



The Villages WFPB Support Group Monthly Digest
June 2023

This group was created to support your interest in a WHOLE FOODS 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 eliminates 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.

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

Save the Dates for 2023 Gatherings:

January 12	April 13	July 13	October 12
February 9	May 11	August 10	November 9
March 9	June 8	September 14	December 14

Do You Do Pinterest?

Here are some official Whole Food Plant-Based (WFPB) doctors that you can follow on Pinterest:

1. Dr. Joel Fuhrman - Author of "Eat to Live" and founder of the Nutritarian diet
2. Dr. Neal Barnard - Founder of the Physicians Committee for Responsible Medicine (PCRM) and author of "The Cheese Trap" and "Power Foods for the Brain"
3. Dr. John McDougall - Founder of the McDougall Program and author of "The Starch Solution" and "The McDougall Program for Maximum Weight Loss"
4. Dr. Caldwell Esselstyn Jr. - Author of "Prevent and Reverse Heart Disease" and founder of the Preventive Medicine Research Institute
5. Dr. T. Colin Campbell - Author of "The China Study" and founder of the T. Colin Campbell Center for Nutrition Studies
6. Dr. Michael Klaper - Educator, author, and speaker on plant-based nutrition and health

By following these doctors on Pinterest, you can access their expert advice and WFPB recipes and tips to help you achieve optimal health through a plant-based diet.



*Thank you, Paula Buttel, for speaking to the club about -
“Fitness, Food and Frame of Mind! A Health Journey”.*

Also,

Thank you, Diane, for your knowledge on beans, nuts, and seeds.

*Diane is available for speaking events:

Diane’s contact info: dianekbray@gmail.com
541-484-4288



Coming Attractions...

July

Nini Conner- “The Magic of Summer Herbs”

August

Kaitlyn Kuehn of Zephyr Gills Mushroom Farm- “Oh The Varieties of Mushrooms” and a cooking demo

Community Resources to Help Every Step of the Way:

Terri Snow, Community Resource Coordinator, from The Villages Community Resource Center, has contacted our club and asked if her contact information could be shared with all of you. She wants all Villagers to know that there are many services that you can take advantage of for many different reasons. Whether you are legal and insurance planning, hunting for the steps to your next level of living, or moving and relocating—Terri’s office can offer you resources.

Terri.Snow@TheVillages.com or 352-753-6767.

A Big Shout Out to Debbie Waddell:

Being that we use a website provided by Wix, we are limited to resources due to it being free. Along with limited resources, we were given a rather lengthy world wide web address. In order to clean up this lengthy www and make it more user friendly, Debbie paid the annual Wix fee to have a more simplified version. Thank you Debbie.

Our website with all of our recipes and resources is available at:

www.thevillageswfpb.com

5-Part Series with Dr. John McDougall [click here](#)

Join Dr. McDougall in a concise five-part lecture series where he unveils the success of a whole food, low-fat, starch-based diet in curing common chronic diseases.

- Session 1 – Weight Loss - July 29
- Session 2 – Diabetes - August 5
- Session 3 – Cardiovascular Health - August 12
- Session 4 – Cancer - August 19
- Session 5 – Essential Nutrients - August 26

Recordings of each session will be available after each event as well as a PDF of each slide deck with references.

International Conference on Nutrition with Medicine 2023 :

August 10-12 Washington, DC

featuring Dr. Neal Barnard [click here](#)

- The latest on nutrition for health with Dean Ornish, MD.
 - Michael Greger, MD, will present his new findings on how not to age.
 - Kristi Funk, MD, will lead a panel on the latest on breast cancer prevention and survival.
-

Can Healthy Foods Trigger Food Cravings?

Chef AJ's Healthy Kitchen recently had the pleasure of interviewing both Dr. Joan Iffland and Dr. Alan Goldhamer where they discuss Processed Food Addiction and the [Pleasure Trap](#).

Hear them discuss how dessert, even made with whole food plant-based ingredients, can trigger cravings and ignite your food addiction in this short 3 minute video. [click here](#)

Eat Like No One Else Podcast:
EPISODE 134 - VEGGIE SPOTLIGHT - SWISS CHARD
[click here](#)

Amy Katz from Veggies Save the Day joins me to talk about all things asparagus as part of our new monthly series where we put a spotlight on a different vegetable. Each episode we will share facts, seasonal information, and recipes. Listen to these two veggie lovers nerd on about the colorful, hardy swiss chard.

