



Statement of Purpose

"Our primary purpose is to educate interested individuals, organizations, and the general public as to the value and benefits of adopting the whole food plant based lifestyle. We also provide support and social activities for vegetarian/vegan-oriented persons."

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President's Message... **Are you ready to make the commitment ?**



Changing your lifestyle takes commitment and must be approached with a positive attitude and a passion to succeed. To most this is easier said than done. There are 3 basic steps:

1. You have to want to change
2. Find out who is successful at it and "hang out" with them
3. Just DO IT!

It is the same with anything else in life that we accomplish. If you look at eating that way than you'll know that that too is a learned "habit" and it can be changed by learning new ways. *"Should we desire to defend our health and maximize our life experience, we must now act in ways inconsistent with our instincts. To do so is not an easy task, but with preparation, we can improve our odds and protect our physical and psychological integrity."* quote from THE PLEASURE TRAP by Douglas J. Lisle, PhD & Alan Goldhamer, DC.

Just DO IT: again from THE PLEASURE TRAP, *"A key strategy to keeping on track is to make health-promoting choices as convenient as possible. It is useful to maintain the home as a "junk-food-free zone," and organize your cooking and shopping with a planned menu."*

VSU offers *convenient* excellent programs every month to give you key information to help you succeed in taking control of your health. These programs vary in length from one to two hours with time for questions and answers and socializing. Also we offer numerous free publications and several books, CD's and DVD's for purchase with the science, step by step guidance and success stories of why eating a whole food plant based diet is the most effective for long term health – physically and mentally. *But* you have to make the commitment to attend these events - make the time and effort – put it on your calendar, set aside the evening or whatever – you deserve it!

Going "cold non-turkey" vegan as I did is not for everyone. Although, I don't believe in moderation there are other options that you can choose to get you on the path. I like this quote from Dr. T. Colin Campbell during the last 21 Day Vegan Kickstart program sponsored by PCRM. Dr. Campbell says, *"If you had a friend who had been a smoker all of his or her life and looked to you for advice, would you tell them to cut down to only two cigarettes a day or would you tell them to quit smoking all together? Moderation—even with the best intentions—sometimes makes it more difficult to succeed. Why should you try a totally plant-based diet? Because it can stop the development of heart disease, cancer, and diabetes. The epidemic of chronic, degenerative diseases like these that are sweeping the world can be stopped and reversed with a plant-based diet. The solution lies in the choices we make about what we put on our plates."*

THE ENGINE 2 DIET option from Rip Esselstyn, ...*"Think about it: In just 28 days, you will plant the seeds of a long-lasting healthy life. I know that if I didn't follow this diet, I would never have had the energy to be a world-class triathlete, or just as grueling, a firefighter."*

Time to make your commitment and start "hanging out" at VSU events also to renew your membership and make donations! We are here to support you and give you the information that is needed to accomplish your health and happiness goals!

See you at our potlucks and programs

Barbara

VSU Lending Library

Listed below are the books, DVD's and CD's that are available from our Lending Library.

Jeannette Chalker, Lending Library Coordinator

Books:

THE CHINA STUDY	T. Colin Campbell, PhD
THE RAVE DIET & LIFESTYLE	Mike Anderson
PREVENT AND REVERSE HEART DISEASE	Caldwell B. Esselstyn, Jr. MD
THE McDOUGALL PROGRAM TWELVE DAYS TO DYNAMIC HEALTH	John A. McDougall, MD
THE McDOUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS	John A. McDougall, MD
THE McDOUGALL PROGRAM FOR WOMEN	John A. McDougall, MD
THE McDOUGALL PROGRAM FOR A HEALTHY HEART	John A. McDougall, MD
THE NEW McDOUGALL COOKBOOK	John A. McDougall, MD & Mary McDougall
EAT TO LIVE	Joel Fuhrman, MD
FASTING AND EATING FOR HEALTH	Joel Fuhrman, MD
DISEASE PROOF YOUR CHILD	Joel Fuhrman, MD
DR. NEAL BARNARD'S PROGRAM FOR REVERSING DIABETES: THE SCIENTIFICALLY PROVEN SYSTEM FOR REVERSING DIABETES WITHOUT DRUGS	Neal D. Barnard M.D. & Bryanna Clark Grogan
REVERSING HEART DISEASE	Dean Ornish, MD
EVERYDAY COOKING WITH DR. DEAN ORNISH	Dean Ornish, MD
THE PLEASURE TRAP	Douglas J. Lisle, PhD & Alan Goldhamer, DC
HEALTHY AT 100	John Robbins
THE SCIENTIFIC BASIS OF VEGETARIANISM	William Harris, MD
OF THESE YE MAY FREELY EAT	JoAnn Rachor
VEGAN DOG BOOK: CRUELTY-FREE RECIPES FOR CANINES	Dean Ornish, MD

