



# Plant-Based Health

healthy food you can swallow...

**Jerry's Story (Arlington, TX)** "I am a 53-year-old female who was diagnosed with **diabetes** in October of 2008. I freaked out. I went and bought a ton of books, including Dr. Neal Barnard's book on "Reversing Diabetes." My fasting and 2-hour post meal sugars were in the 150-200 range. I also had drenching hot flashes, restless leg syndrome and neuropathy in my feet to name a few things. I was a mess. As I read Dr. Barnard's book, I was getting myself ready to go vegan when I came across the Cancer Survivor's cooking classes. I signed up and boy howdy I am so very glad. Katherine Lawrence, my class instructor, was a very inspirational advocate for the vegan way of life. After the first class, I jumped in with both feet and have not looked back since. My sugars, both fasting and 2-hour post meal, have dropped 60+ points now the 4th week of veganism. My **hot flashes** have diminished and are barely noticeable. My **restless leg syndrome** has totally disappeared. The **neuropathy** I had in my feet is almost gone too. I have also lost officially 11 pounds. My hemoglobin A1c was 11 when all this started. It is now 6.8. I also need to mention that the "**flashes and floaters**" in my eyes are now fading away also. The day of the 4th and final class, I had stopped one of my blood pressure medications and was in the process of talking the doctor into a trial of stopping one of the diabetic medications as well. I also have to tell you that those 1-pound packages of butter on the side of my thighs are totally gone! I am a committed vegan. It was not as hard as I thought it was going to be. My dad was a hunter, and we always had a lot of meat and taters on the table, so, the first thing I did, of course, was to whine about what I would be missing. After the first week of lower weight, sugars and blood pressures, I quickly stopped the whining and started focusing on what I can eat. There are no words to express my gratitude to Dr. Neal Barnard, The Cancer Project and Katherine Lawrence for the new-found health benefits they have brought into my life."

## "Food For Life" Classes

**Wednesdays, Sept 23rd - Oct 14th (6 - 9pm)**  
KELLER - Titanium Technologies, 891 Keller Parkway, Suite 204 (class is free)

**Thursdays, Sept 24th - Oct 15th (6 - 9pm)**  
EULESS - Lone Star Health Systems, 610 S. Industrial Blvd, Suite 245 (class is free)

**Wednesdays, Sept 23 - Oct 14th**  
(5:30-8:30pm)

FT WORTH - Cancer Care Services,  
623 S. Henderson (\$15 min donation)

**Sign up at [www.cancerproject.org/classes](http://www.cancerproject.org/classes)**  
**Classes are free or low-cost due to a donation from Saladmaster**

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

An "**Intro-Only**" class will be held on Wednesday, Sept 16th from 11am-1pm at Brown Trail Church of Christ, 1801 Brown Trail, BEDFORD

**Thinking of Going Vegan?**  
**Let Dr. Barnard be your diet buddy!**



### **21-Day Vegan Kickstart with Dr. Neil Barnard**

This program is designed for anyone who wants to explore the benefits of vegan diets.

Sign up for free online ([www.pcrm.org](http://www.pcrm.org)) and receive:

- Daily e-tips for weight loss & better health
- Daily recipes to help break cravings for unhealthy foods
- Weekly motivational nutrition webcasts with Dr. Barnard

**Program begins Sept 8th!**



## Keep Our Classes Free!

If you know me, you know I am passionate about keeping our “Food For Life” classes free in DFW. Due to generous donations from students and a VERY SIZEABLE sponsorship from Saladmaster we have been able to do this...so far. With every Saladmaster dinner cooked, a donation is made to The Cancer Project to help “keep our classes free”. If you would enjoy someone cooking your family a delicious, low-fat, vegan meal (and cleaning up after), please sign up at [www.saladmaster.com/cancer\\_project](http://www.saladmaster.com/cancer_project). The dinners are very fun and educational! If 2 couples attend, you will receive the Saladmaster Machine for free as a thank you gift. For each dinner hosted, you can choose from other products. It is a great way to support The Cancer Project and collect free cookware!



## Phytochemicals - why do I need them?

Phytochemicals, sometimes considered “guardians of our health”, are powerful cancer fighters. “In general, populations eating greater amounts of phytochemical-containing foods have a significantly lower mortality risk and a lower risk for cardiovascular disease, cancer, diabetes, hypertension and arthritis” (1). Phytochemicals are most effective when kept in their natural food forms, rather than from vitamin supplements. It is best to cook these foods under 200 degrees or eat them raw, as the phytochemicals are much less effective when exposed to high temperatures (2). Eating a variety of fresh or frozen vegetables and whole, not refined, grains will ensure a broad range of phytochemicals. Some powerful phytochemicals that protect against cancer are listed below:

**Phytoestrogens** - the “plant” estrogens isoflavones, coumestones and lignans take up space on estrogen receptors where the body's estrogen otherwise would have attached. Because these plant estrogens are much weaker than human estrogen, they help minimize the hormonal activity that is believed to promote cancer growth (2). Great sources for these are **soy beans, tofu, flax seeds, pistachios and black licorice**. See a complete list at [www.dietaryfiberfood.com/phytoestrogen.php](http://www.dietaryfiberfood.com/phytoestrogen.php).

**Isothiocyanates** - stop carcinogens in three ways: a) they don't allow carcinogens to be activated b) they counteract the poisonous effect of carcinogens that have been activated c) they speed up removal of carcinogens from the body (3). They are especially effective in fighting esophageal and lung cancer. Cruciferous veggies are rich in isothiocyanates - **broccoli, kale, cabbage, Brussels, turnips, collards and radishes**.

**Allicin** - acting as an antioxidant, it protects the body from free radicals, stops tumor growth and may speed the death of existing cancer cells (2). One clove per day appears to reduce stomach cancer risk by half and colon cancer risk by one-third (4). Allicin is most prevalent in fresh **garlic**, but is also found in smaller amounts in **onions, leeks and scallions**.

**Catechins** - are phenolic compounds similar to allicin, in that, they prevent cancer and kill existing cancerous cells. Found in **green tea and black tea** (2).

**Resveratrol** - shows an incredible tendency to decrease many types of cancer by: slowing tumor growth in the lungs by preventing the replication of DNA, preventing tumors from forming both in the lungs and the colon by destroying potential carcinogens, preventing liver cancer because of its antioxidant activity, preventing breast cancer by protecting cells from the harmful effects of linoleic acid, a type of fatty acid implicated in breast cancer, and arresting the growth of leukemia cells (2). Great sources are **grapes, berries and peanuts**.

References (check these articles for much more information!)

1. [www.plantbasednutrition.org/plant-based-nutrition/article/micronutrients-in-health-and-disease/browse/2/?tx\\_ttnews%5Bwords%5D=phytochemicals&tx\\_ttnews%5BbackPid%5D=76&cHash=2b14081e83](http://www.plantbasednutrition.org/plant-based-nutrition/article/micronutrients-in-health-and-disease/browse/2/?tx_ttnews%5Bwords%5D=phytochemicals&tx_ttnews%5BbackPid%5D=76&cHash=2b14081e83)
2. [www.cancerproject.org/diet\\_cancer/nutrition/phytochemicals.php](http://www.cancerproject.org/diet_cancer/nutrition/phytochemicals.php)
3. [www.cancerproject.org/survival/protective\\_foods/isothiocyanates.php](http://www.cancerproject.org/survival/protective_foods/isothiocyanates.php)
4. [www.cancerproject.org/stage/nyn/esophageal/real\\_garlic.php](http://www.cancerproject.org/stage/nyn/esophageal/real_garlic.php)