



[Whole Food Plant Based Club Monthly Digest](#) [October 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.

[Whole Food Plant Based Club 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

DON'T FORGET TO VISIT OUR WEBSITE!

OUR RESOURCES, TOOLS, GUIDES, SOCIAL MEDIA LINKS, MINI COOKBOOKS, AND PAST NEWSLETTERS CAN BE FOUND ON OUR WEBSITE.

www.wholefoodplantbasedclub.com

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

Thank You:

September's Gathering was closed due to Hurricane Milton. Dr. Varich has been rescheduled. Thank you everyone.

Did You Know?

Dairy is defined as something that is not vegan because it comes from animals, such as cows, goats, and sheep. Dairy products include milk, cheese, butter, and cream, as well as foods made using these ingredients.

Article Contribution from a member

New Study: Eating More Plants Cuts Cardiovascular Disease Risk by a Third

By [Lindsay Morris](#), August 15, 2019

Diets higher in plant foods are associated with a substantially lower risk of cardiovascular disease and death, according to [new research](#) published in the *Journal of the American Heart Association*.

In one of the first studies to examine this association in the general population, researchers analyzed data from more than 12,000 middle-aged U.S. adults who participated in the ARIC (Atherosclerosis Risk in Communities) study. Participants were free of cardiovascular disease when they joined the ARIC study in 1987.

The new analysis categorized ARIC participants' eating patterns by the proportion of plant-based foods versus animal-based foods they ate between 1987 and 2016.

Researchers found that the participants with the highest intake of plant-based foods were 16 percent less likely to experience cardiovascular health issues such as heart attacks, strokes, or heart failure. They were also 32 percent less likely to die from cardiovascular conditions than those who ate more animal products. Furthermore, high consumption of plant-based foods was associated with a 25 percent lower risk of death from any cause.

Meanwhile, researchers noted that not all plant-based foods are equal in terms of health benefits. They singled out whole-food, plant-based eating patterns as more beneficial than plant-based diets high in refined carbohydrates and other processed ingredients. These findings reflect the American Heart Association's own recommendation to eat less processed plant-based foods. Researchers recommended a follow-up study to determine the extent to which the quality of plant-based foods affects cardiovascular disease risk and mortality.

"This is a powerful message on cardiovascular health, aligning with a vast amount of prospective observational evidence," says [Kim Allan Williams, MD](#), chief of cardiology at Rush University School of Medicine and past president of the American College of Cardiology.

"More plants and less animals consumed results in a longer life with less [cardiovascular] risk and lower disease frequency."

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. 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...

October:

Dr. Laura Varich was canceled but will return to talk about Lowering Inflammation in December..

November:

Please join us for a Friendsgiving potluck. There will be no speaker this month. Instead, bring a plant-based, no-oil Thanksgiving-type dish to share plus one copy of your recipe. We will share plant-based journey stories and have a question/answer session.

Anyone with a Villages ID or Guest Pass is able to attend.

All of our presentations—are videotaped by Chris Nader and she posts them on our Facebook page (Whole Food Plant Based Club).

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. Tickets are now available on Eventbrite.

“What I Wish I Learned in Medical School About Nutrition”

Learn about the link between the food we eat and chronic diseases.



SATURDAY, OCTOBER 26, 2024
11:00 AM (DOORS OPEN 10:30 AM)

OLD MILL PLAYHOUSE THEATER
1000 OLD MILL RUN, THE VILLAGES



SCAN TO
PURCHASE
TICKETS
\$22



<https://www.eventbrite.com/e/what-i-wish-i-learned-in-medical-school-about-nutrition-tickets-961515628127>

QUESTIONS? (352) 638-0955 THEVILLAGES.WFPB@GMAIL.COM

OPEN TO THE PUBLIC

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

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

Member Jacki Rose has volunteered to host a WFPB Documentary Discussion Group!

All are welcome no matter where you are on your WFPB journey!

It meets the 2nd Tuesday of each month on Zoom from 7:00-8:00 pm.

Participants will watch the "said" documentary of the month prior to the evening.

Get educated, stay motivated & connect with others interested in WFPB!

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

Contact: Jacki Rose www.WFPBFun.com

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.

JOE'S GROUP DOES NOT MEET IN JUNE, JULY, OR AUGUST.

