

C.H.I.P. CHAT

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



Volume 9, Issue 3

May / June 2009

Editorial:

Welcome to the first edition of our “On-line” CHIP CHAT newsletter. Many of you will receive this CHIP CHAT via email; but we are also sending copies via Canada Post to those who have indicated that preference. We are just happy that you can all receive this newsletter whichever way is convenient for you. We want you to keep in tune with the principles of what you learned at the CHIP program....HEALTHY BY CHOICE, NOT BY CHANCE! We have learned that we have to individually take responsibility for our own health – the choice is ours. I encourage you to make the right choices today – choose today to adopt a better diet plus wiser lifestyle habits that will pay greater dividends tomorrow!

ANNOUNCEMENTS: MAY EVENTS:

CHIP ALUMNI MEETING – MONDAY, MAY 25th @ 7:00 PM
@ PENTICTON SENIOR’S DROP-IN CENTRE

Silver Hills On-the-Road presents a “Hope & Healing” Weekend Health Retreat – May 22-24 at the Ramada Inn in Penticton. The weekend will include 9 health lectures and 2 demo sessions



(a vegetarian cooking class plus simple home hydrotherapy treatments). The lectures will be presented by Phil Brewer of Silver Hills Guesthouse and Cameron Johnston, the Stress Fitness Coach. Topics will include practical, effective help for reversing lifestyle diseases plus positive solutions for life in the 21st century.

Full details can be viewed at

www.silverhillsontheroad.com/conferences or, for more information, costs or registration, call Connie at 496-5966 or email ckiefiuk@shaw.ca.

JUNE EVENTS:

CHIP Alumni meeting – Monday, June 22nd @ 7:00 PM – Penticton Senior’s Drop-In Centre

NOTICE: The 2009 Okanagan Health Forum events in Penticton and Kelowna were a great success. The Penticton Cleland Theatre was filled to capacity to hear Dr. Neal Barnard and Dr. Ron Cridland. The Kelowna Theatre also had a huge attendance – over 700 seats sold!

The Executive Committee of the Okanagan Health Forum are so pleased that they were able to have the event filmed and can now offer the following:

**The Okanagan Health Forum 2009 DVD is now available!
At the affordable price of \$ 20.00**



Professionally produced by Video Innovation Productions

Dr. Neal Barnard's *Food for Life: eating to prevent and treat disease*

Dr. Ron Cridland's: *Sleep: the missing link to optimal health*

You can now watch in the comfort of your own home, or you could share these talks with friends or family members who did not attend the Forum.



Includes computer accessible bonus material:

- *Tried and True recipes* – from Curried Sweet Potato-Peanut Soup to Mexican Black Bean Dip
- *Dr. Cridland's handout* - Program for Improved Sleep – 13 suggestions on how to improve your sleep
- *Brenda Davis, Registered Dietitian's handout* – Vegetarian Nutrition Made Easy
– 7 Stumbling Blocks and How to Avoid Them
- *List of over 20 websites* which can help you make lifestyle changes

To purchase, please contact Margie by phone (250-493-6306) or email: muggiec@yahoo.ca



**COMMUNITY EVENTS:
"WALKING IN PENTICTON"**

Walking in Penticton is an online walking group set up on Yahoo Groups to help people connect with other walkers. If you are looking for a walking partner or would like to find a few people to walk with regularly this group might be for you. Feel free to check it out and even join on line @:

<http://groups.yahoo.com/group/walkinginpenticton/?v=1&t=search&ch=web&pub=groups&sec=group&slk=1>

PENTICTON COMMUNITY CENTER

Are you interested in some of the physical activities the Community Center has to offer? Schedules outlining free activities are available at the Community Centre or go to: www.getactivepenticton.com.

Penticton Community Centre,
325 Power St., Penticton B.C.
(dir) 250-490-2436 (fax) 250-490-2427

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

*"Be the first to the field and
the last to the couch."
~ Chinese Proverb*

LocalMotive 100 Km Food Co-operative proudly presents: the "HEALTHY HARVEST BOX"

Challenge your workplace or family to eat locally this year by committing to a surprise box of fresh, tasty local fruits and vegetables from Okanagan farmers!

