

Food Revolution Network Summit 2026



Our mission is healthy, ethical, sustainable foods for all.

We want kids to learn about healthy foods in school.

We want doctors to learn how nutrition impacts health in medical school.

We want the routine use of antibiotics banned from factory farms.

We want a world where everyone, regardless of their ethnic or economic background, has knowledge of and access to healthy food for their family.

We want a world in which heart disease, cancer, obesity, and diabetes are rare and in which vibrant health is the norm.

Ever since **John Robbins** promoted a **Diet for a New America**, countless people have performed Positive Earth Actions, **benefitting the Planet, People, Animals** and the Circles of Life as **EarthSavers**.

What if we invested in prevention?

Infections, fractures – reactive medicine – then we'd have enough for everyone.

Many physicians eat SAD diet, just as they had smoked.

Episode 1: Peak Brain Performance

Alzheimers rising fast. Largely preventable.

Ornish – 3 drugs that allow patients to get worse more slowly.

Black/Hispanic – more likely – poverty/access

Greger – Intracranial Atherosclerosis; insufficient O2 to brain.

Cholesterol 225+ - high risk. **Heart healthy diet is a brain healthy diet.**

UPF, high cholesterol drives risk.

Ornish – 1st trial of lifestyle medicine. Mild cognitive involvement.

Exercise, yoga, meditation, support groups, plant-based meals.

Some can improve in just 5 months with intense lifestyle changes.

Global impression of change – interview partner also. 71% disease process stopped or improved. Nearly half got meaningfully better.

Drugs – target buildup of amyloid in brain.

Ornish plan does this more slowly AND deals with inflammation and other factors.

21% get side effects with drugs...bleeds, swelling.

Ornish study small. Goal – replicate. Work with more advanced cognitive impairment?

Stop it in first place? Possible. Data: 40-60% preventable. Possibly 80-90%.

Gut microbiome health has direct impact. Gut-brain access. 2-way digestive highway.

99% of our genes are in the human gut – trillions of microbes. Greger

Gut influences mood, memory, hormones. All connected. Vagus nerve.

Gut bacteria lower inflammation, lower lipids, etc.

Bliss point – addictive. Engineering ‘food’. Ultra-processing leads to over-consumption.

1 meal of anti-inflammatory food can bring you back in balance.

UPFs hijack our brains...wreck our microbiome.

Artificial sweeteners – faster cognitive decline.

Good news – 1 meal can bring you back into balance.

Fiber – regulate hormones. Optimize gut microbiome.

Most people eat just 15 grams fiber/day. **Recommended 25-30 grams or more.**

Bacteria produce short chain fatty acids when we consume fiber. Integrity of gut lining.

Modulate immune system. (accurate predictor of Covid effects) Butyrate. Not overactive or underactive immune system.... balanced. Modulate what happens brain to support cognitive function. Manage blood sugar, store fat, regulate mood.

Bacteria love prebiotic fiber and polyphenols.

More than 30 plants per week – diversity.

Heavy metals – lead, mercury, arsenic, cadmium...bi-products. Accumulate.

Rice absorbs arsenic from soil more than other grains. Lower levels: **California, India, Pakistan.**

Parboil 5 minutes before draining it and cooking it.

Fish/seafood, especially mercury. Larger, longer-lived fish. Bone broth (lead).

Fiber binds to heavy metals in GI tract for detox. **Stay hydrated. Filter your water. Exercise. Manage stress.**

Darky leafy greens, cruciferous vegetables, berries – crucial for brain health.

Not with melted Velveeta 😊

3 servings greens/day ideally. One of them cruciferous.

Anthocyanins. Color. Berries.

Fiber, polyphenols, antioxidants nourish microbiome and brain.

Elderly (85, not 65) vegans have other causes of dementia: B12 deficiency, Omega 3 (EPA, DHA) deficiency...long chain fatty acids – flax and chia seeds, hemp seeds, walnuts. Zinc deficiency (all 3 that you would get on animal-based diet). They need attention on a WFPB diet. Also **Iodine** and Vitamin D. Relation between extremely low Omega 3 and Parkinsons (ratio of 2). Interferes with getting rid of toxic chemicals. Especially memory and cognition in later life. 50% weight of brain is DHA. **Strive for 6-8% Omega 3 fatty index for many years.** Some people can make sufficient DHA from ALA, but not most.

Fish oils can contain contaminants like plastics and heavy metals and oceans are being depleted.

Look for **fresh EPA and DHA algae oil. Keep in refrigerator. Unflavored.**

Coffee – antioxidants. Reduced dementia. 2-3 cups for some people. Keep in AM hours.

Creatine? Support short-term memory and cognitive function. Even meat-eaters don't get enough.

Gardening – movement, connect with nature, human connection, nutritious food. Be present.

Where everything is working in harmony. **Stress reliever.** Affects gut microbiome and brain.

Chronic stress – inflammation, brain health. Stress damages microbiome. Collapses defenses.

Sleep. Avoid alcohol. Eat well. Exercise. Meditation, moving or still.

Fitness improves brain health. Resilient. Never too late. Mood – dopamine. BDNF, FRN, etc. Vascular health – capacity to be ambulatory.

Focus – digital distraction. **Protect your focus.** Eliminate distractors that spark cortisol and dopamine. Time bound it. Brain building...x minutes 3x/day. ½ hour in AM; ½ hour in PM. Rest. **20-30 minute daily rest** without phone. **Set boundaries with technology.** Rest is not the same thing as sleep. Protecting your focus means setting boundaries on technology. Build in rest and restoration.

Our brains also need **novelty** to stay sharp. Creative pursuits. New skills. Connecting with others. Build cognitive reserve and strengthen neural connections. **Purpose. Social connection. Anticipation** pulls you out of inner regression. Multiple small activities with purpose incorporates various brain gym opportunities. Motor, executive function, memory, visual/spatial, etc. Brain on fire.

Activate vagus nerve (brain to gut). Lower inflammation. Improve digestion. Relaxation. Reduce cortisol.

Breathwork. Stress mode to rest mode. Humming, singing, cold showers, joyful movement, yoga.

Parasympathetic. Build long term resilience. Meditation and mindfulness. Focus. Fuse gets longer, not bothered as much.

Circadian rhythm. Modern life throws it off. **Sleep regularity** matters more than duration for disease risk. Body processes food differently – different times of day. Insulin sensitivity best in the morning. Blood sugar rises less in the morning. Large dinner may not move as much. **AM movement. Eat meals during daylight. Go to bed on empty stomach. Earlier in the morning, eat food.**

Gratitude has measurable effects. HR variability. Brain structure. Intentionally practice gratitude.

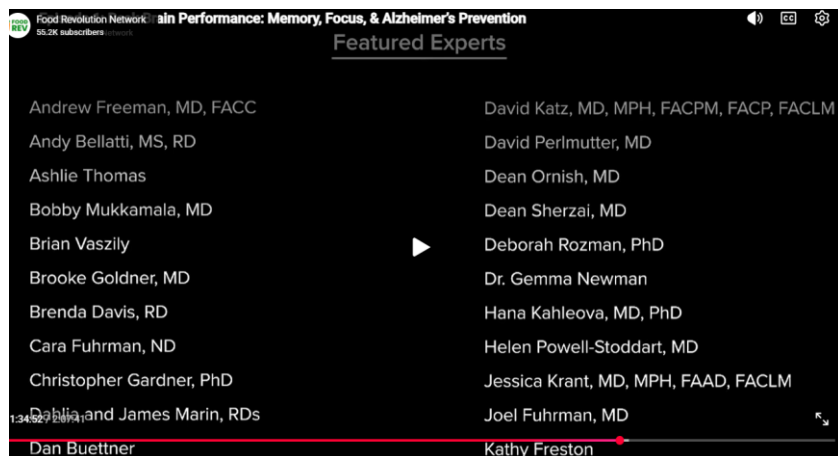
More HR variability high is good. Gratitude. **Loving kindness. Silent wishes to self and others.** Solid research on HR variability increases with gratitude and loving kindness. Stress resilience. Lifestyle medicine. WFPB reduces inflammation, including brain.