DVD's

EATING - 2ND EDITION PLUS Mike Anderson

CD's

Pamela Popper, PhD

*A Consumer's Guide to Evaluating Health Information & Research
Improving Health, Academic Performance & Behavior in Children
Protecting Our Future: Bringing Up Healthy Kids in America Today
Dr. Pam Popper Talks About Heart Disease
Dr. Pam Popper Talks About Cancer Prevention & Diagnosis
Dr. Pam Popper Talks About Cancer Treatment
Dr. Pam Popper Talks About Prostate Health
Dr. Pam Popper Talks About Attention Deficit Disorder*



Learn the facts
about whole
food plant-
based lifestyle...
your
Commitment
will be stronger

Lending Library Rules

and Requirements:

- Books may be checked out at any of our events for a \$10.00 deposit (\$5.00 for members with VSU member card),
- CD's for a \$3.00 deposit and
- DVD's for a \$10.00 deposit.
- Library items may be kept for up to a month
- Deposit is refunded when items are returned.

VSU Board

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This newsletter is a quarterly publication which is emailed or mailed to all VSU members

Sponsors:

www.webcarpenter.com
www.independentpublishing.com
www.mtlakesclinic.com

Member Spotlight

Our Spotlight Member was asked the following questions ...

1. Do you live in St. George?
2. For how long?
3. Where was/is your favorite place you've lived and why?
4. What do you do or have done for a living?
5. What brought you to VSU?
6. Did you attend several events before joining?
7. What made you decide to join VSU?
8. Are you Vegan, Vegetarian or an Associate member?
9. How long have you been a vegan or Vegetarian and what made you change from SAD (Standard American Diet)?
10. What have you gained from VSU?
11. Have you had any health changes since changing from SAD?
12. Have you found it hard to be a Vegan or Vegetarian?
13. How does your family feel about your choice to change your lifestyle?
14. What exercises have you found to be most beneficial?
15. What are your favorite things to do?
16. What are your hobbies?
17. What is your favorite recipe—please include if you have it written down.
18. What "sign" are you? (Just had to ask)
19. Do you have any advice for our VSU members: If so, what?
20. Any comments or story you'd like to share about yourself? (any subject).

April Ashcroft



1 - 3 - I moved to St. George from Southern California in 1983. I loved southern California and hated leaving but now I love St. George and wouldn't want to leave. I love the clean air, warm (hot) climate, friendly people, no traffic, and beautiful scenery!

4 - For 13 years I worked for Moore Business Forms, most of that time doing Shipping and Receiving and now I manage the receiving dept at Dixie State College. I love having an active job where I'm interacting with many people on campus. It's a great place to work! My passion however is teaching people how to incorporate more plant foods into their diet for better health and I love teaching my *Health for Life* cooking classes.

5 - 7. I was part of the start-up group for VSU. Myself and friend Janet Hailstone were doing vegan potlucks and teaching cooking classes through Community Education when Wes Craig initiated the idea. I was excited and on board right from the start! I'm so excited about spreading the word about the great benefits of a plant based diet and this was a great opportunity to help do this.

8 & 9 - I've been eating a plant based vegan diet since 1991. I have a strong family history of heart disease, cancer, & diabetes, the 3 major killers, and I decided 20 years ago that I have a choice and I wasn't going to take the same road as the rest of my family.

10 - VSU has been such a great outlet for my passion for teaching others. My family didn't want to hear about it so it's great to be able to talk with people who understand and want to make changes. Having VSU as a support system is so important in keeping people on track. Not just for social support but also for education. **People are not going to stay strong and on track if they don't get educated and know for sure, without any doubt, that this is the best way to gain great health!**

11 - Before I changed my diet (and I have to mention that I was eating a very "healthy" SAD diet) I was tired and fatigued, battled my weight, obsessed with exercise for fear of becoming fat, food addictions (especially sugar!) and started having some health problems (if those aren't health problems enough!). A friend gave me two books, **The McDougall Program**, and **Diet for a New America**. Shortly after I stumbled onto **Fit for Life**. I eliminated all animal products from my diet immediately after reading **Fit for Life** and my energy level increased the first week! Over time I stopped thinking about my weight, I discovered that I didn't have to be so obsessed with exercise (however, I do love it!) and I lost the food addictions. I have found that the better I eat the better I feel.

12 - 13 - The hardest part was/is lack of family and friend support. When I learned the facts and was convinced there was no turning back. I felt so good I didn't want to turn back. But it can be a lonely world out there as a vegan. Food is tied to so many aspects of life. You are weird and different and you have to be ok with that and feel at peace with that. I knew without a doubt I was doing the right thing for me. My husband Brian has always been very supportive of my diet and cooking style. I warned him before we got married that this was the way I cook. He has never complained and even though he's not a proclaimed vegan or vegetarian, he understands the importance of eating a healthy diet with minimal animal products.

14 - My daily exercise includes strength training and I try to get some cardio on a treadmill and stationary bike twice a week. I would prefer to do more but time is an issue.