\$35.00 - Organic Harvest Box \$20.00 - Healthy Harvest Box

"LocalMotive" is a Non-Profit Farmer-Consumer Cooperative that strives to support small-scale sustainable food producers while making a local diet feasible and affordable. Through non-profit middle distribution, they pay local farmers more and save the consumer money at the same time by connecting you directly to farms.

For more information phone 493-1177 or visit their website at www.localmotive.ca



Cancer Alert: Your Best Defense - Go Cruciferous - By Dr. Joel Fuhrman

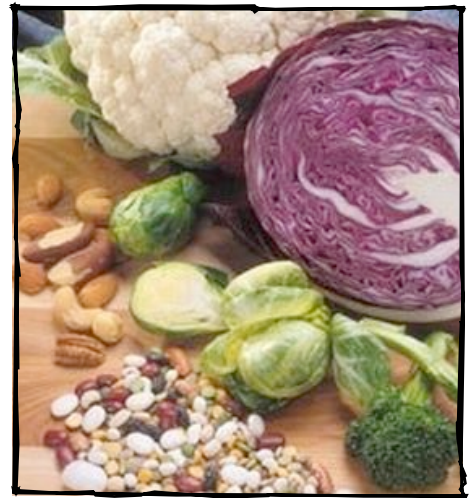
We may not have eaten so healthfully our entire lives. We may have a family history of breast, prostate or colon cancer. What should we do? Just wait until cancer is found?

Getting medical screenings is certainly a personal decision, but if you want to know what you can really do to protect yourself - eat lots of colorful vegetables, specifically including lots of green cruciferous vegetables. Eating a diet rich in cruciferous vegetables is your best defense for fighting and preventing cancer.

If we really want to win the war against cancer, we must improve the nutritional quality of our diet. We have all heard about the antioxidant effects our bodies derive from the phytochemicals in plant foods. However, the unique phytochemicals found in cruciferous vegetables offer superior benefits. Cruciferous vegetables contain phytochemicals that have unique abilities to modify human hormones, detoxify compounds, and prevent toxic compounds from binding to human DNA, preventing toxins from causing DNA damage that could lead to cancer. Studies have even shown that genetic defects that may lead to cancer are suppressed by the consumption of green cruciferous vegetables.

Certainly, many studies have shown that eating fresh fruits, beans, vegetables, seeds, and nuts reduces the occurrence of cancer. I plotted cancer incidence in 25 countries against unrefined plant food intake and found that as vegetables, beans, and fruit consumption goes up 20% in a population, cancer rates typically drop 20%. But cruciferous vegetables are different; they have been shown to be twice as effective.

- arugula
- bok choy
- broccoli
- broccoli rabe
- brocollina
- brussels sprouts
- cabbage
- cauliflower
- collards
- horseradish
- kale
- kohlrabi
- mustard greens
- radish
- red cabbage
- rutabaga
- turnips
- turnip greens
- watercress



As cruciferous vegetable intake goes up 20%, in a population, cancer rates drop 40%.

Include them in both raw and cooked forms and eat a variety of them. These benefits cannot be duplicated by taking any one pre-formed compound or supplement.

The evidence is now overwhelming that cruciferous vegetables play a major and unique role in the widely recognized protective effects of natural plant foods against cancer--and are the most important players in this arena. The biologically active compounds from raw and conservatively cooked green vegetables enhance the natural defenses of the human body against DNA damage and they even fuel the body's ability to block growth and replication of cells that are already damaged. For those in the know, these foods are the most important nutritional factors to prevent common human cancers.

Read more about Cruciferous Vegetables - what they are and how they benefit us along with the studies that support these claims - in [Dr. Fuhrman's July 2007 Healthy Times Newsletter](#) plus get great-tasting cruciferous-rich recipes! (http://www.drfuhrman.com/library/newsletter_32.aspx)

CAFFEINE ADDICTION

(from the book *Health Power*, page 76)

Nine out of 10 North Americans take a psychotropic (mind-altering) drug daily. The culprit? Everyday, ordinary, over-the-counter caffeine.

How can that be? Explain.

Do you know many people who don't drink at least one cup of coffee a day? Or tea? Or take an extra-strength pain reliever? Or guzzle down a cola? Although caffeine-free sodas are available, they are flavored mainly for children and for people with medical problems that are affected by caffeine.

