

Heal Yourself with Food¹

Prevent and Eliminate Serious Illness, using the Amazing
Healing Power of a Whole Foods Plant Based Diet

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Version 2025.04.30.09:00.00_034

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Dedication

This work is dedicated in the memory of my parents of blessed memory

Dr. Norman Coplon

Nachman Shaul ben Zelig

A pioneer in nephrology and dialysis patient self care

Mrs. Sandra Coplon

Sara bas Chonoch

A dedicated nurse and a model for visiting the sick

Introduction

Whether we recently received a frightening diagnosis, want to feel healthier or want to keep feeling good, many of us wonder if there is diet that can make us feel great, heal our bodies and even help us lose a few pounds. There is such a diet, and it is available for everyone. Hashem created a beautiful world for us, filled with so many different varieties of edible fruits, vegetables, grains, pulses, nuts and spices, all with an assortment of tastes and textures. Not only are they beautiful and delicious, they are also healing!

How I Discovered the Miraculous Healing Power of a Whole Foods, Plant-Based (WFPB) Diet

When I turned fifty, I developed borderline diabetes. Thinking it might help, I quickly went on a high protein, paleo type of diet. After a year, not only was my sugar no better, but I also had a highly elevated LDL cholesterol level.

At risk for Diabetes and heart attack, I desperately needed to heal my body, but I had no idea how. That is when someone told me about Dr. Greger and his book, *How Not to Die*. There are hundreds of diets available in today's market. What is wonderful about Dr Greger is that he backs up everything he says with reliable research articles. His approach is purely evidence based.

Whole foods, plant based (WFPB) foods, such as vegetables, fruits, grains, beans, and nuts, work in perfect harmony with our bodies, to help us to recover from illness and keep ourselves healthy. It is a diet that requires no

medicines, no expensive supplements, no expensive consultants. It has no side effects, no worries, just simple eating of good foods.

After three months of eating a WFPB diet, my blood sugar became normal and my LDL cholesterol decreased. I had a lot more energy and felt better all around. This was about eight years ago, and I am still on the diet and have retained normal blood sugar and cholesterol levels, B”H.

Since then, I have witnessed people getting healed from serious illness by moving to a WFHB diet. Unfortunately, almost no one changes to a WFPB diet until it becomes unavoidable. They change their diet as a last resort, typically after a bad diagnosis, which is a pity. It is much easier to prevent a heart attack or the onset of cancer than to try to repair the damage after it happens.

In the upcoming chapters, I summarize the case for a WFPB diet. I will try to keep it short. For a deeper understanding, see the resources in the Bibliography.

Claims about health and nutrition should be evidence based. They should always be supported with authoritative research. Nonetheless, in this material, I have taken the liberty not to reference research, because this has already been done in other works, which I am merely summarizing. You can find those works in the Bibliography.

Disclaimer

This material is not medical advice and not a substitute for medical advice.

Everyone, especially those with a preexisting medical condition and those taking medication, should consult a doctor before undertaking a change of diet.

Although eating in such a healthy way is the best effort a person can physically make to remain healthy, there is no guarantee it will heal you. Prayer, simchas hachaim, emunah and bitachon of course are most important.

Evidence-based Nutrition

Evaluating Claims About Nutrition

There are thousands of diets promoted, many of them contradicting each other. How can you know which nutrition claims to believe?

As in other areas of life, nutrition requires careful study. We should agree that nutrition claims ought to be backed up with evidence in the form of solid, scientific research.

The Notes section of Dr. Greger's seminal work, *How Not to Die*, is 134 pages long, with each page holding about 30 references, making the total number of notes over 4,000. The book total is 562 pages long, making the notes section *nearly a quarter* of the book! If we want nutritional truth, it is likelier to be found in a well-referenced book like that.

Discovering the Healthiest Diet

Beginning in the 1970's a number of groundbreaking epidemiological studies were conducted using thousands of participants, studying the effect of diet on health, to determine the healthiest diet. These studies included *The China Study*, *The NIH Study*, *The Harvard Nurses Study*, and *The Africa Study*. They all came to the same conclusion: the healthiest diets were those that were whole food, plant based.

Animal products compared to plant foods.

Most of us were brought up believing that animal products like meat, milk, fish, and eggs are the healthiest food. After all, they contain protein and vitamins and minerals. It is true. However, there is an even better food source for the nutrients we need. By eating a variety of whole plant foods, such as fruit, vegetables, beans, lentils, whole grains, nuts and spices we can get all the nutrients animal products contain in an even healthier package. Bellow is a comparison.

