



# Health SCIENCE®

A PUBLICATION OF THE NATIONAL HEALTH ASSOCIATION®

FALL 2022 | \$6.95



**INTERVIEW WITH  
KRISTI FUNK, MD**

**DARE TO BE DIFFERENT**  
Joel Fuhrman, MD

**HOW TOXIC ARE YOUR  
PERSONAL CARE PRODUCTS?**  
Jeanne Schumacher, MScEd, EdD

**CHILD NUTRITION IN  
AMERICA TODAY**  
Meryl A. Fury, MS, RN

**THE POWER OF GRATITUDE**  
Csilla Veress, ND, Dipl OM



# Welcome to the Fall Issue!

One of the conscious goals of each issue of this magazine is to introduce our members and readers to new and important voices in the expanding world of lifestyle medicine. In this issue's feature **Interview with Dr. Kristi Funk**, we have highlighted another rising star whose personal and professional journeys and perspective I think you will really enjoy.

At our 2022 Summer NHA Conference, **Dr. Joel Fuhrman** delivered an insightful and important lecture on food addiction, the response to which was so positive we asked him to adapt it for an article so that more of our readers could share in its message. We present it here in "**Dare to be Different: Committing to Healthy Eating in an Unsupportive Culture.**"

One of the many vendors at our 2022 conference was **Jeanne Schumacher**, an educator, researcher, and strong champion of the NHA. She has made valuable contributions to this publication in the past, and we are happy to have her back with her enlightening article, "**How Toxic are Your Personal Care Products,**" information from which we can all benefit.

While Jeanne has been a long-time friend of the NHA, we are pleased to introduce you to our great new friend, the dynamic **Meryl Fury**, a registered nurse and cohost of the *6 Million Seeds* podcast. Ms. Fury sounds an important alarm about the health of our children in her article, "**Child Nutrition in America Today: A New Look at a Crisis of Our Own Making.**"

Achieving and maintaining vibrant health involves more than just following a healthy diet, and in this issue, we are pleased to focus on one of those often-overlooked pillars of lifestyle medicine in "**The Power of Gratitude: A Simple Approach for a Better, Longer Life,**" the thoughtful perspective of TrueNorth Health Center's staff physician, **Dr. Csilla Veress**.

We don't let any *Health Science* issue pass without featuring a selection of SOS-free recipes from the ever-increasing number of gifted plant-based chefs. This fall, we turned the **Recipe Department** over to an especially talented cook, **Cathy Katin-Grazzini**, whose mouthwatering offerings bring new flavors and updated favorites into the WFPB, SOS-free kitchen. (Her cauliflower split pea soup is one of my personal favorites!)

Among the many reasons our readers cite for always reading this publication from cover to cover are the inspiring **Member Spotlights** and **Testimonials**. In this issue's **Spotlight**, we shine a light on the wonderful work being done to build plant-based communities in New York City by **Lianna Levine Reisner**. We also know you will enjoy the inspiring **Testimonial** by emerging social media star, **Anthony Vita**, both of whom attended this summer's conference.

Our 2022 NHA Conference will be a cherished memory for years to come for the 290-plus members who were in attendance, but for those who were not, we invite you to check out the pictorial **Conference Highlights** on page 32. Hopefully the energy of those pictures will inspire and motivate you to make plans now to join us for our 2023 conference, at which we'll celebrate our 75th anniversary!



**MARK A. HUBERMAN**  
NHA President



**PRESIDENT/EDITOR**  
Mark Huberman

**NHA EXECUTIVE DIRECTOR**  
Wanda Huberman

**DESIGN & PRODUCTION**  
reddyorknot.com

**COPY EDITOR**  
Janice Ziegler

**FALL 2022 CONTRIBUTORS**  
Joel Fuhrman, MD  
Kristi Funk, MD  
Meryl A. Fury, MS, RN  
Mark Huberman  
Wanda Huberman  
Cathy Katin-Grazzini  
Lisa McCarl  
Lianna Levine Reisner  
Jeanne Schumacher, MScEd, EdD  
Csilla Veress, ND, Dipl OM  
Anthony Vita

**COVER PHOTO**  
by aliunix on Unsplash.com



P.O. Box 477, Youngstown, OH 44501  
Phone: 330.953.1002  
Fax: 330.953.1030  
info@healthscience.org  
healthscience.org

Copyright ©2022. *Health Science* is published by the National Health Association (NHA), P.O. Box 477, Youngstown, OH 44501, tel. 330.953.1002, fax 330.953.1030. It is distributed as a benefit to Association members, subscribing libraries, and other entities. The NHA is a 501(c)(3) charitable organization, and as such, contributions to it are tax-deductible. Basic annual membership/subscriptions are \$35.00 U.S. and \$55.00 outside the U.S. Additional copies of any issues are available for \$4.00 each plus postage and handling.

Readers are welcome to reprint articles without additional permission. Please include the credit line: "Reprinted from *Health Science*, Fall 2022, National Health Association." Articles are not to be reprinted for resale. Please contact the NHA at info@healthscience.org regarding other permissions.

Articles appearing in *Health Science* are not intended as individual medical advice. Persons with medical conditions or who are taking medications should discuss any diet and lifestyle changes with their health professional.

"*Health Science*" is a registered trademark of the National Health Association. All rights reserved.

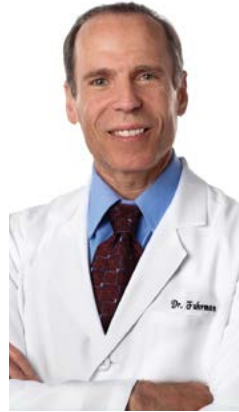


**INTERVIEW WITH KRISTI FUNK, MD**

Mark Huberman interviews Dr. Kristi Funk, author of *Breasts: The Owner's Manual*, who dives deep into the importance of diet and lifestyle in the treatment and prevention of women's health issues.

5

- 4 LETTERS & NOTES
- 24 RECIPES
- 29 MEMBER SPOTLIGHT
- 30 TESTIMONIAL
- 32 NEWS
- 37 JOIN AND SUPPORT THE NHA
- 38 NHA MEMBERSHIP



**DARE TO BE DIFFERENT: COMMITTING TO HEALTHY EATING IN AN UNSUPPORTIVE CULTURE**

WFPB leader Joel Fuhrman, MD, tackles the importance of committing fully to your best health and addressing addictive behaviors that interfere with attaining it.

12



**HOW TOXIC ARE YOUR PERSONAL CARE PRODUCTS?**

Jeanne Schumacher, MScEd, EdD, alerts readers to the dangers and prevalence of toxic chemicals in personal care products and how to minimize them in our lives.

16



**CHILD NUTRITION IN AMERICA TODAY: A NEW LOOK AT A CRISIS OF OUR OWN MAKING**

Meryl A. Fury, MS, RN, focuses us on our culture's currently SAD approach to feeding children, reminding us of our responsibility to change that approach to foster healthier future generations.

19



**THE POWER OF GRATITUDE: A SIMPLE APPROACH FOR A BETTER, LONGER LIFE**

Csilla Veress, ND, Dipl OM, takes a look at gratitude's importance in a health-promoting lifestyle and how to implement its practice in our daily lives.

22

Hi Mark and Wanda,

Yet more compelling info with the Summer 2022 issue of *Health Science*. What a great team you two make! I and many others are often mystified as to why so many continue to be misled in dietary matters. This is particularly the case with dairy products, promoted by the industry as health foods, so it was encouraging to read Dr. Frank Sabatino's article, "The Problems with Milk and Dairy Products" along with other wide-ranging health-related topics. Terrific work as always!

**Philip Ross**

Victoria, Australia

Dear Mark,

I attended the NHA virtual conference in June 2022, and I have been reading the NHA magazine for a couple of years. In each issue, you manage to find witnesses to tell the whole truth on how to take care of our magnificent, self-healing bodies! Always for me, the highlight of the magazine was looking at the previous conferences and wishing I had been there. This year, I am rejoicing because my heavenly father let me be at the NHA virtual conference! I will definitely be there in person in 2023. You and Wanda have become a power couple, and you will reach the world with good news about how to have a healthy body. Remember that mankind is threefold: mental, physical, and spiritual. What did I dislike about this year's conference? Only that I couldn't have been there in person! Amen!

**Rev. Valaida A. Franklin**

Hackensack, NJ

Dear Mark,

The Summer issue of *Health Science* was one of the best! Really enjoyed the interview with Dr. Bulsiewicz and the articles on cholesterol and how to eat healthfully at restaurants.

**Andria Hudson**

Bluffton, SC

Hi Mark,

What a great issue! The articles were timely and very informative. Thank you so much!

**Francis Wilson**

Fairfax, OH



Hi Mark,

Thank you for your super-prompt mailing of the latest magazine. I bet you had no idea I would receive the Summer edition on my birthday—what a great gift! You put so much effort into producing a first-class publication—every article is inspiring!

**Jo Anna Schneider**

Bluffton, SC

Dear Mark,

I was happy to see in your recent interview that another doctor found true, whole health for themselves and decided to incorporate it into their daily practice for their patients. You're on the right track with *Health Science* magazine, as you have been since I found you for myself in 1993. You have made a significant difference in all of our lives, as you know, and we are all grateful. Many thanks.

**David C. Eschan**

Florence, KY

Hi Mark,

I just want to tell you how much I enjoyed the last issue with Dr. Dean Ornish. While I knew he had been suicidal in college, I had no idea about the swami that helped him. Great overall interview, as you had indicated! Looking forward to the next issue!

**Anthony Vita**

Lexington, VA

Hi Mark,

I just read the Summer issue of the magazine, and it remains the only magazine I purchase. It has a wealth of information!

**Colleen Fedak**

Watson, Saskatchewan



## 2022 Board of Directors

**PRESIDENT**

Mark Huberman, Youngstown, OH

**VICE PRESIDENT**

Barbara G.B. Ferguson, Arlington, VA

**TREASURER**

Mark Alan Epstein, Aberdeen, NC

**SECRETARY**

John Nowakowski, Fort Lauderdale, FL

**DIRECTORS**

Alan Goldhamer, DC, Santa Rosa, CA

Brittany Jaroudi, Pittsburgh, PA

Dillon Holmes, Phoenix, AZ

Roz Reynolds, Alpharetta, GA

Danielle Vakoutis, JD, CPA, Portland, OR

**EXECUTIVE DIRECTOR**

Wanda Huberman, Youngstown, OH

**DIRECTOR OF HEALTH EDUCATION**

Frank Sabatino, PhD, DC, Deerfield Beach, FL

**TRAVEL COORDINATOR**

Lisa McCarl, Millersville, MD

**ADMINISTRATIVE ASSISTANT**

Laura Johnson, Brookfield, OH

**OUR MISSION**

The mission of the National Health Association is to educate and empower individuals to understand that health results from healthful living. We recognize the integration of all aspects of health: personal, environmental, and social.

We communicate the benefits of an exclusively whole-plant-food diet that is minimally processed and without added salt, oil, and sugar, plus exercise and rest, a healthy environment, psychological well-being, and, when indicated, the use of professionally supervised water-only fasting. We take a leadership role in advocating health freedom issues.

**PARTNERS & SUPPORTERS:**



James Hervey Johnson  
Charitable Educational Trust



# Interview with Kristi Funk, MD

by Mark Huberman

**KRISTI FUNK, MD**, is a board-certified breast cancer surgeon, bestselling author, and international speaker. She graduated from Stanford University in 1991, received her medical degree from UC Davis, completed her surgical residency in Seattle and served a surgical breast fellowship at Cedars-Sinai Medical Center in Los Angeles. Dr. Funk served as a director of the Cedars-Sinai Breast Center until 2009, when she cofounded the Pink Lotus Breast Center in LA where she currently practices. She has helped thousands of women navigate breast issues, including celebrities like Angelina Jolie and Sheryl Crow. Dr. Funk's nutritional science expertise sparked twin passions: the online women's social network, [pinklotus.com/powerup](http://pinklotus.com/powerup), and her annual in-person or virtual Cancer-Kicking! Summit.

She is the go-to breast expert for *Good Morning America*, with repeat appearances on *Today*, *The Doctors*, *The Dr. Oz Show*, and *Rachael Ray* as well as countless online interviews. Dr. Funk has received dozens of honors and awards and uses her appearances to educate and give back to the community. She resides in LA with her husband, Andy Funk, and triplet sons.

**MH** So many new physicians that come into our health movement do so either because they had a personal health crisis or they read a book or saw a video that proved to be a transformative moment. Were either of those the case with Dr. Kristi Funk?

**KF** Believe it or not, it was not a health crisis, and I did not read a book that opened my eyes. I actually wrote a book that became my pivotal moment. My goal in writing the dietary advice in my first book was simply to prove, with evidenced-based research, that the way I ate was the correct way to eat—and to be able to tell my patients that the diet I was following was the correct diet for them to follow to maximize their health. That undertaking caused me to delve into nutritional science for the very first time in my life and career, and wow! I was blown away by the rock-solid evidence that the way I was eating was just wrong. My diet at the time largely modeled a Mediterranean-style one since I hadn't had red meat since I was 10 years old. However, I consumed tons of chicken, turkey, and fish—so much fish I'm sure my husband and I were off the charts with radioactive chemicals or mercury! But I really didn't want to know; I just wanted my sushi, but I thought that was healthy, along with lots of fruit and vegetables.

When I finally went to prove that that was the healthiest way to eat, it soon became abundantly clear from the science that the consumption of all animal protein and all animal fat actually leads to inflammation,

free radical formation, oxidative stress, and immune system destruction. I became convinced that the consumption of animals is one main contributor to all of our deadliest diseases.

**MH** Was there one book or one study that especially caused you to rethink your approach to eating?

**KF** It was the sum totality of all of the giants who had come to this realization before me. Certainly T. Colin Campbell's *The China Study* was pretty powerful, as was Dr. Caldwell Esselstyn's *Prevent and Reverse Heart Disease*, but there are so many others that I don't want to leave anyone off my list. I would say that there were at least 20 giants in the field whose research and findings quickly impressed me and proved how factual my new conclusions were.

What? Wait, let's clarify. What is processed meat? I mean, surely that's just sausages, hot dogs, and baloney—but it's not my organic turkey breast slices from the deli, is it?

**MH** Was veganism or vegetarianism in your family?



**KF** I have a sister who is 12 years older than I, and when I was 10 years old, she became a vegetarian, so I followed in her footsteps. It is funny though, that when I was 16, she reverted to eating meat while I stayed vegetarian. I stayed that way until I was 29 years old, when, unfortunately, I fell victim to the Atkins craze, which was at its height. I was in my third year of surgical residency in Seattle, and like so many of my fellow residents, we worked an impossible number of hours per week without access to regular fresh air and exercise. With the thought that the Atkins approach offered some salvation, I actually rallied my peers to go on a 30-day Atkins challenge with me. I even got the little ketone strips to make sure I was ketotic. As it turned out, everybody kind of failed except for four of the guys who lost between 10 and 40 pounds in one month. Meanwhile, I was eating so much cheese that I became completely constipated, so I reintroduced chicken and fish into my diet and gained three pounds at the end of the month. That's when I started eating meat again—which persisted until I was 47 years old and did my research for writing the book.

**MH** Tell me about the process of writing the book. Did you take a sabbatical from work?

**KF** I still worked full-time when I wrote the book, so it took up all of my extra time. People around me would say "Wow, I can't believe you wrote this book and had such a full life." The truth was I didn't parent, just simply disappeared for six months straight. But one particular day, I paused and said to my myself something like, "I'm going to be a



great mother today,” and I went downstairs to make my kids’ lunch. Now, like any good product of the eighties, I feared that carbohydrates like pasta, rice, and potatoes would make you fat and was passing that fear on to my children by not making them sandwiches with bread, but ones wrapped in lettuce. That sounds good until you hear what I put inside of it. So that day: I took a piece of lettuce, topped it with organic sliced turkey breast (AKA processed meat), added a mozzarella stick, and rolled it up and put it in their lunch boxes. And off they went to camp.

After making their lunches, I went back upstairs to dive back into my reading and researching, and I came across the July 2017 ruling of the IARC (International Agency for Research on Cancer). They had asked the researchers two questions: “Does red meat cause cancer?” and “Does processed meat cause cancer?” To my amazement, these 20 researchers from 10 different countries pored over 800 epidemiologic studies from all different types of countries and cuisines and concluded with a resounding, absolute yes, all processed meats are carcinogenic to humans and cause cancer. My initial reaction was, “What? Wait, let’s clarify. What is processed meat? I mean, surely that’s just sausages, hot dogs, and baloney—but it’s not my organic turkey breast slices from the deli, is it?”

And the answer was that yes, it was. That was truly the day we went plant-based.