15 - 16 - I love to water ski, hike, bike, roller blade, swim, and snow ski..... in that order. Snow skiing would be up by water skiing if you could have good snow conditions in July! I haven't done it for years but I love river rafting in the Grand Canyon and look forward to doing it again before I die! Give me sunshine, water, and I'm a happy gal!!

17 - Oh yes, and I love to cook healthy whole food plant based meals for anyone who will eat them!

My favorite food is Mexican and I guess right now my favorite two recipes are my Deep Dish Tortilla Pie and Kale and Black Bean Tacos. The Kale and Black Bean Taco recipe is on my blog at www.health4lifecooking.blogspot.com.

And the Deep Dish Tortilla Pie will be in my cookbook.

18 - My sign is "cancer" but I don't care or worry about it.

19 - My best advice for everyone is to eat as many greens as you can!!

20 - Something that many don't know about me is that I have 6 little rug rats that call me "Grandma." And I love it!! They come from my 3 step daughters that I have been fortunate to have in my life for the last 13 years since I married their dad.

Potlucks

April 17

May 15

June 19

6:00 pm

Ivins City Park
West Pavilion

Vegan Potluck Information

Please Bring

1. A *Vegan** dish that serves 6–8 people
2. Recipe or list of ingredients for those with allergies is greatly appreciated
3. A serving utensil for your dish if needed .
4. Plates and Utensils
5. Water or other drink if needed

*A *vegan* dish is one that contains no animal products whatsoever.

This includes:

All flesh foods including beef, pork, chicken, turkey, fish, etc.,

All dairy foods including cheese, eggs, yogurt, sour cream, cottage cheese, butter, whey, kefir, casein and any other milk derived ingredient

Donations appreciated

For more information see our website at www.vsutah.org or call 800.231.8335



Donations, Sponsors, Lifetime Partners, Memorial and Tribute Gifts

VSU is a non profit 501(c)(3). Without your generous donations we are not able to continue with our *Statement of Purpose: educate and inform interested individuals as to the value and benefits of adopting the whole food plant based lifestyle.*

There are many ways to support VSU;

- Donate** money at our events
- Donate** services
- Sponsor our quarterly venue** costs of \$100 and/or display and handout VSU event materials
- Become a Lifetime Partner.** Lifetime Partners are VSU members who choose to include VSU in their estate plans or who purchase gift annuities. These types of planned gifts provide the resources that create extraordinary opportunities to support VSU's future. There are a myriad of easy giving options from which you can choose – from naming VSU as a beneficiary in your will, to a more complex trust arrangement.
- Memorial and Tribute Gifts.** These thoughtful gifts are meaningful ways to honor a special person, animal, or occasion.
- Contact VSU President** Barbara for more information. 435 652 9320 or email: barbara@lizab.com

*** * April 27, 2010 * ***

Vegetarian Society of Utah presents...



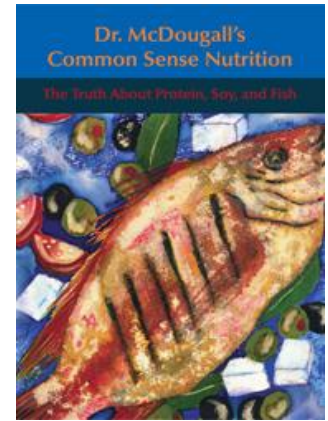
John A. McDougall, MD

DVD presentation

Dr. McDougall's Common Sense Nutrition – The Truth About Protein

6:00 pm

St. George Community Center
(park in Senior Center Parking Lot)
245 N 200 W St. George UT 84770



John A. McDougall, M.D. Physician and nutrition expert who teaches better health through vegetarian cuisine. John A. McDougall, MD. has been studying, writing and "speaking out" about the effects of nutrition on disease for over 30 years.

Dr. McDougall believes that people should look, feel great and enjoy optimal health for a lifetime. Unfortunately, many people compromise their health unknowingly through poor dietary habits.

Dr. McDougall is the founder and medical director of the nationally renowned McDougall Program, a ten-day, residential program located at a luxury resort in Santa Rosa, CA – a place where medical miracles occur through proper diet and lifestyle changes. Dr. McDougall has cared for thousands of patients over almost 3 decades of medical practice and has run a highly successful live-in program for more than 20 years. Dr. McDougall has developed a nourishing, low-fat, starch-based diet that not only promotes a broad range of dramatic and lasting health benefits such as weight (fat) loss, but most importantly can also reverse serious illness, such as heart disease, without drugs.

As with many leaders of public opinion, he often finds it necessary to challenge the accepted wisdom of the time, and was one of the first traditional physicians of the medical "establishment" to assert that adoption of a vegetarian diet can reverse unfavorable medical conditions such as heart disease. Medical research is now confirming this assertion. And slowly but surely, medical practitioners are accepting it.

Dr. McDougall is the author of several national bestsellers including: The McDougall Plan: 12 Days to Dynamic Health, McDougall's Medicine: A Challenging Second Opinion, The McDougall Program for Maximum Weight Loss, The New McDougall Cookbook, The McDougall Program for Women, and his latest ground breaking book, The McDougall Program for a Healthy Heart.

