

# C.H.I.P. CHAT

The Official Newsletter of the Penticton Branch of the  
Coronary Health Improvement Project



Volume 9, Issue 4

July / Aug. 2009

## Editorial:

Thank you for the good feed-back I have received regarding the first edition of the on-line “CHIP CHAT”. It appears to have made it through cyber-space okay and we are on to the second on-line newsletter already!

Summer is here and hopefully, everyone is getting more fresh air, sunshine and exercise.

In the book “Health Power”, page 189, the authors talk about “The 10-Step Exercise Program”. Many of you are on a regular exercise program and that’s great! Some of you may not be. Here is an excerpt from that article:

“Have you tried exercise before and found that you just couldn’t stick with it? If so, you should try the world’s easiest exercise system. It’s called the 10-Step Program. All you do is make a commitment to the first 10 steps of a daily walk. That’s it! You get out and take those steps every day. Once they’re behind you, you can turn around and go home, if you wish.

The system works because it eases you past those difficult first steps. It gets you up and going. And if you are like most people, **once you get going you will finish the entire walk.**

The 10-Step program also keeps you in the habit of exercising even when you can’t manage your full routine. You might be sick, or traveling, yet in almost every situation you can manage 10 steps. In this way you maintain the exercise habit even when you can’t exercise. That’s important if you want to enjoy the benefits of fitness for the rest of your life.

*“Regular exercise is as necessary as air, water, and wholesome food. Don’t let a day go by without it!”*

## ANNOUNCEMENTS: JULY EVENTS:

**July Alumni Meeting:** Summer is here! July is time for our annual  
**‘CHIP POT-LUCK PICNIC’!**



**Date & Time**.....Sunday, July 19<sup>th</sup> @ 3:00 PM

**Place**.....In between the Kiddie’s Water Park & Play Area  
at Skaha Lake

**Bring**.....Vegan Picnic Food (Beans, salads, watermelon, buns,  
healthy goodies, etc. plus your own plates, cutlery and chairs.

*Look inside for the details on other up-coming events!*



**August Alumni Meeting:** In lieu of a regular CHIP Alumni meeting, how about a dinner date at a restaurant in Penticton that features some vegetarian fare? If interested, please advise Connie by phone or email. The date scheduled is late afternoon on Sunday, August 23rd. We do not normally have an Alumni meeting in August, but some “Chippers” may be available to enjoy a dinner out together. We are open to restaurant suggestions! And...we could do a little walk after dinner!

**NEXT PENTICTON CHIP PROGRAM:** Our next CHIP program is tentatively set for the month of October, 2009. Please mark your calendars and tell your friends!



**OKANAGAN HEALTH FORUM 2009 DVD'S -**

Would you like to share the last Health Forum's fabulous talks of Dr. Neal Barnard and Dr. Ron Cridland with your family and friends, or simply add them to your library? These DVD's are still available.

Please contact Margie by phone (250-493-6306) or email:

[muggiec@yahoo.ca](mailto:muggiec@yahoo.ca).



**THE “HEALTHY HARVEST BOX”** – If anyone is interested in eating locally by committing to a surprise box of fresh, tasty local fruits and vegetables from Okanagan farmers, please call 493-1177 or visit this website:

[www.localmotive.ca](http://www.localmotive.ca).

**PENTICTON COMMUNITY CENTER:**

The Center has many summer activities to help keep you active! You can call them at 250-490-2436 or email

[www.getactivepenticon.com](http://www.getactivepenticon.com) for more information.

Get Inspired...Get Connected....Get Active!



**CHIP WEBSITES:** Our local CHIP website is [www.help4bc.ca](http://www.help4bc.ca).

The National CHIP website is [www.chiphealth.org](http://www.chiphealth.org). Occasionally you may know of someone in another locale that is interested in the CHIP program. Please see the national website for a list of CHIP programs happening in areas around North America.