Antioxidants and oxidative stress

A term associated with aging and disease is oxidative stress. Chemical reactions are constantly occurring in our bodies. Sometimes free oxygen radicals are created during these reactions. A large concentration of oxygen radicals is called oxidative stress. These oxygen radicals can damage cells and the DNA inside of them. Damaged DNA can lead to cancer and other diseases.

Antioxidants, found only in plant foods, destroy free radicals. The varied colors and tastes in plant foods are often indicators of antioxidants. Different foods contain different antioxidants, each with its own unique healing properties. For example, garlic and onions contain allium, which has anti-cancer qualities. Greens contain lutein, which can pass the blood brain barrier. Blueberries contain the purple-colored, anti-inflammatory, anathyacin.

Oxidative stress may also be exacerbated by the many toxic chemicals in our present-day society. Antioxidants and other plant nutrients work synergistically to detoxify these chemicals.

Effects of cooking

Sometimes cooking plant foods increases the bioavailability of nutrients. Sometimes nutrients are lost in the cooking process. That is why it is important to eat both cooked and raw food. Cooking meat at high temperatures kills most of the pathological bacteria, however it also produces toxic chemicals which can lead to chronic diseases.

Fats

Most of the fat in animal products is saturated fat and cholesterol. Eating these types of fats may begin to line our blood vessel walls, leading to dementia, heart attacks, high blood pressure, strokes, and impotence. Saturated fat also blocks the cells' ability to use insulin, causing the pancreas to overwork, leading to insulin resistance. Most plants contain unsaturated oils, which do not have the same effects. In fact our body needs them to stay healthy.

Fiber

Fiber is found only in plants and is essential for good health. Although we cannot digest fiber, the friendly, healthy bacteria in our gut can. They eat fiber to produce short-chained fatty acids, which is what the cells lining our intestines eat to keep healthy. With healthy cells lining our intestines, less toxins, including viruses, can enter our blood stream. If we don't eat enough fiber, unhealthy bacteria can grow in our gut, which can damage the intestinal lining. There are theories that many diseases occur because of Leaky Gut Syndrome, caused by lack of fiber.

Hormones

Our bodies and the bodies of all animals are filled with hormones carrying out vital tasks. Many human and animal hormones are very similar. If we eat animal sourced food, these hormones can affect our bodies. For example, both humans and animals use a growth hormone called IGF-1. Kids need it to grow, but adults with high levels may have a higher risk for developing tumors, which are unusual cell growths. Eating animal products increase our IGF-1 levels. Most animal products are also pumped with other hormones that may influence our bodies in non-beneficial ways. Because plants are so different from humans, most plant hormones do not negatively influence people's hormones.

Inflammation

Inflammation is a process that occurs when our immune cells are activated by toxins, viruses, bacteria, cell injury, and other stresses upon our bodies. These immune cells help create proteins and other chemicals that help the body heal. Blood tests, such as IL-6 (interleukin 6) and CRP (C-reactive protein), can measure levels of inflammation in our bodies.

When the immune system is constantly being triggered over months and years, it is called chronic inflammation. Although acute (short term) inflammation can be lifesaving, most chronic diseases are caused by chronic inflammation. People with cancer and heart disease generally have elevated indicators of inflammation.

Foods are generally either inflammatory or anti-inflammatory.

Foods such as animal products, saturated fats, processed food, sugar, and fried food can increase the levels of inflammatory markers and are therefore called inflammatory foods.

Most whole foods from plant sources decrease the levels of inflammatory markers and are therefore called anti-inflammatory foods.

A meal of steak and sugary soda can increase a person's IL-6 levels, whereas a meal of blueberries, turmeric, and broccoli will decrease them.

Whole foods are anti-inflammatory, because they are filled with antioxidants and other healing micronutrients, which help fight the inflammation

caused by toxins and other stresses. They can heal our bodies. In contradistinction, inflammatory foods contain a variety of toxins, which stimulate inflammation.

If you are eating a meat meal, adding spices like turmeric, ginger, and garlic, and plant foods, like broccoli and blueberries, can lower the inflammatory effects of the meat meal. The anti-inflammatory properties of the plant foods and spices help the body neutralize the toxins in the meat.

Eating meat and junk food once in a while will not lead to chronic inflammation, but eating meat, cookies, and french-fries every day, and more than once a day, can easily lead to chronic inflammation.

Iron

The iron in meat is called heme iron. It can cause inflammation. The iron in plants does not cause inflammation. Heme iron builds up in the body, whereas plant iron can be excreted when there is too much.