Neal Barnard, GEICO, plant-based options. 2,500 people. Cafeteria manager prepared it. Class every week. 18 weeks. Volunteered. Lost wt. Chol improved. Blood Pressure better. Absenteeism less. Depression less. Inflammatory chemicals work way to brain...moods got better. Mental clarity. Less anxiety. Sharper thinking.

Ornish program 20 weeks. Older man was forgetting trumpet tunes. After WFPB, remembered order. Smooth transition. Played 2 hours straight. Joyful. Crying with happiness. "Something important to me was given back. I had worth again." Beautiful story. Reclaim parts of ourselves. **When we give our bodies what they need, we don't just prevent disease, we can reclaim parts of ourselves we may have thought were lost: memory, joy, purpose, vitality. These don't have to be luxuries or distant memories. They can be our birthright and our future.**

Hosts & Executive Producers

Ocean Robbins
Nichole Dandrea-Russert, MS, RDN



Grief and gratitude are inseparable. We only grieve what is meaningful to us.

Ornish was the first researcher decades ago to clinically demonstrate that heart disease could be reversed through lifestyle change. For someone trying to reverse coronary heart disease, it has been proven that the overall Ornish protocol has real value. That doesn't mean a very low-fat diet is optimal for everybody. A chain is as strong as its weakest link and Ornish has focused on all of the links...eating better, moving more, stressing less, loving more.

Flavored omega 3s more likely to be rancid. Choose **unflavored algae oil. Refrigerate it. Buy from company with rapid turnover. Freshness is key.**

Omega-6 to Omega-3 Ratio

Getting enough omega-3s isn't the only factor to consider, however. It's also important to understand how much you're getting in relation to other omega fatty acids — namely omega-6s. You can find omega-6s in most vegetable oils, with sunflower, corn, soybean, safflower, and cottonseed oils containing the highest amounts. [Olive oil and avocado oil](#) are an exception, as they are not high in omega-6s. **But the standard Western diet is notorious for giving us way too many omega-6s compared to omega-3s.**

This is a serious problem because too much omega-6 in your diet can have a pro-inflammatory effect on the body and increase your risk of various chronic diseases.

In general, omega-6s are pro-inflammatory, while omega-3s are anti-inflammatory. But it's not that one is bad and one is good — you need both, just in [the right proportion](#).

So what's the optimal ratio of the two? **Ideally, you want an omega-6 to omega-3 ratio somewhere between 4:1 to 1:1.** Some sources estimate that the ratio of the average American [falls around 16:1](#). Yikes! **It's wise to get blood levels checked, and probably best to aim for an [omega-3 index](#) of at least 6%.** Research finds that most vegans and other people who don't eat fish fall well below this threshold.

Creatine – WFPB get 20-30% lower than omnivores; **Creatine monohydrate – *Complement*** – 3rd party tested. Foodrevolution.org/creatine for discount.

Grind flaxseed. Refrigerate.

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Episode 2: Cooling the Fire: Beating Inflammation & Autoimmunity

What's driving the chronic inflammation epidemic? Discover how inflammation fuels cardiovascular disease, cancer, diabetes, and autoimmune conditions and how to cool it through food, stress management, and strategic lifestyle shifts.

- Find out about the “hyper-nourishment” protocol that reversed lupus in just six months and what some autoimmune patients eat daily to stay disease-free.
- Get the truth about dairy and autoimmunity, nightshades and joint pain, gluten sensitivity versus celiac disease, and when low-FODMAP diets could make sense.
- Learn how a pound of raw greens daily can help reverse autoimmune disease.
- Discover why stress hormones like cortisol drive belly fat and autoimmune flares and how breathwork, gratitude, and purpose reduce inflammatory markers in your blood.

Take control of inflammation now and unlock the healing your body is ready to do.

Inflammation is a driver of cardiovascular disease, diabetes, Alzheimer's, auto-immune diseases.

We're all doing the best we can. We need sovereignty.

WFPB diet can be budget-friendly. **Sprouting**. Dry. Frozen. **Shop from a list. Avoid eating out** as much. **Healthy staples. No waste.** Live healthfully and thoughtfully.

Polyphenols in coffee, black tea, green tea, oolong tea.

Foods: what you put on your plate – gasoline or fire hose?

We accept joint pain, brain fog, fatigue as normal. Epidemic of chronic inflammation.

Inflammation: response to physical harm, toxins, bacteria, allergies, viruses, stress, fried foods, high amt sugar, refined carbohydrates, red meat, UPFs. Underlies so many diseases. Many of us live in constant state of alarm.

Greger – The single most inflammatory food is saturated fat. Found in meat, dairy, tropical oils (in UPFs, coconut oil, palm kernel oil). Trans fats and partially-hydrogenated oils found naturally in meat and dairy.

Fuhrman – Fried foods and oils are primary promoter of auto-immune disease, particularly inflammatory bowel disease.

UPFs are designed for profit. Addictive. Shelf-stable. Cheap. Calories way in excess. Sugar and fat. Burn sugar and store fat. Sugar fat combo all day. Obesity. Abdominal fat sets off inflammatory cytokines. Obesity is a constant state of inflammation. 60% or more of our diet/day – UPFs. Additives. Titanium-based colorants. 6 pillars of lifestyle medicine.... alcohol, toxins, excess caffeine, tobacco, UPFs, processed sugars. Chip away at resilience. Chronic inflammation, metabolic disease, some cancers.

Animal products and UPFs – chronic disease risk. Almost no fiber. Few phytochemicals, antioxidants. Pathogenic: trans fatty acids, saturated fat, high temp cooking.

Minimally processed food – rolled oats, tofu, homemade guacamole, sauteed Bok choy.

Paleo: Removing sugar and UPF reduces inflammation. But many Paleo followers eat a lot of meat and saturated fat. Increase inflammatory markers for some people.

Dietary inflammatory index. Saturated fat vs Fiber.

Fiber is one of nature's most anti-inflammatory tools.

Gut is mission control for immunity. 70% of our defensive forces line its walls. Antibiotics, chronic stress, toxins, and diets low in fiber-rich foods. Within 30 hours, genes start to change. Hashimoto's and any auto-immune disease usually start with a leaky gut (hyper-permeability of the intestinal wall). Tight junctions get opened up by inflammation. Poor diet, antibiotics, stress, toxins, can pry them apart. Larger food particles come through and activate inflammation through bodies. Can fuel allergies.

Eat for color. Anthocyanins. Weight loss. Cognitive function late in life. Greens. Sprouts. Leafy. **Any greens.**

Herbs and spices under-rated. Helps with diversity. Loaded with anti-inflammatories, anti-cancer. **Ginger, turmeric, cloves.**

Hyper-nourishment – nutrient density soars: A pound of greens smoothy and a jumbo water bottle.

Lupus, Rheumatoid arthritis

- 1) **At least 15 oz. raw cruciferous or dark leafy greens/day.** (salads, smoothies)
- 2) Omega 3 fatty acids – **flaxseeds daily**
- 3) **Water intake** – dehydration slows down cognition, memory, healing process; **at least 64 oz.**

Nutrient density, fiber, and anti-inflammatory fats are core.

Across cultures. Allow people to love food that loves them back.

Testimonial – MS and Lupus. Medication helped somewhat. Death with dignity. Gave up dairy (cheese every meal). Two days later, legs no longer numb, brain fog left. No vision issues, walking issues. Went from issues every day to no Lupus and manageable MS.

Long term healing depends on what we ADD. Asthma – inflamed airways. Greger. Causal evidence. Whole plant foods. Multiple organ systems, including the brain.

Kidney stone formers. Calcium down; stones up. – chard, spinach, beet greens, parsley. Oxalic acid. Make them 10-20% of diet. **Variety.** Lettuce, kale.

1 in 20 can eat SOME nightshades. 1 in 50 can't. Nightshades are generally excellent. Tomatoes, peppers, eggplant. Lectins like beans and lentils. Inflamed damaged gut lining. As gut heals, tolerance often improves. **Ok to take a break while you heal.** If you ate so unhealthily and didn't develop the right bacteria in your gut, can be hyper nightshade sensitive or hyper lectin sensitive. For most people, these foods are anti-inflammatory.