Volunteerism in the Works

Thanks to those of you who have volunteered to help with the club. If you are interested in volunteering alongside these individuals or you have an initiative you would like to propose – please see Debbie Waddell or email thevillages.wfpb@gmail.com.

Holistic Holiday at Sea:

<https://holisticholidayatsea.com>

Member Diane Bray has very organized information on the above cruise. You can reach Diane at: dianekbray@gmail.com if you are interested in finding out more.

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](#)

Pinellas Library Meetup

*We are discontinuing our Whole Food Plant Based Gathering at Pinellas Library on Saturdays. Continuous thanks to **Deb Waddell** for her commitment and enthusiasm in taking on the role of leading that Whole Food Plant-Based (WFPB) question and answer session. Unfortunately, we didn't achieve the level of attendance we had hoped for to make the event as impactful as we intended.*

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

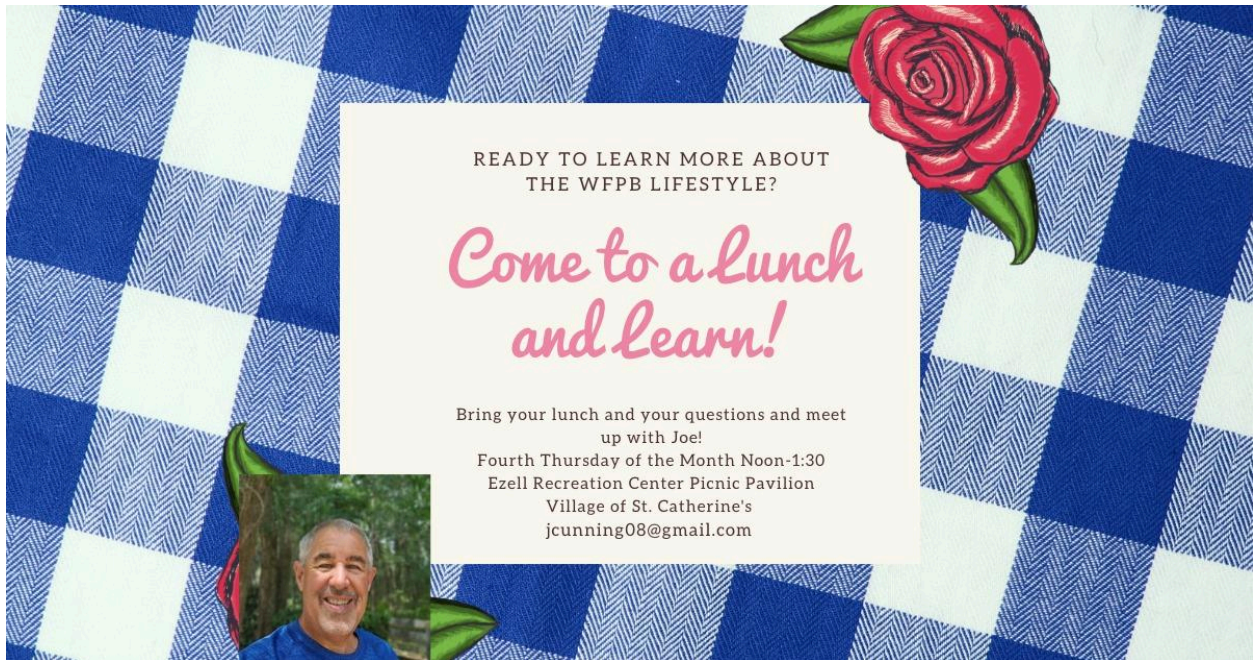
Sharon: Soulitude421@aol.com

[MeetUp.com](#) or Facebook

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

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

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



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

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!

Less than 3% of Americans meet the daily recommended fiber intake, despite research suggesting high-fiber foods such as whole grains can affect the progression of coronary heart disease.



nutritionfacts.org/vegetarian-diet-reverse-heart-disease

"There is only one way of eating that's ever been proven to reverse heart disease in the majority of patients, a diet centered around whole plant foods."



Dr. Michael Greger - How Not To Die

A VEGAN DIET works better than the American Heart Association-recommended diet for heart disease prevention, according to a new AHA study.

PhysiciansCommittee
For Responsible Medicine





Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162