Rancho Gordo, Napa California:

"I USE RANCHO GORDO FOR MY HEIRLOOM PURCHASES. IT REALLY IS WORTH GETTING TO KNOW THESE DELICIOUS, BEAUTIFUL BEANS."

—Martha Rose Schulman, NEW YORK TIMES

[click here](#)

Sparkling Watermelon Refresher:

vegiessavetheday.com

This Sparkling Watermelon Refresher is a delightful summer drink you can make in your blender with only 4 ingredients and no added sugar.

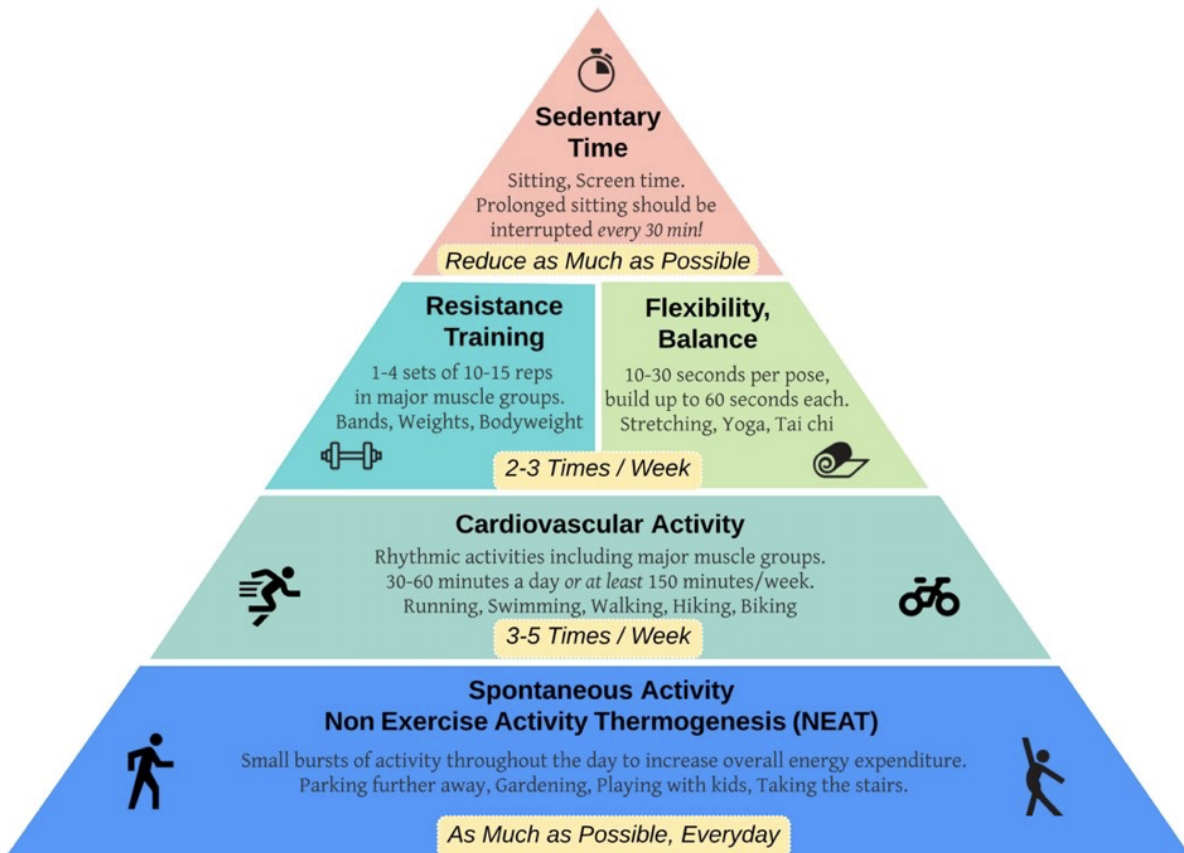
Ingredients

- **4 cups watermelon cut in chunks (seedless)**
- **1 Tablespoon lime juice**
- **4 mint leaves**
- **ice crushed or cubes**
- **sparkling water**
- **lime slices for garnish (optional)**

Instructions

- 1. In a blender, process the watermelon chunks, lime juice, and mint leaves until smooth.**
- 2. Strain the watermelon mixture, if desired, and set aside.**
- 3. Fill your glasses with ice.**
- 4. Pour the watermelon mixture over the ice to fill each glass $\frac{3}{4}$ of the way to the top.**
- 5. Top each glass with sparkling water, garnish with lime slices (if desired) and enjoy!**

Teledoc Health Library:
Get Your 30-Day Cardio Challenge
[click here](#)



Recommendation:



Forks over Knives collection of gorgeous “bookazines” dedicated to the plant-based lifestyle. Each issue is packed with expert tips, beautiful photos, inspiring success stories, and many deliciously healthy recipes. Published quarterly.