Gluten. Gene variant – requires biopsy. Some are merely gluten-sensitive. Two types: GI symptoms; beyond GI symptoms (headache, joint pain, eczema). Elimination diet.

Chronic stress is a full body biological response. Adrenal gland releases stress hormones: cortisol, epinephrine (adrenaline), norepinephrine. Drives inflammation. Increases deep belly fat. Affect digestion, immunity, and mood simultaneously. Can trigger heartburn, IBS symptoms. Slow down or speed up digestion. Shift gut bacteria. Contribute to acne, headaches, muscle tension, fatigue. Set stage for plaque buildup in arteries.

4-7-8 breath, or box breathing. Humming, chanting, singing. Gargling. Splashes of cold water. Nature exposure. Forest-bathing. Grounding. 20 minutes in a green space can reduce inflammatory cytokines.

Physiological Sigh – 2 quick breaths in, slow release out; repeat for one minute.

Flip stress switch in minutes. Living for something bigger than ourselves. Altruism. Kindness.

Sense of purpose. Existential stress from not knowing what you'll do with your life.

How you feel affects every cell of your body. **Gratitude and compassion** nurture us. Qualities of the spirit. Helps us get coherent.

Endocrine disruptors. Exposure outside your body. Home, car, work. Hormone mimickers. Plastics in bottles. Chemical disruptors. Paints. Rugs. **Air filter. Cleanest products.** PFAS. Cookware - ceramic, stainless, iron. Containers. Neighborhoods – zip code, income, water quality, healthy food, air quality. Healthy food is not solely for the rich. **Beans, rice, corn, sweet potato.** Start with beans and grains in the inner city, which are cheap.

What we control is big. **Add something colorful to each meal.** Small steps. **Add in.** One plant-based meal/day. Hummus and lettuce wrap. List of recipes you like.

Inflammation is not destiny. What we eat, how we move, how we breathe.

LDL can drop just from oats each morning.

Lume box red light therapy – reduce joint pain, increase cellular repair. FRN member discount. foodrevolution.org/lumebbox.

Can **rinse and soak grains**. Removes phytic acid. Cook grains until soft. Chew slowly. Wheat may be harder to digest. Bloating – gut microbiome imbalance?

Grass fed animals have a more favorable omega 3 to omega 6 ratio than animals fed grain. Context: 5# grass-fed beef to get as much ALA as 1 tbsp of flax meal. Beef – saturated fat along with it.

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Episode 3: Love Your Heart: Reversing Cardiovascular & Diabetes Risk

Ornish – Quantitative Arteriography. **WFPB, Exercise, Less Stress, More Love** – less clogged one year. Published in Lancet. 82% of patients, arteries opened up. NIH. PET scan findings-99% stopped or reversed. Fewer stents, bypasses, meds decreased. Mainstream. Arteries can unclog. Outcomes and savings are undeniable. Phone call from old school Michael DeBakey –“Your weird ideas kept me alive.” 99 years old.

Low-fat vegan diet – Type 2 diabetes – Neal Barnard.

Kim Williams – 25% decrease in major cardiac events (heart attacks, stroke, death). As powerful as statins. Fiber. Lowering inflammation. Lowering cholesterol.

Marshall Islands – Diabetes increased. Research. Obesogenic environment. Transformed a population in a short time. WFPB to UPFs. Re-introduced WFPB. In one week, heads were clear. Constipation ended. A1C dropped 2 points. More energy. Some reversed completely. Had to stop meds rapidly. Brenda Davis. Incidence was 35%. Now 25%.

TMAO levels. Eat meat, cheese, eggs. Precursors of Tri-methyl amine oxide. Elevated TMAO tripled risk of heart attacks and stroke over 3 years. 2025 systemic review – 44 clinical trials – Financial conflicts of interest were shaping scientific results. Importance of study design. Independent science is clear.

UPFs – Dramatic cognitive deterioration. Packed with sodium. Raised BP, strains arteries. Palate adjusts quickly. Tsp in a day max salt. Avoid for a week or so...you'll notice foods are very salty. Braggs Liquid Aminos quite a bit of salt. **Spices. Potassium substitute**. Refined oils, added sugars, drive over-consumption. Increase diabetes risk. Processed grains, industrial oils, additives. Added sugar. 80 grams sugar/day. Max should be 40 grams. Everywhere. Rampant. May not even taste sweet. Visitors to US notice sweetness.

2025 – 36 studies - meta-analysis – WFPB decrease diabetes 24%. Unhealthy plant-based diets increased diabetes by 13%. Carbs very different. Simple sugars increase triglycerides. Maple syrup. Agave. Overdo it. Dial down simple sugars.

Modern plant-based alternatives? UPFs plant-based much better than UPFs animal-based. **WHOLE FOOD**. Nova 1 unprocessed. Fatty meats, maple syrup, fruit juice. Beyond Meat, Impossible are UPFs – target meat eaters. Meat industry outcry. LDL down – even with coconut fat...but less saturated fat. TMAO lower in plant-based meat. BP not different...patients salted them. Lost wt on plant meat. **Beans, peas, lentils even better**. Framing the question is important. Are plant-based healthiER? Gateway drug.

Insulin-resistance caused by overconsumption of calories stored in liver, dumped in pancreas. Puts beta cells to sleep. Makes whole body insulin resistant. Get rid of excess fat in the liver and pancreas and

muscle cells. Fat is essentially blocking the insulin-receptor. Fatigue. ½ of US adults 18-44 have insulin resistance.

2025 American College of Lifestyle Medicine published first clinical guidelines putting lifestyle interventions at forefront of diabetes care – 1st line therapy. 6 pillars: Whole foods, physical activity, stress management, restorative sleep, positive social connections, avoid risky substances. **Shockingly fast results in diabetes and pre-diabetes.** Not sideline complementary care. Even injecting insulin daily – dramatic change in days. WFPB after 20 years with diabetes...2 weeks later....off insulin. Fiber, phytonutrients. Slows digestion, absorption. Colon cancer less likely. Transit time faster.

Iron transports oxygen. High blood levels of iron. Pro-oxidant – increase risk of heart disease. Hemochromatosis dx? Eat a WFPB diet. Give blood every month. Get iron down. Oxidative stress damages arteries. Legumes – non-heme iron. No additives. Rinse of sodium. **Canned lentils** substitute for ground beef. Sloppy Joes – phytonutrients. Affordable. **Cheapest source of protein. Healthiest. Nutrients/dollar – can't beat.**

Nitric oxide. Relaxes blood vessels. Make more by foods we eat. **Spinach, beets** – nitrogen. Bacteria convert in blood to nitric oxide. Dilation of vessels starts 30 minutes later, lasts 4 hours. Food as medicine.

Fiber. Blood sugar control. Lowers cholesterol. Feeds gut bacteria. IGF1 levels controlled. Clear win for cardiovascular and metabolic health. Different forms work in different ways. **W 25-30 grams; M 30-38 grams.**

Oils? Very controversial. Oil caloric. Raises triglycerides. Evidence-based oils: olive, canola, sunflower, safflower; avocado-jury not in. Esselstyn: no oil ever. Kim Williams: lower risk with **olive oil**. How can this make you lose weight? Satiety. Seed oils vs. beef tallow? Seed oils won. 2025: Butter: higher total cancer mortality. Plant oil: lower cancer and cardiovascular mortality. **Nuts, seeds, avocados** best.

Chronic stress. Body produces more glucose. Triggers abdominal fat. **Deep, slow breathing.** Lowers cortisol. Movement. **Get out and do something. 150 minutes/week.** Move every day. Squats. Make it fun.

Love. Connection. Support. Not easily measured. **Strengthen relationships that matter. Ditch others.**

Close coordination with physician is needed, as diet can change metabolic situation quickly. De-prescribing. Guidelines include section on it. Rapidly. Within days. Less than 2 weeks likely.

Your body is on your side. Give it what it needs.

Episode 4: Cancer, Unmasked: Prevention, Resilience, & Hope

What if daily choices could help fight cancer? Research shows that 90% of cancer is often driven by lifestyle and environment (not genetics!).