Pesticides

Many fruits and vegetables are covered with pesticides. However, the animals that we eat may also eat plant foods covered with the same pesticides. Because animals eat so much over their lifespans, their bodies may be filled with much more pesticides than simple plants. It takes about 100 kilos of plants to produce one kilo of meat. Even though we may be ingesting pesticides when we eat plants, we may actually be ingesting much higher amounts of pesticides when we eat animals.

Protein

Animal protein over-taxes the liver and kidneys, whereas plant protein is much more easily digested.

Skin

The two most common causes of eczema rash are dairy and eggs. Acne is often caused by dairy consumption¹. Eating plants may help your skin younger looking.

Viruses and bacteria

Animals and humans can be infected by many of the same viruses and bacteria. By eating (and sometimes only handling) animal products, we can be infected by them. For example, many urinary infections are caused by E. coli we contract when handling and eating chicken.

Vitamins and minerals

We can get all the vitamins and minerals we need daily by eating plant foods. Plants also contain numerous micronutrients and anti-oxidants that are essential to good health, and which animal products do not contain. The exception is B12. Only animal products contain B12. Someone who does not eat meat needs to take a supplement. Most people, both meat eaters and not, do not have high enough levels of B12.

¹It takes 10 weeks after stopping dairy to see if there is improvement.

WFPB Foods Help Prevent & Heal Disease

WFPB foods were created perfectly to fit the needs of our bodies. Below are some of the ways plants help prevent and heal disease.

Bone Density

- Phytates in seeds, beans, grains, and nuts increase bone density, lower bone loss, and decrease numbers of hip fractures.

Brain

- WFPB foods contain antioxidants, which can pass through the blood-brain barrier, neutralizing free radicals that can harm brain cells

Alzheimer's Disease

- Polyphenols, chemicals found only in plants, help protect nerve cells from forming tangles and plaques seen in Alzheimer's Disease.
- Fiber decreases the chance of Alzheimer's Disease by decreasing plaque build-up.
- Saffron decreases Alzheimer's Disease symptoms.

Autism

- Sulforaphane², a chemical in broccoli³ and other cruciferous vegetables, can suppress all the different pathways leading to autistic behaviors.

Depression

- WFPB foods reduce the chance of developing depression.
- Apples, berries, grapes, onions, green tea, cloves, oregano, cinnamon, and nutmeg increase levels of serotonin and dopamine, reducing depression.
- Seeds increase serotonin levels.
- Saffron has been shown to be a powerful anti-depressant. Even just smelling the spice may decrease depression.
- Foods high in antioxidants, including yellow, orange, and red fruits and vegetables, decrease depression. The lycopene in tomatoes is the most powerful.
- Folate in beans and greens decreases depression.

Parkinson's Disease

- Flavonoids in fruit and vegetables protect nerve cells against destructive effects of pesticides and other toxic wastes, decreasing the chance of developing Parkinson's Disease.
- Berry consumption decreases the chance of developing Parkinson's Disease.
- Nightshade vegetables, such as tomatoes and bell peppers, contain nicotine, in an amount that is protective against Parkinson's Disease.

Stroke

- Fiber in whole plant foods decreases stroke incidence.
- Potassium from greens, beans and sweet potatoes decreases stroke incidence.
- Citrus increases blood flow in the brain and all arteries.

²Chopping the broccoli weakens this sensitive chemical, making it ineffective upon cooking. Interestingly, waiting 40 minutes before cooking restores the sulforaphane so that it does not get damaged by cooking. Dr. Greger calls this workaround, "Hack and hold".

³Broccoli sprouts have 50 times more sulforaphane than broccoli itself.

Cancer Protection

Like most people, I used to think of cancer as a frightening game of roulette. Every so often, a cancer free, healthy person would catch cancer, the unfortunate luck of the draw. Actually, this is not entirely accurate, rather everyone has cancer cells occurring in the body all the time.

In a healthy body, the immune system destroys these cancer cells constantly, before they can manifest as a disease. Almost all plants contain antioxidants and other chemicals, which protect our bodies from the oxidative stress and inflammation that can weaken our immune systems. Many plant foods also contain chemicals that can starve tumors' blood supplies.

Bladder Cancer

- Raw broccoli, broccoli sprouts and possibly all other cruciferous vegetables help improve bladder cancer survival rates.

Blood Cancer

- WFPB foods are protective against blood cancers.
- Sulforaphane in cruciferous vegetables and citrus kills leukemia cells.
- Green leafy vegetables kill lymphoma cells.
- Turmeric helps slow and can even stop the growth of multiple myeloma.

