



Plant Based Health

healthy food you can swallow

Meg's Story of Overcoming Breast and Bone Cancer

In spring 1998, when I was 40, I discovered a lump in my right breast, which later was diagnosed as invasive lobular and ductal carcinoma, stage 3B. The news was devastating, as I had already lost my left leg to bone cancer seven years earlier.

After a mastectomy, chemo and radiation, a specialist in Boston told me, with a long, sad face, that the cancer likely would be back within a year. I did as recommended and tried **Tamoxifen** for a month but discontinued it because of extreme side effects. I felt lost and depressed. So I asked my surgeon if she knew anyone practicing conventional/alternative medicine. She gave me the name of a naturopathic doctor – who let me know that some women with breast cancer had been helped by the **macrobiotic diet**.

I thought, “ahhh,” remembering a book I’d read years earlier about a man who had healed himself from cancer by using this whole-food, vegan diet. If there was any chance that such a diet might help me, I was all for it. And thus my healing journey began.

I found a macrobiotics/whole foods cooking teacher in my area and began her wonderful classes. I felt empowered by the people I met through these classes – including Louise Sharp, who I met about nine months after starting to eat this way (and who now assists me in teaching cooking classes). Louise put me in touch with the amazing Warren Kramer, a macrobiotic counselor from Boston. I met with Warren every two to four months for the next two years.

Many things started to improve in my life. I began sleeping through the night – something I’d had trouble with for five years. With my doctor’s OK, I weaned myself off heart arrhythmia medication. I lost weight, my skin got very clear, and chronic sinus problems and headaches cleared up. Ulcerative colitis that I’d dealt with for four years steadily came to an end. My thinking became sharper.

I felt as though I had changed my destiny! Against all odds, I was actually doing something that was improving my health. I felt alive and happy.

I began learning everything I could about macrobiotics and eventually went to study at the Kushi Institute, a non-profit educational organization in Becket, Mass. I attended my first annual Kushi Institute Macrobiotic Conference in August 2000, and sat in on a very inspiring, weeklong program to learn cooking theory for people with illnesses. Through my studies, I’ve come to understand many of the causes of illness. The macrobiotic approach is based on a lot of common sense.

Best of all, I learned that I truly could take responsibility for my own health and change my condition. I went from terminal illness to vibrant health. And in the process, I was able to let go of fear.

As my health bloomed, I also saw many positive changes in my family’s health as they gradually embraced this way of eating. My life today is by no means perfect. I still have my ups and downs, and still deal with issues surrounding my grief, anger and loss. But ... I’m still *here* to deal with these kinds of things ... and to enjoy everything else in life! I wish you the best on your own journey to excellent health. ~ Love, Meg

Find out more about Meg & browse through her books, recipes and meal plans on her website

www.megwolff.com



Memorial Day Recipes

Black Bean Burgers

(recipe by Delisa Renideo, Cancer Project instructor in Alaska - www.alaskaveg.com)

Ingredients

- 1 15 oz. can black beans (or 2 cups if cooking from scratch)
- 1/2 c. quick-cooking Rolled Oats (not instant)
- 1/2 c. whole wheat Bread Crumbs
- 2 T. finely chopped Onions
- 2 T. finely chopped Carrots
- 2 T. finely chopped Mushrooms
- 2 cloves Garlic, minced
- 2 t. Nutritional Yeast
- 1/2 t. Cumin
- Salt and Pepper to taste

Preparation

1. Mash beans with fork or potato masher, leaving some texture
2. Make bread crumbs by processing bread in food processor or blender briefly.
3. Mix all ingredients with your hands. It will be very thick.
4. Form into 4 patties and brown on both sides in skillet over medium heat. Lightly spray the pan or wipe with oil, if needed. *They are also firm enough to grill on a barbeque.
5. Serve on a whole wheat bun with all the condiments for a delicious, healthy, low-fat burger!

Katherine's Note - I was not paying attention while making the burgers and completely forgot to add the oats - they were still amazingly delicious! Also, I added 1 t. of Tony's Cajun Seasoning for a little kick. You can also substitute any beans veggies for variation in taste and texture.