- Learn why cancer cells need specific conditions to thrive, and how certain foods starve tumors while feeding your immune defenses.
- Find out which carbs feed cancer and which ones fight it.
- Get the facts on IGF-1, how animal protein affects this growth hormone, and how studies link high intake to 430% higher cancer mortality.

- Find out which foods offer the strongest protection: cruciferous vegetables cut breast cancer risk by 41%, mushrooms and green tea together reduce risk by 89%, and flaxseed can be linked to a 71% reduction in cancer mortality.

Take action now to fight cancer and promote healthy cells.

ROUNDUP - Glyphosate (herbicide on GMO crops) used on corn, soy, canola, alfalfa. Known endocrine disruptor, probable carcinogen, patented as an antibiotic, may impact our microbiome bacteria. Used also as preharvest desiccant on especially oats and wheat. Avoid GMO crops. **Buy organic corn, soy, canola (or certified non-GMO). Buy organic wheat and oats.**

Soil depleted of nutrients. Organic can help.

EWG: Dirty Dozen: (buy organic)

2026

- 1) Spinach
- 2) Kale, collards, mustard greens
- 3) Strawberries
- 4) Grapes
- 5) Nectarines
- 6) Peaches
- 7) Cherries
- 8) Apples
- 9) Blackberries
- 10) Pears
- 11) Potatoes
- 12) Blueberries

Or soak in 1 tbsp baking soda/gallon water 10 minutes rids 90% pesticide residues.

Up to 900 synthetic pesticides can be used. Organic farmers limited to 25 tightly regulated pesticides. Links to diabetes, cancer, neurodegenerative diseases like Parkinsons and Alzheimer's, birth defects. Children and pregnant women are vulnerable.

MS – See film “Code Blue” - Dr. Saray Stancic

Tweak and adjust as you learn.

We have cancer cells circulating in our bodies now. A healthy immune system shuts them down.

4 of 10 Americans will face cancer in their lifetime.

Billions spent treating cancer after it develops.

Feed cancer's growth or starve it. Weaken our defenses or strengthen them. Save money. Improve quality of life. Improve treatment outcomes. Our immune system is constantly scanning for abnormal cells and destroying them.

Surveillance breaks down? Doesn't recognize cancer cells? Too exhausted? Thus, tumor growth.

Not just living longer, but living BETTER.

Are we supporting our immune system or sabotaging it?

Kristi Funk – Cancer cells are hungry for glucose. They take a sugar molecule and makes 2 ATP. Warburg effect. Very fast cell dividing. Regular cell makes 36.

Your cells depend on glucose, but soda, candy, UPFs trigger insulin cascade where cancer can thrive. Complex carbs – whole grains (buckwheat, quinoa, barley) associated with high dietary fiber create immune therapy. This plus beans, vegetables does the opposite, primarily due to fiber. Slows digestion of food into bloodstream. Slow rise in blood glucose. Sustained over time...not spikes and crash. Excess body fat plus blood sugar spikes, you create conditions that help cancer grow faster.

Excess body fat and refined carbs team up. Body fat accelerates inflammation and makes you insulin-resistant, then makes your body make more insulin, and angiogenesis, and produce excess estrogen (breast and prostate cancer). Pro-inflammatory state. High body fat and high glycemic index enhance immunosuppression, increase cytokines and lypokines (toxins coming out of the blood supply).

If it's not the right food, microbiome doesn't break it down. it produces inflammation. PB diet can support metabolic health. Whole foods rich in complex carbs and fiber. Reduce inflammation.

Multiple myeloma. Pre-cancer. BMI over 25 have twice risk of progression from pre-cancer to cancerous state. Also lack of plant foods and sugary beverages. Western diet is 20% unprocessed plant food. Study 92%, 1 year 60%. Wt loss 7% at 12 weeks. Maintained one year out. Insulin resistance. Higher diversity associated with increased survival and response. Improved bacteria that are nutrient producers. Elevated CRP dropped. More anti-inflammatory subsets. Shift of immune system to fight cancer. Improved quality of life. Some stopped insulin and depression meds. Felt better. Exhausted immune system rejuvenated. Disease progression slowing.

Prostate cancer – Most plant-based food 7 years, 47% lower risk of cancer progression and 53% lower risk of recurrence. Even more benefits for men over 65 and those walking briskly more than 3 hours/week.

Why not Keto Diet vs WFPB? Those on WFPB have lower insulin, lower IGF1, and lower body wt compared to KETO diet. Best cancer reducing strategy. Keto strategy short-lived...no 10 year follow up. Plant-based keto state has tremendous benefits.

Keto wt loss is water and muscle. Losing additional muscle mass is not good for cancer patients. Cholesterol issues with Keto.

With dysbiosis, increased risk of all types of cancer, especially colon cancer. Increases, diabetes and Alzheimer's. With Keto, higher rates of all diseases. Positive effects of Keto diet are short-term. **Fight and prevent cancer with WFPB diet.**

IGF1 – Insulin-like growth factor. Growth and angiogenesis. Activates mTOR, accelerates aging. Right amount is good – gorgeous fertilizer. Too much is bad. Longitudinal study of people 50-65 eating high animal protein diet had 4x increase in cancer death risk over next 18 years and 75% increase in type 2 diabetes. Animal protein raises IGF1. Plant protein keeps it in a sweet spot.

Women at least 20 grams protein/meal. Men 30 grams/meal. Skin fragile, tired, muscles not strong, swelling in feet/abdomen...almost always intake is 35-40gram. Almond milk to soy milk. Add tofu cubes, beans, lentils. Cut back grains; substitute with more legumes. Easy fixes. Hempseeds. Quinoa. Tahini. Greens, beans, nuts – come with anti-cancer chemicals. Beans, lentils, soy milk, some whole grains.

Powerful anti-cancer foods? WFPB. Designed for the human species. **Mushrooms and green tea** reduce breast cancer 89%. All systems. Viral invasion. Synergy.

Top: **cruciferous vegetables. At least one serving/day. Chop. Let sit 40-60 minutes before cooking to maximize sulforaphane.**

GBOMBS – Greens, Beans, Onions, Mushrooms, Berries, Seeds. Fuhrman. Work by different mechanisms. Layer. Anti-estrogenic, Anti-angiogenic. Anti-cell replication. Increases apoptosis (cell death to those replicating too rapidly and not hurt normal cells). Synergy.

Alliums – onions, leek, shallots, garlic. Work synergistically with cruciferous. Extend sulforaphane.

Green tea – mow down extra blood vessels, soy, tofu, edamame, strawberries, blueberries, peaches, pears, carrots, carrot tops (carrot top pesto), broccoli, broccoli stems even better. Sick? Amplify benefits of meds. Stop tumors from forming a blood supply. Trigger cancer cells to self-destruct without harming healthy cells.

Flaxseeds, chia seeds, unhulled sesame seeds. Lignans in flax unshackle tumor suppressor.

Soy is always a superfood and does not increase risk of breast cancer. Increases survival of those with breast cancer. Huge drop in getting breast cancer and recurrence. Edamame is baby soy. Pressure cook soybeans until soft – 40 minutes. Use like pine nuts on salad. 90% soy crop is sprayed heavily with glyphosate and other herbicides. Shows up everywhere. Food, water, air. Gut bacteria are disruptive. GI cancers in younger people. Toxins on food. Paraquat. Restricted in 72 countries around world. Genetic issues. Shifts in body that set stage for malignance. Microbiome detoxifies, but evolved over long time, not like past 100 years...onslaught of toxins related to malignancy and neurotoxicity. 85% (probably 100%) rainfall and air is contaminated with glyphosate. No greater public health threat than this single molecule. **Organic** is way to go. **Corn, soy, canola, sugar beets, alfalfa, cotton.** Non-organic **wheat and oats. Certified non-GMO.**

The Terrain Model. Cancer doesn't happen randomly. Supports or resists cancer growth.

Conditions: Chronic inflammation. Poor circulation. Weakened immunity. Hormonal Imbalance. We can change these conditions.