Breast Cancer

- High vegetable intake is associated with higher levels of melatonin, providing protection against breast cancer.
- High fiber fruit, vegetables, vitamin C from food sources, and apples are associated with decreased risk of breast cancer.
- Sulforaphane in cruciferous vegetables, such as broccoli, may prevent remaining breast cancer stem cells from turning into tumors.
- Flax seeds help prevent tumor growth.
- Soy decreases the risk of recurrence.
- Green tea decreases the risk of breast cancer and if taken with cooked mushrooms, by a larger amount.

Digestive System Cancer

- WFPB foods decrease the rate of digestive cancers.
- Turmeric helps decrease the number of polyps in the colon.
- Phytates in whole grains, seeds, nuts, and grains decrease rates of colo-rectal cancer, and can disrupt tumor blood supplies.
- Red, orange, dark green leafy vegetables, berries, apples, and citrus all help decrease the rate of esophageal cancer.

Lung Cancer

- Cruciferous vegetables, like broccoli, decrease cancerous effects of tobacco smoke⁴.

Pancreatic Cancer

- WFPB foods decrease the rate of pancreatic cancer.
- Turmeric reverses precancerous changes in colon, lung and pancreas.

Prostate Cancer

- Flax seeds slow the growth of prostate cancer and decrease incidence rates.
- WFPB foods improve PSA levels in men with elevated levels.

Tumor Suppression

- Many WFPB foods have been proven to reduce blood supply to growing tumor cells.

Diabetes

- WFPB foods regulate insulin.
- WFPB foods decrease Diabetic neuropathy.
- Unsaturated fats, found in nuts, olives, and avocados, protect cells against saturated fats (such as found in animal products, palm and coconut oil), which cause insulin resistance.

⁴Best thing for lungs is not to smoke.

Digestive System

- Natural fiber supports healthy intestinal flora, keeping out most toxins, while allowing healing nutrients to enter the blood stream.
- Natural fiber decreases the risk of hiatal hernia, diverticulitis, and hemorrhoids.

Heart

Cholesterol Levels

- WFPB foods lower LDL cholesterol.
- Seeds, nuts, whole grains, beans, fruits, and vegetables all help to reduce and heal arterial plaque buildup, decreasing chances of heart attack.

High Blood Pressure

- WFPB foods help lower blood pressure.
- WFPB foods are naturally low in salt, lowering blood volume and heart load.
- Citrus improves arterial function.
- Whole grains, flax seeds, hibiscus tea, and nitrate rich foods, such as beets and greens, lower blood pressure.

Immune System

- Berries increase natural killer white blood cells able to destroy virus-infected and cancerous cells.
- Mushrooms and cruciferous vegetables, like broccoli, help protect the body from invading microbes.
- Citrus fruit, bell peppers, kiwi, and green leafy vegetables contain large amounts of Vitamin C, helping the body fight infections. Vitamin C works best if taken as a whole food.
- Most fruits and vegetables are anti-inflammatory and full of naturally occurring antioxidants.
- WFPB foods may improve autoimmune conditions, including, Multiple Sclerosis, Myasthenia Gravis, Diabetes Type 1, and Crohn's Disease⁵.

⁵People with Crohn's Disease should not eat yeast.

Kidneys

- WFPB foods tend to be more alkaline, decreasing the acid load on the kidneys.
- Plant protein, such as from beans and grains, is easily processed by kidneys.
- WFPB foods decrease the incidence of kidney stones.
- Switching from animal to plant protein may reverse Minimal Change Kidney Disease.

Liver

- Anthocyanins, the color that makes fruit and vegetables purple, red, and blue, help prevent fat accumulation in liver cells.
- Whole grains and cranberries decrease liver inflammation.

Lungs

Asthma

- Fruits and vegetables decrease the incidence and symptoms of asthma.

Chronic Obstructive Pulmonary Disease (COPD)

- Fruits and vegetables may slow the progression of COPD.

Weight Loss

- People on WFPB diets tend to be thinner, with less total body fat.
- WFPB foods raise metabolism, thus burn more calories.
- Berries, citrus, and garlic, decrease blood supply to fat cells, preventing fat build-up.

Effects of Eating Refined Foods

White Sugars & Refined Grains

Pancreas

Increases need for insulin, which can lead to diabetes.

Liver

High sugar intake leads to fatty buildup in the liver, leading to Fatty Liver Disease.

Kidneys

Chronic high levels of blood sugar leads to kidney damage and failure.

Eyes

Chronic high levels of blood sugar may lead to blindness.

Digestive System

Breeds unhealthy digestive flora, including yeast, allowing toxins and pathogens into the bloodstream. Lacks fiber, leading to many illnesses, including chronic constipation and cancer.