**MH** How did you make that change? Did you impose it on your family or just model it for them?

**KF** I kind of imposed it, but with their blessing. When the kids came home from camp, I was delighted to see they were still alive, and I ran downstairs and said, “Hey,

boys, come over here—come over here to the refrigerator.” And with great panache, I swung open the refrigerator doors and said, “Boys, we’re going vegan.” And they’re like, “Yay! What is ‘vegan?’” After explaining it to them, we cleared out the refrigerator of everything—even my “therapy drawer” filled with my expensive cheeses along with the \$50 organic salmon filet that we were going to barbecue that evening. I even inspected the frozen organic veggie patties in the freezer and realized, “Oh, wait, there’s milk and cheese in there, so that has to go, too!” In the end, we got rid of four grocery bags filled to the brim. But to help it all make more sense I had the family watch the documentary *What the Health*—and we literally never looked back.

---

When you dive deep into why there is such an epidemic of breast cancer not only in this country, but also globally, you will come up with one very loud and clear answer, namely, that diet and lifestyle is the cause.

---

**MH** Let’s go back to the beginning for a moment. What prompted your interest in medical school in general and breast health in particular?

**KF** I was studying psychology and drama at Stanford University and thought I’d go into a newish-type field using drama as therapy to help children recover from illness and trauma. That was my plan. But somewhere

along the way I was up late studying for a final exam, and I had an epiphany—not an audible voice, but rather a sentence that overtook my thoughts that I couldn’t shake. The sentence was, “You are going to be a doctor.” My initial thought was that maybe it meant I was going to marry a doctor, so I discarded it. However, one week later, I was on a plane to Kenya, where I had already planned to spend the summer as a short-term missionary. Shortly after arrival I found myself out in the bush in a dung hut, sitting cross-legged, balancing potatoes on my head to make some children laugh. I was doing that because I couldn’t speak Swahili, so I acted for them. When I saw all of the laughter and joy on their faces, that voice came back to me again, saying, “You’re going to be a doctor,” and this time I understood why. The reason is that everyone needs health. Health is the pillar of all happiness and joy in life, and by becoming a doctor, I could bring health *and* happiness to people.

**MH** From where did your interest in breast health arise?

**KF** Once I finished my surgical residency in 2001, I thought I would go into the brand-new field of minimally invasive surgery, a practice where you use little ports and watch what you’re doing on a monitor. I needed to learn that skill since I didn’t get it in my residency. So, I went to Cedars-Sinai Medical Center in Los Angeles to complete that fellowship. As it turns out, the same man who ran that program also ran their breast center, which at the time was staffed by five men over 50. He literally told me, “You know, I haven’t asked you what you want to do with your career, but let me tell you what you’re going to do. You’re going to run the breast center.” It was all just one run-on sentence. He didn’t pause to say, “I need an answer.” And frankly, I thought, “I’m not doing breast surgery because that’s so easy.” But I did some soul searching and prayed about it and realized that while breast *surgery* might be easy for the surgeon, breast *cancer* was anything but easy for the woman going through what she perceives to be one of the darkest moments in her life. So, right then I changed gears and did a surgical breast fellowship. And now, over 20 years later, here I am.

**MH** That’s amazing! What is also amazing, I believe, is how big of a problem breast cancer is in America. Just how big is it?

**KF** It’s a very big problem. Breast cancer is the second most common cancer that women will get (after skin cancer). Approximately 287,850 women will get invasive breast

cancer this year and almost 43,250 will die from it. And while heart disease is our number one killer, breast cancer is the number two cancer killer behind lung. Just to remind any male readers, I will interject here that men also have breasts and nipples, and they can get breast cancer, too. In fact, about 2,710 men will get breast cancer each year and 530 of those will die. For women, the death rate from breast cancer has been going down every year by about 1.3% since 2011, largely due to earlier detection and better treatments. However, the incidence rate has been on a slow, but steady rise of about 0.3% every year since 2004. So, we definitely have a lot of work to do when it comes to successfully overcoming breast cancer.

**MH** In your book, *Breasts: The Owner's Manual*, which came out in 2018, your core message seems to be that women really do have the power to reduce their breast cancer risk in achievable and dramatic ways simply by changing their lifestyle. Am I right?

**KF** Anyone who looks at the statistics will see that they are undeniable. Only five to ten percent of all breast cancer comes from inherited genetic mutations such as BRCA. When you dive deep into why there is such an epidemic of breast cancer not only in this country, but also globally, you will come up with one very loud and clear answer, namely, that diet and lifestyle is the cause. In fact, 87% of women diagnosed with breast cancer do not have a single first-degree relative with breast cancer, and about 80% have no relatives with it at all. So, if we can't largely blame our genetics, then what can we blame? It turns out, it's our dietary and lifestyle choices. The undeniable truth is that whether we choose to put chicken or kale on the end of our fork or whether we choose to sit on the couch instead of mounting a bicycle or whether we choose to be consumed by negative rather than positive thoughts will dramatically impact our risk of breast cancer.

**MH** But that's not the public perception of the root cause of breast cancer, is it?

**KF** It definitely is not. As indicated before, breast cancer is largely perceived to be the result of genetics, and if not genetics, then just the result of bad luck. And sadly, in my opinion at least, a large part of this perception arises because the physicians don't dispel this falsehood; they themselves don't know the truth. In a lot of ways, it is the exact same story that we hear about from

the fifties and sixties when doctors didn't say a word about the fact that if you smoked a pack of cigarettes a day you were likely to get lung cancer. Why? Because they also had a pack of Camels in their front pocket. They didn't know what they didn't know.

The same is true today with so many of my medical colleagues. They ate eggs for breakfast and a hamburger for lunch; they don't know that consuming red meat and processed meat and chicken, turkey, fish, milk, butter, cheese, and eggs creates a cellular environment inside of each person that will in time, most of the time, lead to one of our major killers: heart disease, stroke, diabetes, Alzheimer's disease, Parkinson's, or cancer.

What is so sad about this lack of awareness is that it also leads to the destruction of your overall joy in life. You don't have to die from heart disease, cancer, diabetes, or other ailments or still suffer from chronic joint pain, a leaky gut, depression, anxiety, autoimmune disease, asthma, or even something as simple as acne that ruins your days and diminishes your quality of life.

---

So, if we can't largely blame our genetics [for breast cancer], then what can we blame?

---

**MH** It has been my observation that two of the greatest gifts or promises of the emerging science and practice of lifestyle medicine is that by changing your diet and lifestyle, you not only can largely prevent conditions like heart disease and diabetes from arising in the first place, but just as importantly, you can actually reverse them once they develop. This has certainly been shown in the area of heart disease by the studies of Caldwell Esselstyn, Dean Ornish, and others and by Drs. Alan Goldhamer, Joel Fuhrman, and others in the areas of hypertension and type-2 diabetes. But what about in your world of breast cancer? Have you found that by adopting a whole-food diet and lifestyle, a breast tumor can also downgrade or dissolve like plaques in coronary arteries? Do the same principles apply, or is breast cancer different?

**KF** This is an excellent question for which there is no clear answer. We need large, randomized, controlled trials of women

with very similar subtypes of cancer, half of whom will go on a whole-food, plant-based diet along with other healthy lifestyle behaviors like exercise, maintaining ideal body weight, and not drinking alcohol and the other group will receive conventional treatment, so we can see who does better. That study will never exist, but I will say two things. I think that when people eat plant-based and do so with ardor and passion and consistency, they are giving their body the best chance it has to heal. Keep in mind that many millions/trillions of DNA breakages or mutations happen inside our bodies on a daily basis that an intact functional immune system sweeps in and either fixes or throws out so that you don't eventually develop an actual detectable cancer. There are a lot of such mutations, right? Your diet and lifestyle are helping your body repair and eliminate diseases all day long. So, yes, if you have mutations in your breast on a cellular level, you will also be fixing them or stopping them from proliferating, and therefore you're not going to get this cancer.

The bigger question, though, is, if you already have a detected cancer, can simply intervening with diet and lifestyle reverse and eliminate it? And in my opinion and from growing anecdotal evidence in my own practice, the answer is sometimes yes, but unfortunately mostly no.

I think a key to understanding that answer lies in the fact the most breast cancer is extremely estrogen-driven. Eighty percent of all breast cancers (called estrogen-positive) have estrogen receptors on them, and these are inherently less aggressive cancers than those without the receptors (called estrogen-negative).

So, if you have a very estrogen-fueled, small cancer with a low division rate, which we measure by something called Ki67, it could be, in fact, that this cancer will kill you when you are 250 years old. In other words, it's so indolent and so lazy that even if you did nothing, it isn't going to kill you. But, if you were to eat plant-based, it would definitely slow the proliferation rate even more. And if you eat soy, for example, in all of its healthy forms like tempeh, miso, soy milk, and edamame—these exert anti-estrogenic effects on that very same cancer, so much so that it can shrink in size. I have seen this happen in my practice in women who are declining traditional options such as surgery and radiation and chemo but embrace my dietary advice.



**MH** Let's talk about your breast cancer patients. Do you sometimes take a more conservative approach to their care depending on how advanced their cancer might be, and if it is in an early stage, perhaps urge them to adopt a whole-food, plant-based diet prior to considering surgery, chemo, or radiation?

**KF** Sometimes, but it has to be patient-driven. First, I need to be talking to someone who is extremely eager to try a less invasive path to treating her breast cancer. Second, it has to be an estrogen-driven cancer. And third, the person should really accept the prescription therapy of an anti-estrogen pill. I have found that by taking the anti-estrogen pill and jumping headlong into a plant-based diet along with weight loss when indicated, avoiding alcohol, exercising, and fasting on a regular basis, a growing number of patients have been able to convert a very large, invasive cancer that required mastectomy into a peach pit that could be treated with lumpectomy, preserving the breast. So, yes, I offer this approach, but I watch them like a hawk, with serial ultrasounds in my office every six weeks to make sure that the cancer is consistently shrinking and never growing. It's a viable option for a large subset of the breast cancers that we diagnose.

**MH** What about the impact of fasting? Have you found that to have a positive effect on breast cancer development?

**KF** I have recommended to all my patients, cancer or not, that they practice intermittent fasting on a daily basis. One study in breast cancer patients showed that those who fasted 13 or more hours nightly had 36% less death from breast cancer, simply because of the 13-hour hiatus in eating. A few more hours than that had even more of a reduction in mortality from breast cancer. So, I advocate that people work their way up to 16 hours of daily fasting, eating only during an eight-hour feeding window. That would be ideal. Additionally, depending on their weight, if they aren't underweight, I like them to do a five-day fast every three to four months. This is so they can get their bodies into a state of what's termed "autophagy," a physiological state where your body literally starts to eat itself but in a highly intelligent way. Your immune system is targeting and destroying dead, damaged, deranged cells, the ones that are senescent that are setting off inflammation throughout your body. Those cells need to go, and the fastest, most efficient way to rid them from your body is to fast for three days. This type of autophagy

does not start with a 16-hour fast. You need to go three days. And I have them go five, so we get some good vegan ketosis and autophagy happening.

**MH** It sounds like you are drawing on the work in this area of Dr. Valter Longo, am I correct?

**KF** Yes, you are. He has shown in human trials that on day six, when you refeed after a five-day fast, you will increase your production of stem cells eight-fold. This is astounding to me because when I was in medical school I was taught that you are born with a finite number of stem cells, and then you use them and lose them. End of story. I had no idea that you could recreate perfectly pristine recruits of stem cells that can become anything you need them to be in your body. Most of the time in the adult body, they become immune cells. What better cells could they become?

---

Your immune system is targeting and destroying dead, damaged, deranged cells. Those cells need to go, and the fastest, most efficient way to rid them from your body is to fast for three days.

---

**MH** Given your interest in this area, are you also familiar with the water-only fasting research of Dr. Alan Goldhamer at his TrueNorth Health Center?

**KF** Absolutely. He is doing great work and has identified a powerful tool that is free to wield.

**MH** One of Dr. Goldhamer's mentors and one of the leaders of our health movement for a very long time was the late Dr. Alec Burton, who often described water fasting as "doing nothing intelligently," by which I believe he meant that when you place your body in a state of complete physiological rest, the body knows what it's supposed to do, namely, repair and restore itself.

**KF** It really does, and I think people simply don't realize that your body will, like you say, do what it needs to do, targeting and repairing whatever area is out of balance, whether it is rheumatoid arthritis or even breast cancer.

**MH** Along those same lines, one of the most consistent messages I hear from so many of your lifestyle medicine colleagues is that the whole-food, plant-based diet and lifestyle that you all promote is a diet and lifestyle for all reasons, and that while it may be adopted initially to overcome a person's diabetes or heart disease, it's also probably going to improve their health in many other areas as well.

**KF** Oh, absolutely. And additionally, eating meat and dairy leads to horrific animal cruelty, water pollution, water scarcity, pesticide and antibiotic overuse, and the emergence of superbugs. We've got climate change, biodiversity loss, ocean dead zones, planet destruction. So, that's one beautiful side benefit for those of us, including myself, who came to veganism selfishly to simply maximize my own personal health and that of my family and the life of my patients. All of sudden now, my carbon footprint is small. In short, it's really a beautiful full circle to be plant-based.

**MH** In one of your earlier responses, you talked about the benefits of soy products, which, if I recall correctly, were vilified even in our health movement for many years for their presumed role in promoting estrogen-related health problems. Is that the case? Are soy products a concern?

**KF** No—in fact, quite the opposite. And can I confess again? When I was writing my book and dove into the science behind soy, I did so to prove with facts that every woman should spit the miso and tofu right out of her mouth and totally avoid soy. I was anti-soy and had been preaching it as a breast cancer surgeon for 18 years. Then I read the science—and discovered I was embarrassingly wrong.

In fact, I will tell you the phytoestrogens like genistein and daidzein in soy, with 1600% more affinity, hit the beta estrogen receptors, whereas the receptors associated with cancer are alpha. You need to understand that there are these two different receptors because what happens when soy isoflavones hit beta receptors is shocking. First of all, they shut our alpha receptors down, acting like the drug Tamoxifen, which is a direct blocker of the alpha estrogen receptor that fuels cancer growth. Secondly, phytoestrogens go out into your fat cells where you have an enzyme called aromatase that takes precursor steroids from your adrenal gland and turns them into estrogen. This is why postmenopausal, obese women have





between 50 and 250% more breast cancer than normal weight women—because the excess fat creates excess aromatase which leads to excess estrogen. So, those who consume high, versus low, amounts of soy have between 30 and 60% less breast cancer occurrence, and those who already have breast cancer have 30 to 60% less cancer recurrence and 30 to 60% less cancer death. These statistics have been shown repeatedly in every single human study on soy ever done.

**MH** Are there particular soy products that you recommend to your patients?

**KF** I always recommend organic soy products, because 96% of soy produced is GMO and heavily laden with glyphosate. Glyphosate is an extremely potent estrogen mimicker, among other toxicities. So, always organic. I also recommend fermented soy products like tempeh, miso, natto, and tamari, which are better digested by some. However, for others, the more accessible and perhaps more palatable soy products, like tofu, soy milk, soybeans, and edamame, are all very helpful choices. I'd like to point out that in the studies that I vaguely referenced earlier that showed large drops in breast cancer for soy consumers, some of the soy consumption was just a meagerly 1.5 servings a week versus none. I recommend that all my patients consume two to three servings of soy foods per day. I am talking about the soy products I've mentioned, though, not soy protein isolate, which is what you find in meat substitutes.

**MH** Like nearly all of your lifestyle medicine colleagues, you share the belief that both meat and dairy products are real problems for our society. Do you think that the

consumption of dairy alone accounts for the dramatic rise we have witnessed in the incidence of breast cancer?

**KF** Definitely not. The role of dairy is sometimes more difficult for people to understand because there are certain properties in dairy that might lead one to believe it's healthy, like calcium and vitamin D. It turns out that the saturated fat in high-fat dairy is absolutely linked to an increase in breast cancer occurrence and mortality. For example, in the Life After Cancer Epidemiology Study (LACE), breast cancer patients eating one or more daily servings of high-fat dairy increased all-cause mortality by 49 percent compared to those consuming less than a half-serving per day. But with regard to breast health, there are not the number of studies in my research that vilify dairy as much as the research vilifies meat consumption.

**MH** But I gather you still believe that it has no place in our diets?

**KF** Absolutely. The only place for milk is for breastfeeding an infant. That's where all dairy consumption should end.

**MH** Let's stay on the subject of infants and children. Just prior to this interview, my wife and I attended a weekend potluck in Maryland where there were a lot of young moms who were just finishing the breastfeeding period and were discussing what to do next. What nondairy milk product do you recommend for infants as they transition away from breast milk?

**KF** I recommend organic soy milk. Although the oat, hemp, almond, and other plant-based milks are fine, as far as I can tell from my research, I believe that the health benefits

of soy exceed the other milks. So, again, organic soy milk is the next step after human breast milk.

**MH** And speaking of soy and other plant milks, I know from personal experience that when you go to any grocery store or the other purveyors of natural foods, there are shelves and coolers full of such items. I am always amazed at all the other ingredients that are listed on the labels—including oil, sugar, and all kinds of other fortifications. Are you recommending that the soy milk that both children and adults consume should be just soy and water?

