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HWS NEWS

INTRODUCING SUNDAY SUPPERS

MAY 21 WITH SAILESH RAO

*We're changing our meeting format.* Starting this month, we'll no longer hold monthly HWS evening meetings. Instead, we'll host a quarterly Sunday afternoon gathering for dialogue and supper. Each gathering will feature the opportunity for in-depth conversation and learning with a person of wisdom from our local or regional area. Our first quarterly meeting will be on May 21, when Dr. Sailesh Rao will join us for a "deep dive" into the information he discusses about food choices and climate change in his most recent book, *Carbon Yoga: The Vegan Metamorphosis*. In this book he describes the risks of addressing climate change through eliminating the burning of fossil fuels, without also addressing the impacts of animal agriculture. *The result would be even greater warming of the earth*, due to the elimination of aerosols in the atmosphere, with no means to sequester the carbon that will remain in the atmosphere for hundreds of years. This is where plant-based living comes in. We continue to see the focus of mainstream environmental groups on fossil fuels alone, without mention of the impact of raising animals for food. Join us to increase your own understanding of this issue. Bring your friends. We promise a great afternoon!

Dr. Rao is the Executive Director of the non-profit, Climate Healers. An electrical engineer by training with a Ph.D. from Stanford University, Sailesh’s technology career includes service with AT&T Bell Labs and Intel. Moved to action to address the global climate challenge, he founded Climate Healers in 2007. The goal of Climate Healers is to reforest one-sixth of the ice-free land area of the earth to neutralize human carbon dioxide emissions temporarily.

*Time:* 3 p.m. Sun., May 21

*Location:* Home of Don Fries & Bev Bow, 4791 Red Rock Loop Rd, Sedona

*Bring:* A salad to share for supper following the dialogue (refrigeration available)

June 2016 HWS Meeting
Films & Videos

You'll love these explanations of two common medical conditions that are impacting the lives of so many people. Jane Esselstyn, RN (daughter of Caldwell Esselstyn), explains things in a way that anyone will understand. And if you're still wondering about oils, the diabetes video gives a clear answer.

TWO GREAT 6-MINUTE VIDEOS

JANE ESSELSTYN, RN, EXPLAINS ERECTILE DYSFUNCTION AND DIABETES

Thank you Midge Steuber for telling us about these short films!

Eating You Alive available for download or rental. This powerful film is a "must see" for anyone wondering if a plant-based diet can overcome chronic health problems.

Watch it Now!

What The Health?
The long-awaited sequel to Cowspiracy by filmmakers Kip Anderson and Kegan Kuhn is here.

Watch it online, or order the DVD.

CALENDAR

APRIL 14
Verde Valley Vegans Potluck, 6:00 p.m., Cornville. Sign up at Meetup.com.

APRIL 22
Cooking Demo: Delicious and Nutritious: Quinoa/Millet, 12:00 – 1:30 p.m., Natural Grocers. Presenters: Earl Urwiller and Susan Wolfe. Join us for a mouthwatering pancake sampling! On the menu: gluten-free, vegan, oil-free Quinoa/Millet Pancakes.

APRIL 28
Conscious Living Potluck, 5:30 p.m.. To reserve a spot: RSVP to susan@susanpitcairn.com.

MAY 4
Gourmet 5-Course Dinner, Thursday, May 4, Cottonwood. Verde Valley Vegans and Veganification are sponsoring a fabulous, 5-Course Dinner at Abbie’s Kitchen in Cottonwood. Details and tickets are available at veganification.com.

MAY 21
HWS Sunday Supper, 3 p.m., with Dr. Sailesh Rao. Home of Don Fries & Bev Bow, 4791 Red Rock Loop Rd., Sedona. RSVP at healthyworldsedona@gmail.com.

VEGFEST 2018

We're already planning for VegFest 2018. Save the dates: January 20 and 21. And watch each month for exciting announcements about speakers and events. It's going to be even better next year!
My Plant-Based Story
Samantha Malinski Prentice

Samantha is a 35-year old mother of two boys, ages 1 and 4. She agreed to share her remarkable story of healing with our HWS News Readers.

HWS: How did you come to plant-based eating?

SMP: Honestly, being plant-based found me, exactly when I needed it. In order to tell you the beginning. I had struggled with chronic illness my entire life, starting when I was a little kid. And doctor’s appointments after doctor’s appointments, I would get medication for symptoms, but never any resolution. Although the symptoms would change over time, I never really got better. I would just feel less sick, rather than well.

HWS: What kind of symptoms did you have as a child?