Refined Oil, Fried Foods, & Highly Processed Foods

Contain Many Toxic Chemicals

These chemicals may lead to oxidative stress and inflammation, possibly leading to illness. Although refined oil may originate from a healthy source, such as corn, many toxic chemicals are created during the process of converting vegetables into vegetable oil. I fry my onions in water. After cooking, I may add cashew cream, or cold pressed oil if I have guests.

The Ideal Diet

Now that you understand the importance and benefit of a WFPB diet, you may be wondering what and how much to eat, in order to get all the nutrients you need.

Recommended Daily Diet

Below is an evidence-based diet⁶ from Dr. Michael Greger's book, *How Not to Die*, and website, *nutritionfacts.org*. Dr. Greger has spent years researching this diet, which has helped to improve many people's lives, including our own.

Because different foods vary in the types of macronutrients⁷ and micronutrients⁸ they contain, Dr. Greger suggests eating a variety of foods each day, in order to get the full spectrum of benefit.

Each Day

1. **Three servings of beans⁹ and lentils** (Each serving is ½ cup cooked beans or lentils, or ¼ cup in the form of a dip). They are full of fiber, vitamins, and minerals. They increase friendly gut flora, and may help prevent cancer, lower blood pressure, and regulate sugar.

⁶aka *The Daily Dozen*.

⁷Such as protein, carbohydrates, & fats.

⁸Such as vitamins, minerals, & antioxidants.

⁹Some people are afraid of eating beans. An easy introduction is lentil soup. In addition, be sure to cook your beans thoroughly. Also helpful is soaking them overnight beforehand.

2. **One serving of berries** (Each serving is $\frac{1}{2}$ cup fresh or $\frac{1}{4}$ cup dried). Berries are full of antioxidants, boost the immune system, and help protect against cancer. They help reduce inflammation in the brain, liver, and cardiovascular system.
3. **Three servings of other fruits** (for example, mango, kiwi, and citrus). They are full of Vitamin C and other antioxidants, helping to strengthen the immune system.
4. **One serving of cruciferous vegetables** (Each serving is $\frac{1}{2}$ cup chopped). Cruciferous vegetables include broccoli, cabbage, kale, kohlrabi, mustard, and horseradish. They help prevent DNA damage and cancer, defend the body from pathogens and pollutants, decrease allergies, inflammation, and Type 2 diabetes, and contain chemicals that protect the brain and eyes.
5. **At least two servings of greens**¹⁰ (Each serving is 1 cup raw or $\frac{1}{2}$ cup cooked). Greens are the healthiest food on the planet and are full of vitamins, minerals, and antioxidants. They help prevent DNA damage, heart attacks, strokes, and cancer growth. They also contain chemicals which may prevent macular degeneration.
6. **At least two servings of other vegetables** (Each serving is 1 cup greens or $\frac{1}{2}$ cup other vegetables). Vegetables include garlic, onions, and mushrooms¹¹, which help strengthen the immune system and prevent cancer. Sweet potatoes, carrots, and squash all contain many vitamins, minerals and other vital nutrients.
7. **Flax seeds** (one tablespoon ground) boost the immune system and decrease inflammation, cholesterol, blood pressure, and blood sugar levels. They are also full of omega 3 oils.
8. **Nuts and seeds** (Each serving is $\frac{1}{4}$ cup whole or two tablespoons buttered¹²). Nuts are full of fiber, vitamins, and minerals. They help protect against heart and respiratory disease and decrease risk of stroke and atherosclerosis. They also increase metabolism and

¹⁰Dr. Caldwell B. Esselstyn, Jr., a colleague of Dr. T. Collin Campbell, recommends that people with heart disease should take six servings of greens and beets daily. If you are taking Warfarin, consult with your doctor, as the Vitamin K in greens may interact with the Warfarin.

¹¹Really fungi.

¹²'buttered' means in the form of a butter, as in peanut butter.

may help you lose weight rather than gain it. Walnuts may be the healthiest nut.

9. **Spices** are generally packed with antioxidants. Turmeric, ginger, and cardamon help reduce inflammation and strengthen the immune system. They are so powerful that they may help reduce symptoms of many inflammatory diseases and infections. Greens used as spices, such as cilantro, oregano, zaatar, and peppermint, have the benefits of greens and spices. Katzach, also known as black seeds or black cumin, may reduce blood pressure, LDL cholesterol levels, and blood glucose levels. Use very little katzach, no more than 1/8 teaspoon per day. Grind to powder. (Pregnant women are advised not to consume Katzach).
10. **Three servings of whole grains** (Each serving is the size of a slice of bread or ½ cup cooked grain or 3 cups of popcorn). Grains are full of fiber, vitamins, and minerals. They help prevent cancer, heart disease, diabetes type 2, obesity, stroke, and inflammation.
11. **At least five cups of water or tea** (350mg each), especially green tea. Green tea helps prevent cancer and protect the brain from cognitive decline and stroke, while boosting the immune system.
12. **Exercise**¹³.

