



Whole Food Plant Based Club Monthly Digest
May 2024

This group was created to support your interest in a WHOLE FOOD PLANT-BASED (WFPB) way of eating, regardless of where you are on your journey to wellness. This way of eating includes fruits, vegetables, whole grains, legumes, nuts, seeds and strives to eliminate oils.

This site and services are for support and informational purposes only and should not be construed as medical advice.

The Villages WFPB Gatherings

When: Second Thursday of Each Month

Where: Riverbend Recreation Center 1833 Corbin Trail The Villages, Florida 32162

Time: Noon-1:30

Who: Members of The Villages and those with a Guest Pass.

Bring your own table setting and a compliant WFPB dish to share with the recipe and whether or not it is gluten free.

Description of Compliance: <https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>

On a WFPB Lifestyle? [Click Here ...](#) [What to Eat and What Not to Eat](#)

Save the Dates for 2024 Gatherings at Riverbend:

January 11	April 11	July 11	October 10
February 08	May 09	August 08	November 14
March No Gathering	June 13	September 12	December 12

THEORY AND COOKING CLASSES

***SIGN UP FOR DEBBIE WADDELL'S THEORY AND/OR COOKING CLASSES
-YOU WON'T REGRET IT-
HER SIGN UP SHEET WILL BE AT OUR MONTHLY GATHERINGS.***

Continuous thanks to **Debbie Waddell** for her commitment to educating our members through theory and cooking classes.

DEBBIE CAN BE CONTACTED AT: acupunctdeb52@gmail

MEMBER RECOMMENDS:

Thank you **Sally Masters** for passing on this site!

Jill Nussinow, author of *Vegan by Pressure*, is known as the Veggie Queen and also as an expert in WFPB cooking with the Instant Pot. You can also sign up for her newsletter.

<https://www.theveggiequeen.com/product/vegan-under-pressure-cookbook/>

Thank you **Vikie Adams** for passing on this information:

The price on a Vitamix that Nutmeg Notebook is offering is unbelievable! If anyone in the WFPB group needs one, now would be the time to buy! I cannot imagine having a WFPB kitchen and not having my Vitamix.

<https://nutmegnotebook.com/>



Thank you, **Gregg Kuhnen**, for your presentation on dehydrators and their many uses.

Even More Thank You's

A great big thank you to **Bob Welch** for his donation of a panini press that we raffled off.



50/50

We are now offering a 50/50 drawing at gatherings. Participation contributes to supporting club supplies and initiatives. Tickets are offered at the door and winners are announced after lunch and before our question & answer session. Half the collected donations will go back to the club and the other half of donated funds will be split between 2 or 3 winners depending on the amount of the pot. Join in on the fun each month and "Best of luck to all participants! May the odds be in your favor!"

(Must be present to collect)

Continuous thanks to Cathy Ochs for helping with fundraising for our club.

DO YOU HAVE AN IDEA FOR A FUNDRAISER? Contact Cathy at: cathyochs@att.net

COMING ATTRACTIONS...

June:

Master Gardener, Nini Conner, returns to present "The Way of Tea." Nini will discuss how tea is produced and processed, the health benefits, ways to prepare tea, and much more. She will also demonstrate a tea ceremony that she experienced on a recent trip to Japan.

July:

Colin Sharpe will present "Choosing and Using Your Kitchen Cutlery." He will talk about the different types of kitchen knives and the purpose for each one.

Continuous thanks to Chris Nader for securing speakers and presenters for our club.

DO YOU HAVE A TOPIC YOU WOULD LIKE TO BE CONSIDERED?

CONTACT CHRIS NADER: chrisn734@gmail.com

GLOBALLY RECOGNIZED MASTERMINDS

Mark your calendars for **Dr. Klaper** who will be speaking in The Villages on Saturday, October 26, 2024. Ticket sales will be available at a later date on Eventbrite.

About

Dr. Michael Klaper is an experienced physician, an internationally-recognized teacher and sought-after speaker on diet and health. In addition to his clinical practice and private consultations with patients, he is a passionate and devoted educator of physicians and other healthcare professionals about the importance of nutrition in clinical practice and integrative medicine.

He resolutely believes that proper nutrition – through a whole-food, plant-based diet – and a balanced lifestyle are essential for health.