A graduate of Michigan State University's College of Human Medicine, he performed his internship at Queen's Medical Center in Honolulu, Hawaii, and his medical residency at the University of Hawaii. He is certified as an internist by the Board of Internal Medicine and the National Board of Medical Examiners.

To make it easier for people to eat well on the go, Dr. McDougall co-founded Dr. McDougall's Right Food's Inc., a producer of high quality vegetarian cuisine. The convenience meals are consistent with his health-supporting guidelines of 10% or less calories from fat, strictly vegetarian so there's no cholesterol, and no added oils. Dr. McDougall is the Chairman of the Company.

Misinformation about the nutritional qualities of common foods leads people to make incorrect choices and the consequences are as serious as obesity, heart disease, cancer, diabetes, and premature death.

Dr. McDougall challenges commonly held nutrition beliefs, such as: Plants Are Incomplete Proteins.

Almost every dietitian, doctor, and respected organization teaches animal foods are necessary in order to get sufficient amino acids from proteins. They are wrong, and the science says so. Plant foods provide complete nutrition long before they reach the dinner table. Informed consumers will avoid all that fat, cholesterol, and contamination mixed up with animal protein by choosing delicious dishes made from "complete protein" foods like potatoes, rice, and/or beans.

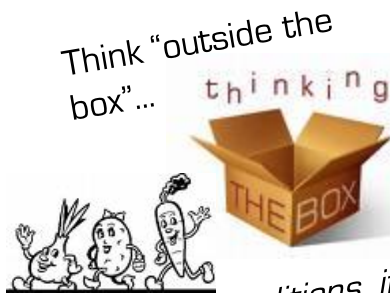
www.drmcDougall.com

VSU- Vegetarian Society of Utah

www.vsutah.org

* * May 25, 2010 * *

Vegetarian Society of Utah presents...



Most conditions, if diagnosed properly, can be resolved naturally.

Dr. Vradenburg has been mostly vegetarian since 1974 and is a St. George Holistic Chiropractic Internist with 29 years of clinical experience. He will present a fast moving power point lecture to help you think "outside the box". This presentation is full of references on **how food affects longevity, brain function, digestion, arthritis, cardiovascular health, and insulin resistance. Delayed food allergies, leaky gut, detoxification and environmental food facts and fiction will be addressed.** The lecture will help you make better dietary choices. Dr. Vradenburg is a Chiropractic Internist and a member of the Council on Diagnosis and Internal Disorders which is an educational Board that offers post doctorate training in advanced forms of modern medical diagnosis and natural medicine. A DABCI's diagnostic training exceeds

Donald Vradenburg DC

Show Me The Science: Can Food Make Me Well?

6:00 pm

St. George Community Center
[park in Senior Center parking lot]
245 N 200 W St. George UT 84770



the current standards of health care practice utilizing many current and specialized diagnostics such as blood, urine and saliva panels. Therapies may include dietary modification, physician grade supplements, homeopathic and naturopathic remedies. *Most conditions, if diagnosed properly, can be resolved naturally.*

Dr. Vradenburg has post doctorate training in anti-aging medicine which is founded on the application of medical technologies for the early detection, prevention, treatment, and reversal of age-related dysfunction, disorders, and diseases. It is a healthcare model promoting innovative science and research to prolong the healthy lifespan in humans. Anti-aging medicine is based on principles of sound and responsible medical care that are consistent with those applied in other preventive health specialties.

Dr. Vradenburg also has post doctorate training in Acupuncture which is a health science used to

successfully treat both pain and dysfunction in the body. Acupuncture has its roots deeply planted in China. Authorities agree the science is over 5,000 years old. Historians have stated, "More people have benefited from Acupuncture over the course of fifty centuries than any other healing methods.

Donald Vradenburg, DC, DABCI

- Fellowship to the International Academy of Medical Acupuncture
- Diplomate to the American Board of Anti-Aging Health Practitioners
- Diplomate to the American Board of Chiropractic Internists
- Diplomate to the National Board of Homeopathic Examiners
- Chiropractic physician for 29 years
- Graduate of Palmer College of Chiropractic
- Bachelor of Science degree in Health Education
- Surgical and Cardiovascular Technologist 8 years

For more about Dr. Vradenburg go to www.mtlakesclinic.com

*** * June 22, 2010 * ***

Vegetarian Society of Utah presents...



Food Demo

6:00 pm

St. George Community Center
[park in Senior Center parking lot]
245 N 200 W St George UT 84770



Quick, Cool & Easy Summer-Time Dishes

This is always a favorite program. Watch how we make it simple to prepare healthy whole food, plant based meals, snacks and maybe even a dessert. Taste samples offered.