**KF** Absolutely. It should be just organic soy beans and water. And particularly watch out for carrageenan, which is a thickener that makes its way into a number of foods, including soy milk. This substance has been proven in the science to be extremely inflammatory, increasing the risk for all sorts of illnesses, including heart disease.

**MH** So, I gather your word to the wise is "Read the label"?

**KF** Exactly.

---

Those who consume high, versus low, amounts of soy have between 30 and 60% less breast cancer occurrence, and those who already have breast cancer have 30 to 60% less cancer recurrence and 30 to 60% less cancer death.

---

**MH** When this issue of the magazine arrives in the mail it will be early October, which is Breast Cancer Awareness month where everything turns pink. Many campaigns combine to raise billions of dollars for research every year, but the focus is always on the cure. I'm curious as to whether the nearly complete lack of attention given to the powerful role of diet and lifestyle in preventing the disease concerns you.

**KF** It does disappoint me to realize how many billions of dollars have gone into combating the disease rather than focusing on its causes. Most of the largely pharmaceutical-based treatments target a

disease that need not be, or at least, need not be so severe and high-volume in this country. If those same dollars were simply put into patient education and public access to implement said education (like cooking classes), and then even into research of a more preventive nature, the disease numbers would be slashed dramatically.

---

If those same dollars were simply put into patient education and into research of a more preventive nature, the disease numbers would be slashed dramatically.

---

**MH** From what I have read and seen you have very high national profile as a breast cancer surgeon with a number of celebrity patients, which has led you to be featured on *The Doctors*, *Good Morning America*, *The View*, and other shows where you certainly are not shy about expressing your views. How do your colleagues react to your message that their approach is misfocused?

**KF** The majority of my colleagues react to my message behind my back with a big eye roll.

**MH** Are any of them coming around? Are you inspiring other breast cancer physicians to reexamine what they're doing?

**KF** I certainly am trying, and I am so encouraged by the growing number of colleagues in many medical specialties who are embracing lifestyle medicine. I have made so many newfound physician friends in the last five years since I had my own "come to kale" moment that I'm extremely encouraged that this effect will trickle down into the surgical community more than it has. Unfortunately, in my limited experience and from my own viewpoint, surgeons tend to be more opinionated and harder to sway than other types of physicians.

**MH** Do you think that part of what accounts for that is the medical insurance model under which you and your colleagues operate pays you to do a procedure to resolve a problem rather than counsel your patients on how they might prevent the problems in the first place?

**KF** Certainly, the pills and procedures are where the money is at. So, follow the money



DR. FUNK WITH CALDWELL ESSELSTYN, MD

and you will write a prescription or do an operation and receive compensation. If you counsel a woman on why soy is, in fact, healthy, you hopefully help change her life, but financially, you just wasted some uncompensated time.

**MH** There's no insurance reimbursement for that session, is there?

**KF** There is none.

**MH** Before we end, I want you to tell us about your Pink Lotus Breast Center. How did that come about, and what is unique about your treatment approach?

**KF** Our center was born out of the need I saw for a place where women could combine state-of-the-art diagnostic imaging and surgical treatment with more compassionate holistic care such as nutrition, physical therapy, and traditional Chinese medicine. However, since its founding, the Center has evolved as I've changed my own direction. It is physically located in Santa Monica, California, but I also do a number of telehealth visits for newly diagnosed women or those just interested in maximizing their health. The point is that I am now able to offer a much broader reach than just through the brick-and-mortar center.

**MH** Tell me more about some of the online resources available.

**KF** Andy, my husband and business partner in Pink Lotus, and I have created a completely free, very large online community called Power Up. If you go to [pinklotus.com](http://pinklotus.com) and click on the Power Up section, you will discover that the whole point of the online

community we have created is to empower others through events, podcasts, blogs, recipes, crowdfunding, etc. There is so much happening inside this ever-growing community that promotes support and love and healthy living, but there are two programs that I really like.

One is my Cancer-Kicking Summit, which is available virtually for immediate download, but it is also live and in-person at a gorgeous oceanfront resort every October. It has become the culmination of my 30 years of being a doctor where I've distilled all of my medical wisdom into this really fun, three-day, actionable, take-it-home-and-start-right-now, powerful seminar.

The other program I am really excited about is completely free and is called Breast Buddies, which promotes social support from friends and family. There's a powerful study that came out in 2013 called the Life After Cancer Epidemiology Study where they followed over 2,200 early-stage breast cancer patients for an average of 10.8 years. And what they found was that those with low-level social support from friends and family and/or a lack of religious or social participation were 58% more likely to have died during the study period than those with high levels of support. That really impacted me, so I created—again, with my husband, Andy—this free community called Breast Buddies solely for the purpose of providing psychosocial support and friendship. You simply go onto the website, where you and other newly diagnosed women will be paired with those who have been there, done that—age for age, stage for stage, treatment for treatment. For example, you would register on the site as a newly diagnosed patient, maybe, and put in "45 years old, stage one, mastectomy," and like a [match.com](http://match.com) for breast health, you will be matched with women who are plus or minus five years from your age who have the exact same stage of cancer and also chose mastectomy. And then, you might find "Oh, she has a 10-year-old son like I do. I want to connect with her." It really has a lot to offer. I urge your readers to spend some hours rummaging around the Power Up site.

**MH** Does your center offer second opinions for those of our readers or their friends and loved ones who may have received a breast cancer diagnosis?

**KF** Absolutely! I would love to see them in person or virtually. Anyone can call the center for an appointment at (833) 800-7522,



or they can reach out to us via [pinklotus.com/care](http://pinklotus.com/care) and request an appointment online.

---

Those with low-level social support from friends and family and/or a lack of religious or social participation were 58% more likely to have died during the study period than those with high levels of support.

---

**MH** I certainly couldn't end this interview without asking you about mammograms, the guidance for which seems to change every few years. I also know that lot of the thought leaders in the lifestyle medicine community caution against too many exams of all types, whether it's for the breast, the prostate, or the heart. Where do you come down on mammograms? Are they overdone or underdone, and at what age should they be considered?

**KF** In my professional opinion, mammograms are still the standard of care for breast cancer detection. Ironically, some would argue that they're not good enough because they have a false negative rate, meaning they miss cancer when it's present somewhere between 15 and 50% of the time, depending on your breast density and the quality of the mammogram. But, on the flip side, others would argue that we are in a state of overdetection, overdiagnosis, and overtreatment, because we find cancers that would never be clinically relevant—in other words, they would never kill the woman, so it would've been better to have not known about it in the first place.

I am actually torn by those two truths—that mammograms are insufficient and, at the same time, maybe they're finding things we need not know about. So, I individualize my recommendations to the desires of the patient in front of me. I land on the side of the American Society of Breast Surgeons, which recommends that you should begin mammograms at age 40 and not stop or skip years until you think you'll die in the next 10 years. So, I argue for annual mammography beginning at age 40, but I certainly listen to any woman who wants to avoid them altogether or prefers every two

years or every three years, in which case we can maybe supplement with ultrasound screening instead.

**MH** Are there different types of mammograms?

**KF** There are 2D and 3D mammograms. Every woman who has access to a 3D mammogram should choose it, because of their higher cancer detection rate with fewer callbacks for false positives. That limits the chance of a stressful ordeal.

**MH** Is the radiation level any higher for a 3D than a 2D?

**KF** In fact, it is. When it comes to radiation itself causing breast cancer, there are different data, but one good study showed that for every 10,000 women getting annual mammograms between ages 40 and 74 years old, the radiation will cause 8.6 breast cancers, but the mammograms would have detected 860 breast cancers. So, it does cause breast cancer in a small subset of women, but it finds a hundred times the number of cancers that it causes.

**MH** Whenever I interview trailblazing lifestyle medicine physicians like you, our readers are always interested in how you personally practice what you preach. If you wouldn't mind sharing, what is the daily the daily meal plan for the Funk family?

**KF** Breakfast is either my antioxidant smoothie, which is the product of now 10 straight years of research going into every ingredient in it being both delicious and anti-breast cancer. You can find it at [pinklotus.com/smoothie](http://pinklotus.com/smoothie), or just Google "Doctor Funk Smoothie" and you will discover that it's got 13 out of 18 anti-estrogenic foods that I advise my breast cancer patients to consume daily. So, the smoothie is a staple breakfast for us Funks, as is steel cut oats with blueberries, cinnamon, flaxseeds, and soy milk. Sometimes we'll have avocado toast or scrambled tofu.

Dinner will usually be some form of a Buddha bowl, which is so easy to make with a base of quinoa and brown rice, layers of whatever vegetables I have in the house to roast, some fantastic sauce, and maybe some tahini, nutritional yeast, and some lemon. Our drinks are exclusively soy milk, water, green tea, and coffee. I really don't have any other liquids in the house.

But exercise is just as important as food, and so every single day my boys ride three miles down a hill to school, which means they have to ride three miles straight back

up, a 1,500-foot elevation gain! The same is also true for me, and that is why I ride my bike seven miles to work and then up that same hill home. And on the days that I don't ride, I run or work out with weights.

**MH** You said earlier that when you told your kids in 2017 that they were going vegan, they said, "Yay!" Do they remain that enthusiastic today?

**KF** Even more so! It's been five-plus years of completely plant-based eating, and I sometimes have to laugh when they come home from school and say things like "Mom, Jennifer has Lunchables every day! She's going to get diabetes!" They've really embraced what it means to not only eat vegan, but be vegan, since it is also a lifestyle. They love animals and can't even fathom eating them. They blame me for having made them eat chicken and fish in our past life!

**MH** And is it "all in the family" in terms of your husband being on board with this program as well?

**KF** He is 110% on board! He is a ranked ironman who does full-distance triathlons; I do half ironmans. When we transitioned, he noticed a little adjustment and had some minor issues, but all of that resolved, and he's now stronger than ever.

**MH** And if I remember right, when you refer to "your boys," you are actually talking about triplets. Is that right?

**KF** You are. As of a couple of months ago, I now have teenage boys! Having triplets was a big surprise, but the best surprise of my life!

**MH** Dr. Funk, it's been an honor meeting you. Thanks for sharing your wisdom and experience with our readers. If you had to sum up your advice, what would it be?

**KF** I would sum up by saying that I encourage your readers to eat a whole-food, plant-based diet that prioritizes vegetables, fruits, whole grains, and legumes; don't fear soy; minimize or eliminate alcohol; keep your body mass index under 25; exercise daily; manage your stress by loving and forgiving others and by maintaining a strong group of trusted friends.

**MH** That's a great note on which to end. Thanks for being one of the newest treasures for our health movement.

**KF** I so appreciate those kind words, and I'm thrilled to be introduced to your readers. 🌱

# Dare to Be Different

## Committing to Healthy Eating in an Unsupportive Culture

by Joel Fuhrman, MD

(TRANSCRIBED AND CONDENSED FROM A LECTURE GIVEN AT THE ANNUAL NHA CONFERENCE IN JUNE 2022)

Taking good care of your health also affects how you think, because eating unhealthfully can damage brain cells and color your thinking process. Most people do not realize that what you eat is a major determinant of how you feel about yourself and about your life. When you eat unhealthy foods, it alters the brain biologically, both in structure and function, to make you think differently.

What I am saying here is that unhealthy eating diminishes innate intelligence, reduces creativity, and leads to irritability, volatility, irrational thinking, and even depression. Studies have demonstrated a dose-dependent relationship between the consumption of commercial baked goods and fast food with depression and mental illness. A poor diet does not just accelerate aging and create chronic disease in the body, it also leads to emotions and behaviors that are not in one's best long-term interest. The neurologic changes that occur in the addicted brain favors instant gratification at the expense of future well-being.

---

**Make no doubt about it: white flour, sugar, and fried foods are not food, but rather instruments that deliver brain-stimulating chemicals that create brain damage. They are harmful drugs.**

---

Just like a drug addict can steal, cheat, or callously harm others to feed their drug habit, food preferences that alter brain structure also make one more narcissistic and dysthymic. Dysthymia means being not totally depressed, but also not passionate or excited about living. Dysthymic food addicts can go to work and make a living, but they are not really enjoying their life much other than the food, alcohol, and drugs they can consume. They live from one junk-food meal to the next and sometimes add alcohol consumption on top of that.

This also means, however, that we can use healthy foods to gradually, over time, restructure and rebuild the brain back to normal again, giving you more excitement and passion about your life. I'm going to talk a little about how to develop the right mindset and how to put the needed tools for healthy eating into action in your life, because it's important for you not just to be healthy, but also to be happy.

### **Overeating is a social dilemma.**

People who have suffered with stress, tragedy, abuse, and difficulty in their life—commonly in an environment of commercially flavored food and caloric abundance—resort to food as a primary source of solace or pleasure. Excessive calorie consumption, especially those that are rapidly absorbed such as oils, sweets, commercial baked goods, and fried foods, overstimulate the dopamine receptors in the brain, leading to dependency and cravings for further brain stimulation. These cravings include eating sweets, consuming large amounts (even to





discomfort), drinking alcohol, and even using drugs. Life begins to revolve around brain-stimulating food and drinks (including soft drinks) instead of revolving around our interactions with people, physical activities, and appreciation of the beauty and wonder of the natural world. The more you're involved with feeding the brain stimulating chemicals, the less you can focus on being passionate about accomplishing good in the world, influencing those close to you, or even leaving a positive mark humanity in general. And make no doubt about it: white flour, sugar, and fried foods are not food, but rather instruments that deliver brain-stimulating chemicals that create brain damage. *They are harmful drugs.*

In our corporate health programs, I've worked with large numbers of people who were not just overweight, but also had comorbidities such as diabetes, high blood pressure, and heart disease. Their companies sent them to us for a week so they could learn how to get well and stay well. They wanted to improve their health, and their employers wanted to save money on healthcare costs by helping them earn back good health.

For most of these employees, the education they received did not work. The majority of people who were enthused, passionate, and excited about what they learned while they were with us went back to their old way of eating again over time. They didn't stay with healthy eating for the rest of their lives as we had hoped.

And when we looked into why some succeeded and did well and why others did not, we found it had a lot to do with negative peer pressure and with relationships with coworkers, family, and people within their own social context. The harder it was for a person to fit into their old social context while trying to eat on-program, the more difficulty they had staying with the diet.

In this country, we're raised in a certain social context where it's considered important to try to impress other people. You know, excel in sports, go to a good school, get a good job, make more money, dress better, look better—we're always trying to get the approval of other people. And that social context, where we're primarily getting our self-esteem by going after the approval of other people, can create a conflicting, negative impact when a person suddenly changes the way they eat and becomes different from their peers. When you become a super-healthy eater you automatically make yourself different. You may be looked at negatively by a lot of those in your social circle, and a lot of people can't deal with that.

Ultimately, though, your ability to be happy in life isn't about what people think of you. It's about how you see yourself on a subconscious level and the positive feelings and emotions you have about everything that is not you: how loving, giving, and caring you are; how much other people affect you; how much you feel for them; how you feel about the world around you

and your place in it; and how much passion and excitement you have about your life every day. Those deep-seated, positive emotions don't come from your meeting the approval of others or having them think highly of you. And when this desire to please others and fit in is too strong, it can drive you to make compromises with your health that perpetuate your food addiction. The stronger your addictive drives and addict-like food behaviors, the more the brain is able to rationalize the continuation of self-destructive eating.

---

Think about that for a minute: in order to succeed in making a radical change in the way you eat, you will be required to make a radical change in the way you think.

---

### **Mindfulness is not only about the food.**

If you want to change the way you eat to achieve excellent health and your ideal weight, it requires self-reflection about the way you think, the way you live, your interaction with others, what you value in life, and what gives you pleasure. Think about that for a minute: in order to succeed in making a radical change in the way you eat, you will be required to make a radical change in the way you think. To enhance your chances of health success and your ultimate happiness, you have to work on your diet and your thoughts simultaneously. A good place to start is with recognizing the beauty and wonder of natural foods, our miraculous self-healing body, and the aesthetic synergy we all have with the natural world. We have to question the purpose of our actions, our responses, and our need for others to approve of us. Remember, it is how we regard others—how we see, value, and care for others—that determines our ultimate contentment in life, not how people see us.

When a person confronts your decision to eat differently and be atypical, what is your response? Are you protective of your ego? Do you want to argue to prove you

are right and they are wrong? Or is your purpose to have creative good will, to show the person you care about them and give them something to ponder that could possibly benefit them in the future? Are you protecting your ego or are you mindfully thinking, “How can I have a positive impact on this person?”

Are you in a food prison, or are you grateful for the biological complexity, the wonder and beauty of healthful, natural foods? Your taste muscle will improve with time, but are you grateful for the knowledge that can enable you to take control of your health future?

Can you be mindful in addressing food-related decisions? Can you ask yourself, do I really need to eat that if it is not in my long-term best interest? Am I eating it to in some way dull the pain in my life, or am I mindfully eating because I really need to eat those nutrients?