## WHAT DOES DR. JOHN MCDUGALL do for fun? He Saves Lives!

Dr. McDougall is another inspiring advocate of all the CHIP concepts we have learned at the CHIP program. He has a website you might like to visit: [www.drmcDougall.com](http://www.drmcDougall.com). A direct link to a great story you may be interested in reading is : <http://www.drmcDougall.com/misc/2009stars/starrobert.pdf> Or use this link : <http://www.drmcDougall.com/misc/2009stars/robert2.htm>. Both links work, but the PDF file is printer friendly if you want to copy it.



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Here is a reprint of an article that appeared on page A-15 of the March, 2009 edition of the *San Francisco Chronicle*. Although it is addressed to the U.S. population, it holds very true in Canada as well.

### **“It All Starts With Diet” (Federal ‘guidelines’ are too fatty)** *T. Colin Campbell & Caldwell B. Esselstyn Jr., Tuesday, March 17, 2009*

As scientific researchers who have spent our careers establishing the link between diet and disease, we find President Obama’s directive on “restoring scientific integrity to government decision-making” very welcome news.

We hope this will lead to health care policy that is informed by America’s most ignored scientific fact on health: That a whole-foods plant-based diet can prevent and in many cases reverse heart disease, diabetes, cancer and other chronic diseases.

Today’s health care debate has very little to do with what makes us sick. It is centered almost entirely on who gets covered and who pays. Extending coverage to more people is a good thing. But Americans who already are covered are suffering rising rates of chronic disease. Lack of coverage is not causing their disease, and expanding coverage won’t cure these diseases in others. We have to do more than increase coverage.

The No. 1 cause and cure of America’s health care crisis is right under your nose – it’s what you put in your mouth.

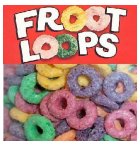
Unfortunately, the scientific findings on diet and disease are marginalized by the political power of huge, mutually reinforcing commercial interests – meat, dairy, sugar, drugs and surgery.

These industries are desperate to sell a solution that obscures their part in the problem. If they can convince people that the cause of our health crisis has nothing to do with eating unhealthy food, and everything to do with increasing access to drugs and surgery, Americans will spend trillions more on health care without improving their health. That’s what happens when you leave science out of public policy.



If President Obama wants Americans to get the full benefit of scientific research on health, then he should add three measures to his health reforms.

**One:** Change the way government develops its dietary guidelines. Right now, the U.S. government's most widely publicized dietary recommendations are deadly. The Food and Nutrition Board's 2002 report says that to reduce degenerative diseases like heart disease and cancer, we can consume up to 35 percent of our calories as fat, up to 35 percent of our calories as protein and up to 25 percent of calories as added sugars.



Here is a daily diet that meets those nutrition guidelines: **Breakfast:** 1 cup Fruit Loops, 1 cup skim milk; 1 package M&M milk chocolate candies; fiber and vitamin supplements. **Lunch:** Grilled cheddar cheeseburger. **Dinner:** 3 slices pepperoni pizza, with a 16-ounce soda and 1 serving Archway sugar cookies.

This helps explain why 12-year-old schoolchildren develop thickening of their carotid arteries to the brain, and 80 percent of 20-year-old soldiers, dying in combat, are found to have coronary artery heart disease.

How could the government distribute this information and call it science? Members of the committee had financial ties to industries that benefit from higher protein and sugar allowances, and the panel was partly funded by corporate money.

The Obama administration should establish a rule: No scientist with financial ties to the food and drug industries should chair – or choose the member of – panels that set dietary guidelines.



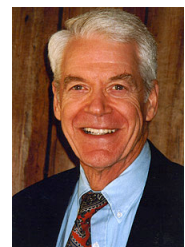
**Two:** President Obama should establish a new institute at the National Institutes of Health dedicated exclusively to exploring the link between diet, health and disease. Today, there are 27 institutes and centers at the National Institutes of Health, but none devoted to nutrition, despite the great public interest in the subject. For the sake of the people who pay the bills, it's time for NIH to dedicate an institute to studying the effect of nutrition on health.