For interview requests and media inquiries, please reach out to info@doctorklaper.com

Links



Shop Dr. Klaper Merch Store

teespring.com/stores/doctorklaper



Instagram

instagram.com/doctorklaper



Facebook

facebook.com/michaelklapermd



Website

doctorklaper.com

Continuous thanks to Paul Himes for securing world-renowned speakers for our club.

DO YOU HAVE A SPEAKER YOU WOULD LIKE TO BE CONSIDERED?

CONTACT PAUL HIMES: tpaulhimes@gmail.com

CHECK OUT THE REDUCED PRICE ON THESE WFPB BOOKS...

P R I C E
list

Low Carb Fraud	\$ 5
China Study	\$ 5
Whole	\$ 5
The Future of Nutrition	\$ 10
All 4 Books (LIMITED SETS)	\$ 20

Contact: Paul Himes 352 638 0955

These books will also be available to purchase at our monthly gathering at Riverbend.

NEED A SPEAKER FOR YOUR CLUB OR ORGANIZATION?

If you need a speaker for one of your clubs or organizations, **Diane Bray** has a very interesting and informative talk about her vast knowledge regarding how closely diet and health are interconnected. She has a wonderful story about how changing her way of eating changed her Life. Diane's inspirations will create a spark for members of your organization while they listen, learn, and explore ideas on how they can incorporate her suggestions into their own journey towards a better living experience. She provides a wealth of information and references and we are very appreciative for the time she spends educating others.

Continuous thanks to Diane Bray for investing her time, energy, and passion into promoting the values of our WFPB club.

Diane can be contacted at: dianekbray@gmail.com

WFPB DOCUMENTARY DISCUSSION GROUP

Whether you are just thinking about going WFPB (Whole Food Plant Based) or have been doing it for a while, you are welcome to join in the discussion...

How it works...

- Every two weeks you will be assigned a movie to watch.
- You are encouraged to take notes on parts that stand out for you.
- We will then meet on Zoom and share our notes, thoughts, etc. (those who want to share - no pressure)
- We will also have an opportunity to share where we each are on our WFPB Journey (ask questions, give input, etc.)

Please note that you do not have to share if you don't want to. You can just come and listen.

Discussion club is on Tuesday evenings, twice a month, from 7 pm - 8 pm Eastern.

Continuous thanks to Jacki Rose for her commitment to creating meaningful and educational experiences for our members.

Contact: Jacki Rose www.WFPBFun.com

Member, **Debbie Waddell**, contributed...

What are the main reasons one should adopt a plant-based diet/lifestyle?

1. **Boost your immune system** - eating a WFPB improves the health of your gut, hence you are better able to absorb the nutrients that support your immune system, and while at the same time, reducing inflammation. As you may know, inflammation is the precursor to dis-ease!
2. **Reduces Inflammation** - A Plant-based diet also has been shown to reduce your risk for heart disease, stroke, diabetes and some mental health illnesses. As you may know, inflammation is the precursor to most dis-eases! Eating a WFPB diet is one of the best ways to reduce inflammation.
3. **Maintaining a healthy body weight** - I think we all know how important it is to maintain a healthy body weight. Weight causes inflammation and hormonal imbalances. If you are overweight or obese, your risk is higher for 12 different types of cancer, including colorectal, postmenopausal breast, uterine, esophageal, kidney, and pancreatic cancers. If you eat mostly plants, you remove many of the foods that lead to weight gain. Add in moderate exercise like walking 6 days a week for 30 minutes or more and you're on your way to a happy healthy body weight.
4. **Increase Fiber Intake** - A WFPB diet is full of fiber which can lower cholesterol and stabilize blood sugar in as little as 4 weeks. I had several patients who dropped their cholesterol by 100 points in 4 weeks.
5. **Lower your cancer risk** - Plants foods are high in fiber and this fiber is present in all unprocessed plant-foods. It is what makes up the structure of the plant, and if you eat more of it you access a whole host of benefits like reducing your cancer risk. This is especially true for your risk for the the 3rd most common cancer: colorectal cancer

So, if you want abundant health, feel young, have loads of energy then I highly recommend adopting a whole food plant-based lifestyle.

Member, **Chris Nader**, contributed...