Why eat in a self-destructive manner? Are you the person who’s taking responsibility for your own best interests and future, or are some other factors preventing you from taking personal responsibility?

Food is obviously at the center of our largest interaction with the external world, and most people in the world, especially in the U.S., are overweight. Eighty-nine percent of people in this country have a BMI above 23. The U.S. government uses a BMI of 25

as the demarcation line between a normal weight and an overweight person, and they classify 77 percent of people as being overweight. I classify 89 percent of people being overweight because I use a BMI of 23 as the demarcation line, since no long-lived societies and almost no long-lived individuals have BMIs above 23. The ideal BMI for longevity for a woman is below 21, and for a male, it is below 22. This plays out to identify only 11 percent of Americans at a normal weight—just 11 percent. And out of that 11 percent, about 9 percent are a normal weight because they’re sickly, or they’re cigarette smokers or alcoholics, or they have depression or emotional disorders, or they have illnesses like occult cancers, some digestive disorders, or an autoimmune condition. There’s some reason other than eating a healthy diet that’s behind their normal weight.

---

**If you want to achieve a normal weight, then you have to be abnormal in America. You can’t do what other people do. You have to be a leader.**

---

The fact is, it’s abnormal to be a normal weight if you’re eating American food. So, if you want to achieve a normal weight, then you have to be abnormal in America. You can’t do what other people do. If you do what other people do, you’re going to get what other people get. You have to be different. You have to be an individual who isn’t worried about what other people think. You have to refuse to fit into the way other people who live in this country eat and treat their bodies. You have to be a leader.

Obviously, you *should* take that leadership responsibility, to put your oxygen mask on first so you can then help others, but most people don’t. You have to know what to do, but you also have to be motivated to do it and stick with it. If you have a health condition or if you’re overweight—and being overweight is a serious health condition—then you should want to make every day and every meal and every mouthful count, a full commitment to planting both feet into a new concept of living where you are your primary protector.

People who are baby-stepping their way into healthy eating, which most of you are, need to realize that eating moderately healthfully keeps you overweight and chronically sick. You put all this effort into learning how to live healthfully, but then you don’t apply it enough to get the full benefit from it.

Ideally, we want to put together a full, holistic lifestyle addressing the way you think about the world around you, the way you deal with and interact with other people, the way you exercise to protect your health future, how mindful you are about everything that goes into your mouth.

---

**Your food-addicted brain is not your friend.**

The addicted brain does not want to give up its perceived pleasure, no matter how dangerous it is to your survival. The addictive centers in the primitive brain are only concerned with getting their fix, not with you. Your addictions want to maintain their control of the brain; they don’t want your cerebral self to take control. You can’t trust your addiction-modified brain and you can’t trust yourself, because the addict in you wants to come up with excuses why it is okay to have bagels, pretzels, oils, and melted cheese. It’s saying something like, “It’s just a little bit, and they don’t have anything I can eat here.” The addictive self is the primitive brain talking, making you think illogically to protect and maintain its love affair with self-destructive behaviors.

---

**The addictive self is the primitive brain talking, making you think illogically to protect and maintain its love affair with self-destructive behaviors.**

---

In order to restructure and rebuild the brain back to normal again, the changes needed must be nonnegotiable. If you continually have to make decisions about whether to eat healthfully or not, the stress and continual decision-making will get to you, and too often, people throw in the towel. They “check out.” But when you draw a line you cannot cross, a decision that simply isn’t up for review, it enhances your cerebral



2106307046 | SHUTTERSTOCK.COM



decision-making and eventually silences that part of you that is your own worst enemy, constantly tempting you. It is accepted that for alcoholics, there can't be any fooling around with alcohol; food addicts may think it's different for them, but it's not. Dabbling in unhealthful substances makes it harder to keep eating healthfully and not be triggered into binges of destructive eating.

I recommend that there be no fooling around with breads, pastas, sauces, oils, or sweets because the minute you deviate, instead of fixing the damage to the brain, you're allowing it to deteriorate further, triggering more detrimental behavior. What people need to do in order to stay on track is to practice *total abstinence from all addictive substances*, and it's critical that they be consistent day in and day out.

---

## There's no other way: prolonged abstinence is the secret to recovering from addiction. Prolonged abstinence.

---

There's no other way: prolonged abstinence is the secret to recovering from addiction. *Prolonged abstinence.* You can't go out and get bagels just on the weekend or eat the mayo-laden salads and sweet desserts just at family get-togethers, just like an alcoholic can't go to bars only on Saturday nights or have one drink at a wedding. Baby-stepping into healthy eating, as a lot of you are doing, most often makes this more difficult. You put all this effort into living and learning how to live healthfully, but then you don't apply it enough to get the full benefit from it. It keeps you chronically sick.

If you're not a food addict and you eat something that isn't so healthy a few times a year, it's not going to trigger you to want to have more of it. But most people haven't gotten there yet; most people are strongly tempted, drawn to the foods that will harm them, and they need to break free.

To do that, you (and anyone who wants to beat an addiction) have to mindfully make the hard choices to refuse the foods that are tempting you, withstanding the internal and external pressure to partake. And when you do abstain, repeatedly and consistently,



avoiding the highly palatable and overly seasoned and salted and sugared food substances, you will get to the point where all your taste muscles and all the strength in your taste buds come back. It is then that you will again enjoy natural foods the most, and you won't need to reward yourself with unhealthy, addictive foods anymore. Your drive to consume unhealthful food will lessen over time and eventually go away if you stick with eating healthfully long enough. It is an added benefit and aids success if you learn how to make healthful eating taste great, too.

---

## You've got to come out of this self-reflection with a personalized plan because you need to stay focused and not have one foot in both worlds.

---

That is the ultimate goal, but it takes time to achieve it. In order to foster the continued strict adherence needed, you have to develop your own "business" plan: what you're going to eat, what you're going to cook, and what you're going to shop for; when you're going to do your shopping and cooking; and how you'll fit in your exercise. You've got to come out of this self-reflection with a personalized plan so that you can put it into action, because you need to stay focused and not have one foot in both worlds.

That's the major message here. You can't keep dabbling in conventional eating and expect to achieve excellent health. You have to make a full commitment with both feet centered in a healthy diet style in order to achieve good health, because when you dabble in unhealthy eating even a little bit, it keeps you under chronic stress and perpetuates your wanting those problem foods, and then all your efforts are for naught because you don't get to the health achievement you desire. Simply put, *you must choose* whether you are truly committed to achieving optimal health and let nothing stand in your way. 🌱



**JOEL FUHRMAN, MD,** is a board-certified family physician and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. He created the Nutritarian diet, a whole-food, plant-based

eating style that emphasizes high-nutrient plant foods, limits or avoids animal products, and avoids salt, oil, and concentrated sweeteners. Dr. Fuhrman is the president of the Nutritional Research Foundation, the host of five PBS specials, and the author of seven New York Times bestsellers, including *Eat to Live*, *The End of Dieting*, *The End of Heart Disease*, *The End of Diabetes*, *Super Immunity*, *The Eat to Live Cookbook*, and his latest book, *Eat for Life*. Dr. Fuhrman operates the Eat to Live Retreat in San Diego, where people come from all over the world to recover their health. To learn more visit [DrFuhrman.com](http://DrFuhrman.com), a great resource to make healthful eating easy and taste delicious.



# How Toxic Are Your Personal Care Products?

By Jeanne Schumacher, MScEd, EdD

Growing up, I truly never gave a thought to my personal care or cleaning products. I lived under the naïve assumption that someone somewhere would have made sure that the products I used were safe. After teaching chemistry for over 35 years and diving deep into the chemicals that make up our personal care products, today, I am not so naïve. I grew up with that phrase “better living through modern chemistry”—and to some extent, that is true. But on the other hand, we have become walking chemical experiments.

## **The cosmetic industry is big business.**

It is currently regulated under legislation from the 1930s, nearly a century ago. After WWII, the industry exploded with an abundance of available chemicals. However, regulation of the industry has not kept up with the ongoing, never-ending changes. The cosmetic industry relies only upon itself for regulation. Companies do not have to register with the FDA nor provide product statements. They do not have to test products to determine if they are safe before use. So, the products that we use on a daily basis have NOT been evaluated for safety, and we cannot be sure if they meet basic standards for safety. At this point, only 11 chemicals out of more than 10,000 are banned by the FDA in the U.S. That's it. Around the world, however, over 40 nations have already enacted regulations banning over 1,400 chemicals and contaminants. The U.S. needs to step up.

---

The products that we use on a daily basis have not been evaluated for safety. We have become walking chemical experiments.

---



## Let's go back to our high school chemistry.

Yes, I hear the groans, but bear with me.

There are two types of major chemical groups: water-soluble and fat-soluble. If something is water-soluble, then it will pass through the body and be eliminated through our waste products. But fat-soluble chemicals are far more common. These chemicals, once they have entered the body, are stored...where? You guessed it: in our fat cells. We keep collecting these chemicals in our body, as they are bioaccumulative and biopersistent (they take a long time to break down). The industry disputes any harmful effects, arguing that only very small amounts are absorbed each time we use a product. However, even a small amount accumulated over decades of use can be significant. A bigger concern is: what kind of reaction will the body have when all of these chemicals combine? We are literally walking chemical experiments.

## So what impact is this having on us?

It is hard to tease out a specific impact or cause and effect as there are so many environmental assaults that we have to manage. From our food to our clothing to the personal and home care products we use on a daily basis, anything that is put in or on us must be dealt with by the body's protective mechanisms. And our bodies, though miraculous, are truly overwhelmed with the ever-changing, ever-growing onslaught of toxins.

## What is causing an increase in learning and behavioral issues?

One thing I have noticed during my decades as a classroom teacher is that there has been an increase in learning and behavioral issues. Take, for example, autism. During my childhood, I never met an autistic child. My first encounter wasn't until the 1990s. Now, according to the CDC, 1 out of 44 children in the U.S. has autism. And that is just autism. What!? How is this happening? Bigger question: Why is this happening?

## Children are now even being born toxic.

In a study spearheaded by the Environmental Working Group (EWG) in conjunction with the Red Cross, researchers found an average of 200 industrial chemicals and pollutants

in umbilical cord blood. Not even an hour old, and these babies were already loaded with chemicals! Would these chemicals have impacted the creation of organs, vessels, membranes, and systems as they were formed in the baby? Could these chemicals possibly cause the mother to miscarry? *We don't know.*

How about pregnancy? Could this have an impact on women getting pregnant? The ovaries and testes are part of the endocrine system, which are totally hormone-driven. Would your sex organs be affected by these endocrine disrupting chemicals? Again, good questions.

## What is our endocrine system?

Our endocrine system is a complex network of glands and organs. They use hormones to control and coordinate many of our body's functions—metabolism, energy level, reproduction, growth, development, stress, mood, and response to injury. The endocrine system includes the hypothalamus, pituitary gland, thyroid and parathyroid, thymus, adrenal gland, pancreas, ovaries, and testes.

---

## Researchers found an average of 200 industrial chemicals and pollutants in umbilical cord blood. Not even an hour old, and these babies were already loaded with chemicals!

---

## Endocrine disruptors

Many of the chemicals in our personal and home care products are considered endocrine disruptors. These chemicals interfere with the hormones in the body's endocrine system. They can change normal hormonal levels, resulting in too much or too little, by mimicking the natural hormones produced by the body or changing how the body produces hormones. Many of them are slow to break down within our environment. We are exposed to quite a few endocrine disruptors, so it is very difficult to determine any one's individual effects.

Many of the toxic chemicals in endocrine disruptors are known or are suspected to

be carcinogenic. Some of these compounds are classified as neurotoxins, chemicals that would be toxic to the brain. Many shampoos, as noted on the [EWG.org](http://EWG.org) website, contain neurotoxins. And where are we putting shampoo? On our head. Really? They're putting neurotoxins in our shampoo? Why?

Let's look at just three of these endocrine disruptors (as recognized by the Environmental Working Group and the European Commission on Endocrine Disruption).

## Phthalates

Phthalates can be found in a variety of products, usually ones that contain fragrance such as air fresheners, dish soap, even toilet paper. Add to the list many personal-care products (e.g., soaps, shampoos, and hair sprays). Using proprietary laws so as to not disclose what is in their scents, phthalates will not be listed as an ingredient on the label. If you see the word "fragrance" under the list of ingredients, there's a good chance that phthalates are present.

Exposure to phthalates is primarily through your lungs breathing in these scents or by being absorbed through your skin. The skin has no safeguards for toxins, so this is a huge concern; phthalates are able to go straight into the bloodstream and to the organs.

Recently, my husband and I were strolling along a walking path. Another couple power-walked ahead of us. We could smell the fragrance of the dryer sheets on their clothes as they passed and for about a half mile down the path in their wake. Dryer sheets carry a double whammy: their chemicals sit against your skin, and you also breathe them in.

## Parabens

This is a large chemical family with the ending "paraben" (most common: methyl-, ethyl-, propyl-, isopropyl-, butyl-, and isobutylparaben). They help prevent microbial growth in products like shampoo, conditioner, creams, and lotions and can also help to increase shelf stability.

They are absorbed through the skin and into your bloodstream. This can cause reproductive health problems and can even contribute to breast cancer development, as

noted in studies in the *Journal of Applied Toxicology and Environmental Health Perspectives*. A study by the California Pacific Medical Center (published in the journal *Carcinogenesis*), linked BPA and methylparaben with breast cancer as well as with blocking the effectiveness of cancer drugs (e.g., tamoxifen). Parabens mimic estrogen, making pregnant women and young children specifically vulnerable.

---

## The skin has no safeguards for toxins; phthalates are able to go straight into the bloodstream and to the organs.

---

A few years back, I broke my wrist and had to go to therapy. My therapist started each session with a massage cream that acted as a lubricant on the skin. I picked up the cream container and turned it around to read the ingredients; it listed three parabens and two other endocrine disruptors. I quickly gave her a tube of toxin-free cream from my tote bag and asked her to use that. She agreed, and finally, she asked me why. I explained that it was more for her than for me. She sees ten or more patients in a day. That is ten-plus times a day that these five endocrine disruptors are entering her bloodstream through her largest organ, the skin. What could possibly go wrong?

### Triclosan

Triclosan is found in some antimicrobial and personal care products (e.g., liquid body wash, toothpaste, deodorants, and hand sanitizers). It is absorbed mainly through the skin and has been detected in mother's milk and human urine. One of the biggest issues with triclosan is that it interferes with the thyroid.

In 2016, the FDA banned using triclosan in household soap products. In 2017, the FDA prevented companies from adding triclosan in over-the-counter antiseptic products. Yet currently, we are in the year 2022, and I can still find products with triclosan.

In a past job, I was an elementary principal. Every year the teachers would send home with the students a list of products to bring back to school. Every teacher asked for several bottles of hand sanitizer. They would line the children up every day, several times a day, and squirt some into their hands. I understand why they wanted it; to get 25 six-year-olds to wash their hands with soap and water is a major ordeal. But I often think about these children and how much triclosan they were exposed to every day, several times a day.

There are a lot more examples. I could go on for hours; this is just the tip of the iceberg. So, Jeanne, you ask...what should I do?

### Find nontoxic products.

Bottom line, you have to find a company or products that you trust. That's not as easy as it sounds, as the industry is great about hiding things in plain sight.

For example, a friend came over and showed me a rash she had in her armpit. She pulled out her deodorant, as she knew I would ask. On the front, it had listed "aluminum chlorohydrate-free, perfectly hypoallergenic, paraben- and propyl-free." I turned it around, and one of the ingredients was potassium alum, short for aluminum potassium sulfate, a mineral salt. I asked her, "Did you know this has aluminum in it?" Immediately she said that it didn't. I pointed out that it says it doesn't have aluminum chlorohydrate, but there are many forms of aluminum salts, none of which you want in a deodorant.

Finding products that are toxin-free need not become a part-time job; the Environmental Working Group ([ewg.org](http://www.ewg.org)) has come to the rescue. They have databases for both personal care and cleaning products where they rate products overall. They list the ingredients and provide information regarding whether there are concerns for cancer, allergies and immunotoxicity, developmental toxicity, and if there are any use restrictions. Take the time to look at the ingredients listed on your products and see if there are any concerns.

The EWG also has an app called Healthy Living. Download it on your phone, and the next time you are considering buying a product, scan its barcode using the app.

It will take you to the EWG database and show you the information, if it has it, for that product. Then you can make an informed decision.

Another way to find less-toxic products is to go to the [ewg.org](http://www.ewg.org) website and look up products that are rated the best. If not available locally, most can be ordered online. Obviously, the products to avoid are the ones that are bioaccumulative or biopersistent as well as any that are carcinogenic, trigger an immune response, cause developmental issues, or include neurotoxins.

Yes, it will take time to find products you trust, but it is worth your time to do this. Once you find ones that meet your needs, then stick with them. Your health is worth working for. Living toxin-free—well, as toxin-free as we can be in this day and age—is part of your health.