**Three:** Congress should require that medical schools – as a condition of receiving federal grants – offer residency programs on dietary approaches to preventing and treating disease. Americans don't understand the disease-fighting power of a good diet because their doctors don't. Medical schools teach a drug-centered curriculum. They do not learn about the many population-based studies that show the connection between diet and disease. They do not review the biochemical studies on disease formation that support the population-based studies. And they do not study the results found in treating disease with diet in clinical settings. Drugs and surgery can offer miraculous benefits in certain cases. But it's unconscionable for doctors not to know about – or tell their patients about – the preventive and healing power of food.

These three proposals won't cost much, and they will pay back our investment a million-fold by making people healthier and reducing health care costs. Moreover, they reflect a commitment – expressed by the White House last week – to finally let the public enjoy the health benefits of scientific research.



*T. Colin Campbell, Ph.D., (left) is professor emeritus of nutritional biochemistry at Cornell University. He is co-author of "The China Study." Caldwell B. Esselstyn Jr., M.D., (right) former president of the American Association of Endocrine Surgeons, is a preventive medicine consultant at the Cleveland Clinic. He is the author of "Prevent and Reverse Heart Disease."*



## More Reasons to Cut back on Your Meat Consumption:



After 10 years, the US National Cancer Institute analyzed data from a half a million people and found that the people who ate the most red meat and processed meats had a higher increased risk of dying than those who ate the least, mostly from heart disease or cancer. For red meat the risk was up 30% and for processed meat it was up 20 % and they weren't even comparing them to people who ate no meat at all (1), who generally have lower rates of cancer and greater longevity.

There seems to be convincing evidence that vegetarians have lower rates of coronary heart disease, probably due to lower LDL cholesterol, reduced rates of hypertension and diabetes mellitus, and a decreased incidence of obesity. Also, their cancer rates appears to be somewhat lower and life expectancy appears to be longer (2).

In terms of cancer risk, a group of researchers from Britain and the US found that nitrates from processed meats and other consumed foods and water are activated into toxic compounds in the presence of haem, the blood found in red meats, even in the upper GI tract in the absence of bacteria from the colon.(3). One more reason you might want to quite eating red and processed meats.

(1) Nutrition Action Health Letter, June 2009, p.3

(2) Vegetarian diets: what do we know of their effects on common chronic diseases?, Gary E Fraser, American Journal of Clinical Nutrition, doi:10.3945/ajcn.2009.26736K, Vol. 89, No. 5, 1607S-1612S, May 2009

(3) Carcinogenesis 2007 28(3):685-690; doi:10.1093/carcin/bgl1192 . The effect of haem in red and processed meat on the endogenous formation of *N*-nitroso compounds in the upper gastrointestinal tract, J.C. Lunn, G. Kuhnle, V. Mai, C. Frankenfeld, D.E.G. Shuker, R. C. Glen, J.M. Goodman, J.R.A. Pollock and S.A. Bingham

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## Get the Facts on Heart Disease....

*by Dr. Joel Fuhrman*

**DON'T BECOME A  
STATISTIC!!**



### According to the Center for Disease Control CDC:

Heart disease is the leading cause of death for both women and men in the United States.

- Every 34 seconds, someone in the United States dies of a heart attack!
- Every 20 seconds, a person in the United States has a heart attack.
- 50% of those who have a heart attack never have a warning or a symptom.
- 33% of those without any prior symptoms of heart disease DIE from their first heart attack.
- At least 65% of people with diabetes die of some form of heart or blood vessel disease.
- In 2009, heart disease is projected to cost more than \$304.6 billion, including health care services, medications, and lost productivity.

### Learn how to prevent a heart attack & eliminate the risk factors

Most people are not aware that heart disease can be totally prevented and cholesterol levels dropped radically low, without drugs, by adopting a diet based on nutritional excellence such as I prescribe to

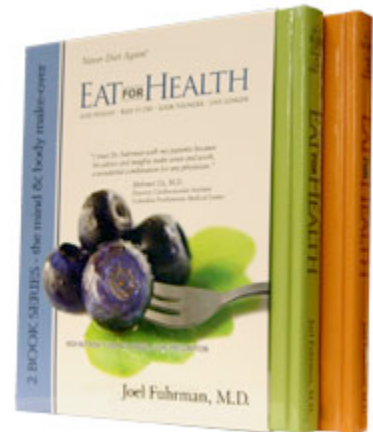
my patients; a program for those who want to completely remove their risk of heart disease and not merely lower their risk a little.