SMP: I had chronic stomach issues since I was a very small child – probably from birth. I was doubled over with a tremendous amount of pain – couldn’t sleep, couldn’t eat and when I was six my parents took me to the emergency room. The doctors ran all kinds of tests, and told my parents that it was just gas pains, and they should follow up with the primary care doctor. The primary care doctor said I couldn’t possibly be having symptoms as often as I was saying, so I was making it up for attention. So now my parents no longer believed me, and I just stopped reporting it and struggled with it alone. It wasn’t until I was 19 that a doctor figured out that I did have a condition, I wasn’t just making something up, and he gave the diagnosis of IBS. It wasn’t corrected until I was 31, but it was at least nice to have someone believe me.

As an adult, I had other problems as well. I had migraines that were so bad that they were diagnosed as chronic daily migraines. I had migraines every day for about a year. And then later in my journey I got diagnosed with chronic fatigue syndrome. They couldn’t figure out why I was tired. I would fall asleep while I was at work, or during activities. It was like I was narcoleptic, only I didn’t have the narcolepsy gene, so I got diagnosed with the mystery diagnosis, which is now called chronic fatigue. And thyroid issues, PCOS, uterine fibroids, endometriosis.

HWS: How did you figure out it was diet?

SMP: After my first son was born, I was at the highest weight I had ever been in my entire life. I was breast-feeding, and he started having a whole bunch of food allergies.

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High-protein supplements negate the beneficial effects of weight loss on insulin sensitivity

“One of the great benefits of weight loss is often in insulin sensitivity, but this fascinating study from Washington University, St. Louis, found that merely consuming two servings of whey protein a day in addition to a standard low-calorie diet eliminated the benefit of weight loss. People lost weight but had no improvements in insulin sensitivity. Many people commonly try to lose weight by eating protein bars and shakes and protein-based meal replacements. Even if they lose weight, they may be sabotaging their efforts at improving metabolic health if they consume extra protein, particularly whey protein.” From the T. Colin Campbell Center for Nutrition Studies Newsletter, December 28, 2016 High-protein supplements negate the beneficial effects of weight loss on insulin sensitivity.
Samantha Malinski Prentice
Continued from page 3

HWS: So how much did you weigh at that time?
SMP: Almost 300 lbs. So, when all of his food allergies came up, I was told I needed to do an elimination diet. And I eliminated dairy, and wheat, and soy and eggs, and what felt like a mountain of other things, because he was reacting so horribly to it.

HWS: That must have been challenging.
SMP: I remember when I came home from the lactation visit, with this long list of things to eliminate, I just cried. I had no idea what to eat anymore. I had no point of reference for cooking. I could no longer eat any of those boxed, prepackaged meals because my son had so many food sensitivities, and I had to make everything. I knew basic cutting skills, but not to the extent of making all of my meals! Then I got up and said, “I have to do this. I will do this. The discomfort I would overlook on myself saying, oh, I’m used to it, I

even the meat was causing a reaction. My irritable bowel that I had struggled with my entire life, and I was 31 at the time, went away almost completely when I stopped eating dairy and all things dairy-derived.

HWS: So everything was better?
SMP: My health was doing really well. Then I had my second son, and after he was born, my health shifted again. I was having a lot of postpartum swelling. I was having insomnia. I literally stayed awake for 40 days – not the normal awake because the baby wakes you up. And I still had to function and be a mom for now two kids. I had petechiae – little red speckles that appear on your skin that don’t go away. It covered most of my body. I had numbness, tingling, muscle weakness, joint pain and high anxiety. I was starting to get depressed. It was like a giant domino effect. I went to a couple of different doctors, and they gave me the paperwork to get all these tests done. They were going to test me for lupus, and Lyme’s disease, and Hashimoto Thyroiditis. And I just couldn’t face another diagnosis and label. I thought, what good is it going to do?

HWS: Had you drifted back in your eating habits?
SMP: Only a little bit. But I did allow dairy back in, and I know now that dairy is highly inflammatory. And I was still eating meat, so when my youngest son was also presenting with food allergies, I removed the same things that I removed before, but it wasn’t going away. He also needed all meat removed. I went full raw vegan for one week, and there was a noticeable change. I went from sluggish, not being able to get out of bed, to walking around, moving talking, feeling like me again. There was just a huge shift within that one week of going fully raw and plant-based. Later, I did add in some cooked foods to get enough nutrients for my youngest.

And my health improved dramatically. I now can see that the slide in my food choices helped set the stage for the illness to creep back in. I know that what I eat and put in my body is the foundation of health.