Fresh Fruit Salad (Saladmaster Recipe)

- 1/4 Honeydew Melon
- 1/2 Cantaloupe
- 1 Red Apple
- 1 Banana
- 1 Pear
- 1 c. Grapes, cut in half
- 1/2 Lemon
- 1/2 Lime

Cut all fruit into small pieces, then squeeze lemon and lime juice over the fruit. This makes a nice dressing and keeps the fruit from turning brown. Toss gently.

*If using a Saladmaster machine, cut the cantaloupe and melon on cone #3, the banana on #5, the apple and pear on #2.

Potato Salad (not pictured) - from *The Cancer Survivor's Guide*

- 2 medium Potatoes, cut into 1/2" cubes
- 1/2 c. diced Onion
- 1/2 c. diced Celery
- 1/2 finely diced Red Bell Pepper
- 1/4 c. minced fresh Parsley
- 1 t. dried Dill Weed
- 1/4 c. Vegan Mayonnaise
- 1 T. Rice Vinegar
- 1 1/2 t. Mustard
- 1/8 t. Salt
- 1/8 t. Black Pepper

Steam the potatoes until tender when pierced with a fork, about 15 minutes. Transfer to a large bowl and add the onion, celery, bell pepper, parsley and dill weed.

In a small bowl, combine the mayo, vinegar, mustard, salt and pepper. Mix well and add to the potato mixture. Toss gently and chill before serving.

Upcoming DFW Classes



Food For Life - CANCER

Thursdays, May 13, 20, June 3 & 10, 6-9pm
 Lone Star Health, 610 S. Industrial Blvd, Ste 245
 (a donated kitchen in the Fountainview bldg)
Eules, TX Register at www.cancerproject.org
Class is free due to a generous sponsorship

Wednesdays, June 16 - July 7, 6-9pm
 Roanoke Recreation Center, 501 Roanoke Rd
Roanoke, TX Register at www.cancerproject.org
Class is free due to a generous sponsorship

Intro-Only Class, **Saturday** May 22, 10am-12pm
 Elzie Odom Recreation Center, 1601 NE Green Oaks
 Blvd, **Arlington, TX** - *for Arlington residents only*
 Register by calling 817-459-6434, fee is \$5

Intro-Only Class, **Saturday** June 12, 9-11am
 Meadow Lakes Retirement Community, 5000 Meadow
 Lakes Dr., N Richland Hills
 Register at www.cancerproject.org
Class is free due to a generous sponsorship



FoodforLife Diabetes

Food For Life - DIABETES

Tuesday, May 18th, 6:00-8:00pm
 Meadow Lakes Retirement Center, 5000 Meadow
 Lakes Dr, **N Richland Hills**, FREE
 Sign up with Katherine 817-526-4811 or
katherine@plantbasedhealth.com

Wednesday, July 14th, 6:00-8:00pm
 Roanoke Recreation Center, 501 Roanoke Rd,
 Room 201, **Roanoke**, FREE
 Sign up with Katherine 817-526-4811 or
katherine@plantbasedhealth.com

Lone Star Health Raises \$2840 for The Cancer Project!

Thanks to everyone who joined us for the first annual "Masters in April" Golf Tournament on April 10th! Rob Weseman and his Saladmaster dealership, Lone Star Health Systems, organized the tournament and raised \$2840 for The Cancer Project. If you're interested in healthy cookware and getting a free Saladmaster machine, give him a call at 214-325-7436 or visit www.saladmaster.com/cancer_project.



Food
 —for—
 Life
 Kids

NUTRITION & COOKING CLASSES

"Food For Life Kids" is here!!!

This series is 4-classes, each 1 hour long. Students will participate in hands-on food preparation and fun activities.

We are looking for a group of 11-13 year olds, and a venue, to pilot the program in DFW this summer. If you're interested, please call Katherine (817-526-4811) in the Ft Worth area or Vivian (214-649-7105) in Dallas.