By following the recommendations of my high-nutrient diet-style, virtually everyone can improve their heart health. In fact, if you start in time, you actually can make yourself heart attack proof. There is no magic to heart health. Educating yourself with the latest scientific findings and eating a diet of delicious, natural, unprocessed food allows you to protect yourself. Following this approach, you can achieve positive results simply by making the right diet and exercise choices--consistently, without the use of drugs or surgery.

There is irrefutable scientific evidence that high cholesterol levels are associated with increased risk of Coronary Heart Disease (CHD). The new recommendations of medical authorities are to maintain your LDL cholesterol below 100. Less than 10% of the adult population in America actually has LDL cholesterol levels that meet these recommendations.

**My high-nutrient, vegetable-based diet as outlined in [Eat For Health](#) enables people to achieve remarkable reductions in these cardiac risk factors (high blood pressure, high cholesterol, diabetes, and overweight/obesity).**

Eating a low fat diet is not sufficient. So many people think by eating a low fat diet, watching their intake of saturated fat with egg whites, fish and chicken, they are protected. They are not. My recommendations are more complex and involve understanding the concept of nutrient density. We must eat a diet-style rich in nutrients that contain the substances needed by the body for blood vessel and heart health. The diet-style that I recommend takes into account some basic facts:



1. My dietary program, with most of its calories coming from vegetables, beans, nuts and fruit, has been shown in scientific studies to lower cholesterol more powerfully than drugs.
2. People who adopt this dietary approach consisting primarily of natural plant foods not only do not develop heart disease, but those who already have heart disease and peripheral vascular disease get dramatic reduction in plaque load in a reasonable time frame.
3. Studies have shown that people with advanced heart disease, who combine a plant-based diet with cholesterol lowering therapies, are able to both reverse their heart disease and totally prevent the future occurrence of heart attacks.
4. Natural (side effect free) substances are effective at lowering cholesterol further, making an LDL cholesterol level below 100 obtainable, without risky medications, for almost all patients.
5. The same diet that helps protect you against heart disease also reverses obesity, high blood pressure, adult diabetes and protects against cancer.

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## **Heart disease is not just a "man's" disease but the #1 cause of death among women too!!**

The warning signs in women seem to be more subtle and the disease evolves more slowly, but it is just as deadly. Don't be fooled to thinking this is only a concern in later years either, it is the leading cause of death for women in their 40s and above. The reality is that more and more women are dying of heart attacks and strokes in their 40s and leaving behind young children - tragedies that could have been prevented. There is a mountain of scientific research that tells us heart disease is relatively easy to prevent for both men and women. So, then why is it the #1 cause of death in the U.S. and Canada?

## DON'T BE A VICTIM!

Avoid cardiovascular disease.

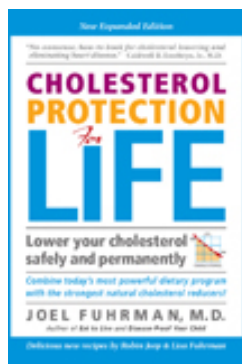
Prevent a tragedy

It is as easy as 1-2-3 . . .

1. **Eat a heart-healthy diet**
2. **Be active**
3. **Do not smoke**



Unlike medications, the worst side-effect of this approach is healthful weight loss. Without even trying, as you eat for nutritional excellence you will shed extra pounds and naturally attain a healthy weight.



Heart disease is a condition that is reversible through aggressive nutritional intervention and cholesterol lowering. Dr. Fuhrman's book [Cholesterol Protection for Life](#) explains:

- **how to dramatically lower your cholesterol without drugs and eliminate the risk of heart disease;**
- **the most powerful cholesterol-reducing supplements;**
- **and contains great-tasting heart healthy recipes.**

Protect and/or recover your heart health!