Help Wanted

- Set up chairs, etc. before each program:
- arrive at 5:30 pm and help "take down" after program
- Membership Assistant:
- send out renewal reminder emails monthly
- assist with website input of membership information
- Program Review Assistant:
- take notes of the presentation and write up the review
- when Newsletter writer is unavailable

We are a non profit (501c3) and appreciate all your support in memberships, renewals, donations and attendance at our events. We are excited about our growth and the increased interest in our programs. To assure continuance of our excellence - your support in volunteering is vital. Please call Barbara at 435 652 9320 or email her at barbara@lizab.com if you are willing to assist. Thank you!

01.26.10



Jeff Novick, MS, RD, LD, LN

A Common Sense Approach to Health

by: Marlaime G. Layton

On January 26, 2010, the Vegetarian Society of Utah presented a DVD, "**Calorie Density: How To Eat More, Weigh Less and Live Longer**," by Jeff Novick, an acclaimed dietitian and nutritionist. We learned calorie density is one of the keys to safe and permanent weight loss. He addressed the following four areas: Carbohydrates, Calorie Density, Satiety, and Life Longevity.

CHOOSING THE RIGHT CARBS. They are the richest sources of vitamins, minerals, phyto chemicals, trace minerals and energy, and provide the best fuel for your body. If you cut out foods that are high in carbs, you lose weight because you cut calories, but you can mortgage your long term health because you are cutting out the most nutrient rich food. The right carbs to be are the unrefined carbs, and the ones you should avoid are the refined. In other words, the closer it is to the way it was grown, the better for you.

CALORIE DENSITY (CD). This is the number of calories in a pound. Note the caloric differences in the following examples: 1# broccoli has 128 calories; 1# oranges has 211; 1# baked potatoes has 495; 1# red beans has 550 calories; 1# whole wheat bread has 1,120; 1# chocolate filled cookies has 2,220; 1# nuts and seeds have 2,600; and 1# olive oil has 4,000 calories. While you wouldn't eat a pound of these foods at one setting, it is important for you to know how it matters to you. Normally, when eating a food, if you change the serving size, the number of calories will go up or down. But with CD, 1 cup of carrots or 2 cups of carrots will have the same CD because CD is a constant. This is what allows you to eat more and weigh less. It is important for weight loss and longevity, that people avoid foods that are Calorie Rich And Processed (C.R.A.P.). In Jeff's humorous way of stating things, he simply stated, "cut the crap." ☺

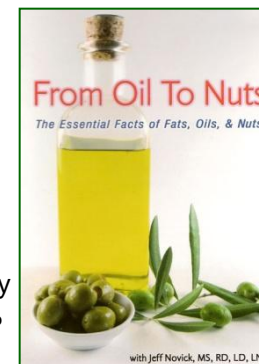
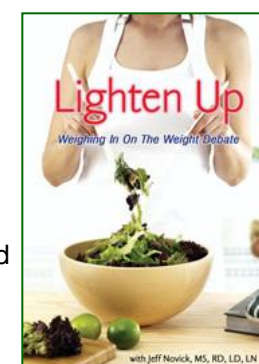
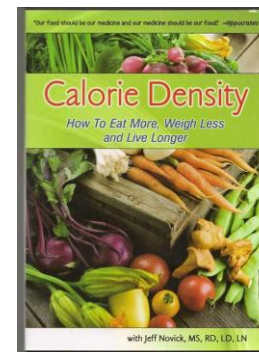
SATIETY. This comes from the same root word as satisfaction. It is the physical feeling of being full and satisfied. It is best accomplished by eating foods that are high in water, fiber, and nutrients. (1) Water fills up space in the stomach and it also has weight which stretches the stomach. Inside the stomach are nerve stretch receptors that send a signal to the brain that you are full. (2) Fiber doesn't take up much space or have volume, but when it is mixed with water, it creates bulk which contributes to feeling full. (3) If you take foods with the same caloric

intake, the one that will fill you up is the one with the most bulk, not just protein or fat. Bulky foods fill you up with fewer calories, while foods high in fat, sugar, and refined flour do the opposite. He gave numerous examples of foods with the same calorie value, and the food with the greatest satiety was the one with the greatest bulk/volume - a pat of butter vs. *grapes*; olives vs. *carrots*; olive oil v. *sliced apples*; pretzels v. *broccoli*; Hershey kisses v. *red and orange mini peppers*; potato chips and *celery*. *These foods gave the greatest satiety.*

LIFE LONGEVITY. The only way to extend your life is to eat a little less but get all of your nutrients. Many studies have been done on both animals and humans that bear this out.

A study was done, "Caloric Restriction: The Traditional Okinawa Diet," by the Ann. New York Academy of Sciences, showing that coronary heart disease, colon cancer, prostate and breast cancer and lymphomas are lowest in Okinawa, and they are the longest-living people. Their practice is to eat only until they feel about 80% full, not to the point where they are stuffed. Their diet is 9% protein, 85% carbs, and 6% fat. Sweet potatoes make up 70% of their calories, rice 12%, grains 7%, beans 6%, fish 15 grams or 1/2 oz, oil 3 grams equal to 3/4 teaspoon a day. They eat little seaweed, little fruit, and meat, egg, and dairy are unheard of, yet they have 80% less osteoporosis than the Standard American Diet (SAD).