HWS: So you lost a lot of weight, and you no longer have health issues?
SMP: No, I don’t have any ongoing symptoms whatsoever any longer. None. Zero.

HWS: That is fabulous. And your kids are completely plant based?
SMP: Yes, and they’re thriving. My son’s physician said, “He’s thriving, meeting all his milestones, so continue to pursue that diet for him.”

HWS: So how has your husband done with this? He didn’t have the same health problems, right?
SMP: Not like I did, but he had some of the typical, common, American conditions like acid reflux, irregularity. He was really supportive when I started the journey. He didn’t have any meat inside the home, so we just prepared meals that we could eat. And when he started eating this way, he realized that he started feeling better and there was something to it all. And then he would have the undesirable meal outside the home, and he would realize that he almost immediately started feeling unwell again – more tired, or agitated – so he has converted to vegan as well.

HWS: What advice would you give to others contemplating this change?
SMP: Don’t be afraid, just do it, try it. You have nothing to lose and everything to gain. Take little steps. Some people can just do the whole thing at once. And others, that’s not their journey. So be compassionate to yourself. That’s the biggest thing. Your journey may be that you go to just a couple of vegan and vegetarian meals per week, and then just keep adding to it. You will start feeling positive benefits in your life.

"THE DISCOMFORT I WOULD OVERLOOK ON MYSELF...I WOULD NOT LET MY SON SUFFER."
Recipe of the Month:
Pesto Stuffed Mushrooms

We asked Samantha Malinski Prentice to share a favorite recipe with readers.

This is it, and it sounds delicious! Adapted from *The Living Raw by Grace Complete Uncookbook* by Haley Cloud (the original recipe contained olive oil which we left out).

When we were in Germany in 2015, we were shocked and dismayed to see cigarette machines still present on the streets!

We're looking for a future when images like this are equally shocking, and no longer part of our world!

Don't miss our next cooking demo at Natural Grocers, Saturday, April 22, 12 noon to 1:30 p.m. Presenters Earl Urwiller and Susan Wolfe will demonstrate Quinoa-Millet Pancakes. They are vegan, oil-free and gluten-free - with samples available. Be there!

Want to learn more about plant-based eating?

Healthy World Sedona is committed to helping you make the transition. In addition to our monthly cooking demos at Natural Grocers, we are seeking interested participants for a “Veg 101” class that goes through the basics of how to make this change in your life. Learn about:

- How to fill your menu with delicious and nutritious foods
- Kitchen and pantry tips
- Special situations like eating out, dinner invitations, and family holidays
- Meet and learn from others on the same path
- Staying the course

Click here for more information.

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**Appliances:** Blender

**Prep Time:** 10 minutes

**Ingredients**

- 2 cups Button Mushrooms, stems removed.
- 1 cup raw Cashews
- 1/2 cup Water
- 1 cup Basil
- 2 Garlic cloves
- 1 tsp Pink Himalayan Salt
- 1 tsp ground Pepper

**Preparation**

Blend cashews, water basil, garlic, salt, and pepper until smooth, but add the water slowly (it’s easier to pour it in slowly until it’s the consistency you like than try to take out if you add too much).

Spoon the pesto into your mushrooms. Enjoy as an appetizer or as an entrée!
Tips, Quips and Snippets

Dr. Spock, the renowned children's doctor, advocated a meat and dairy free diet for kids 20 years ago. What's taken us so long? Read the article here.

Videos on Website!
Check out the videos of our VegFest and Health & Nutrition Conference speakers now available on the HWS Website. Share with your friends!

In case you thought going vegan was a recent trend...

Al-Ma'arri (973-1057), a blind Syrian Arab poet wrote this poem 1,000 years ago:

I No Longer Steal From Nature –Al-Ma'arri

You are diseased in understanding and religion.
Come to me, that you may hear something of sound truth.
Do not unjustly eat fish the water has given up,
And do not desire as food the flesh of slaughtered animals,
Or the white milk of mothers who intended its pure draught
for their young, not noble ladies.
And do not grieve the unsuspecting birds by taking eggs;
for injustice is the worst of crimes.
And spare the honey which the bees get industriously
from the flowers of fragrant plants;
For they did not store it that it might belong to others,
Nor did they gather it for bounty and gifts.
I washed my hands of all this; and wish that I Perceived my way before my hair went gray!

Restaurant Tip
Tamaliza Cafe has vegan tamales and chillies rellenos. Entrées are made from scratch every day using organic, non-GMO corn masa, with no cans, boxes or processed foods. Open Tuesday - Saturday, 11 am to 7 pm, corner of Airport Rd. and SR89A.