For more information, see Dr. Fuhrman's website: [DrFuhrman.com](http://DrFuhrman.com)

*Editor's note:*

1. *Although many articles in the CHIP CHAT are addressing the United States population, we know that Canada is in the same predicament as the U.S. with regards to health issues. It just so happens that a lot of pertinent physicians and authors are from the U.S. and they therefore direct their scientific findings to that specific population.*
2. *The Canadian LDL cholesterol level equivalent to the U.S. level of 100 is 2.59 (say 2.6) mm/l.*

### SUMMER RECIPE CORNER

*Summer is here and Angie McIntosh is sharing some of her favorite recipes in this issue of the CHIP CHAT.....*

#### Cevicheless Salad

Angie says.....This was one of our favorite foods. We'd often eat it as a meal itself and it is good rolled up in a whole wheat tortilla. When we first went to Mexico we were wondering what the spice they were putting in everything was. We didn't like it at first and the salad was made with raw lime marinated fish—tofu makes a great substitute without the fishy flavor. After a few trips to Mexico the cilantro was OK and then a few more trips and we couldn't wait to get some! This dish would make a nice hearty meal salad for a picnic—but keep it chilled.

1 package of extra firm tofu cut into ¼ inch cubes  
 4 ripe tomatoes chopped into small pieces  
 2 green onions chopped finely  
 1 large bunch of washed and finely chopped cilantro or Chinese parsley  
 2 green onions chopped finely  
 1 jalapeno pepper chopped finely (optional)  
 1-2 limes (substitute lemon if you like)  
 Dash of sea salt to taste



First marinate the chopped tofu in the lime juice and a bit of salt. Add the rest of the veggies, toss and marinate. Add extra lime juice if not tangy enough for taste.

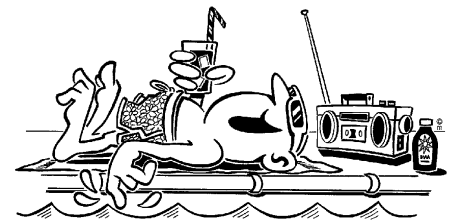
### **Non-Dairy Creamy Potato Salad**

Pre-boil red or yellow potatoes (according to your own desired amount). Cool.

Chop the potatoes into thin small slices. Add some chopped mild yellow or purple onion. Mix some Naysoya brand Nayoonnaise (tofu mayonnaise) with a teaspoon or two of hotdog mustard. Add a dash of lime juice, pepper (if desired), and sea salt to taste. If you want to make a meal of this you may add some diced firm tofu or green peas. Optionally add some finely chopped dill pickles. My family loves this!

### **Carob Coconut Pie**

1 cup boiling water  
 2 ½ tbsp agar powder (or double the amount if using agar flakes)  
 1 cup nondairy carob chips  
 1 ⅔ cup coconut  
 2 tsp vanilla  
 1 pkg soft tofu  
 1/3 cup unrefined sweetener like turbinado sugar or ½ cup agave syrup  
 1 small package of graham wafers or ½ cup cookie crumbs or ground nuts.



Add carob chips, sugar and agar to the pot with the boiling water. Add the hot mixture to the rest of the ingredients in the blender. Puree until creamy. Line the pan with graham wafers or crumbs and pour the creamed mixture over it. Chill and Serve.

*(Note: Angie's original recipe called for chocolate chips but she said it was okay to substitute carob for the chocolate)*

### ***“Vegetarian Food for Thought”***

My refusing to eat flesh occasioned inconveniency, and I was frequently chided for my singularity, but, with the lighter repast, I made the greater progress, from greater clearness of head and quicker comprehension.” — BENJAMIN FRANKLIN 1706-1790 (Statesman, author, and inventor)

The most dangerous weapon in the arsenal of the Homo Sapiens is the table fork!”  
 — HOWARD LYMAN (Author, Ex-fourth generation cattle rancher)

We must recognize that it is ecological suicide for us to endeavor to maintain a meat-based agriculture and a primarily carnivorous diet.” — MICHAEL W. FOX (Veterinarian, author)

Consider the biggest animals on the planet: elephants, and buffaloes, and giraffes. These are vegetarian animals. They grow to thousands of pounds of muscle and bone without ever eating cheeseburgers or pepperoni pizzas!” — MICHAEL KLAPER, M.D.