In summary: *The Caloric Density Solution is to eat foods that are low in calorie density, high in satiety, water, fiber, nutrients, and bulk/volume.* Eat fresh fruits, veggies, starches, whole grains and legumes because they are packed with vitamins and minerals.



Matt Small

5th Degree Master Black Belt

Consistent Improvement in All Aspects

by: Marlaine G. Layton

02.23.10



On Tuesday, 23 February 2010, the Vegetarian Society of Utah featured Matt Small who has done extensive research on the latest studies of nutrition, health, and fitness. He has been a Vegan for over 13 years, is a martial arts instructor, a 5th Degree Master Black Belt, and has adopted the high performance standard of the Shao-Lin philosophy, whose roots are in Buddhism. The main motto of Shao-Lin is "Consistent Improvement in All Aspects."

He taught that nutrition and lifestyle habits are set in high school, and few people do more to push to a higher level. The Shao-Lin philosophy is that you consistently push to improve yourself physically, mentally, and spiritually. The physical not only increases the physical, but the mental. As one pushes physically, the more one's mental capabilities increase. When the physical and mental are working together, greater spiritual capability is achieved

Meditation, yoga, tai chi, and martial arts bridge the mind and body. Just as poor nutrition affects the mind and body, good food choices have positive effects on the mind and body. When you limit yourself mentally, you also limit yourself physically, and vice versa.

Matt further explained that health is not fitness and fitness is not health. Fitness is how you treat your physical body. Exercise is an important part of fitness. Health is what you put into your body. If you eat well, but do not exercise, your body will break down. If you just focus on exercise, but do not eat well, you can still be in poor health. It is important to address both health and fitness.

Whatever age you are, that is when it is important to start an active lifestyle. Start small and then push a little more each day. He told of a friend who started riding a bicycle by going around the block, but ended up walking the bike home part of the way because he didn't have sufficient stamina. His friend persisted and now he rides bicycles for miles and up and down mountains. He started out small and pushed a little more each day. We were encouraged to make an active lifestyle a habit.

Being active improves circulation and breathing. Circulation is a very important part of our bodies, in fact, the Chinese believe it is the most important thing that happens in the human body. They believe the stiffer you are, the closer you are to death so their goal is to be soft and pliable. Breathing helps improve poor oxygenation, circulation, and posture.

The way we perceive life is our personal reality. He said that we can make our reality productive by pushing ourselves to higher levels. We were cautioned to be careful of negativity for it is like poison and affects our health. Our immune system is wired to our central nervous system which is controlled by the brain. Good choices in nutrition and lifestyle create better energy and clear our minds. We have the power within ourselves to decide what foods we are going to eat, what television programs we are going to watch, what exercises we are going to do, knowing that our immune system and central nervous system are affected by the choices we make.

He encouraged us to find someone who is creating health, fitness, energy, and productivity in their lives. Our environment--the air we breathe, the books we read, the people we surround ourselves with, etc.--contribute to our physical, mental, emotional, and spiritual health.

Matt also noted that when a person gains 5 pounds a year, that over a 10-year span that will be an 50 pounds of inactive lifestyle leading to poorer health. He reminded us that 1 out of 3 people die of cancer and 1 out of 2 people die of heart disease. In 2004, 80% of these deaths could have been prevented by lifestyle changes. He believes that a lack of education and support are two reasons why people are reluctant to life style changes. He applauded this organization, the Vegetarian Society of Utah, for educating and giving support by giving people the opportunity to meet together to learn how to achieve improved, optimal health and fitness.

It was when Matt made the decision to exercise more, that he came to the realization of how important good nutrition is. He used the analogy of building a cabin by saying that you wouldn't look for dead trees that are rotting to build a cabin. Rather, you would choose fresh, strong, healthy logs to build your cabin. And so it is with food as it relates to building strong, healthy bodies. Healthy foods are the building blocks that turn into you. Nutrition is one of the most important elements for good fitness and health. It is an essential building block.

Label reading is the #1 skill, he said, when shopping in a grocery store.

- The shorter the list of ingredients, the better. Simplicity is the key.
- Look for the word "whole." This is what you want to buy.
- Look for the word "refined," and avoid it. It means no nutritional value.
- You will want to avoid preservatives and color for they affect your health and sap your energy.

A quick-nutrition class to improve your quality of life would include the following:

- Carbs - simple and complex. Carbs are needed in your body for energy. Simple sugars are associated with the "sweet tooth." They are digested quickly and energy comes fast. Complex carbs are vegetables and fruits; they have fiber and you get more nutrition from them. You should consume 70-80% of complex carbs, and only about 10% should be simple carbs. Fiber is a sugar that cleans out your system and keeps your digestive tract strong. Have you ever thought that your insides need exercise, too? They do. Broccoli keeps your insides exercised.
- Proteins should be 10-15% of your daily intake. Proteins are a nitrogen-containing molecule in chains that form muscle. You can get protein from corn, oats, beans, nuts, rice, veggies, jello, etc. That is what makes up your hair, teeth, bones, muscles, ligaments, etc. Protein helps with pH. Vegans must be careful to ensure that they get the 9 essential amino acids. That is why eating a variety of colorful veggies everyday is "essential".
- Fat is usually 20% of your calories. You have to watch saturated fats. You need essential fats. Essential means you cannot live without them. Vitamins D and A need fat to move around in your body. Other types of fats are omega 6 and 3. You want a 10:1 ratio of omega 6 to omega 3.