Movement and rest. Breast cancer recurrence rate. Exercising but never did before dx –46% less recurrence. Always...before and after-- 55% Exercised and stopped – 6%.

Sleep optimization. Quality. Circadian rhythm.

Nurses Health Study. 9 or more hours **sleep** – 46% or more breast cancer death. Sweet spot is 7-9 hours. Over age 65 is **7-8 hours.**

Exercise – cut breast cancer recurrence risk by nearly half. Melatonin.

Pollution. Liver and kidneys do detox. Avoid as much as possible. **Sprouts.** Sulfuraphane.

Toxins are found in fat. Dairy, animal products, fish/salmon. WFPB turns off some inflammatory switches. **Cilantro, parsley binds to heavy metals. Fiber also.** Lower toxins in breast milk with mom on WFPB.

Best way to detox is with WFPB eating.

Time-restrictive eating. Lower blood sugar and insulin. Endothelial rest. 18 overnight fast triggers autophagy (sick dying cells). Regular basis daily. **Consistency. Nutrient density.**

Cancer treatment. Fasting may be helpful.

Chemo and radiation. Non-aggressive cancers are better treated with nutritional therapies (30% of the cases). Aggressive: Minimal caloric nutrient dense 500 cal diet 2 days before, day of chemo, day after chemo increases chemo effect on cancer cells while not attacking healthy cells as much. Nutrient dense

diet can prevent recurrence. Boost immune system. Harness microbiome. Time for lifestyle medicine in oncology is here. Higher butyrate and higher diversity – better response. Plant protein.

The public can't wait for the medicine and media. We can **get the word out** and show people how to be healthy.

Same choices protect against all illnesses. 1) Diet. 2) Smoking.

Unexpected benefits. Small intentional changes add up.

Aim for a daily dose of cruciferous vegetables.

Fonio – grain.

Hemp seeds – fiber, protein, magnesium, zinc, omega 3, versatile.

Mushrooms – common, affordable. Immune function. Variety. Lions Mane, Shitake, Turkey tail. Powders.

Crowd plate with whole plant foods you enjoy.

B12 is water soluble. Inefficient for many people. Higher doses may be fine.

Adventist Health Study – Vegan women twice as likely to get hip fractures as omnivorous. With Ca, Vit D, K2, disadvantage disappeared. Boron. Creatine, Magnesium.

More than 40% Americans are B12 deficient.

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Episode 5: Supplements Decoded: What Works, What Doesn't, & When to Use Them

Brenda Davis, RD, and Dr. Joel Fuhrman are breaking down why older vegans in a major study had a 37% higher risk of Parkinson's, a 17% higher risk of stroke, and a 13% higher risk of dementia — and the 3 nutrients they believe are behind it.

3 out of 4 Americans are taking supplements.

Few are tested. Strong marketing. Wild west.

CDC. Population data. Trusted bodies. Controlled trials with humans. Real world benefits. Clinical trials are costly and tied to those that are patented. D, Magnesium, don't offer financial incentives.

SMART

S Science behind it?

M Mechanism – Creatine – plausible

A Aim in taking it?

R Risk vs benefit

T Tracking – helpful biomarker

Take a FOOD FIRST approach.

B12 – 20% older adults in US and UK have low levels; Latin America 40%; 1000 mcg weekly; over 50 years for everyone – We lose ability to grab off the protein. 1000 mcg 2x/week most people; **500-1000 mcg daily for older folks.**

DNA and nerve repair. Neuropathy to dementia to anemia.

Corporate-raised animals may be B12 deficient too.

Test: homocysteine or methylmalonic acid is clearer picture than serum B12 level.

D3 – 2000 IU/day to avoid overdose. Get tested. May need more.

Auto-immune conditions like MS more prevalent further from equator.

Melanoma – high mortality rate. Thus, balance is needed.

Vitamin D may require sun exposure for full benefit.

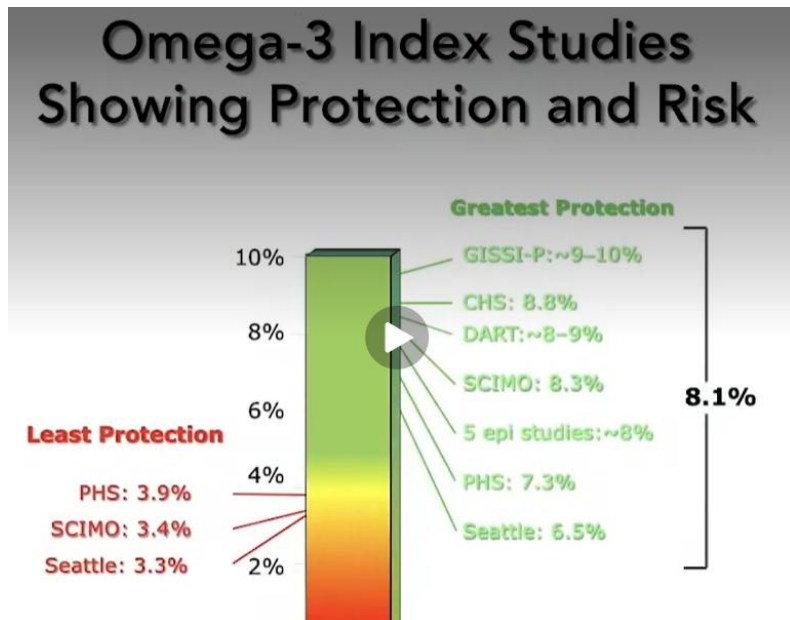
Test: Adequate blood level 30-50 ng/ml.

Omega 3 fatty acids important especially for those who don't eat fish. Brain/cardiovascular health.

ALA in flax seeds, chia seeds, hemp seeds, walnuts, leafy greens.

Conversion to EPA and DHA (long-chain fatty-acids) is for most people in-efficient. Very important. Cognitive function, memory, reducing inflammation and neurological health. More than 50% brain is made of DHA Omega 3. Omega 3 index is important – may need supplementation. Brain shrinks.

Protective range is between 6 and 10%. Recent evidence.



A-fib via too little Omega 3 or too much fish oil.

Algae-based supplement may be valuable.

Zinc absorption decreases with aging. Immune and brain function.

Iodine – especially if you are SOS-free. Critical to brain and thyroid health.

Iodine

Fact Sheet for Health Professionals

Table 1: Recommended Dietary Allowances (RDAs) for Iodine [2]

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	110 mcg*	110 mcg*		
7–12 months	130 mcg*	130 mcg*		
1–3 years	90 mcg	90 mcg		
4–8 years	90 mcg	90 mcg		
9–13 years	120 mcg	120 mcg		
14–18 years	150 mcg	150 mcg	220 mcg	290 mcg
19+ years	150 mcg	150 mcg	220 mcg	290 mcg

1100 upper limit. **Suggest 200-300 mcg/day. Drops or multi-vitamin.** Too little or too much can be a problem.

Vegans have higher **iron** levels for some reason. Absorbed better with vitamin C and vegetables/fruits, ginger, turmeric. Soy, tofu, tempeh, quinoa, nuts, dried fruits, blackstrap molasses, lentils are good sources of iron. Lemon, tomatoes. Dairy decreases absorption.

Calcium.

Table 3. Dietary reference values for calcium (mg/d)

Lifestage	UK*		USA/Canada†			EU‡		
	Males	Females	Lifestage	Males	Females	Lifestage	Males	Females
Children								
1–3 years	350	350	1–3 years	700	700	1–3 years	450	450
4–6 years	450	450	4–8 years	1000	1000	4–10 years	800	800
7–10 years	550	550						
Adolescents								
11–14 years	1000	800	9–13 years	1300	1300	11–17 years	1150	1150
15–18 years	1000	800	14–18 years	1300	1300	18–24 years	1000	1000
Adults								
19–50 years	700	700	19–50 years	1000	1000	≥25 years	950	950
50+ years	700	700	51–70 years	1000	1200			
			>70 years	1200	1200			
Pregnancy and lactation								
Pregnancy		+0	Pregnancy		+0	Pregnancy		+0
Lactation§		+550§	Lactation		+0	Lactation		+0

* Reference nutrient intake, developed and published by the Committee on the Medical Aspects of Food Policy 1991⁽²⁾ and re-evaluated and endorsed in 1998^(1,4).