Vitamins

Although the WFPB diet discourages taking supplements beyond normal food, nonetheless, Dr. Greger advises taking Vitamin B12 and Vitamin D supplements. Have your Vitamin B12 and Vitamin D blood levels checked. He recommends taking 2,000 units of Vitamin D per day and 2,200mcg of B12 once a week. Consult your doctor about what is right for you.

¹³It is not a food, but Dr. Greger includes it anyway

Eating Animal Products and processed foods Occasionally

So does that mean I should not eat meat, cake, potato chips, and other processed foods? If your body is healthy, eating meat and desserts at simchas, Shabbas and Chagim can be a way to increase your simcha. The problem is eating every day and even more than once a day. If your body is healthy, your body can process a limited amount of these foods. Eating is about making choices.

28EATING ANIMAL PRODUCTS AND PROCESSED FOODS OCCASIONALLY

Tips for people in situations where they can not keep a perfect diet

Institutional food

What if I have no control over my food, and the only food available on my meal plan is eggs, meat and dairy three times a day?

Perhaps you can ask the person in charge if there can be a bean or lentil option. It is cheaper than meat.

Perhaps you can bring with you, nuts, fruit, spices and whole grain breads.

Usually there are vegetables that come with the meals, but if not bring your own. Most importantly are cabbage or other cruciferous vegetables, and greens.

What can I do to improve an unhealthy meal?

If you have an unhealthy meal, try to add spices like turmeric and sumac (which is actually a berry), pomegranate seeds, and greens like cilantro. These may help detoxify some of the bad elements of the meal.

30 TIPS FOR PEOPLE IN SITUATIONS WHERE THEY CAN NOT KEEP A PERFECT

Recipes

See the Bibliography for cookbooks. Below are some recipes to get started.

Recipes are approximate. Don't get hung up on exact amounts. Modify to taste and convenience.

Vegetable & Lentil Soup

- 2 large sweet potatoes, cut
- 2 cups dry lentils, preferably red (orange)
- 1 onion
- 8 cloves garlic
- dill
- parsley
- turmeric
- thyme
- pepper
- salt (only if allowed)

Cook all ingredients in water for about ½ hour. Blend if desired.

Fruit Shake

- 400gms blueberries
- 400gms strawberries
- 10 pitted dried dates
- ½ cup plain cashews (not roasted)
- ¼ cup pineapple

- water to cover

Blend well. Tastes best if fruits frozen first.

Vegetarian Cholent/Stew

- 1 cup white/red beans soaked overnight
- 2 sweet potatoes
- 1 potato
- 1 onion
- 10 cloves garlic
- cajun spice
- curry spice
- pepper
- thyme
- salt (if allowed)

Fill with water, cook 2 hours, then put on hotplate to stew overnight.

Cinnamon Carrot Layer Cake

Wet ingredients

- 2 large carrots, cut coarsely and boiled in 2 cups water
- 1 large carrot, cut coarsely
- 1 large tart apple, cored and cut coarsely
- 10 dried, pitted dates
- 1 tablespoon vinegar
- 1½ teaspoons vanilla

Dry ingredients

- 3 cups almond flour
- 1 cup ground flax seeds
- ½ teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon

One recipe of Vanilla Frosting (see below)

Bakes in a lined 6x9 inch (17x23 cm.) baking pan.

Preheat oven to 350°F (175°C).

Thoroughly combine the dry ingredients in a large mixing bowl.

Blend the wet ingredients, including the water from the carrots, until the apple and carrot pieces are small flakes.

Pour the wet ingredients into the dry ingredients and mix well.

Pour the batter into the lined baking pan.

Bake for about an hour. Check periodically until an inserted toothpick comes out clean.

Let cool totally.

When cool, slice the cake in half, to get two cakes for layering.

Place one layer on a cake platter and frost the top with about a third of the frosting. Place the other layer on top and frost the entire cake with the rest of the frosting.

Refrigerate.

Vanilla Frosting

- 2 cups raw cashews
- 8 dried, pitted dates
- ½ cup natural soy milk
- juice of half a small lemon, including pulp
- 1 teaspoon vanilla extract

Puree all ingredients together in a blender until absolutely smooth.