Make time for your health and wellness. Otherwise, you will be forced to take time for your illness. #readthatagain 🌱

For a list of references used for this article, please email [jziegler@HealthScience.org](mailto:jziegler@HealthScience.org).



**JEANNE SCHUMACHER, M.ED.D, EDD** earned her doctorate in science and education and has taught chemistry and environmental science for over 35 years. She is a firm believer in "walking the walk" and is committed to inspiring

people to change their health destinies through a nontoxic, whole-food, plant-based lifestyle. She has earned her Plant-Based Nutrition Certificate through eCornell's Center for Nutritional Studies and has completed the Women's Studies and Food Over Medicine programs through the Wellness Forum.

She is the founder of Simply Plant-Based, which includes The Plant-Based Academy, geared to teach students the basics as well as mastery of plant-based living ([PlantBasedAcademy.net](http://PlantBasedAcademy.net)). She is the cofounder with Dr. Debra Shapiro, OBGYN, of The Pregnancy Advantage ([PregnancyAdvantage.net](http://PregnancyAdvantage.net)).

You can find more information about living toxin-free as well as cooking video recipes on [SimplyPlantBased.net](http://SimplyPlantBased.net).



# Child Nutrition in America Today

**A New Look at a Crisis of Our Own Making**

Meryl A. Fury, MS, RN



I've been a public health nurse for 30 years; I am also an armchair sociologist. I have made my living helping people manage illness and watching what makes our society tick. As a nurse, I have worked with a broad spectrum of patients. On the one hand, I have helped people with limited resources, like undocumented immigrants, single and teenage mothers, people who couldn't read or write, drug users, sex workers, and many who were homeless. On the other hand, I have also worked with people who were very well-off, had attained advanced degrees, and wanted for nothing.

As both a nurse and a careful observer of humanity, there is one thing I have noticed among all my patients. Regardless of income or family of origin, pretty much everyone wants the best for their children. This is true irrespective of their situation or circumstances. They may have differing definitions of success, but they all say they want their children to be healthy, happy, well-adjusted, and accomplished in learning and life and to have appropriate relationships with others.

In all my years working with patients and families, no parent has ever told me they hope their child develops heart disease, diabetes, or cancer. Similarly, no one has ever told me they look forward to watching their child struggle with anxiety, depression, learning challenges, or obesity. No. Never. Not even once.

---

## We are the problem. We are in the middle of a child health crisis because we allow it to be that way.

---

Yet, here we are, even with every parent at least verbally invested in their child's welfare. The incidence of all the diseases mentioned above is climbing among adults and children. Diagnosed mental illnesses among children are at an all-time high, and our kids are taking more medications than ever. Moreover, our most trusted governmental health authorities boldly affirm that the younger generation is now the first to have a shorter life expectancy

than the two that preceded it. In other words, they don't expect our 20-year-olds to live as long as their parents or grandparents. Why? It comes from a lifestyle built on consistently poor food choices.

By all rights, this situation should be alarming. So why aren't we adults pushing back, demanding answers, and fighting for change? These are excellent questions. Fair warning: there is one answer, and it may be alarming.

The answer? It's us, the adults in the room. We are the problem. We are in the middle of a child health crisis because we allow it to be that way. In fact, we often encourage it.

Let's try a little experiment. Close your eyes for 15 seconds and think about "kid food" in America. What comes to mind? Most often, we think of

- chicken tenders and nuggets;
- cheese and pepperoni pizza;
- hamburgers and cheeseburgers;
- French fries;
- macaroni and cheese;
- sweetened cereals;
- milk, cheese, and ice cream; and
- brightly colored, sugary beverages.

By now, most adults know that no one should eat these foods regularly, but even so, here we are.

According to the USDA, in the U.S., children starting at one year of age eat grossly inadequate amounts of vegetables, fruits, whole grains, and legumes while consuming more than the dietary goal amounts for animal proteins, added sugars, saturated fat, sodium, and refined grains.<sup>1</sup> This eating pattern has led to some shocking realities:

- 1 in 5 children and adolescents in the U.S. struggles with obesity.<sup>2</sup>
- 50% of children between the ages of 2 and 15 already have fatty streaks in their arteries—literally early-stage heart disease.<sup>3</sup>
- 1 in 25 youth aged 12–19 have diagnosed hypertension, and 1 in 10 has elevated blood pressure.<sup>4</sup>
- Of the estimated 26.9 million people with diagnosed diabetes in 2018, about 210,000 were children and adolescents

younger than 20 years old. The increasing frequency of both type 1 and type 2 diabetes in young people is a growing clinical and public health concern.<sup>5</sup>

How did *that* happen, you ask? Again, we *let* it happen. It was unintentional, of course, but it is all because we adults have been groomed to consent, and consent we did.

---

## Adults allowed mass-production food companies to market convenient, low-quality food to consumers and kids, and as a group, we bought in.

---

It went something like this. Adults allowed mass-production food companies to market convenient, low-quality food to consumers and kids, and as a group, we bought in. We prioritized cheap, quick, and easy over health and nutrition. Expertly engineered food-like substances made it easy to feed our families animal products and ever-increasing amounts of sugar, fat, and salt. As we started working more and cooking less, we also prioritized convenience. We gradually lost our grasp on gardening and forgot the power of plants as real food. We lost sight of our connection to the earth.

We started to celebrate every event, no matter the insignificance, with refined sweets and manufactured food-like substances. Then, we sat back. We let poor-quality eating patterns and processes dominate our homes and schools, encouraging disordered eating to flourish. Ultimately, we "drank the Kool-Aid," which allowed convenience to rule our decisions about what we eat and what we feed our children. We started believing the ads that say kids won't eat vegetables, beans, whole grains, or mushrooms unless we disguise the food or force the child. We came to expect fights over the dinner table if we were to put peas on their plates. And seriously, after a long day, nobody wants to fight over food.

With the elevation of cheap, quick, and easy as the new standards for food, the



deterioration in our national eating habits solidified in only two generations. The escalation of every associated lifestyle disease quickly followed. As a result, American youth now suffer from rising rates of obesity, type 2 diabetes, early heart disease, high blood pressure, depression, anxiety, learning and behavioral issues, and a variety of other illnesses previously unseen in the pediatric population. Although higher in communities of color, please note that this is statistically true for children of all races, colors, parental education, and income levels.

So, now that we know all that, what do we do? The answer is nothing short of inspiring: we must do what we can to transform the food environment for children everywhere that we have that power.

Let's start with some essential must-haves if we are really dedicated to improving children's health. First, there are a few things we must be clear about.

1. We are the adults in the room.
2. We love our children and want the best for them.
3. As adults, we know that our children's health is a top priority.
4. Children are our most vulnerable population. They have neither autonomy nor agency and, therefore, must be protected.
5. We must elevate food quality as the ultimate standard. It must become an integral part of supporting our children's health.
6. To protect children, adults must model learning and decision-making about exploring, valuing, purchasing, preparing, and eating healthy food.
7. We are the adults we are referring to.

Next, we have to look at what role we are playing in the world of children's nutrition. Use this list of questions to assess your relationship with your children's food.

- Am I supporting or distorting my child's health with food?
- Am I clear that the current health situation of children is urgent and dire?
- What am I serving when I give my children or grandchildren a meal?
- When it's snack time, what's available at my house?

- What's my go-to when it's treat time or time to celebrate?
- What can I do, respectfully, to increase my child's or grandchild's consumption of fruits, veggies, whole grains, nuts/seeds, beans, and mushrooms?
- Am I modeling the behaviors I value and want my children to emulate?
- Am I being respectful of the child as I model the desired behaviors?
- Am I teaching them the importance of food choices and eating patterns, or am I making excuses for not teaching them?

## We must do what we can to transform the food environment for children everywhere that we have that power.

Lastly, remember the goal is to increase the child's exposure to and consumption of whole, unprocessed, or minimally processed plants. The long game here is to support their health and the health of the planet. This means we are developing habits that will carry the child through his or her lifetime and into the next generations.

If your children are like most American kids, they probably have not had much experience with fruits, veggies, whole grains, beans, legumes, nuts, seeds, or mushrooms, so it may take many test runs to find an approach that works for everyone. Let the child lead the way. Be open to curiosity. Make it fun and silly and creative. Let them choose the recipe. Have them help you shop, prepare, and cook; even the youngest can do something. Offer plant foods at every opportunity, whether alone or in combination with other foods.

Above all, model the behavior you want to see. Become a Mushroom Maven, a Daikon Daredevil, a Nut Nut, a Tangerine Dream, a Bean Believer, and practice being Wholey "inGrained." Be the change you wish to see in the health of your kids. Judge the effort's success by the strength of their immune systems and only compare them to themselves. May they be healthier this year than they were last. 🌱

## Please Save the Dates: December 3–6

The National Health Association and the Plant-Based Nutrition Movement are holding a summit on children's nutrition on December 3–6.

Join us for two 90-minute sessions each day with internationally known speakers to learn more about the impact of children's food on learning, behavior, growth and development, society, and planetary health. It's a big subject—you won't want to miss any of it!

More coming soon!

<sup>1</sup> U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015–2020 Dietary Guidelines for Americans*. 8th Edition.

<sup>2</sup> Childhood Overweight & Obesity (2021, August 30). Centers for Disease Control and Prevention. <https://www.cdc.gov/obesity/childhood/index.html>.

<sup>3</sup> Stary HC. Evolution and progression of atherosclerotic lesions in coronary arteries in children and young adults. *Arteriosclerosis*. 1989 Jan–Feb;9(1 Suppl):119-32.

<sup>4</sup> High Blood Pressure in Kids and Teens (2020, February 24). Centers for Disease Control and Prevention. <https://www.cdc.gov/bloodpressure/youth.htm>.

<sup>5</sup> Rates of New Diagnosed Cases of Type 1 and Type 2 Diabetes Continue to Rise Among Children, Teens (2020, February 11). Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/research/reports/children-diabetes-rates-rise.html>.



**MERYL A. FURY, MS, RN** started her plant-based journey at age 15. After years of studying nursing, human health, meditation, and personal transformation, Meryl realized that eating only plants was the healthiest option for her.

This awareness fires Meryl's passion to make a difference for people and the planet through whole-food, plant-based eating. A member of the American College of Lifestyle Medicine, Meryl has her master's degree in nursing and holds certificates from the T. Colin Campbell Center for Nutrition Studies in plant-based nutrition and from Rouxbe online culinary school in Fork Over Knives Plant-Based Cuisine. She is on the Board of Directors of the T. Colin Campbell Center for Nutrition Studies and is CEO of the Plant-Based Nutrition Movement ([pbnm.org](http://pbnm.org)). She leads monthly online plant-based sharing and support groups. Meryl is also a PCRM Food for Life instructor and cohost of the 6 Million Seeds podcast ([pbnm.org/6-million-seeds](http://pbnm.org/6-million-seeds)).

# The Power of Gratitude

## A Simple Approach for a Better, Longer Life

Csilla Veress, ND, Dipl OM

**“Gratefulness is the key to a happy life that we hold in our hands. If we are not grateful, then no matter how much we have, we will not be happy, because we will always want to have something else or something more.”**

BR. DAVID STEINDL-RAST

I remember the longevity class I was teaching at TrueNorth Health Center, breezing over “gratitude” as a must-do, when the question was asked, “How can gratitude really be that helpful? How does it work besides...sure...it sounds great to do?” Excellent question, one that made me really want to sink my teeth into the literature to highlight the power of this low-effort, yet high-reward activity.

### Gratitude 101

Gratitude is defined as the quality of being thankful or readiness to show appreciation for and to return kindness. It is usually described as having three stages: recognition, acknowledgment of good in one’s life, and appreciation. Gratitude can

also be categorized in a few ways—as a disposition, meaning some individuals’ personalities naturally lean more towards being grateful; as an emotion that happens through an experience; or as a fleeting mood that can wax and wane. Being grateful—whether a disposition, mood, or emotion—is something we can choose.

We have all experienced gratitude in one way or another. There are many studies showing that individuals who practice gratitude more regularly are less depressed and generally happier than those who do not. This makes sense to most of us, especially when we think about times when we have been the most grateful, usually in times of abundance or in times when we have had triumphs or have come through

challenges only to succeed. There is no question how nice it feels to feel good. For most individuals, feeling good fuels pleasant, upbeat thoughts, which creates a positive feedback loop that spirals towards happiness.

The real question is: What if someone is not experiencing a peaceful, cheerful period? What if it’s been a time of loss, grief, shame, or anxiety or of enduring pain day after day, emerging from a food coma, waking up hung over yet again, etc.? In times when life looks bleak, can just the simple act of writing things we are grateful for daily really make a difference to change our mindsets or even change our physiology? The literature says yes.



## Why is gratitude so powerful? How does it work?

Universities have compared and studied the effects of initiating gratitude letter-writing with general journaling of thoughts in college students getting counseling for mental health improvement. The studies showed that a higher percentage of positive-emotion words and a lower percentage of negative-emotion words in the gratitude letter-writing corresponded to improvement in mental health. The researcher concluded that, overall, using fewer negative-emotion words was pivotal to this benefit. The results were significant after at least a month of daily activity.

What's so important about using fewer negative-emotion words (ones that drive emotions such as guilt, shame, envy, and resentment) is that these change brain function. Using positive-emotion words improves immune function and beneficially affects one's telomeres to increase longevity. fMRI scans on participants who practiced gratitude showed greater activity in the medial prefrontal cortex, which is where we make decisions and learn.

Studies looking at inflammatory responses following gratitude tasks have shown a favorable reduction in TNF-alpha and IL-6, two of the main cytokines that can increase inflammation responses in the body. It is necessary to keep them in strict balance. If they are higher than normal for longer periods of time, we can see the elevated inflammation effects, which can cause damage to cells. Practicing gratitude helps maintain the needed balance.

The amygdala is the emotional regulatory center in the brain. It works with our prefrontal cortex to initiate appropriate emotional responses to our environment and to situations, stressors, etc. If the amygdala is over-primed or overreactive, it can lead to unbalanced or over-the-top emotional reactions to situations, such as road rage when someone cuts you off or screaming at someone who accidentally bumps into you. In these situations, the rational part of the prefrontal cortex isn't able to provide the balance to tell our brains

that the situation is not a big deal and the offenders didn't intend to make us angry. Studies show that performing gratitude tasks reduces the amygdala's reactivity, helping to ensure healthy responses to stressors.

In their book, *The Telomere Effect*, Drs. Elizabeth Blackburn and Elissa Epel discuss how positive and resilient thinking, improvement in well-being, and engaging fully with life have a proven association with longer telomeres. Studies show that the shortening of one's telomeres is one of the aspects of aging faster.

Besides the science that shows the physical and emotional benefits of gratitude, I think that each of us can feel the difference in our attitudes on a bad day or at a bad moment when we just say a prayer or say a quick thank you or appreciate one thing that is going right. These often cause a change in perspective that is undeniable.

1. Wong YJ, Owen J, Gabana NT, et al. Does gratitude writing improve the mental health of psychotherapy clients? Evidence from a randomized control trial. *Psychother Res*. 2018 Mar;28(2):192-202. <https://doi.org/10.1080/10503307.2016.1169332>
2. Hazlett L, Moieni M, Irwin MR, et al. Exploring neural mechanisms of the health benefits of gratitude in women: A randomized controlled trial. *Brain Behav Immun*. 2021 Jul;95:444-453. doi: 10.1016/j.bbi.2021.04.019.

# Gratitude development

In order to cultivate gratitude and make it more of a habit in your life, here are some simple interventions that can help:

**Be present with the moment.** Use the senses to be fully engaged right now. Don't focus on the past and don't project into the future; neither are truth. The truth is the soil you stand on, and there are infinite possibilities of blessings in the moment.

**Keep a gratitude journal** and make a daily promise to yourself to write down three or more things you are grateful for every day. Try to make them different each day.

A spinoff of this that is harder for some but is useful for cultivating self-compassion and esteem is to **write down three things you are grateful for about yourself**. Again, try daily to make each new one different from one used before. (I've used this in my practice, and it works amazingly well—sometimes better than affirmations.)

**Pay it forward**—a simple concept, but so powerful! Choose one thing that comes into your life, and practice a moment of gratitude with it. Then stop. Notice the moment, the gift, the blessing, and appreciate it. You find a penny on the street. A stranger gives you a smile. You get a compliment. You buy a cup of tea for yourself. You get a thank you card. Whatever the blessing or gift is, now try to provide that experience for someone else. Make it a habit to pay your blessings forward in some way in the coming week. Being of service to someone else helps shift you towards more joy—a win-win method to increase happiness for you both! 🌱



**CSILLA VERESS, ND, Dipl OM**, is primary care doctor at TrueNorth Health Center in Santa Rosa, CA, where she has a regular lecture series and does outreach to the community on the impact of whole-food, plant-based nutrition, water fasting, and lifestyle modification in preventing and treating chronic illness. Dr. Veress earned a degree in biology from Rutgers University and obtained her medical degree from Bastyr University, where she also finished her masters in acupuncture and Oriental medicine. She is an author of the sleep module component of the lifestyle medicine core curriculum offered by The American College of Lifestyle Medicine. Dr. Veress has written several articles for *Health Science* magazine, and her work has been featured in the Netflix documentary *(Un)Well*. She is also a contributing writer for NPLEX, helping elevate excellence within the naturopathic doctors' board examinations.