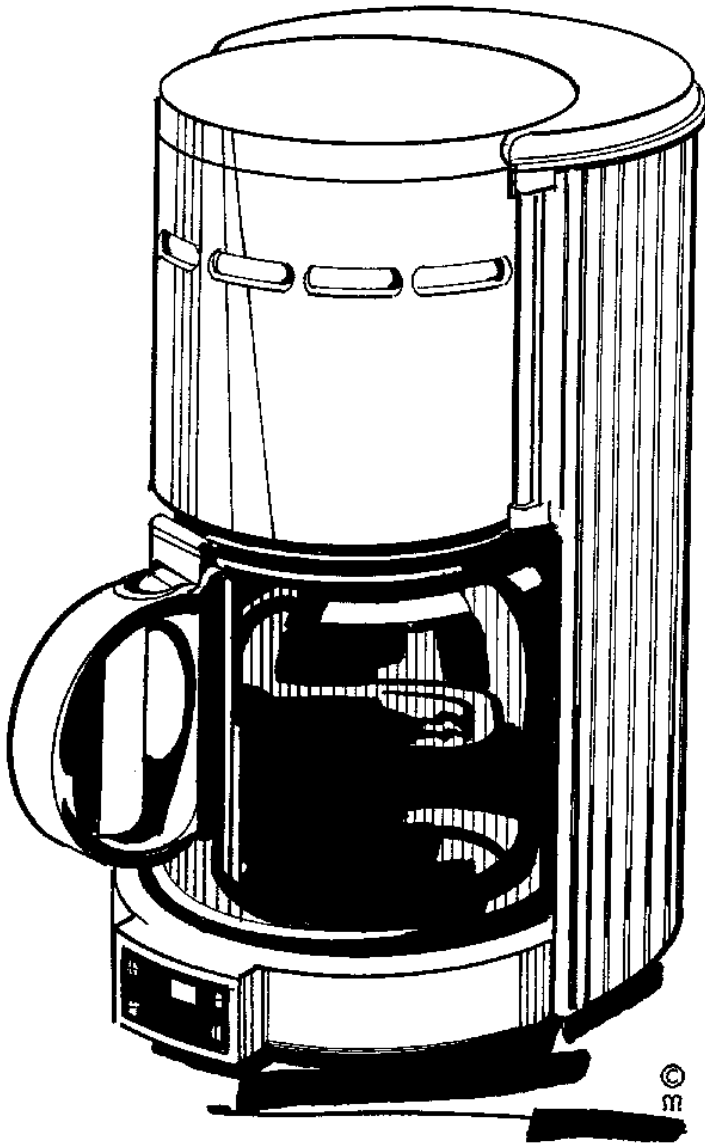
But I need a lift now and then!

And caffeine isn't addictive, is it?

An addictive substance produces observable and measurable physical and mental effects when it is withdrawn. In this sense, even small doses of caffeine, taken regularly over time, will usually produce some degree of addiction.

A good way to check yourself is to stop all caffeine intake for a few days. The most common physical withdrawal symptom is headache, varying from mild to severe. Sometimes a migraine is triggered. Other physical manifestations include feelings of exhaustion, lack of appetite, nausea and vomiting. Symptoms last one to five days.

Psychological withdrawal can be even harder. Depression may occur. People become accustomed to reaching for the pick-me-up throughout the day.



The urge can be compared to the desire for a cigarette – it may be difficult to resist.

Does caffeine damage the body?

- Most obvious is an overstimulated nervous system with tremors, nervousness, anxiety and sleep problems. In time these symptoms give way to chronic fatigue, lack of energy, and persistent insomnia.
- Caffeinated beverages can cause stomach irritation. While additives are primarily responsible for this effect, caffeine itself has a constricting effect on blood vessels. It can thus interfere with digestion.
- Caffeinated drinks stimulate the stomach to excrete excessive acid. This may aggravate ulcers.
- Caffeine has been found to interfere with calcium and iron absorption associated with osteoporosis and anemia.
- Caffeine increases energy by raising blood sugar levels. These, in turn, draw out an insulin response which not only cancels the surge but produces a letdown. This let-down triggers the yo-yo syndrome – reaching for another caffeinated drink, and then another, and yet another.
- Caffeine also irritates the kidneys and acts as a diuretic (increased urine output)

Are there some healthful alternatives to the caffeine high?