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02.23.10

Matt Small: Consistent Improvement in All Aspects

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Hydration is essential. Bones are comprised of 20% water; muscles are 70-75% water; and teeth are 10% water. Dehydration can make your muscles brittle, disrupt circulation, and cause joint pain. If you lose 1% of your body weight in water, you become dizzy or have pain. 1% of a 100-lb. person would equal 16 ounces of water. If you lose 4% of your body weight in water, you become irritable, lack energy, experience nausea and stop feeling thirsty. If you lose 8% of your body weight in water, you develop headache, become confused and weak, and can begin to talk with slurred speech. Hydration is essential and something we

need to be aware of year-round because of our dry climate and high temperatures.

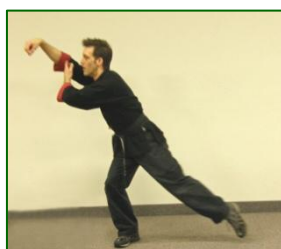
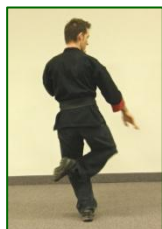
He summarized by stating that good nutrition turns into healthy energy, which turns into healthy thinking, which turns into healthy activity, which equates to a healthy body that can fight disease.

You can be much, much healthier no matter what your degree of health is now by **“Consistent Improvement in All Aspects.”**

At the end of his program he delighted the audience with a demonstration of Martial Arts.



www.shaolinlasvegas.com/school.htm



Pictures by Barbara J Mathison

Program Review

Latest in Clinical Nutrition 2009, Part II

by: Marlaime G. Layton

On March 23, VSU presented a DVD featuring **Dr. Michael Greger**, “*Latest in Clinical Nutrition 2009.*” Part II. The DVD addresses 114 topics. The following is a sampling of information he teaches from his extensive research:

- People eating a vegetarian diet must take vitamin B-12.
- We know that various foods target various diseases. One example, orange bell peppers don't do much for stomach cancer, but can cut prostate cancer growth by 75%. Some vegetables target multiple cancers at the same time. Therefore, we need to eat a portfolio of vegetables to cover our bases for good health. Spinach, beets, and radicchio lettuce are among the most beneficial.
- The two best cruciferous vegetables for cancer prevention are onion and garlic.
- Fat full salad dressing, rather than fat free, is better because it absorbs the nutrients in the vegetables

In place of oil, use Tahini, or blend nuts and cashews (only need 5 walnut halves).

- Salsa is a fat free food so add a little avocado (1/4 of one) to maximize absorption.
- Need to eat healthy so that the inside and outside of the body are healthy.
- 9 out of 10 chicken carcasses are contaminated with fecal matter. Good reason to remove the skin.
- Carcinogens are harmful to the body. Avoid grilled chicken products to reduce intake of carcinogens.
- 85% of fish is contaminated with fecal bacteria; can get cholera from raw oysters, also tapeworms.
- When fish starts to spoil, toxins, putrescine and cadaverine, can be released even when the fish still tastes good.
- Red meat can increase infertility risk by 40%. Just a single serving of half a breast of chicken per day can increase infertility risk by more than 50%. Replacing animal sources of protein, in particular chicken and red meats, with vegetable sources of protein may reduce the risk of infertility.
- Eat whole grains, beans, and nuts everyday to get sufficient amounts of iron.
- Glyco-nutrients. Considered a sham. A multi-million dollar suit was recently settled for false claims regarding glycol-nutrient supplementation. (*Glycobiology*, vol. 18 no. 9, pp 652-657.)



- Juice Plus™ supplements claim to be fruits and vegetables extracted into pill form. In the *Journal of National Cancer Institute*, it states: “The first research on diet supplements and food, conducted back in 1982, and ever since, came to the same conclusion: Get your necessary nutrients from food.”
- Gluten - the protein in wheat. For more than 99% of people, it is good food, an excellent source of protein. 1 out of 133 people have celiac disease and for those people it could cause a range of symptoms that disappear on a gluten-free diet.

