth

Fridays (1 - 4pm) July 17th - Aug 7th

Comprehensive Women's Health (Baylor Hospital)
1600 W. College, Grapevine

Saturdays (10am-4pm) Aug 8th & 15th

Comprehensive Women's Health (Baylor Hospital)
1600 W. College, Grapevine

Intro Only Classes:

Monday, July 20th (7-8:30pm) - Central Market,
Plano - 320 Coit Road

Saturday, July 25th (10am-12pm) - Market Street,
McKinney - 6100 W. Eldorado Pkwy

For more info and to sign up, go to

www.CancerProject.org/classes

Classes are free due to a donation from Saladmaster

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

“Food For Life - Diabetes” Comes to DFW!



Uncontrolled diabetes can lead to complications including stroke, loss of vision, heart disease, kidney failure, and various problems due to nerve damage and circulatory problems, such as erectile dysfunction or lower-extremity amputation.

Research shows it is possible to repair insulin function and, in some cases, reverse Type II Diabetes. This scientifically proven program will help you control your blood sugar three times more effectively than with the standard dietary regimen for people with diabetes. **This program has been favorably reviewed by the American Association of Diabetes Educators and the American Dietetic Association.**

During the 2-hour class, students will watch a video by Dr. Barnard, then watch 5 recipes demonstrations and eat! The classes are offered for free, due to a generous sponsorship from Saladmaster. **Donations are greatly appreciated to help fund future classes in DFW.**

August 10 (7-9pm) Lone Star Health Systems, 610 S. Industrial Blvd, Suite 245, Euless

- Sign up by calling Tonya or Kei at 817-571-5535

August 11 (11am-1pm) Gilda's Club, 2710 Oak Lawn Ave, Dallas

- Sign up by calling Gilda's Club: 214 - 219 - 8877

Ingredients

1 lb. dried Red Kidney Beans
 1 large Onion, diced
 2 Carrots, diced
 2 tsp Garlic, minced
 2 T. Italian Seasoning
 3 Bay Leaves
 Large (28 oz) can diced Tomatoes
 1 slice of fresh Ginger
 Water

Recipe of the Month: Mom's Louisiana Red Beans & Rice

1. Rinse beans well. In a large pot, cover the beans with plenty of water and soak overnight. Drain and rinse again.
2. In a large pot, sauté onion, carrots, garlic and Italian seasoning until tender. Add beans, bay leaves, tomatoes & ginger to the pot. Then, add water to 2" above the beans. Bring to a boil, then turn down heat and simmer without a lid until tender (3-4 hours). Check often, scraping bottom and sides with a wooden spoon, always keeping the water 2 inches above the beans until they are tender.
3. Add optional Cajun seasoning & vegan sausage, then simmer and stir 10 more minutes, until desired thickness. Discard ginger; serve over brown rice.

Did you know corn is in most sodas, toothpaste, iodized salt, toilet paper & glue?

“The KING CORN DVD is a fun and crusading journey into the digestive tract of our fast food nation where one ultra-industrial, pesticide-laden, heavily-subsidized commodity dominates the food pyramid from top to bottom - corn. Fueled by curiosity and a dash of naiveté, college buddies Ian Cheney and Curt Ellis return to their ancestral home of Greene, Iowa to figure out how a modest kernel conquered America.

With the help of some real farmers, oodles of fertilizer and government aid, and some genetically modified seeds, the friends manage to grow one acre of corn. Along the way, they unlock the hilarious absurdities and scary but hidden truths about America's modern food system.”

Find out more or take the “What % Corn Are You?” quiz at www.KingCorn.net



Fight Cancer with Chocolate Mousse?

Check out NBC 5's awesome video on The Cancer Project and our classes in DFW.

http://www.nbcdfw.com/health/diet_fitness/

[Cooking_Healthy_Could_Prevent_Cancer_All_National_.html](http://www.nbcdfw.com/health/diet_fitness/Cooking_Healthy_Could_Prevent_Cancer_All_National_.html)