† RDA, developed and published by the Institute of Medicine 2011⁽⁶⁾.

‡ Population reference intake, developed and published by the European Food Safety Authority 2015⁽⁴¹⁾.

§; lactation for 0–4 months and >4 months; indicated in 1998 that the increment 'may not be necessary'^(1,4).

RDA 700-1200 mg/day. Vegans higher fx risk postmenopausal women. Hip fx and total fx. No increased risk in men. Lean vegan females postmenopausal – Vit D, Zinc, Omega 3 fatty acids, **PROTEIN. Weight bearing exercise is needed. Weak muscles mean weak bones. Resistance training especially for**

postmenopausal lean plant-based women. Women over 50 need 1200 mg calcium/day. Many vegans get 600-900. How to bridge gap?

Type of Milk	Calcium Type	Calcium (mg)	Vitamin D (IU)
Fortified soy milk	phos / carb	470	120
Fortified almond milk	carb	450	200
Fortified oat milk	carb/phos	350	144
Regular dairy milk	natural	300	120

Low oxalate greens: **Bok choy, kale, unhulled sesame seeds, almonds, chia seeds, soy beans, black beans, white beans. Tofu made with calcium sulfate. Each meal for maximum absorption.**

Excess calcium can increase risk of cardiovascular disease. Calcium deposits in blood vessels rather than in bones. **4-6 prunes/day delivered calcium, boron, K, polyphenols. Protects bone structure. Take with D3 and K2 for calcium absorption. K2 directs calcium to bones, not blood vessels.**

HRT. Estrogen is weakly mutagenic and carcinogenic. Modest risk (1.2%) in breast cancer risk with HRT. May be huge benefit for women starting it within 10 years of menopause in terms of CV effects, Alzheimer risk, bone fracture risk.

Plant-based diet for menopausal symptoms like hot flashes. **No alcohol.**

PCRM – Neal Barnard. Body imbalanced. Hot flashes gone in 3-4 days. Researched; randomized clinical trial: low-fat plant-based with soy beans. 92% reduction of severe hot flashes. Increased risk of heart disease later in life. Overall health. Soy is brilliant. HRT less smart, but not bad.

Natural doesn't mean safe. More is not better.

Turmeric – joint health, inflammation. Liver toxicity with high doses.

Marketing masquerades as research. Deep fakes. Pull out of matrix, changes.

Lycopene, Vitamin E great in foods.

Folate – leafy greens; folic acids – metabolized differently.... increased cancer risk in certain populations.

Third party testing. NSF. USP. Informed Choice.

Isolating and concentrating may be problematic.

Protein Powders. Quality. Who benefits? Build muscle...avoid sarcopenia. 1.1-1.2 mg/kg.

High quality powder in a smoothy. Individually. NSF certified. Heavy metal contaminated.

Lead. CA Prop 25. Independent testing. Foods better. **FOOD FIRST.**

Miso, kimchi, sauerkraut may be better than probiotics. We're guessing. Cabbage-variety of bacteria. Best way to cultivate good guys – **FIBER.** Fermented foods is kickstart but not enough on its own. Daily mix of fiber-rich foods and maybe fermented foods from time to time.

Simple menu makeover. **First line therapy is FOOD.** Supplement can enhance.

Feed microbiome. Flood system with polyphenols. Balance. Energy. Healing. The body responds quickly. Payoff is energy, freedom from pain, etc. New life. Joy. Endometriosis. Early recognition – educate self. Grateful. There is hope. Fuel to inspire others. All that pain was not in vain. Suffering can light fire in you to heal others.

Your body is remarkably resilient and responsive. It is designed to work with real food: colorful plants, fiber, healthy fats, and adequate protein as its foundation. Supplements can play a supportive role and fill gaps.

Positive self-talk.

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Episode 6: Your Strongest Self: Muscle, Metabolism, & Weight

Muscle is a 24-hour metabolic engine. Best predicts how fast we age.

More lean muscle mass means better insulin sensitivity, steadier blood sugar, stronger bones, brighter mood.

Focus on strength, function, and vitality.

Toned muscle is more insulin-sensitive than untoned muscle. It stimulates the uptake of sugar.

Fat that goes to the abdomen is more likely to cause problems like diabetes and heart disease than fat that goes to the hips and thighs. Visceral body fat shrinks with full body movement.

Study on protein. 40 young adults. **1.0-1.2 grams/kg body wt (ideal)**. No difference between vegan and omnivorous protein – ability to build muscle. For disease risk, plant protein is far superior.

Liebig was wrong that meat was essential for energy – Game Changers

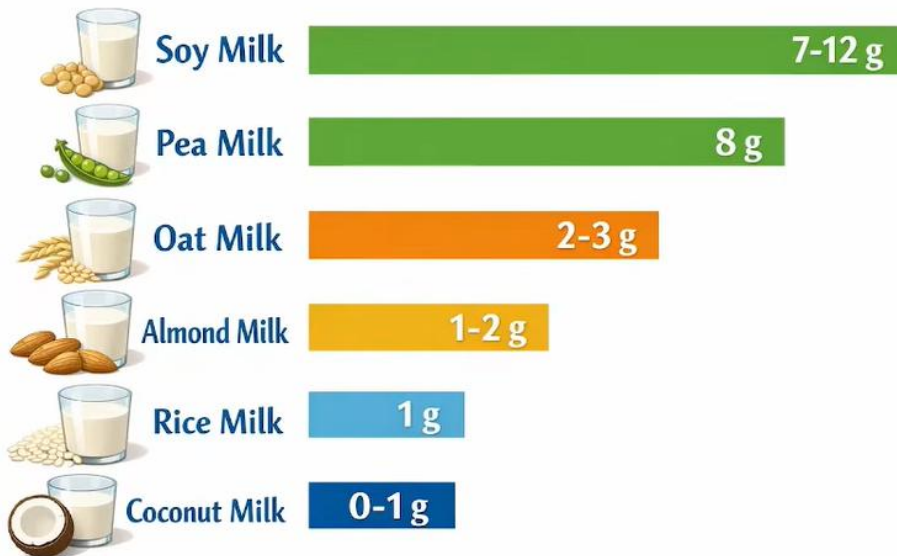
RDA for protein is 0.8 gms/kg body weight. Increase by 10-15% to compensate for what we may lose when fiber pulls protein with it undigested. For kids, 1 gm/kg. Pregnancy 1.2 gms/kg; Lactation 1.4 gms/kg. Seniors 1.2 gms/kg. **70 gms protein for me.**

20-30 grams of high quality protein per meal. Phytonutrients and other nutrients contribute to muscle development and maintenance.

20 amino acids; 9 ESSENTIAL amino acids requiring consumption.

Special attention to LEUCINE. Muscle growth and metabolic function. Soybeans, lentils, chickpeas, pumpkin seeds, hemp hearts, peanuts, tofu. Soy milk – highest protein of any plant milk. Hummus. Nut butter. Smoothies, soups, snacks.

Typical Protein per 8 Ounces



simple And

Soy good for heart, prevent cancer, good protein source.

Strength training 30 minutes 3x/week. Squats, push-ups, resistance bands.

Leads to higher metabolic rates.

Alternate days with aerobic. 30 minutes until short of breath.

Muscles thrive on challenge.

N on

E xercise

A ctivity

T hermogenesis

Activity beyond eating, sleeping, formal exercise.

Nitric Acid is released by the healthy endothelium. Helps vessels dilate.

High fat or animal food endothelial tissue shuts down.

Beet juice/leaves. Athletes. Arugula.

Blood flows better all over body and enhanced recovery. More oxygen.

Financial company – incredible improvement in LDL, A1C, wt. loss, better sleep quality; supported each other. WFPB potlucks in communities. Recipes.

Stress can over-ride everything. Chronic cortisol release can alter hormone signaling, affect metabolism, make it harder to support muscle growth, and otherwise affect health. How to interrupt this cascade?