[click to purchase](#)

For Sale
Dr. Campbell Books

<i>The Future of Nutrition</i>	\$
<i>Whole</i>	\$
<i>The China Study</i>	\$
<i>Low Carb Fraud</i>	\$

Buy all 4 for a Super Deal of \$

Contact: Paul Himes 352 638 0955

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 following are a few ways you can get additional help...

<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>

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

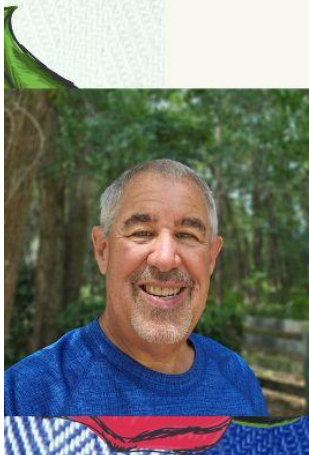


READY TO LEARN MORE ABOUT
THE WFPB LIFESTYLE?

Come to a lunch and learn!

Bring your lunch and your questions and meet
up with Joe!

Thursday, June 22, Noon-1:30
Ezell Recreation Center Picnic Pavilion
Village of St. Catherine's
jcunning08@gmail.com



Restaurant Options:

The following spreadsheet has been developed listing eateries in and near The Villages as well as some chains with possible wfpb options.

If any member wants to add to the spreadsheet, he/she can do so by typing in the shared document. If you are not comfortable working with a spreadsheet, feel free to email thevillages.wfpb@gmail.com and I will input your restaurant information.

Click here to view [📄 Restaurant Options](#)

For those of you eating outside of The Villages, Florida, the following resource is for eateries as well.

Click here to view [☰ Dining at Restaurants and Fast Food](#)

Club Shirts are Available



We now have a logo for our club shirts or other memorabilia you may be interested in purchasing. You can go into the store and choose whatever navy blue shirt you like, and the logo will be placed on it. It takes about two weeks.

Contact:

Custom Apparel & Gifts
3451 Wedgewood Ln ·
The Villages, Florida 32162
In Southern Trace Plaza
(352) 750-1600

Resources:

Documentaries:	documentaries
Meal Kits:	meal kit delivery
Instagrams:	instagrams
Websites:	websites
Frequently Asked Questions:	Q & A
Articles:	articles
Podcasts:	podcasts
Telehealth:	telehealth
Webinar:	webinars
Courses:	courses
Vegan Summerfest:	summerfest
Retreats:	retreats
NHA Conference:	conferences
Periodicals:	periodicals
Apps:	apps

Tools:

Beginners Packet:	click here
Success Stories:	click here
EWG's Consumer Guides:	click here
Salad Dressings:	click here
Crops in Season in Florida Month to Month:	click here
Seasonal Food Guide	click here

Social Media:

Webpage:	click here
Copy Me That Char's Account:	click here
Copy Me That - Your Account:	click here
Facebook:	click here
Nextdoor:	click here
Email:	click here
YouTube:	click here
Pinterest:	click here
Amazon Link:	click here

Mini Cookbooks:

Mini Appetizer Cookbook:	click here	Mini Appetizer Cookbook
Mini Dessert Cookbook:	click here	Mini Dessert Cookbook
Mini Drink Cookbook:	click here	Mini Cookbook Drinks
Mini Game Day Cookbook:	click here	Mini Game Day Cookbook
Mini Soups & Stews Cookbook:	click here	Mini Cookbook Soups & Stews
Mini Raw Cookbook:	click here	Mini Raw Cookbook
Mini Dr. Greger Cookbook:	click here	Mini Dr. Greger Cookbook
Mini Stir Fry & Sauces Cookbook:	click here	Mini Cookbook Stir Fry and Sauces
Mini Picnic Cookbook:	click here	Mini Picnic Cookbook

Past Newsletters:

December 2022:	Newsletter December 2022
January 2023:	Newsletter January 2023
February 2023:	Newsletter February 2023
March 2023:	Newsletter March 2023
April 2023:	Newsletter April 2023
May 2023:	Newsletter May 2023
June 2023:	

Yours in Health,
CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162