When you get up in the morning, follow your hot shower with a blast of cold water and towel off briskly.

At work, stand up, stretch, and take a few deep breaths every hour or so. Take a brisk walk at break time or during lunch hour. Drink a cup of cold (or hot) water several times a day. Walk to a window and relax your eyes on the distant landscape. Tidy up your work area. All these good things will make you feel better. Look for other creative ways to get a lift without the letdown.



Breaking the Habit

If you find you're a caffeine fiend, here are a few things you can do to ease through withdrawal.

1. Gradually reduce the amount of caffeine.
2. Replace it by drinking more water.
3. Slow down your daily activities
4. Exercise in the fresh air
5. Get the support of others around you.
6. Reward yourself for taking such a positive step.



Where is the Caffeine?

Cup of Drip Coffee	145 mg
Cup of brewed coffee	115 mg
Cup of instant coffee	85 mg
1 pill – Vivarin	100-200 mg
1 pill – Exedrin	65 mg
1 pill – Anacin	40 mg
1 oz. milk chocolate	6 mg
1 oz unsweetened baking chocolate	25 mg
¼ cup choc. chips	15 mg
8 oz. chocolate milk	10 mg
12-oz Mountain Dew	54 mg
Coke & Diet Coke	45 mg
Pepsi Cola	40 mg

"For more info about C.H.I.P., check out the websites:
www.chiphealth.org and www.help4bc.ca

A Life of Veganism Has No Adverse Effects on Bones

A lifelong vegan diet has no adverse effects on bone mineral density compared to an omnivorous diet, concluded researchers who matched 105 postmenopausal Buddhist nuns who followed a vegan diet to 105 omnivorous women. The researchers analyzed bone mass at the lumbar spine, femoral neck, and whole body, and collected a structured food questionnaire for each participant.

The vegan group consumed less calcium, 375 g/day compared to 683 g/day, and their total protein intake was significantly less, 35.3 g/day compared to 62.6 g/day.

—Ho-Pham LT, Nguyen PLT, Le TTT, et al. Veganism, bone mineral density, and body composition: a study in Buddhist nuns. *Osteoporos Int.* 2009. Published online April 7, 2009; DOI 10.1007/s00198-009-0916-z.

For information about nutrition and health, please visit www.pcrm.org/.

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RECIPE

This recipe comes from Dr. John McDougall's newsletter. Dr. McDougall's wife Mary is a super cook. I have roasted Portobello mushrooms in the oven – they are delicious. I have never tried the barbecued Portobello sandwiches but thought I would share this recipe. I will try it and if you do, let me know what you think! Note that you can purchase a healthy version of barbeque sauce at a health food store and you can omit the chile, if desired....Connie

Note: You might like to visit the McDougall website at www.drmcDougall.com

Barbecue Portobello Sandwiches

Mary McDougall says: *“These sandwiches remind some people of pulled pork, but since I have never eaten a pulled pork sandwich you couldn't prove it by me. They are still great though, no matter what you call them. We like these topped with a variety of garnishes. If I have some coleslaw in the refrigerator, we'll use that, plus some tomatoes, sliced onions and lettuce. Or try them topped with sauerkraut”.*

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 6



- 1 cup fat-free barbecue sauce
- 1 chipotle chile in adobo sauce, minced
- 1 onion, chopped
- 3 large Portobello mushrooms, stems and gills removed and chopped
- 6 whole wheat buns



Place the barbecue sauce in a bowl. Add the minced chipotle and mix well. Set aside.

Place the onions and mushrooms in a large non-stick sauté pan, Cook over medium high heat for about 10 minutes, stirring almost constantly with a spatula to keep the vegetables from sticking to the pan. The onions and mushrooms will take on a golden brown color. Pour the barbecue sauce over the onions and mushrooms and mix well. Reduce heat to low and cook gently, stirring occasionally, for 10 minutes. Split the buns and warm them, ladle the barbecue mixture over the buns. Top with your choice of garnishes. Serve open-face or close up the buns and eat the sandwiches with your hands.