Stress is metabolic. Sympathetic system. Parasympathetic system is rest and digest.

Cortisol increases gluconeogenesis. Glucose produced by liver. Can be tested. Increases blood sugar. Belly fat (visceral fat)

Even one night of non-restorative sleep results in making bad food choices the next day and eating more calories. Weight gain affects your sleep. Vicious cycle.

Stillness is a biologic necessity. Mindfulness and metabolic health are strongly related. Meditate. Relaxing music. Blood sugar and blood pressure improve. Not eating on the run. Chew your food. Enjoy every bite. Breathe deeply. Pause before eating. Be human. Be present.

As we age, metabolism slows down. Loss of muscle mass. Lower estrogen and testosterone. Mitochondria slow down. Prioritize muscle. Losing 3% muscle mass every decade. Shift in our body fat distribution.

Body weight isn't a matter of will-power. Weight based stigma has increased. Deep-rooted unconscious bias.

Genes and obesogenic food environment. Packaged foods are here to stay. Engineered for cravability. Ozempic, etc, have exploded. Mimicking what our bodies do. GLP helps body handle food...located in small and large intestines. Responds to nutrients you eat. Lentils? Eating prebiotic foods leads to satiety. You can increase GLP naturally in your body. Vegan, rather than meat sandwich raises GLP1.

Eat more fermentable foods, fiber, garlic, leeks, Jerusalem artichokes, legumes, pomegranate, green tea. Prioritize healthy fats (MUFAs) Monounsaturated fatty acids—olive oil, avocado, nuts. Time-restricted eating. Exercise. GLP1 drugs can be a tool/adjunct to your overall program if you can't achieve needed behavioral changes. However, you need to focus on healthy eating and lifestyle changes. Drugs calm down food noise. Do need a PLAN. Side effects: GI issues, etc. 85% go off in 2 years and regain weight.

Bright Line Eating. Susan Pierce. **No sugar. No flour.** Quiets food noise. 3 meals/day. Toxic food environment. Not regaining their weight. Creating effect that drug does. Habits. Will power not needed. Reduce cravings with no drugs. More joy and optimism.

We weren't taught how to eat. Story of 380 # guy wanting gastric bypass surgery...lost with beans and fruit...cancelled surgery.

To select the best quality, **healthiest peanut butter**, here are some guidelines:

- **Choose organic** to reduce pesticide and GMO exposure
- **Make sure it contains only peanuts**, without unnecessary extras like sugar and oils
- **Avoid the bulk bins and little-known brands** due to aflatoxin risk
- **Choose kinds that separate**; healthy peanut butter needs stirring

Making your own peanut butter is also incredibly easy.

In a [high-speed blender](#) or food processor, simply add peanuts and blend until a paste forms. You can even add a little [cinnamon](#), vanilla, raisins, or [dates](#) to give it a different flavor.

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Episode 7: Gut Greatness: Microbiome, Immunity, & Mood

Gastroenterologist Dr. Robynne Chutkan shared that gut microbiome composition can predict COVID outcomes with 92% accuracy, and that a change in diet can start turning protective genes ON and inflammatory genes OFF in as little as 30 hours.

Dermatologist Dr. Jessica Krant debunked the dermatology myth that diet has nothing to do with acne. Dairy, high-sugar foods, and excess B12 have all been shown to trigger breakouts. And eating collagen supplements does NOT directly build skin collagen — your body needs plant-based building blocks to produce its own.

Your gut is the command center for your immune system and your mood and inflammation and how your body responds to stress.

Trillions of organisms. Your food choices, how you move, and how you handle stress can reshape the entire ecosystem.

All disease begins in the gut. You can't heal these problems unless you heal the gut. The foundation. Soil. Keystone. Metabolic command center. How you break down food. How you manage blood sugar. How you store fat. How you regulate your mood.

More than 70% of your immune system lives in/around your gut.

Predicted with 92% accuracy who would end up on a ventilator with Covid or died. High levels of short chain fatty acids. More immune balance.

What feeds them? Dean Sherzai – 15 review papers – **More fiber**. Thriving ecosystem.

Prebiotic fiber. Feed gut bacteria. **Garlic, onions, leeks, asparagus, oats, almonds kiwi**.

Polyphenols are abundant in plant foods – **dark chocolate, berries, legumes**.

Ferment and turn into short-chain fatty acids. Butyrate, proprionate. Reduce inflammation, fuel mitochondria.

American gut project 10,000 people. **Diversity in plants. 10-12/day. 30/week**.

Beans, lentils can initially cause bloating or gas. Fermentation process: hydrogen, methane. Good gas.

Soak beans overnight. Add kombu. Cook well until soft. Start with smaller portion. **Hydrate a minimum half your body weight in water.** Wash fiber through with water. **Brain fog – hydrate. Movement stimulates peristalsis, especially women**, who have 10 cm longer colons...food moves more slowly.

Probiotics...do they work? Memorial Sloan Kettering – melanoma. Fiber and probiotic...reduced diversity temporarily. **Eat wider variety we can't put in a pill.** Helps skin.

8 billion dollars on probiotics. Pill just deliver a few strains. May not be viable. Temporary. Can reduce microbial diversity.

Fermented foods. Make or buy. **Non-dairy yogurt.** Feed bacteria naturally. **Soy yogurt:** Quart of unsweetened Eden soy milk, warm to body temp or slightly above, pour into yogurt maker, allow to sit 8 hours or overnight.

Prebiotics, probiotics, postbiotics support the gut differently.

Microbiome everywhere. On Skin. Acne, eczema, psoriasis. Inflammatory conditions.

We look like what we eat. Gut-skin axis. Embryologic development. Immune system. Bring nutrients in. Talk to each other.

Unhealthy microbiome creates porosity—leakiness—inflammation of skin. Feed healthy microbiome.

As we age, skin biome changes. Filters and barriers to outside world. Dirt. Animals. Exposing kids to earth, animals trains a healthier immune system.

Acne. Evidence that dairy can promote acne. B12 supplement – excessive can cause acne. UPFs and high sugar foods – acne. Cacao in chocolate is anti-inflammatory, but sugar and milk is inflammatory.

Inflammation or dysbiosis – more permeable. Gut hyperpermeability. Food particles into blood system...leads to allergies and sensitivities, autoimmune diseases. Tight junction barrier. Blood brain barrier then also breaks down.

NSAIDs make holes in gut lining – ulcers. Increase permeability of gut lining. Like a fishing net now. Lower dose. Cox2 inhibitors instead may work.

Antibiotics. Kill indiscriminately. Is it absolutely necessary?

Can you rebuild your gut microbiome? **Diverse fiber-rich whole plant food.** Live microbes.

Hashimoto's, polycystic ovaries, diabetes, high cholesterol, fatty liver disease, etc. China Study, Michael Pollan. Plant-based diet. Diseases going into remission. Transformative experience. Becomes autoimmune disease. Symptoms are a blessing.

Microbes

Membranes – degraded with SAD

Movement/motility – 1-3/day

Mind – nervous system played into illness, rest, slow down and listen to body

Bloating, gas – elimination a few weeks. May need probiotic. Slowly transition off. Individualized.

Fodmaps, histamines, oxalates, salicylates, lectins.

Fodmaps – onions, garlic, beans, wheat, certain fruits. Low FODMAP short term reset. Tamp down alliums and cruciferous. Then bring them back in. Balance them out. Inflammatory influences. Not permanent solutions. Systematically re-introduce them.

Listen to what your body tells you. Approach with curiosity instead of blame. Diverse, fiber-rich whole foods.

Body is doing its best. **Trust that healing is possible.**

Resistant starches. White rice. Hypoallergenic. Feeds gut microbes. Resists small intestine...goes to large intestine. **Cook and cool.** Overnight oats. Store bread in freezer. **Potatoes**...film builds on top.

Potatoes, rice, oats heated and cooled. Reheating. White and brown rice can work.

Bonus points – fermented food.

Resistant starch. Nourish beneficial bacteria.

Heal, then re-introduce foods.

Food with gratitude. Produces kindness. Food is love.

Rest, digest, repair.

Chemical farming – downstream stressors – collapse related to stress response. Distant soil and air systems.