I watched **Broccoli Mum's** video yesterday, and she made a raw "cereal". I tried it this morning and it was good.

I made it slightly different than she did:

1 apple, 1 pear, 2 ribs celery, 1 carrot, a little lemon juice, a few dried cherries, cinnamon, ground ginger, and ground flaxseed. I did not add dates, figs, raisins, or orange. Next time, I might not use the ginger, or use less. I pulsed it in my Vitamix.

Here is the video. The recipe starts near the beginning at 0:23. <https://youtu.be/5GeoljwAT4>

Member, **Diane Bray**, contributed...



Member, **Joe Cunningham**, contributed...

Our monthly meetings at the Ezell picnic area continue to be successful and fruitful. New and seasoned WFPB club members share problems and possible solutions to continue on our path. We invariably follow Dr. Greger’s writings and app discussing strategies on how to implement on a daily basis.

Looking forward to having more members join us.

Volunteerism in the Works

Over the past few months I have generated a list of club members who are willing to volunteer their time helping to extend our club offerings. Debbie Waddell has been given this list and will be in contact with those volunteers. Thank you in advance for those of you who will be stepping up to help. Some of the proposed opportunities are:

- Zoom Class for Support
- Cooking Classes
- Luncheon/Dinners Out
- Learning Caldwell Esselstyn's Program
- Life Style Coach
- Restaurant Campaign
- A Group similar to Joe's at a picnic area near Sumter Landing
- A Group similar to Joe's at a picnic area near Spanish Springs

If you are interested in volunteering alongside these individuals or you have another idea for an initiative – please see Debbie Waddell or email thevillages.wfpb@gmail.com.

Thanks Sue, Cindy, Stephanie, Jo, Allan, Neila, Andrea, and Walt.

21 - Day Vegan Kickstart

Ready to kickstart your health? The Physicians Committee for Responsible Medicine has the tools you need to get started in the relaunched [21-Day Vegan Kickstart](#) online program and mobile app. The free program is available in both English and Spanish and features hundreds of healthy recipes, meal plans, grocery lists, expert nutrition advice, cooking demonstrations, and more.

The program is based on decades of scientific research demonstrating that a vegan diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases. The Kickstart program features more than 100 low-fat, plant-based recipes that will help you reap these health benefits.

Eat Plants Love

Click here [EPL PLANT BASED GUIDE](#)

Plant Pure Plunge Booklet

Click Here: [PlantPure_Plunge_Booklet](#)

Plant Based Jumpstart

THE ESSELSTYN FOUNDATION'S has Written a PLANT-BASED JUMPSTART GUIDE

[Click Here for the Guide](#)

We Did It!

*We did it! We are offering yet another Whole Food Plant Based Gathering to take place at the **Pinellas Library** one Saturday each month. Mark your calendars with the dates below. No food is allowed in the library.*

Continuous thanks to **Deb Waddell** for her commitment and enthusiasm in taking on the role of leading the Whole Food Plant-Based (WFPB) question and answer session.

Contact information: Deb Waddell at acupunctdeb52@gmail.com

Public Health Plant Powerful

Mt. Dora, Florida

Meets the 2nd Saturday of the month, 3pm, at WT Bland Library in Mt. Dora, Florida.

Contact:

352-250-7942

Susan: Susanpetit1@hotmail.com

Sharon: Soulitude421@aol.com

[MeetUp.com](#) or Facebook

<https://www.facebook.com/SusanHartsfieldNP/>

<https://fb.me/e/3yyXYuu8M>

<https://meetu.ps/e/HFwSd/1J9vW/i>



Whole Food Plant-Based Club

LIBRARY MEETUP

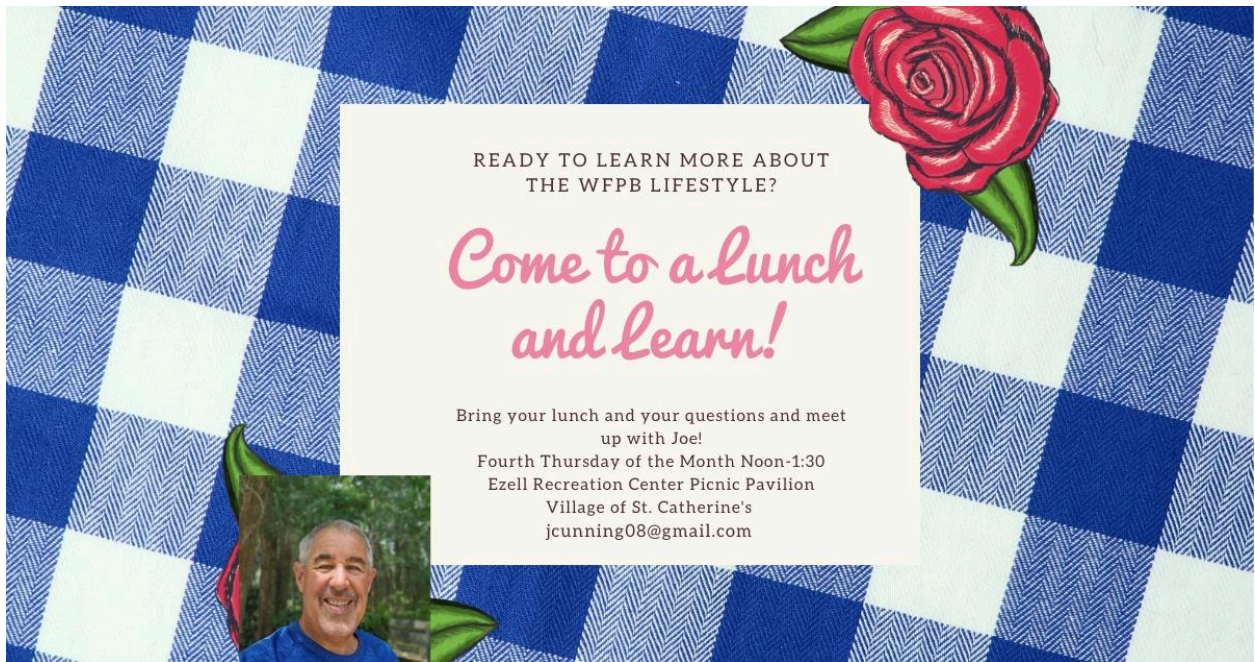
**Monthly Topic Discussion
Plus, Questions and Answers**

When: Saturdays at 12:00pm (see dates below)

Where: The Villages Library at Pinellas Plaza
7375 Powell Rd, Wildwood
Room 102

Jan (no meeting)	Jul 20
Feb 17	Aug (no meeting)
Mar 23	Sep 21
Apr 20	Oct 19
May 18	Nov 23
Jun 22	Dec 21

Questions? Email thevillages.wfpb@gmail.com



Continuous thanks to Joe Cunningham for stepping up and making a positive impact on our wfpb community.

<p>MEET WITH <i>DIANE</i> AT THE RESOURCE TABLE DURING THE MONTHLY GATHERINGS (2ND THURSDAY AT NOON RIVERBEND)</p>	<p>MEET WITH <i>DEBBIE</i> WFPB COOKING CLASSES CONTACT: ACUPUNCTDEB52@GMAIL.COM 908-288-2681</p>
<p>MEET WITH <i>JOE</i> LUNCH AND LEARN (4TH TUESDAY - ST. CATHERINE'S -NOON) CONTACT: JCUNNING08@GMAIL.COM</p>	<p>MEETINGS AFTER THE MEETING NEED MORE SUPPORT? CHECK THESE OUT!</p> <p>MEET WITH <i>RICK</i> BY FACETIME PHONE OR FACE-TO-FACE CONTACT: 715-577-0515</p>

Beginners Support:

It is hard for beginners of the whole food plant based lifestyle to continue their goals without support. With this in mind, the above are a few ways you can get additional help...

Stay tuned to see what else will be offered. Many thanks to all that give back to help others become healthier!