Instagram: @drCsillaveressndlac  
Website: drCsillaveress.com  
Email: drCsilla@drCsillaveress.com  
Facebook: @Csillaveressndlac



## Cauliflower Split Pea Soup

Comfort in a bowl! Thick and creamy, with a luscious texture, this is my son's all-time favorite soup. What I love about it is its reliance on homely, common vegetables and how simple and fast it is to make. You can serve it as a rustic soup with the veggies intact or as a more refined blended soup with a creamier texture.

### Serves 8 to 10

#### INGREDIENTS:

**1½ pounds split green peas**  
**1 large head cauliflower, cut into florets**  
 (reserve some for garnish, if you like)  
**1 large onion, cut in large dice**  
**2 large carrots, cut in large dice**  
**3 stalks celery, cut in large dice**  
**4 to 6 cups no-sodium vegetable broth**  
**2 to 3 bay leaves**  
**1 leek, cut in large dice**  
**3 large cloves garlic, minced**  
**2 russet potatoes, cut in large dice**  
**2 large bunches Swiss chard, leaves**  
**and stems, cut in 2-inch slices**  
**Aka (red) miso paste (optional)**  
**Freshly ground white pepper**

1. Rinse and soak the split peas for a minimum of 8 hours, or to save time, boil them for 2 minutes and steep for 1 hour. Drain and set them aside.
2. If you choose to use cauliflower florets as a garnish, lightly steam or dry roast some cauliflower now (see steps 4 and 5 for presentation ideas).
3. In a large soup pot, dry sauté the onion, carrots, and celery over low heat, stirring occasionally, as the vegetables gently sweat. Add a small amount of the broth as they begin to dry and stick to the pot. Add the bay leaves, leek, and garlic, stir to combine, and cook for a minute. Stir in the cauliflower, potatoes, and soaked split peas, and cook for 1 to 2 minutes. Add enough broth to cover all the vegetables by 1 to 2 inches. Simmer on low for a minimum of 30 minutes, though the longer it cooks the creamier it becomes.
4. Stir occasionally. When the vegetables are nearly tender, toss in the chard and cook for the final 15 minutes. Season with miso to taste, stirring it well to dissolve into the soup.
5. If you're in the mood for a chunky, rustic soup, simply serve the soup as is with a fresh grind of pepper, a dusting of nutritional yeast, and some fresh parsley on top.
6. For a creamier texture and formal presentation, blend the soup using an immersion blender (or transfer in batches to a stand blender) before serving.
6. Garnish the soup as desired with steamed or roasted cauliflower florets, a dusting of nutritional yeast, chopped fresh parsley, scallion green strips or chives, or a sprinkle of mild Aleppo chili flakes or shichimi tōgarashi spice blend.



# Huku ne Dovi (Zimbabwean Vegetable Stew)

This is a beautifully complex-tasting but simple-to-make dish. To tweak it to be healthier, I skewed the stew to go heavy on the greens and okra and light on the peanuts. Spinach is traditionally used, but Swiss chard, collards, and lacinato kale work well, too. If using mixed baby leaves, there is no need to remove the stems or tear the leaves.

## Serves 3 to 4

### INGREDIENTS:

1 medium red onion, cut in medium dice

A bit of no-sodium vegetable broth for sautéing

1 large carrot, cut in large dice

1 medium orange sweet potato, peeled, cut in large dice

1 medium white sweet potato, peeled, cut in large dice

2 green Thai chilies, minced

14 ounces whole San Marzano tomatoes, roughly chopped, and their juices

5 cups packed spinach, chard, baby greens, collards, or kale, stems removed and leaves torn into bite-size pieces

3 cups low-sodium vegetable broth

1½ cups young small okra, cut in ½-inch slices

¼ cup raw unsalted peanuts, finely chopped

Several good grinds of black pepper

1 tablespoon aka (red) miso paste, or to taste

Fresh cilantro leaves

1. Heat a large stainless-steel skillet over medium heat for 3 minutes. Add the onions and dry sauté, stirring occasionally as they release their water and caramelize the pan. Deglaze the pan with broth, scraping up the sugars that have adhered to the bottom with a wooden spoon.
2. Lower the heat slightly. Add the carrots, sweet potatoes, and chilies. Cook for about 2 minutes, stir, then add the tomatoes with their juices. If you are using tougher greens like collards or kale, add them now. Simmer for 2 minutes. Pour in 2½ cups of the broth, cover the pan, and simmer for 10 minutes.
3. When the vegetables have softened, add the okra and peanuts. Cover the pan but stir often to prevent sticking as the stew simmers for another 15 minutes. If you are using tender greens like spinach, chard, or baby greens, add them now and simmer for 3 minutes. Taste and season with pepper to taste.
4. When the vegetables are tender but still intact and fragrant, turn off the heat. Dissolve the miso in the remaining broth and add it to the stew to season. Serve in warmed bowls alongside or atop whole grains. Garnish with cilantro.



# Braised Splayed Eggplant

Eggplant's exquisite creaminess shines in this luscious dish. Caramelized sweet onion, heirloom tomatoes, sweet mini bell peppers, and garlic are sandwiched between splayed slices of eggplant, softened on the stovetop, then braised in their own juices in a hot oven. This literally melts in your mouth. It is delicious plated with a good smear of Garlic-Herb Sauce, which plays counterpoint to the eggplant's sweetness. Modern varieties of eggplant are not bitter and require no pre-salting or peeling.

## Serves 6

### INGREDIENTS:

6 firm medium Italian eggplants

3 sweet onions like Vidalia, Maui, or Walla Walla, cut in ½-inch slices

3 large heirloom or beefsteak tomatoes, cut in ½-inch slices

8 ounces mini bell peppers (a mixture of colors), cored and seeded

1 head dry-roasted garlic

1 tablespoon dried oregano

Freshly ground black pepper

Up to 2 cups no-sodium vegetable broth

1 cup Garlic-Herb Sauce (recipe below)

1. Preheat the oven to 450°F. Trim the tough outer layer of each eggplant's stem, then make lengthwise slits ½-inch apart from their bases to 1 inch from the top. Fill the slits in the eggplants alternately with the onions, tomatoes, and mini peppers, slipping in the roasted garlic cloves.
2. Tightly arrange the stuffed eggplants in one large or two smaller ovenproof skillets and season them generously with oregano (½ teaspoon per eggplant) and several grinds of black pepper. Add broth to come ½ inch up the sides of the pan, cover, and simmer on the stovetop for 30 minutes. Check periodically, adding more liquid if needed. Begin checking at 20 minutes; the eggplants are ready when a fork easily penetrates the flesh.



3. Remove the cover. The vegetables will have released additional liquid. Pour out the excess, leaving ½ inch of juice in the pan. Bake the eggplants, uncovered, in the preheated oven for 10 minutes. If liquid continues to build, remove the excess again, leaving just ½ inch in the pan. Brush the vegetables with their braising liquid and return to the oven for an additional 5 to 10 minutes or until the onions, peppers, and tomatoes have caramelized and the eggplants have begun to collapse.
4. Remove them from the oven and brush with braising liquid. Serve hot with plenty of Garlic-Herb Sauce, either thickly smeared on the plate or diluted with water into a pourable sauce to dress the eggplant.

# Garlic-Herb Sauce

A green sauce redolent with fresh tender herbs and mild roasted garlic can lift a dish to new heights. Use it as a thick, saucy layer in canapés, tortes, lasagnas, or savory parfaits, or thin it for a dressing. Use your favorite tender green herb or a combination of basil, parsley, chives, dill, tarragon, marjoram, or summer savory. Add fresh lemon juice to preserve the herbs' bright green color if you make the sauce in advance.

## Makes about 1 cup

### INGREDIENTS:

1 head roasted garlic

1½ packed cups tender herbs

½ cup nutritional yeast

1 teaspoon shiro miso, or to taste

Freshly ground white or black pepper, to taste

½ teaspoon lemon juice (optional)

Up to 1 cup of water

1. In a blender, combine the roasted garlic, herbs, nutritional yeast, miso, pepper, and lemon juice (if using) with ½ cup of the water. Process until very smooth, adding a few more tablespoons of water to achieve a dense, spreadable sauce. To make a pourable dressing, thin with up to ½ cup additional water. Taste and correct seasonings as you like.

### VARIATIONS:

**Creamy Green Sauce:** Use ½ of a ripe avocado in place of all or some of the water.

**Pesto:** Use basil, increase the nutritional yeast to ½ cup, and add ¼ cup pine nuts.





## Potato-Stuffed Mini Peppers

When you yearn for comforting mashed potatoes, all creamy, garlicky, and herb-scented, here is a fun way to make them: stuffed and baked in mini bell peppers. These delightful morsels make a pretty appetizer, a colorful side, yummy finger food, and a nutritious way to brighten your table. Special equipment needed: potato ricer and grapefruit knife.

### Makes about 35

#### INGREDIENTS:

3 pounds mini bell peppers  
1 cup low-fat plant-based milk  
1 teaspoon chopped fresh sage  
1 teaspoon chopped fresh rosemary leaves  
1 large head dry-roasted garlic  
Big pinch ground white pepper  
Big pinch ground nutmeg  
3 tablespoons shiro (mild white) miso, or to taste  
Pinch ground chili pepper (optional)  
6 medium russet or yellow potatoes

1. Preheat the oven to 375°F.
2. Cut off the top of each pepper and remove the seeds with a grapefruit knife. Set aside.
3. Add the plant-based milk, sage, rosemary, garlic cloves, white pepper, nutmeg, miso, and chili (if using) in a blender. Blend thoroughly.
4. Boil the whole potatoes in a pot of water until a knife penetrates them easily, 15 to 20 minutes. Drain. While steaming hot, rice the potatoes into the cooking pot. Reheat on low, and then add the blended seasoned milk.
5. Whip the potatoes with a wooden spoon or whisk until creamy. Add a little more plant milk if they become dry. Taste and correct the seasonings.



6. Fill a pastry bag with the seasoned potatoes and generously fill each pepper with them. Snuggly fit a handful of the stuffed peppers in each cup of a muffin tin or in 3-inch ramekins. They will shrink slightly as they bake so a tight fit is fine.
7. Bake for 30 to 40 minutes, but begin checking for doneness after 30 minutes. The peppers are ready when they soften and the potatoes toast on top. Serve immediately, grouped in small bowls.

## Chocolate Cranberry Energy Bars

These tasty granola bars are chewy with a bit of a crunch and are chocolatey, complex-tasting, and not cloyingly sweet. They are made with wonderfully nutritious ingredients that replenish your energy without weighing you down with fat. Fresh cranberries are sold only around the winter holidays, but don't let that stop you: these bars are also great if you use dried cherries (sweet or sour) instead. Make sure you get oil- and sugar-free organic ones, and if using sweet cherries, dial down the dates by about a cup.

### Makes 16 bars

#### INGREDIENTS:

1½ cups old-fashioned rolled oats  
¾ cup raw buckwheat groats  
2 mashed ripe medium-sized bananas  
2 teaspoons vanilla extract  
½ cup freshly ground golden flaxseeds  
½ cup freshly ground chia seeds  
½ cup organic cacao powder  
3½ cups finely chopped, pitted Medjool dates, or to taste  
1 cup finely chopped fresh organic cranberries  
Pinch ground chipotle powder

1. Preheat the oven to 325°F.
2. In a large bowl, combine all the ingredients and mix well. Mound the entire mixture onto a baking sheet lined with parchment, and, with two straight-edge rulers or icing spatulas, shape into a roughly 8-inch square that is 1-inch thick.
3. Bake for 15 minutes. Remove it from the oven, and gently cut it in half. Then, using a sharp or serrated knife, slice each half into 1-inch strips. Carefully separate the strips, leaving about an inch between them to facilitate airflow and even baking.
4. Return the bars to the oven for approximately 35 minutes or until fragrant, firm, and golden. Transfer the bars to a cooling rack and let cool. Chocolate Cranberry Energy Bars will keep in the refrigerator for about 2 weeks (if they last that long). They also freeze beautifully, lasting up to 3 months.





## Castagnaccio Tuscan Chestnut Torte

Castagnaccio has been made since the sixteenth century, and no wonder: it is delicious, economical, and simple to make. The fresh chestnut flour's natural sweetness shines, accompanied only by raisins, a sprinkle of pine nuts or walnuts, and a few fresh rosemary leaves.

### Serves 10

$\frac{3}{4}$  cup raisins (organic Sultanas, Thompson, Black Corinth, Muscat, or a mixture)

$1\frac{1}{2}$  cups plus  $\frac{1}{3}$  cup (200 grams total) Italian chestnut flour, plus more if needed

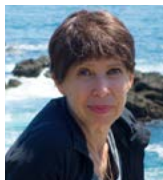
$1\frac{2}{3}$  cups (400 grams) warm water, plus more if needed

$\frac{1}{3}$  cup pine nuts or walnut pieces (or a mixture)

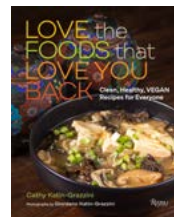
1 tablespoon fresh rosemary leaves

**Chef's Note:** It's best to buy chestnut flour from Italy in Sept and Oct when it is at its sweetest and freshest. Then store it in the freezer for rewarding castagnacci and necci and chestnut crepes (all in the cookbook, too!) all year long.

1. Preheat the oven to 400°F. Steep the raisins in hot water until they rehydrate, about 5 minutes. Drain.
2. Sift the chestnut flour into a mixing bowl and add the warm water, whisking until your batter is smooth, completely lump-free, and the consistency of a thin pancake batter. Test by sprinkling a few raisins onto the batter and observe: if all the raisins sink, the batter is a bit too thin; if they all float, it is too thick. Adjust by adding a teaspoon of chestnut flour or water until your batter allows some raisins to submerge while others rest on top.
3. Pour the batter into a ceramic or glass baking dish. (If you use a metal baking tin, first line it with parchment paper.) Castagnaccio should be  $\frac{3}{4}$ -inch thick (and sometimes even thinner), so check the depth of the batter and change your baking dish if necessary. Sprinkle on the nuts and the rest of the raisins. Strew the rosemary over the surface.
4. Bake in the center of your oven for approximately 30 minutes, but begin checking for doneness at 20 minutes. Castagnaccio is ready when the surface develops its signature cracks, the nuts turn golden, and it is fragrant.



**CATHY KATIN-GRAZZINI** is a plant-based chef and cookbook author of *Love the Foods that Love You Back*. She is the food editor for *VEGWORLD* magazine, and manages her blog, Cathy's Kitchen Prescription, where she shares her latest recipes and guidance on sustainable, healthy, vegan cooking, nutrition, and lifestyle. Certified in plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, she went on to complete professional culinary training at Rouxbe cooking school. Katin-Grazzini is a member of the Physicians Committee for Responsible Medicine (PCRM) and trained as a PCRM Food for Life instructor. She and her husband, Giordano Katin-Grazzini, who photographed the cookbook, live in Ridgefield, Connecticut. Find her online at [cathyskitchenprescription.com](http://cathyskitchenprescription.com), on Instagram [@cathyskitchenprescription](https://www.instagram.com/cathyskitchenprescription), and on Facebook [@cathyskitchenprescription](https://www.facebook.com/cathyskitchenprescription).



Excerpted and adapted from *Love the Foods that Love You Back: Clean, Healthy, VEGAN Recipes for Everyone* by Cathy Katin-Grazzini. Copyright © Rizzoli New York, 2022. Photography by Giordano Katin-Grazzini. Reprinted with permission. All rights reserved.



# Health Transformation Grows into a Personal Mission

WORKING TO CONNECT AND SUPPORT PLANT-BASED COMMUNITIES IN NEW YORK CITY

by Lianna Levine Reisner

After discovering an ovarian cyst at the age of 27, I was diagnosed with endometriosis during surgery in 2012. The surgeon had found endometrial implants on my intestines, and, except during pregnancies, I was advised to spend the rest of my fertile life on the pill to regulate my hormones and minimize further damage.

Fast forward to 2016: As a young mother, overweight from my second pregnancy, wondering when my teenage acne would ever subside, and struggling to bounce back from common colds, I knew something had to change. Even though I was living with endometriosis, I didn't think of myself as unhealthy, only challenged by life's usual stressors. I also had an earnest desire to learn how to feed my children to support their health. For all these reasons, I started to research food and health, looking for local experts in my hometown of New York City, scouring the internet, and reading whatever books I could find.