Natural environments – green spaces. Especially skin and respiratory tract. Broader microbial world. Resilience and health. Living soil has trillions of bacteria. Mirrors our microbiome. Inhaling and swallowing bacteria. Radical reconnection. Grace extracted from soils. Capacity for renewal. Small consistent shifts. Gentle ways of reconnecting. Clearer thinking. Deep resilience.

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Episode 8: Longevity for All

The secret to vibrant longevity isn't expensive supplements or extreme interventions. Discover the simple daily choices that nourish both your body and the Earth.

- Learn how Blue Zones communities routinely live past 100 by prioritizing certain foods, daily movement, deep social ties, and a sense of purpose — no pills, procedures, or complicated protocols required.
- Get the truth about bone health: why seniors need about one-third more protein, how resistance training prevents fractures, and which foods deliver the nutrients aging bodies need most.
- Find out how gratitude and generosity light up your biology three times longer than buying things for yourself, and why purpose and social connection are as powerful for longevity as any supplement.
- Discover the Planetary Health Diet: predominantly plant-based meals with whole grains, vegetables, fruits, nuts, and legumes could prevent millions of early deaths while cutting food-system emissions and feeding a hungry world.

Dan Buettner:

In every Blue Zone he studied (Blue Zones are home to the longest-lived communities on Earth), there's one food that shows up on almost every plate: **beans, about a cup a day**. That's it — just humble, affordable, delicious beans.

Blue Zones. Lifespan and health span shaped by the choices we make. **Food, movement, connection and purpose** influence how our bodies act at the cellular level. Protect the planet in the same manner. Longevity for all.

Living BETTER. Powerful tool at our disposal...our fork. Influence gene expression.

Greger – best kept secret in medicine. Body can heal itself. Knock shin on coffee table. Pain killers. If we keep stabbing ourselves with a fork 3 x/day, we never heal. Let our body heal. Moderation. Hit self with smaller hammer.

Healing happens in community. Show up for people. **Create, contribute beyond yourself**. Loneliness literally kills. Feeling seen. Feeling needed. Sense of belonging and purpose. Not alone in a lab. Loss of partner. Within a year, spouse can be gone too. Powerful community. Moments are medicine. Patterns – connection, strong social ties.

Buettner: Peasant food: Whole grains of every type, gardens, tubers, **beans are cornerstone – a cup a day.**

Blue Zones – 10x likely to reach 100. Whole plant foods, mostly local, shared with others. Locally and seasonally. Today, access to diversity. Joel Fuhrman – advantage to consume **diverse foods. 30/week**

Profoundly deficient in fiber. No need to count. ½ plate rainbow fruits and vegetables, ¼ grains, ¼ protein.

Protein – needs change over time. **Seniors – protein needs higher.** Less room for sweets, tea/toast. Add **black lentils, soy milk, tofu, edamame, hummus. Nuts, seeds. Leafy greens. Spread intake through day. Don't waste calories on oils or sugars.**

Maintaining bones and muscles. Intentional. Fractures higher in certain populations – lean folks. Less wt, less load-bearing stimulus. **Strength building. Weight bearing exercise. Cardio. Balance. Avoid falling. Resistance training. Weights in office. Exercise breaks. Pushups, squats. Use it or lose it. Grip strength. Small, consistent movements.** Memory, mood are influenced.

U. of Illinois. Hippocampus. Memory. Shrinks. Brisk walk 3x/week 10 minutes. Worked up to 40 minutes, 3x/wk. Retain information. Shrinkage reverses. **BRISK walk**, not a stroll. Leg strength is huge. Build it into daily routine. More than you think.

Blood pressure. High BP not inevitable. Lower the better. Ideal 110/70. Normal for healthy people. Rural China. Rural Kenyans. Solely plant-based. Affects every organ, including the brain.

Sleep matters. Clear metabolic waste. Decision-making ability drops. Consistency. Wind-down routine. Cool. Dark. Melatonin decreases with age. Light exposure first thing in the morning. Early meal. Age healthy at any stage.

Loma Linda, CA Blue Zone. Meal timing and frequency. Linear relationship with body weight. 4-6 meals, gained weight. **2 meals/day – breakfast and lunch, lower weight. Timing of largest meal – breakfast best option**, dinner worst. Deposit 50% more fat after dinner. **Length of night fast – at least 18 hours is beneficial.** Two meals – 5 to 6 hours apart. Lost more liver fat. Insulin sensitivity improved. Less depressed. Most continued after the study.

What shapes our choices? Focus? What does it mean? How we act? Sense of purpose. Buying things doesn't last. Experience more valuable. **Giving, especially to those who can't give back is best.** Your life is a blessing.

Gratitude. Anger and fear destroy your life. Gratitude solves the problem. Life becomes a great adventure. **Life is a gift. Generosity. Part of something larger. Long-term health is related to health of the planet. Reshape the planet. What we eat shapes our planet, which shapes our health.**

Climate change, wipe out pollinators can't neglect. 15 planets are not practical. Bovines. Fish. Depletion of resources. Using up aquifers, acidifying our oceans. 8 billion people. What can we sustain together? 2025 EAT Lancet 35 countries, global shift to dietary patterns, plant-forward prevent deaths, reduce ag GHG. **3-5 servings whole grains daily, at least 5 servings fruits & vegetables, regular servings of nuts and legumes. Animal foods, occasional if at all.**

WFPB diet, lower on food chain. 14x more resources to eat a meat-based diet. **Enough for everyone.** Deforestation of Amazon for cows to graze.

Fisheries depleted by over 90% since 1950. 10 billion acres have been deforested to produce meat. Livestock provides just 18% calories, 37% of the protein, but takes up 83% farmland. 69% of the loss of

biodiversity is due to animal agriculture. Most ag grains go to animals. Shaming people doesn't work, but can be inspired.

Plant-based diets use far fewer resources and can feed many more people. We lose efficiency as we move up the food chain. It takes 10# grain/soy to produce 1# beef and 4# grain to produce 1# chicken or pork. Wasted feed means wasted water, land, lost ecosystems, loss of biodiversity.

Eating lower on the food chain is one of the best ways to improve topsoil, conserve habitat and water, and reduce GHG emissions.

Soil health – influences nutritional value of food. Microbes, fungi. Micro-organisms. Organic farms. We don't farm for yield. We **farm to build soil**. Living biologically active soils. Hold water. Carbon sequestration. More vitamins, minerals.

Real costs to pesticide use, especially for farmers. Cancer, repro harm, neuro issues. Farmers should not have to risk their lives to produce food for us.

ADHD, some cancers. Organic food certification costs a lot. More plants optimize health, no matter if pesticides used.

Strawberries, spinach, kale, apples – organic.

Thick peels – lower residues. Soaking in baking soda. Rinsing.

Food access. Resources to feed grains to livestock. 700 million people – hunger globally. Tony Robbins. Gaza, Sudan. If hunger were a country, it would be the 3rd largest country in the world.

Scott Stoll:

No child or family should go hungry. Access is fragile. Wars. Fight for land, resources, water. **Each do our part.** Immediate relief and long-term solutions. Structural inequities. Preventable illnesses.

Transformative opportunities. More than access to food. Access to money and information. Chronic disease burden. WFPB plate and empowered people is a path to freedom. Take control of health and future. Tools. Transformation is on our plates. 100 bites/day. Rewild 8 billion acres of forest, allowing biodiversity to thrive. Healthy soil.

Rescue 225 animals/year – by not eating them! Creates healing in world. Aligned with sense of purpose. We have agency. It literally becomes us.

Use our influence, starting with our very next meal!

Dr. Paul Simonoff, Cardiologist: Impacts my purpose and identity. Loving husband, father, citizen, community member, planet. I'm a healer and educator. I share information with my patients and peers.

Stoll: In a world of division...What can bring people together? Desire to improve human health. Being open to the research. Coming to the most wise, scientific conclusions has the potential to unify people around **the power of the plate, the power of lifestyle, the importance of preserving nature for the next generation. Human health is the engine that could transform our world.**

Love has the power to bring us together. Real, grounded hope.