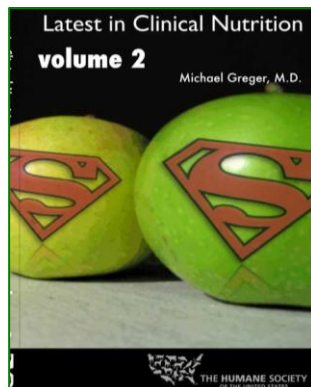
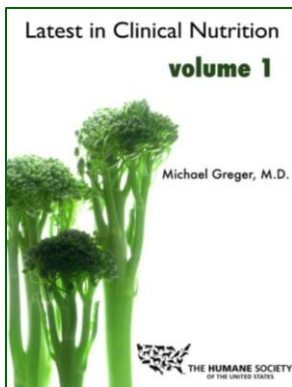
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Latest in Clinical Nutrition 2009 Part II

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- Raw mushrooms. There is a natural toxin in raw mushrooms which is destroyed by cooking. *Mushrooms have amazing health benefits if eaten cooked.*
- Sweet potatoes are great. Ranked as one of the top 10 healthy foods by Mayo Clinic. Peeling white potatoes removes 1/3 of the toxins.
- Arsenic in Rice and chicken. If you eat a lot of rice, buy U.S. grain rice as it has lower arsenic levels than Asian or European grain rice. Most arsenic in the American diet comes from beef, milk, pork, hot dogs, eggs, and chicken through ground absorption of arsenic.
- Can we max out on antioxidants? The more you eat, the more you benefit.
- Research indicates that dairy products block the absorption of berry nutrients.
- Aluminum is absorbed through cookware, childhood vaccines, cigarettes, and antiperspirants.

Researchers have found that shellfish have the highest levels of aluminum, and the highest overall is cheese. Why? The dairy industry adds aluminum salt to produce a smooth film around each fat droplet to prevent fat bleeding and to give the cheese a proper texture to make it easier to slice.



- Hormones in Skim v Whole Milk. Buttermilk is #1 for containing hormones and skim milk is #2. Science says, "The deeply-rooted beliefs about the wholesomeness of milk and dairy products should be reconsidered under careful, scientific evaluation. *The consumption of cow's milk interferes with the sensitive endocrine regulatory network from the fetal period into old age*...patients with tumorous disease should restrict milk and milk protein. The same applies to patients with coronary heart disease and those with a history of neurodegenerative disease.
- Long-term Vegan Bone Health. A study was done comparing bone mineral density of long-term vegans to omnivores women of the same age, weight, height, and exercise routine. Omnivores women got twice as much calcium a day as vegans. Despite calcium intakes, the bone density was the same.
- Whose Health Unaffected by Eggs. Dr. David Spence, Director of Stroke Prevention and Atherosclerosis Research Center in Ontario and who is a leading world stroke expert says eating one egg a day significantly shortens one's life span.

He asks, "Who would you believe: a dietitian who works for the egg industry or a doctor who has spent 30 years trying to prevent strokes?...They are selling eggs, I am selling stroke prevention." Egg consumption has been linked to heart disease and diabetes.

- Eliminating the #1 Cause of Death. Dr. Wm Clifford Roberts, head of Baylor's Cardiovascular Institute, authored 1,387 scientific publications, written 12 books on this subject, and is Editor-in-Chief for the American Journal of Cardiology for 25 years teaches this: Hypertension, diabetes, obesity, smoking, inactivity, etc., does not matter unless the person has high cholesterol. These things can speed the buildup of plaque in our arteries, but if our cholesterol is low enough, there is nothing our body can build the plaque with. Atherosclerosis does not occur if elevated cholesterol is not present regardless of other factors.

The plaque that builds up in the arteries, choking off blood to our heart, brain, etc., is made out of cholesterol. Unless we have elevated cholesterol levels, there isn't enough substrate to form plaques throughout our arteries.

Our LDL should be below 70. If this goal was created, this great scourge would be eliminated. Cholesterol is the cause of atherosclerosis.

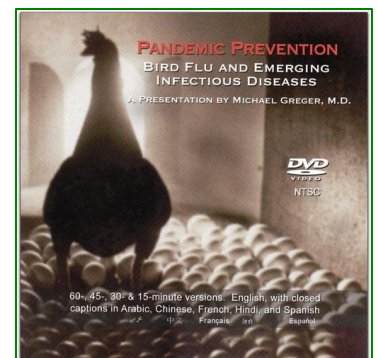
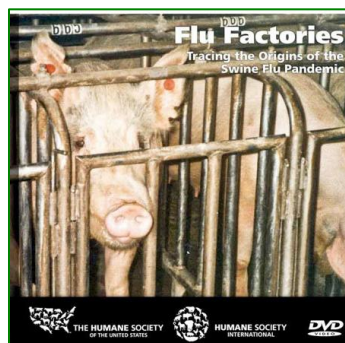
A vegetarian fruit diet is the least expensive and safest means of achieving the plaque-preventing LDL goal. He says, "The best way to prevent atherosclerosis is to be a vegetarian-fruit eater, a non-flesh eater and a non-saturated fat eater."

Without drugs, a vegan diet could reverse atherosclerosis, dissolve the plaque, and open up the arteries.

- Flax seeds are healthier than Chia seeds.

Dr. Greger will be our guest speaker October 4, 2010

More DVD's by
Dr. Michael Greger



For More Information:

<http://www.drgreger.org>