Bean Dip

- one cup beans, cooked until soft, and cooled
- about two tablespoons almond butter
- fresh celery to taste
- garlic to taste
- juice of one lemon, including pulp
- any other spices you would like to add

- salt to taste (if necessary)

Blend all ingredients together until smooth. If you like it chunky, that is also good.

Burgers

You can use almost any combination of cooked grains, beans, and vegetables to create your own burgers. I add lots of spices and ground cashews and flax seeds to hold them together.

Shape as patties and bake in oven until crispy on outside.

My favorite burgers are: * quinoa, sweet potato & black lentil burgers * mushroom, black rice & black bean burgers

Cashew Sweet Cream

Combine cashews (raw, not roasted), dried pitted dates, and water to taste in a blender on dip setting. Omit dates if you want to make a cream to add to soups or vegetables.

Spice Drink

Always be looking for ways to get more healthy nutrition. One way to get all of the goodness of spices is to throw them all together into a spice drink in the morning. Many of the spices work together to become even more anti-inflammatory.

My spice drink looks like this:

- 1 tablespoon ground flax seeds
- ¼ teaspoon ginger
- 1 teaspoon cumin powder
- ¼ teaspoon turmeric
- ¼ teaspoon ground black pepper¹⁴
- 1 tablespoon sumac powder

¹⁴Increases the effect of the turmeric.

- 1/8 teaspoon black seed¹⁵ powder
- 1/4 teaspoon cardamon¹⁶
- 1 teaspoon oregano
- 1/4 teaspoon cloves

Mix ingredients in a mug. Add water to cover. Mix again.

If you find this drink unpleasant, find other ways to consume these amazingly healthy spices.

Ground Cashews as Cream Substitute

Grind cashews and add them to fruit shakes, sauces, and other cooked dishes as a cream substitute.

Ground Flax Seeds as Thickener

Grind flax seeds and add them to anything that needs thickening. Makes for an egg substitute.

Grinding Spices & Nuts

An electric coffee grinder can grind spices to powder and nuts to paste/butter.

¹⁵aka katzach, black cumin.

¹⁶Increases the effect of the sumac.

Sample Daily Meal Plans

Amounts are not listed. Choose amounts to fit the *Recommended Daily Diet* above.

Drink tea and water throughout the day. Preferably twenty minutes before meals and two hours after meals.

Sample 1

Breakfast

- Fruit shake with blueberries, other fruit, and cashews (raw, not roasted)

Snack

- Fruit

Lunch

- Salad with tomatoes, peppers, cabbage, and greens
- Hummus
- Whole rice or noodles with vegetable and cashew cream sauce

Dinner

- Lentil soup
- Whole grain bread

Sample 2

Breakfast

- Oatmeal(or other whole grain cereal) and blueberries

Snack

- Fruit

Lunch

- Bean and quinoa patties
- Salad
- whole grain bread

Dinner

- Salad with techina and humous

Sample 3

Breakfast

- Fruit shake with blueberries

Snack

- Fruit

Lunch

- Whole grain bread
- Salad with techina and humous

Dinner

- Black rice and lentils

Making The Change

Do Not Pressure Your Family

People take their food very seriously and not everyone wants to cut down on eating meat and junk food. Instead of lecturing, add healthy options at the table. The more love, patience, and acceptance you can show, the better the chance of having other members of your family join along.

Feel Good About Every Healthy Addition to Your Diet

Instead of feeling bad about not making good food choices, rejoice in your successes. If you want to continue with your journey toward eating a healthy diet, you need to feel good about yourself and understand that it is not an easy journey, especially if your family is not on board.

Success Stories

Over the past years that I have been on the Whole Foods Plant based (WFPB) diet, I have recommended it to many people. Some say they can't make any changes and others say they cannot believe that meat is not the healthiest food. However, some people do make the change and their health improves. Included in the diagnoses of friends and family members we have encouraged to change to a WFPB diet are cancer, high blood pressure, obesity, Crohn's disease, Multiple Sclerosis, diabetes, and others.

Stories of some of the people I know who have changed to a WFPB diet:

Myasthenia Gravis

A family member of ours, in her fifties, suffered from an autoimmune disease similar to Multiple Sclerosis, called Myasthenia Gravis, from the age of 12. She had been taking medications the entire time, including monthly IV treatments for about 25 years. Her symptoms included varying amounts of paralysis, most often in the facial and arm muscles, but occasionally throughout the entire body. Thankfully she was always able to breathe. She knew that if she forgot to take her medicine, it could lead to hospitalization or worse.

