



Whole Food Plant Based Club Monthly Digest
July 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, Collin Sharp, for your presentation on “Choosing and Using Your Kitchen Cutlery.”

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

July:

In July, Colin Sharpe from Cutco presented "Choosing and Using Your Kitchen Cutlery." He talked about the different types of kitchen knives and the purpose for each one.

If you missed this presentation—it was videotaped by Chris Nader and she posted it on our Facebook page (Whole Food Plant Based Club).

COMING ATTRACTIONS...

August:

VHA President Peter Russell, will talk about the certified organic farm he owned in New Hampshire. He will discuss blueberry growing, as well as the Shared Harvest Gardens.

September:

In September, our guest speaker will be Debbie Waddell who will demonstrate how to make her Veggie Sushi. Jodi Michienzi from Island Fin Poke will also speak to give us updates on her new menu items.

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

October:

Dr. Laura Varich will return to talk about Lowering Inflammation.

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.

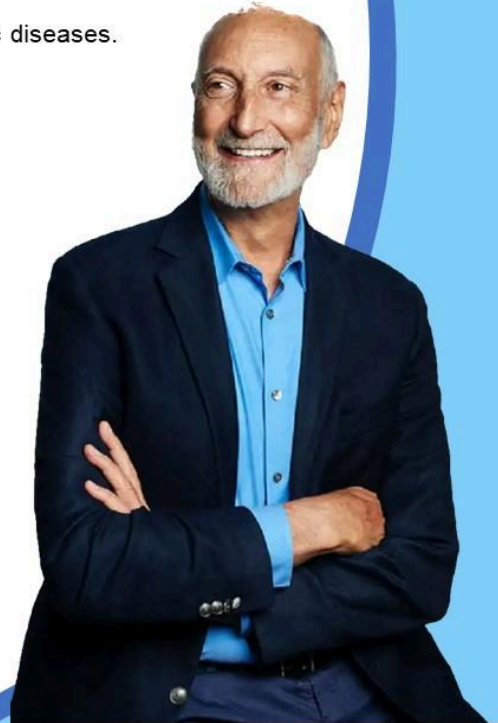


SATURDAY, OCTOBER 26, 2024
11:00 AM (DOORS OPEN 10:30 AM)

OLD MILL PLAYHOUSE THEATER
1000 OLD MILL RUN, THE VILLAGES



**SCAN TO
PURCHASE
TICKETS
\$22**



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!

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.

For more info. go to: www.WFPBFun.com

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

Contact: Jacki Rose www.WFPBFun.com

Members Contributed

5 Ways athletes benefit from a plant-based diet

January 19, 2021 in Food

These days, more and more athletes are switching to a plant-based diet—and for good reason. There are many pros that come with avoiding animal-based products and opting for plant-based foods that lower inflammation and boost performance. Below, you'll find 5 ways an athlete can benefit from switching to a plant-based diet, according to certified sports nutritionist Dr. John Ivy.

Plant-based diets are healthier for your cardio capacity: When you fill up on vegetables, you tend to be leaner and have more stable body weight. In addition, a plant-based diet is high in healthy carbohydrates that help you store glycogen in the muscles and liver. This benefits your energy production when you are doing higher intensity exercise.

Plant-based foods lower oxidative stress, inflammation, and allow muscles to recover faster: Athletes put a lot of stress on their body physically, which can cause inflammation. Increasing the number of veggies in the body, especially red and yellow ones, can give athletes the antioxidants they need to reduce inflammation. Along with beets and radishes, other foods that can provide anti-inflammatory benefits includes kale, spinach, and dark cherries.

You will get enough protein on a plant-based diet: There is a mistaken belief that you need to eat meat to get the protein your body needs. The reality is you can get sufficient dietary protein from a diet rich in legumes, whole grains, nuts, seeds fruit, and vegetables. Science tells us a normally active person needs a minimum of 1.2 to 1.4 grams per kilogram of body weight per day of protein but if you're looking to gain muscle, you will need 1.8 to 2.2 grams per kilogram of body weight per day of protein. To assess how much protein you need, check out this [easy protein calculator](#).

You'll improve your nitric oxide levels by eating more nitrates in plant foods: Increased nitrate consumption can help cardiovascular health, control of blood glucose, maintenance of muscle, cognitive function and memory, and a host of other physiological and metabolic reactions. Boosting nitric oxide levels can also help boost endurance. Swiss chard, kale, arugula, spinach, spirulina, and broccoli are all high nitric oxide converters that will give your body performance benefits.

You'll feel more efficient when you workout: When you eat nitrate-rich foods, your body produces nitric oxide, which can improve blood flow. Your hard-working muscles need good flow during exercise for the delivery of oxygen and nutrients that support energy production, but the problem is that blood is not always distributed properly. Nitrate-rich foods can help improve blood flow and can even allow the muscles to utilize oxygen more efficiently for energy production. These improvements, in turn, can significantly improve cardiovascular and muscle endurance, making your body more efficient as you work out. As mentioned earlier, leafy green veggies such as spinach and kale are high in nitrate content.