My first few steps happened to be transformational. I cut out dairy and gluten from my diet for two weeks, and my next menstrual period that followed was surprisingly mild—a huge change for someone who had endured heavy, painful periods for years. My periods immediately became more manageable, shorter, and less eventful than they had ever been. I went on to do a fancy elimination diet which, in retrospect, was highly plant-based and less-processed. Within three months I had easily shed all my excess weight and felt a full-body reset of so many of the little things that I thought I would have to live with forever. Yet I didn't understand why these changes had happened, nor what I should eat in the long term.

It took 18 months of exploring “nutrition” in popular literature before I found clarity. An online bookstore algorithm suggested T. Colin Campbell's book, *Whole: Rethinking the Science of Nutrition*. Within Dr. Campbell's narrative was not only tremendous science and simplicity but also a rationale for why

I had been stumbling through a littered marketplace of nutritional theories and protocols. I was amazed, humbled, and inspired. Within weeks, I had made some further adjustments to my diet, felt my allergies clear up, and came off the low dose of thyroid medication that a functional medicine practitioner was sure I needed.

Like so many others whose stories have graced these pages, I developed a new consciousness and worldview that deeply influenced my next steps. I took the plant-based nutrition certificate course from eCornell and the Center for Nutrition Studies. I watched Nelson Campbell's film *Plant Pure Nation* and became a leader of a local “pod” in Manhattan, building community among people who had found this lifestyle and were at various stages of change. It was through this work that I became familiar with, and then a member of, the National Health Association.

**Even through all my excitement, it was not lost on me that my own family members, friends, colleagues, and pretty much everyone I knew in my neighborhood and synagogue community had never come across whole-food, plant-based nutrition.** Because so few people around us had heard about it, my husband, ever the skeptic, wondered about the veracity of the claims about this lifestyle—even while happily embracing our new way of eating.

As I got to know people and groups in the New York metropolitan area who were similarly woke to plant-based nutrition, I was surprised to find that there wasn't yet a community-based initiative in our area to educate the masses. There were small and somewhat new projects, including those run by other pod leaders, two new plant-based programs at local hospitals, a few doctors in private practice, and one university with an interdisciplinary committee on plant-based nutrition. While these efforts may be leaps and bounds beyond what you would find in a small town, it astounded me that something

so transformational was effectively missing in New York, a place where you could imagine finding anything under the sun. Nor were these disparate entrepreneurial people and projects connected strongly to each other.

This became my personal mission: to build a network of change agents working in concert across the metro area, expanding awareness of plant-based nutrition within our respective communities, bringing legitimacy to our message through our unity and our commitment to the science, and hastening healing in neighborhoods, not just exam rooms. I teamed up with the other pod leaders to cofound Plant Powered Metro New York, a health empowerment nonprofit organization that I now lead, demonstrating the power of connection in our movement. We offer a path and a voice for our growing force of volunteer leaders. We curate, adapt, and create educational programs that spark change in people from many walks of life. We build bridges across institutions and sectors to ensure that everyone has the opportunity to learn about plant-based nutrition.

In full honesty, building this metro-wide educational enterprise from scratch is not easy. My children eat incredibly well, but they do wonder why mommy has to be so busy. I have a deep passion for bringing people together, sharing life-giving information, and bringing hope and positivity to so many people who are struggling or worried or fearful. The only way to be successful is to meaningfully join forces with others. I am grateful each day for the knowledge and wisdom I have gained, and for the friends and companions who are taking a leap of faith with me to act and innovate for health and healing. 🌱



**LIANNA LEVINE REISNER**

is the President and Network Director of Plant Powered Metro New York, [plantpoweredmetro.org](http://plantpoweredmetro.org).

Previously, she worked as an independent coach and consultant serving the UJA-Federation of New York, providing organizational change support to Jewish nonprofit organizations in the New York metro area. Lianna has a master's degree from Case Western Reserve University's Weatherhead School of Management in Positive Organization Development and Change, and she is a classically-trained vocalist. She lives with her husband and three children in Manhattan.

# A Natural Thirst for Truth Drives Health Transformation

ONCE OVERWEIGHT, SICK, AND MISERABLE, HE RESTORED HIS VIBRANT HEALTH AND NOW HELPS OTHERS

by Anthony Vita

If you had told me 10 years ago that one day I would be sharing my plant-based transformation story in a magazine called *Health Science*, I would have checked to see if it was April Fool's Day.

You see, looking back to 2012, I never once considered the possible connection between what I was eating and how I was feeling. Everything I ate was driven purely by food cravings and whatever sounded good at the time. At my worst, I found myself eating restaurant food for breakfast, lunch, and dinner, with fruits and vegetables taking a noticeable back seat to fried chicken, cheeseburgers, pepperoni pizzas, deli subs, McDonald's milkshakes, Starbucks lattes, Chinese buffets, candy bars, soft drinks, and snack chips. In other words, I was deep into the "SAD," or Standard American Diet.

In retrospect, this explains why I felt so miserable most of the time. Not only did I suffer from low energy and mental fog, but year after year, I would take advantage of every allotted sick day at work to care for sore throats, upset stomachs, chest and head congestion, headaches, colds, and fevers. Because I was eating so poorly, my skin was oily with painful acne, and I had slowly become about 50 pounds overweight. As I approached 40 feeling exhausted and out of shape, I just figured this was how it felt to finally reach middle age.

Then, in late 2012, a friend I hadn't seen in years came to visit. It was good seeing him

again, especially since he had turned his health around by changing his diet. Now, I know what you're probably assuming—this is the guy who introduced me to a plant-based diet, right? Well, even though he was certainly looking and feeling much better than at our prior visit, he had adopted a more Paleo-style diet and enthusiastically urged me to do the same for my health.

To him, it was quite obvious that I had packed on some pounds, and after scrutinizing the contents of my refrigerator, he let me know quite frankly how everything I was consuming was both destroying my health and making me fat. He recommended a couple of health-related resources including the documentary *Hungry for Change*, which instantly made me recognize areas of my diet that needed improvement. Most importantly, for the very first time, I suddenly cared about what I was eating.

One of the first things I did was invest in a Nutribullet, which helped me commit to making green smoothies starting on January 1, 2013. As a result, I found myself perusing the produce section of the grocery store much like I once sifted through vinyl albums at the local record shop. For the first time in my life, I was spending time in the produce aisle buying fruits and vegetables—and actually consuming them!

Even though I'm no fan of the meat-heavy Paleo diet now, it did help me in two key areas. First, it helped me realize how eating



fast food, along with ultra-processed donuts, cookies, and pies, was highly toxic and very harmful to my heart, brain, and gut health. Second, the most important aspect of my new approach to eating was how it finally got me thinking about my food choices and helped me to make better ones. While this was not my final diet destination, it was definitely a step in the right direction. The needle had been moved, and this was tremendous progress!

---

I was spending time in the produce aisle buying fruits and vegetables—and actually consuming them!

---

Because I am inquisitive and love asking questions, I developed a natural thirst for wanting to understand more about the associations between diet and disease and why this better way of eating was so beneficial to my health. Over the course of my research, I eventually came across the highly respected work of Dr. John McDougall, Dr. Caldwell Esselstyn, Jr., Dr. Neal Barnard, and Dr. Joel Fuhrman,





just to name a few of the leaders in the whole-food, plant-based field. As I read their books, watched their presentations, and listened to their interviews, one thing in particular resonated with me.

Reading testimonial after testimonial from former patients of these doctors, I was impressed by how they actually got better. Even though these patients may have struggled with obesity, heart disease, type 2 diabetes, autoimmune disorders, kidney failure, or cancer, they would change their diet to whole plants and eventually come off their medications, and they'd often completely reverse their health issues as if they never had them to begin with. This was a total revelation to me because, in my world, nobody ever got better. From my experience, whenever a friend or family member was given a dreaded diagnosis and prescribed medications, they lived with that disease and remained on medications for the rest of their lives.

As my understanding of the links between diet and disease deepened, it became both a blessing and a curse. On the bright side, I was learning powerful information that would help me to lose weight, regain my health, and prevent common lifestyle diseases. On the other hand, every time I looked around, I could clearly see why so many, especially loved ones, were suffering needlessly on a

lifetime of medications. Their serious health issues were not a result of their body being broken or having bad genes—it all came down to their food choices!

Because of what I had learned from online resources such as [NutritionFacts.org](https://www.nutritionfacts.org) and documentaries like *Forks Over Knives*, I no longer viewed food and disease quite the same way. By the fall of 2013, and without anyone pushing me to do so, I started eliminating meat, dairy, and eggs from my diet and began emphasizing more starches like potatoes, rice, beans, and quinoa along with fruits and vegetables in what became my full commitment to a whole-food, plant-based diet and lifestyle.

By April 2014, my steady diet of plants was paying off nicely, as I had dropped three pant sizes (from 40 to 34) and lost 50 pounds. In terms of how I was feeling, the difference was night and day. All of the nagging health concerns that I had struggled with just a year earlier were completely gone, and it wasn't just a fluke. It's now been nearly 10 years since I adopted a whole-plant diet, and I can tell you it's been that long since I've had to care for a sore throat, major headache, or even a runny nose.

My initial thought was, "I need to tell everyone about the healing power of plants!" I had always wanted to write a book but never felt inspired about anything until now. Over the course of 2014 and into 2015, I fully immersed myself in researching and writing my book, *The Vital Blend: 5 Ways to Dramatically Improve Your Health*, which was released in 2016.

I also created a Facebook page, "The Vital Blend," with the intention of building an audience with whom I could share everything I had learned and hopefully make a profound difference in their lives. Over the last few years, my page has grown to nearly 12,000 followers, and so many of them have expressed how much they truly look forward to and are inspired by the plant-based transformation stories, nutritional info, recipes, interviews, and more that I feature on a daily basis. Between my book and Facebook page, I can't tell you how amazing it feels to have people express how my work has literally changed their lives for the better!

However, my attempts to reach, educate, and improve people's lives with plants were

not over yet. In the summer of 2021, after a few years of advising people unofficially, I decided to become a Certified Holistic Nutritionist. These days, I regularly coach those who desperately need to lose weight or regain their health and show them how to follow a whole-food, plant-based diet and lifestyle to reach their goals.

So far, I've been absolutely blown away by the results my clients have been witnessing simply by staying committed to a diet of low-fat plants, just as I did. My clients have successfully reversed stage 3 kidney failure, painful arthritis, and high blood pressure/cholesterol, and they are losing weight the healthy way!

In early 2022, I interviewed NHA President Mark Huberman for my YouTube channel, and I finally got to meet him and his lovely wife, Wanda, in person this summer at my first ever NHA Conference in Ohio. The three-day gathering was highlighted by so many powerful presentations, truly inspiring testimonials, timely information, and, of course, an incredible group of like-minded individuals who truly appreciate the many rewards that come from eating whole plants.

If you had told me 10 years ago that I would eventually become a health coach who helps restore people's health by showing them how to eat more fruits and vegetables, I would have never believed you. However, there is one thing I now know for certain—when you change your food to plants, you will forever change your life. Love yourself and eat more plants! 🌱



ANTHONY AT HIS FIRST NHA CONFERENCE THIS YEAR, WITH MARK HUBERMAN

# 2022 NHA Conference Highlights

On June 24–26, more than 290 NHA members returned to the beautiful Embassy Suites Cleveland-Rockside in Independence, Ohio, for the 2022 NHA Conference, which offered the NHA's trademark weekend of top-notch education and sensational SOS-free buffet meals along with fun, fellowship, and an amazing sense of community.

The conference, which was one of the most diverse in NHA history, had an energizing kickoff on Thursday evening by Cleveland's own Jane Esselstyn, a dynamic, first-time presenter for the NHA who led everyone dancing around the ballroom followed by her patented humorous-but-educational presentation, "Benefits of Plant-Based Eating—Above and Below the Belt." Our lead sponsor, Vitamix, made the evening even more special by hosting a reception featuring their amazing smoothies, plant-based hors-d'oeuvres, and a demonstration of their great new products by Chef Adam.

Friday morning began early with similar great energy with an exercise class by the legendary John Pierre and yoga with Darlene Kelbach. Following an SOS-free breakfast buffet offered by the hotel restaurant, more than 190 attendees climbed aboard luxury charter buses for four unforgettable hikes in the nearby Cuyahoga Valley National Park, where park rangers and NHA guides presented nature at its best in weather that couldn't be beat.

The conference formally kicked off on Friday afternoon with a welcome by Mark and Wanda Huberman, an inspiring lecture by NHA's Director of Health Education, Dr. Frank

Sabatino, a wonderful food demo by Brittany Jaroudi, and an informative lecture on water-only fasting by Dr. Nathan Gershfeld. Following the NHA's delicious, endless buffet dinner, the attendees were treated to an uplifting keynote address by cardiologist Dr. Columbus Batiste—who ended up being as inspired by us as we were by him!

The remainder of the weekend was filled an array of incredible speakers including Dr. Joel Fuhrman, Dr. Stephan Esser, Dr. Alan Goldhamer, and renowned dietitian Brenda Davis, plus a food demo by our own Dillon Holmes.

As was done last year, the conference was livestreamed to more than 400 virtual attendees from over 13 countries. Fortunately for those who were unable to attend the event, the entire conference was professionally recorded, and you can still purchase the replays of all of the amazing presentations for only \$67 on the NHA website!

Perhaps the best measure of the success of the 2022 conference was that over 100 of the attendees pre-purchased their registrations for our 2023 conference—before the date and location were even finalized! We are now excited to report that it

will be taking place June 23–25, 2023, at the beautifully renovated Holiday Inn Cleveland South in Independence, Ohio. It will be the NHA's 75th anniversary, and we plan to pull out all the stops to make it one of the most memorable events in our history. Book your registration now and take advantage of our Early Bird rate before the end of December! You'll be helping us to once again occupy the entire hotel. See you next year! 🌱

## SPECIAL THANKS TO OUR MANY VENDORS AND SUPPLIERS!

### VENDORS:

Plant-Based Telehealth  
Plant-Based Living  
Plant-Based Nutrition Movement  
Plant-Based Academy  
Chef John Nowakowski's  
Healthy Beach Retreat

### SUPPLIERS:

Manna Organics (Carrot-Raisin Bread)  
Doctor's Daughters Overnight Oats  
Dr. Fuhrman's G-BOMBS Nutrition Bars  
WellBean Bars  
Health Force Super Foods (Greener Grasses)  
Mama Sezz  
Well Your World







I really enjoyed connecting and reconnecting with so many and hearing about the amazing things they are doing professionally within the plant-based community.

**CATHY FISHER**  
SANTA ROSA, CA



The conference was quite inspirational for me, and I have improved my diet as a result.

**CAROLE B. HAMLIN**  
BALTIMORE, MD



Magnificent! The conference has reignited and strengthened my passion for healthy living.

**NATHANIEL BRONNER**  
ATLANTA, GA







The morning extra—hikes, yoga, other exercise sessions—were such an added benefit!

KATHARINE EVANS  
THORNTON, CO



It was my great joy to spend a few days together with the NHA “family.”

MAMIKO MATSUDA  
HOUSTON, TX



The presentations, the hotel, the FOOD—WOW! Everything was just perfect!

BETH HUMENIK  
MONROEVILLE, PA



Thank You, Vitamix!



It is a privilege to hear the speakers bring new insight and confirmation of our whole-food, plant-based eating and lifestyle.

JEANNE CRAWFORD  
ST. CHARLES, MO





We attended the 2022 NHA Conference virtually and it was great!

KAYLA PUCKETT



The conference was excellent; you all did a spectacular job!

FAITH GOETZ  
WINSTED, CT



Being able to sit down and have a healthy meal with people who have so much in common with me was heartwarming!

MICHELE SARICH  
PEORIA, AZ





# NHA's Plant-Based Alaska Voyage

by Lisa McCarl and Wanda Huberman

From August 19–29, 2022, 96 NHA members enjoyed Alaska's natural grandeur and splendor aboard the *Windstar Star Breeze*. There were 230 passengers with 100 staff on the small, luxury, ecofriendly ship. After almost two years of planning by Wanda Huberman, NHA Executive Director; Lisa McCarl, NHA Travel Agent; and the *Windstar* executive team, our expectations were met and exceeded by the extraordinary, whole-food, plant-exclusive meals without added salt, oil, or sugar that were prepared for our group.

Nature makes no guarantees as to what visitors to Alaska will find. Our group enjoyed what locals described as the very best weather of the entire summer: clear skies, bright sunshine, and mild temperatures. From the ship and on shore excursions, our group saw and photographed an abundance of whales, seals, sea otters, eagles, puffins, and salmon returning to spawn. One of the highlights was navigating the ice-debris-filled waters in remote fjords in kayaks and Zodiacs for an up-close view of the magnificent scenery, wildlife, and glaciers.

*Windstar's* outstanding Alaska Expedition Team led the kayak and Zodiac excursions and provided hikes and tours featuring Alaska's unique land and history. The Expedition Team also provided onboard classes featuring Alaska's culture, nature, wildlife, and photography tips. One evening, an indigenous Alaskan native, a former mayor of the small port town, gave a heartfelt talk about life for his people and the challenges they face.