Physicians Committee for Responsible Medicine Resources

About Us: <https://www.pcrm.org/about-us>

Barnard Medical Center: <https://www.pcrm.org/barnard-medical-center>

Good Nutrition: <https://www.pcrm.org/news/health-nutrition>

Health Topics: <https://www.pcrm.org/news/health-nutrition>

Ethical Science: <https://www.pcrm.org/news/health-nutrition>

Their Research: <https://www.pcrm.org/news/health-nutrition>

News: <https://www.pcrm.org/news/health-nutrition>

Eating for the Environment: <https://www.pcrm.org/good-nutrition/vegan-diet-environment>

Nutrition Guide for Clinicians:

https://nutritionguide.pcrm.org/nutritionguide/index/Nutrition_Guide_for_Clinicians/Conditions

Healthy Communities: <https://www.pcrm.org/good-nutrition/healthy-communities>

Find a Doctor: <https://www.pcrm.org/findadoctor>

Find a Dietician: <https://www.pcrm.org/findadietitian>

The Exam Room Podcast: <https://www.pcrm.org/podcast>

Dr. Barnard's Blog: <https://www.pcrm.org/news/blog>

Health and Nutrition News: <https://www.pcrm.org/news/health-nutrition>

Good Medicine Magazine: <https://www.pcrm.org/news/good-medicine>

Good Science Digest: <https://www.pcrm.org/news/good-science-digest>

Events: <https://www.pcrm.org/events>

Resources:

[A Cook's Guide to Oats:](#)

[Restaurant Options:](#)

[Eateries:](#)

[Documentaries:](#)

[Meal Kits:](#)

[Whole Food Plant Based Restaurant Placard:](#)

[Instagrams:](#)

[Websites:](#)

[Frequently Asked Questions:](#)

[Articles:](#)

[Podcasts:](#)

[Telehealth:](#)

[Webinar:](#)

[Courses:](#)

[Vegan Summerfest:](#)

[Retreats:](#)

[NHA Conference:](#)

[Periodicals:](#)

[Apps:](#)

[Books:](#)

[Cooking with Young Adults:](#)

[Health Topics:](#)

[How To:](#)


[Microgreen Starter Kit:](#)


[Sprouting Beginners Kit:](#)


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Tools:

[Resource Library from Whole Communities](#)

[Beginners Packet:](#)

[Success Stories:](#)

[EWG's Consumer Guides:](#)

[Salad Dressings:](#)

[Crops in Season in Florida Month to Month:](#)

[Seasonal Food Guide](#)

[Cooking with Young Adults:](#)

[52-Week Transition to WFPB:](#)

[Chefs and their Websites](#)

[The Plantrician Project - Plant Based Research Articles](#)

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Guides:

How to Eat Plant-Based Amongst Meat Eaters: [click here](#)
Whole Grains Cooking Guide In the Instant Pot: [click here](#)
How to Cook Beans, Legumes and Lentils in the Instant Pot: [click here](#)
Forks Over Knives Cooking Times: [FOK_Cooking_Times_Grains.pdf](#)
Advent Health Eat Plants Feel Whole Resources: [click here](#)
(requires filling out a form)

Plantrician Project Plant Based Research Articles: [click here](#)
Health Science Articles on WFPB Type Topics CHIP Health: [click here](#)
Beginner's Guide to WFPB Forks Over Knives: [click here](#)
Oil Free Marinades [click here](#)
Cooking without Oil Video [click here](#)
Homemade Spice Blends for Gifts [click here](#)

Social Medias:

Webpage: [click here](#)
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Facebook: [click here](#)
Nextdoor: [click here](#)
Email: [click here](#)
YouTube: [click here](#)
Pinterest: [click here](#)
Amazon Link: [click here](#)

Mini Cookbooks:

<u>Mini Appetizer Cookbook:</u>	click here	Mini Appetizer Cookbook
<u>Mini Dessert Cookbook:</u>	click here	Mini Dessert Cookbook
<u>Mini Drink Cookbook:</u>	click here	Mini Cookbook Drinks
<u>Mini Game Day Cookbook:</u>	clickhere	Mini Game Day Cookbook
<u>Mini Soups & Stews Cookbook:</u>	click here	Mini Cookbook Soups & Stews
<u>Mini Raw Cookbook:</u>	click here	Mini Raw Cookbook
<u>Mini Dr. Greger Cookbook:</u>	click here	Mini Dr. Greger Cookbook
<u>Mini Stir Fry & Sauces Cookbook:</u>	click here	Mini Cookbook Stir Fry and Sauces
<u>Mini Picnic Cookbook:</u>	click here	Mini Picnic Cookbook
<u>Mini 3-Ingredient Cookbook:</u>	clickhere	Mini 3-Ingredient Cookbook

Past Newsletters:

December 2022:

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Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162