<https://media.mercola.com/ImageServer/Public/2024/July/PDF/illegal-organic-imports-pdf.pdf>

How Your Body Rebuilds Itself in Less Than 365 Days

FACT: Your entire body totally rebuilds itself in less than 2 years -- and 98% in less than 365 days. Every cell in your body eventually dies and is replaced by new cells. Everyday is a new opportunity to build a new body.



Yummy Chia Pudding Breakfast Ideas

https://plantpoweredlifters.com/11-yummy-chia-pudding-breakfast-ideas-you-can-make-in-10-minutes/?utm_source=plantpoweredlifters.beehiiv.com&utm_medium=newsletter&utm_campaign=maximizing-happiness

**You are what you eat.
Every 35 days, your skin replaces
itself. Your liver, about a month.
Your body make these new cells from
the food you eat. What you eat
literally becomes you.**



DID YOU KNOW?

A STUDY DONE BY NOBEL PRIZE WINNER ELIZABETH BLACKBURN FOUND THAT A VEGAN DIET CAUSED MORE THAN 500 GENES TO CHANGE IN 3 MONTHS, TURNING ON GENES THAT PREVENT DISEASES AND TURNING OFF GENES THAT CAUSE CANCER, HEART DISEASE AND OTHER ILLNESSES

KERRIREIDNUTRITION.COM



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 your 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, **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 WILL NOT MEET IN JUNE, JULY, OR AUGUST.

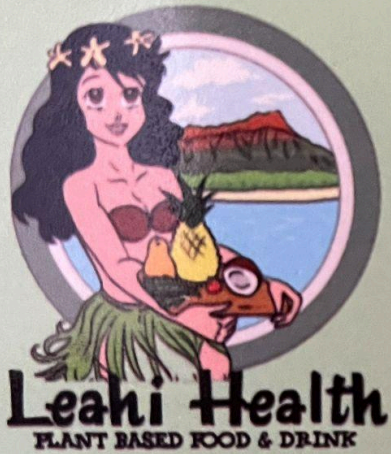
Volunteerism in the Works

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.



Leahi Health
1016 Old Mill Run
The Villages, FL

Tweet Coleman, owner
Jason Coleman, consultant
LeahiHealthTV@gmail.com

MEMBER TWEET COLEMAN WILL BE OPENING A PLANT BASED FOOD AND DRINK RESTAURANT IN SUMTER LANDING.

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

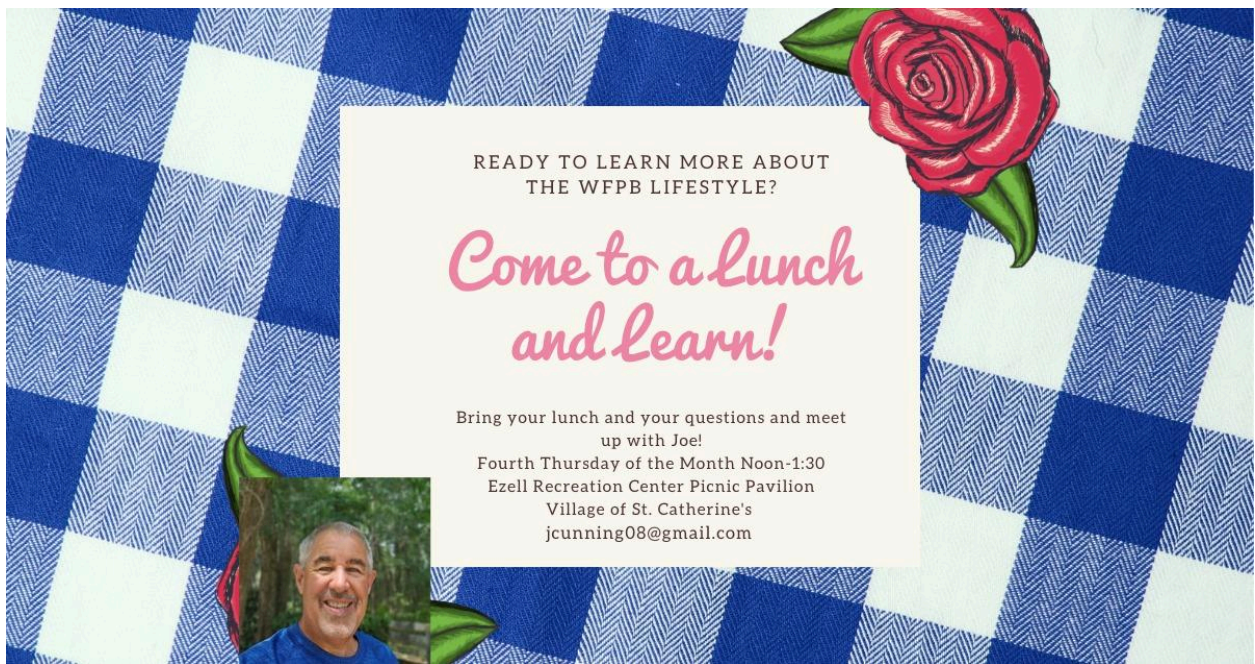
When: Saturdays at 12:00pm (see dates below)

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

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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!

Fourth Thursday of the Month Noon-1:30
Ezell Recreation Center Picnic Pavilion
Village of St. Catherine's
jcunning08@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!

Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162