Our goal of providing healthy, plant-based, whole, SOS-free food while traveling aboard a small ship was a huge success. The other passengers were very curious about "this plant-based group." They were invited to give our food a try, and many did just that.

Our NHA group bonded on the voyage. Strangers became friends forever bound by a trip of a lifetime. No group travel goes without its challenges, though, and Wanda and Lisa worked around the clock providing aid and information to our traveling members.

Alaska was a wonderful reminder that there's a great big beautiful world out there, just waiting for us. 🌱

Future NHA plant-based travel includes:

- **February 17–26, 2023**  
**NHA Lindblad Expeditions National Geographic Galapagos Adventure.** There are a few cabins still available.
- **October 20–28, 2023**  
**NHA Windstar Greece and Israel Cruise.** Our NHA group size will be limited to 40 members.
- **February 24–March 2, 2024**  
**NHA Windstar Costa Rica and the Panama Canal.** Our plant-based group on the 148-passenger, 4-masted sailing motor yacht *Wind Star* will be limited to 20 members.
- **Future Plans:** We have tentative plans for travel to Iceland in August 2024 and to Tahiti in January or February 2025. NHA Life and Century members will have first priority.

Visit [healthscience.org/plant-based-travel](https://healthscience.org/plant-based-travel) or email Lisa at [lisa.mccarl@gmail.com](mailto:lisa.mccarl@gmail.com) if you would like additional information.







## Support the NHA today

- I want to become a member
- I want to renew my membership
- I want to give a gift membership
- I want to make a donation to the NHA of \$ \_\_\_\_\_

- United States**      **All other countries\***      **Century Club**
- \$35 one year       \$55 one year       \$100 one year
  - \$1,000 to become a Life Member!

Total amount \$ \_\_\_\_\_

### MEMBER INFORMATION

NAME	
ADDRESS	
CITY, STATE, ZIP	
PHONE	EMAIL

### Please give a gift membership to:

NAME	
ADDRESS	
CITY, STATE, ZIP	
PHONE	EMAIL
FROM	RELATIONSHIP TO GIVER

Gift memberships will begin with the current issue. Recipients will receive a welcome letter from the NHA advising them of your gift.

### PAYMENT INFORMATION

- Credit card       Check (check number) \_\_\_\_\_

**While checks are accepted for memberships, we appreciate credit card payments since this allows for auto-renewal.**

For payment by credit card, please fill out the following:

CARD NUMBER	
EXP. DATE	SECURITY CODE
NAME AS IT APPEARS ON CARD	
PHONE	
SIGNATURE	

Make checks payable to: **The National Health Association**

Mail to: P.O. Box 477, Youngstown, OH 44501  
(330) 953-1002    [info@healthscience.org](mailto:info@healthscience.org)

**OR JOIN ONLINE AT [HEALTHSCIENCE.ORG](https://www.healthscience.org)**

\* Payable via credit card, check drawn on a U.S. bank, or international money order in U.S. currency.

Wanda and Mark,  
I had so much fun at the NHA conference this year and learned a lot! I really enjoyed connecting and reconnecting with so many, and hearing about the amazing things they are doing professionally within the plant-based community: podcasts, videos, books, products, online consulting—wow! And personally, such as hearing all about Victoria Li's recent walk on the Camino de Santiago, and generally catching up with NHA pals Sandie S., Jan Z., Nate G., Dillon H., Sarah R., Mike G., and Barbara F. I came home inspired and motivated! It was great to see you both again, and thank you for all your work on this year's conference!

**Cathy Fisher**  
Santa Rosa, CA

Mark and Wanda,  
Thank you so much for the NHA conference! It was incredible! The presentations, the hotel, the FOOD—WOW! Everything was just perfect. Becky Snyder and I truly appreciate your hard work in making it happen.

**Beth Humenik**  
Monroeville, PA

Dear Mark,  
The conference was quite inspirational for me, and I have improved my diet as a result. I have been a strict vegan for many decades, but I wasn't eating the healthiest diet. Since the conference, I've been eating better. Researchers are learning new things about the human body and how it works every year. So even though I've been coming to conferences for years, I'm always learning new information. I'm grateful to you and Wanda for putting on the conference and hope you will do it for many years to come. Here's to your continuing good health!

**Carole B. Hamlin**  
Baltimore, MD

Dear Mark,  
Thank you so much for organizing such a wonderful conference. It was my great joy to spend few days together with my NHA family members. The conference was indeed a sort of family reunion for me, and that's why attending the conference made me so happy. It is not easy to find such a wonderful community as the NHA, so I always appreciate your hard work in leading it for so many years. It was so nice of you to have invited Dr. Batiste, Brittany Jaroudi, John Pierre, and Brenda Davis as presenters this year. I have learned a lot from them, and I look forward to attending the 75th anniversary celebration of NHA2023 next year! Thank you again for the great conference.

**Mamiko Matsuda**  
Houston, TX

Hi Mark,  
We attended the 2022 NHA Conference virtually and it was great! We have been on the WFPB diet for four and a half years, but we learned so much at the conference. We had struggled to find resources and support and were so glad to learn about the NHA and the conference.

**Kayla Puckett**

Hi Mark,  
The conference was magnificent! Although there may have been a few behind the scenes snags, the overall experience for attendees was fantastic. The conference has reignited and strengthened my passion for healthy living, and it will cause me to do better. Thank you immensely for all you do. You are improving the world!

**Nathaniel Bronner**  
Atlanta, GA

# NHA MEMBERSHIP

SUPPORTING THE MESSAGE OF THE NATIONAL HEALTH ASSOCIATION

## Meet our Newest Life Members!

When you become a Life Member of the NHA by making a single gift of \$1,000 or by being a Century Club Member for 10 years at \$100 per year, you are making a strong commitment and vital contribution to the long-term success of the NHA. In this issue we are honored to introduce you to our largest group ever of new Life Members!



**Marsha Berland**  
Niehart, MT

**Juliana Bianes**  
Sacramento, CA

**Ellen Botnick**  
Chagrin Falls, OH

**Kathy & Tim Brown**  
Ravenna, OH

**Jeanne Crawford**  
St. Charles, MO

**Ilana Dabah**  
Brooklyn, NY

**Claire & Tony D'Onofrio**  
Greer, SC

**Dacey Efantis**  
Cedar Park, TX



**Lynnea & Kenneth Elkind**  
Palm Beach, FL

**Sheree & David Fedder**  
Spring, TX

**Marla Friedman, PhD**  
Plainview, NY

**Patricia & Herb Hinkle**  
Vero Beach, FL

**Caroline & Lowndes Harrison, MD**  
Gadsden, AL

**Thomasina Herrera**  
Santa Rosa, CA

**Joe & Kim Keenan**  
Oxford, MI

**Pamela & Craig McFarland**  
Sarasota, TX



**Janice Moorefield**  
Spokane, WA

**Anne Peterson**  
Simi Valley, CA

**Michele Sarich**  
Peoria, AZ

**Mary Sheridan**  
San Pedro, CA

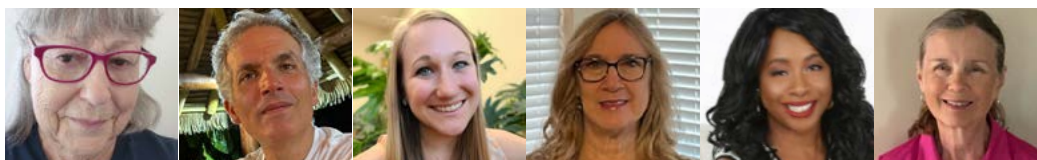
**Marcia Vinson**  
Martinsburg, WV

**Deborah Winograd**  
Houston, TX

**Karin & Gary Zerlin**  
Westlake Village, CA

## Meet our Newest Century Club Members!

Century Club Members are another honored group of NHA members who help us sustain our educational mission by paying \$100 per year.



**Barbara Deen**  
Hawkins, TX

**Jason DeSalvo**  
Oldwick, NJ

**Khrystal Ferri**  
Jeannette, PA

**Babette Haserot**  
Wylie, TX

**Linda James**  
Greenwood, IN

**Marilyn Paine**  
Avon Lake, OH



**Linda Petersen**  
Portland, OR

**Raje Reddy**  
Columbus, OH

**Sheri Sanders**  
N. Ridgeville, OH

**Louise Silver**  
Brooklyn, NY

**Alice Uras**  
Phoenix, AZ

**Dawn Wood**  
Paris, OH

### NOT PICTURED:

**Deborah Berg**, Clarence Center, NY  
**Christopher Bellows**, Buxton, NC  
**Patricia Blanton**, Clearwater, FL  
**Catherine Civiello**, Clearfield, PA  
**Christopher Dingman**, Pittsburgh, PA  
**Jennifer Humphries**, San Antonio, TX  
**Patricia Johns**, Tampa, FL  
**Patty Peak**, Indianapolis, IN  
**Carolyn Perrone**, Boynton Beach, FL  
**Ann Smith-Reiser**, Bethlehem, PA  
**Elaine Storlie**, Gladstone, OR

### RENEWING MEMBERS:

**Tom & Kathy Cook**  
**Cynthia Cutler**  
**Pam Doubleday**  
**David Frumin**  
**William Greene**  
**Christine "Xine" Heveron**  
**Dominic & Sia Hurst**  
**Honey Leveen**  
**Gladys Mandalaoui**  
**Theresa Passey Fox**  
**Mitchell & Maxine Scheiman**  
**Sharon & Ron Stratton**  
**Jeff Wunning, DPM**

## Please consider stepping forward to become one of our next Life or Century Club Members!

### MOVING?

Please notify us as soon as possible of any change in your address to avoid any interruption in the delivery of *Health Science*. By notifying us before you move you also save the NHA the postage and handling expenses associated with each returned copy of *Health Science* magazine.

### ERRATUM:

On page 36 of the Summer 2022 issue, we inadvertently listed William L. Esser's degree as MD instead of ND. We regret the error.



## Special Thanks to Our Donors!

President Mark Huberman and the Board of the NHA wish to express special thanks to the members who responded so positively to our appeals for support. Donations received after this issue went to print will be acknowledged in the next issue.

### HEALTH SCIENCE APPEAL:

Cessy & Martin Agegian	Twana Davisson	Carol & Charlie Huff	Cheterine & David Patterson	Kathryn Varilone
Kathleen Alfano, PhD	Patricia Dean	Reiko Ikeya	Martha Peach	Nelson Wakimoto
Joan Amicangelo	Michelle Dobbins	Sandy Jarrett	Margaret Peacock	Pamela Warren
April Arena	Stuart Douglas	Julie A. Johnson	Terry Perrone	Rachel & Michael Weaver
Cheryl Atkins	David Charles Eschan	Maddie Johnson	Darla Ping	Brenda Weigand
John Audretsch	Rhona Ethe	Matilda & Ken Kanagaki	Laura Pooch	Pam & Harry West
Mary Lou Beavers	Katheen Ewing	Rev Jack Kieffer	Jeff Prager	William Wildauer
Judy Beier	Rebecca Fannin	Janine Kravetz	Rebecca Prince	Luci Wing
Carla Bech-Hansen	Deanna Farnam	Sheila Krawchuk	Wendy Rankin	Barbara K. Youel
Lois Bertani	Nancy Fawcett	Michael Kusen	Florence Rini	Heidi & Rick Zomnir
Janet Bertman	Eric Fier	Mike La Rosa	Vickie Robinson	Anonymous
Juanita Beylotte	Kristie Fischer	Ronald Lewis	Maryann & Joseph Romayo	<b>CONFERENCE APPEAL:</b>
JoAnn Bianco	Barry Fishman	Mary Maclay	Kathy Ryan	Carla Bech-Hansen
Ella Blume	Sandra Flint	Bob Markus	Ginny Santana	Lois Bertani
Paul Borst	Dawn Fortner	Gretchen Martin	Gretchen Sauders	Lou Elsaesser
Irene Boscoe	Ellie Fox	Mamiko Matsuda	Ellen Schlichting	Debra Chan
Helena & Robert Broadbent	Susan Frankel	Gary Mazik	Sidney Secular	Kathy Ryan
Donna Butler	David Frumin	Ella & James Melik	Andrea & Steve Seliskar	Chery Roby
Kim Burnside	Cheryl Fuchs	Deborah & Douglas McDermott	Joanne Serelis	Karen Smith
David J. Calabro, DC	Carmie Gilbert	Vicky McDowell	Katnryn Shaini	<b>GENERAL DONATIONS:</b>
Frederick Campbell	Suzanne Goldberg	Lana Minner	Terry Siemens	Mary Lou Beavers
Grace Campbell	Christina Gore, DMD	Enayat Mohammed	Rose Ann Skirha	Carole Coney
Susan Carter Barnwell	David Gray	Jan Moorefield	Karen Smith	David Gray
Karen Chorney	Jennifer Greatorex	Victoria Moran	Priscilla Spradley	James Hervey Johnson
Carrie Chouinard	The Joy Gross Family	Barbara L. Mueller	Susan & Ralph Staffier	Education and Charitable Trust
Karen Cleghorn	Carol Hamlin	Lynne Murray	Jasmine F. Star	Reiko Ikeya
Christine Connolly	Gregory Hantak	Barbara Neal	Cindy Stewart	Mamiko Matsuda
Kathy & Tom Cook	Wendy Harris	Brenda Nolan	Sheron & Ron Stratton	McCarl Travel
Beverly Coryell	Cynthia Haudel-McNeil	Annemarie Nussli	Mary Alice Stoops	Debra Winograd & Marsha Vinson
Lee Crandall	Peggy Hendershot	Teresa Ohmit	Marilyn J. Unger	Gracie Yuen
Priscilla Dasse	Katie Herbert	Carol Parteleno	Danielle Vakoutis, JD, CPA	Anonymous
	Suzy & Mike Hoseus		Leslie Van Romer Martin, DC	

### Meet Laura Johnson

We are thrilled to welcome Laura Johnson as the newest member of the NHA team. Laura serves as an Administrative Assistant to Mark and Wanda with primary responsibility for managing all aspects of NHA membership, including website access and assisting in renewals. Laura is as personable as she is organized and has become a true ray of sunshine for the NHA office. Feel free to email her at [ljohnson@healthscience.org](mailto:ljohnson@healthscience.org).



### Welcome, Danielle Vakoutis

We are equally excited to welcome Danielle Vakoutis as the newest member of the NHA Board. Danielle is both an attorney and an accountant and brings a wealth of expertise to our leadership. She literally grew up coming to NHA conferences with her legendary grandparents, the late Irving and Ruth Schoenfeld. You can read more about Danielle on the board member page of the NHA website.





# Don't Miss the 2023 NHA Conference!

**FRIDAY, JUNE 23 – SUNDAY, JUNE 25, 2023**  
**HOLIDAY INN CLEVELAND SOUTH**  
**INDEPENDENCE, OH**

Join us for an all-star lineup of speakers and teachers!\*

**\$745** EARLY BIRD RATE

AVAILABLE THROUGH 12/31/22  
REGISTER NOW!

Don't delay! Register before it sells out!

Conference passes include all programming and six whole-food, plant-based, SOS-free meals.\*\*



**KIM WILLIAMS, MD**  
Nationally renowned cardiologist; Past president of the American College of Cardiology



**SARAY STANCIC, MD**  
PCRM Director of Medical Education; Producer, *Code Blue*; Author, *What's Missing from Medicine*



**JOEL FUHRMAN, MD**  
*NY Times* bestselling author, Pres., Nutritional Research Foundation; Founder, Eat to Live Retreat



**ALAN GOLDHAMER, DC**  
Founder, TrueNorth Health Center; Coauthor, *The Pleasure Trap*



**STEPHAN ESSER, MD**  
Director, Esser Health—Take Your Life from Surviving the Thriving



**FRANK SABATINO, DC, PhD**  
Author; Speaker; Creator of the online program *Lean for Life*



**JOANNA FREY, DC & ASA FREY, DC**  
Cofounders, Back to the Garden, Puerto Rico



**DILLON HOLMES**  
WellYourWorld YouTube channel



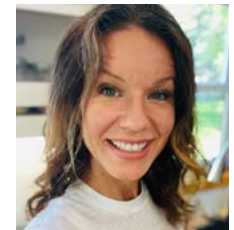
**BRITTANY JAROUDI**  
The Jaroudi Family YouTube channel



**TAMI & TOM KRAMER**  
Nutmeg Notebook YouTube channel



**JOHN PIERRE**  
Nutritionist and fitness consultant



**ROBYN DENNING**  
Yoga instructor and health coach

Everything you need to know to adopt, live, and love the healthiest program on the planet—and the most delicious and nutritious meals you will ever eat!

Register online at [healthscience.org](http://healthscience.org) or by phone at 330-953-1002.

\* Speakers are subject to change.

\*\* Registrations are refundable until 45 days prior to the conference but are subject to a \$50 nonrefundable cancellation fee.

THANKS TO OUR SPONSOR