The IV medication stabilized her Myasthenia for the most part, while incorporating other medications when needed. She always felt flu symptoms after each IV treatment, which would pass after a few days. When she turned 50, she began to feel flu symptoms for longer periods of time, until she felt them all month.

She was terrified of stopping her IV's, knowing they were keeping her alive,

and did not want to change her medications as these worked best for her. That is when she decided to change her diet.

Until her fifties, her diet consisted of the normal Western diet of meat or dairy and eggs every day. She ate white bread and pastries, some fruit and a few vegetables. In one day, she changed her diet to a completely WFPB diet. With her doctor's supervision, within three months she was off all medications and symptom free. She felt more energetic and thirty years younger. Six years later she is still on the WFPB diet and still symptom free.

Diabetes Type 1

Another family member was diagnosed with Diabetes Type one at the age of 30. He always thought that the WFPB diet was ridiculous, and wanted nothing to do with it. With much coaching, as a compromise, he decided to eat a WFPB diet for three months, and started the WFPB diet immediately. The doctors told him he would need at least 30 units a day of insulin, but he kept becoming hypoglycemic because his diet required him to need less insulin than what he was being given.

By the time he went home from the hospital, he was taking no insulin at all, and this lasted for an entire year. At the end of a year, he decided to stop the diet and return to eating meat and other junk food everyday.

Eating the standard diet, he started having to return to taking insulin, and his sugars were no longer easily controlled. After about a month, he returned to the WFPB diet, and continues with it until today. Now he takes about seven units a day, and his sugars are well controlled. His doctor tells him he is a example for his patients to emulate.

His advice to other diabetics is to always continue on the WFPB diet, and once you start on the diet, monitor your sugars very closely. You will probably need much less insulin and become hypoglycemic if you over medicate.

Crohn's disease

We have two friends who were struggling with severe bouts of Crohn's disease in their twenties. One of them underwent two surgeries. After

changing their diets to WFPB and eating only sourdough bread, made without yeast, both have been in remission ever since.

Obesity

Another family member who was significantly overweight and was diagnosed with high blood pressure finally decided to start a WFPB diet. He lost about 50 pounds over several months and is thrilled with the way he looks and feels.

Tips

Reducing Medications

Are you taking medications? Read the side effects on the insert. It can be frightening. A WFPB diet may help reduce your need for medications. Perhaps you would like to work with your doctor to change your diet, to see if you can reduce your medications. Never stop taking medications without your doctor's advice.

More medical professionals are learning about the importance of adding a WFPB diet in their treatment plans, whereas in the past, the importance of WFPB nutrition was almost completely neglected.¹⁷ I even know of one cardiologist who recommends that his patients read the book, *How Not To Die*, and eat a WFPB diet.

Bread

Most bread on the market is filled with lots of chemicals. Just read the ingredient list. The most healthy bread is wholegrain sourdough bread, without yeast and other added chemicals. Ask your local bakery if they sell such bread, or you can make your own. Some people do not feel well after eating bread. You can ask your doctor for tests to see if you are allergic to gluten. If you are not allergic to gluten, you might want to try spelt, as it is less genetically engineered. Perhaps you can refrain from eating bread, except on holidays.

¹⁷According to one survey, medical students, during their entire medical school education, are taught about nutrition for a total of six hours.

Rice

Rice often contains arsenic. Farmers use chicken droppings as fertilizer. Unfortunately, the chickens are given antibiotics and other drugs containing arsenic, which goes into the meat and droppings of the chicken. The rice then soaks up the arsenic from the ground. The rice with the least arsenic is Basmati from India. All rice should be rinsed thoroughly before use. Chicken may contain more arsenic than rice.

Fish

Today, the oceans of the world are filled with toxins due to the dumping of toxic waste of certain countries, such as China. Even freshwater fish farms are filled with toxins from the antibiotics and other chemicals the fish are fed. There are researches who say if a woman is planning to get pregnant, she should not eat fish. If you enjoy fish or eat it because of the mitzvah, that is a decision you can make. If you eat fish because you think it is healthy, don't eat it.

Intermittent fasting

There is a new trend called intermittent fasting, especially with those who are healing from cancer and those who want to lose weight. Eating is taxing on the body, which is why blood tests are usually done after fasts. Many diets (I do not have a source for this) require a fifteen hour fast, meaning from about five in the afternoon until eight in the morning, or seven until ten. Some say people should stop eating from 15:00 until morning. That way one does not eat late at night where calories are more strenuous for the body, and your body has time to heal.

Support

All life changes are difficult, especially dietary changes. It is much easier to make changes if you have friends to encourage you, especially if they are on a similar journey. Feel free to contact me if you have any questions. Changing your diet may be challenging, but never give up!

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