



[The Villages WFPB Support Group Monthly Digest](#)
[January 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.

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

Save the Dates for 2024 Gatherings:

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

THERE WILL NOT BE A GATHERING AT RIVERBEND IN MARCH OF 2024!



Thank you Dr. Laura Varich for speaking to our club this month. Dr. Varich is a certified lifestyle medicine physician. She spent over 20 years as a pediatric radiologist, but then left that career to share the information she had discovered on the health benefits of a whole food, plant-based lifestyle.

She showed us how simple changes can help you maximize the nutrition of each meal, or as she says, how to "health up" any meal.

Dr. Varich has a website called freshphysician.com where you can sign up for her monthly email newsletter that contains an abundance of great information including up-to-date research-proven health advice.

We are delighted that Dr. Varich is going to speak again to our club in April about Brain Health, how to prevent Alzheimer's disease and other dementias.

Thank You Member, Claire, who took notes on Dr. Varich's talk

Click here [📄 Dr. Varich Notes](#)

Thank you, also, Diane Bray for educating us on how to use a coffee grinder for nuts and seeds.

Even More Thank You's

A great big thank you to **Alan** and **Ann Marie** for their donations to the club!

A great big thank you for **Joanne Wakefield** and **Nini Connor** for donating paper goods to the club!

Are You Vegan or Plant Based?

The various terms plant eaters use to identify themselves can be dizzying. Is there a better way?

by Victoria Moran

Click here to read the article: [📄 Victoria-Moran-EDITED-1.pdf](#)

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)

Coming Attractions...

February

Ready to spice up your life? Please join us when **Jody Nelson** from The Spice and Tea Exchange in Brownwood talks to us about spices, herbs, and teas!

March

NO GATHERING - CENTER WILL BE CLOSED FOR VOTING.

April

Change in speaker—thank you **Debbie Waddell** for pushing your sushi demonstration back for Dr. Varich to speak.

Dr. Laura Varich, a Certified Lifestyle Medicine Physician, returns and will talk about Brain Health, how to prevent Alzheimer's disease and other dementias.

Stay Tuned

Stay Tuned to see what big speaker **Paul Himes** is working on to bring to The Villages next.

New Documentary

There was a new documentary that was recently released on Netflix called "You Are What You Eat a Twin Experiment" that looks into the study of how food affects our bodies. Identical Twins are DNA replicas of one another and it's a really great overall informative documentary.

WFPB Movie Discussion Group

I am excited to announce that member, **Jacki**, has started a **WFPB Movie 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.

The next discussion club is Tuesday, February 6, 7 pm - 8 pm.

Contact: Jacki Rose www.WFPBFun.com

McDougall Foundation Program

<https://www.mcdougallfoundation.org/wp-content/uploads/2022/02/Foundation-Free-McDougall-Program-.pdf>

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.

Request:

Member, **Neal**, has emailed me and would like some information...

He wants to see if any WFPB club members are going to the plant based cruise Holistic Holiday at Sea March 2, 2024 - March 9,2024.

If anyone has either gone on a past cruise or going on this upcoming cruise, he would love to know so that he can connect in advance before making the decision to go! Neal can be contacted at: nealkimball1@gmail.com.

Journeying Within Retreat for Women

Saturday, Sunday, February 10 & 11, 2024 (10 AM to 7 PM) to Monday, February 12, 2024, (9 to 11 AM)

At the Lakeside Inn, Mount Dora, Florida

Historic Lakeside Inn in beautiful Mount Dora, Florida (lakeside-inn.com)

Join us to disconnect from your daily routine for relaxation, reflection, nourishment, and friendship in a beautiful, cozy, small-group setting.

Nancy Dawdy (Your Joy Coach) and Neha Sharad (Writing Coach) will guide the weekend as we focus on three journeys:

- Journey within your *physical self*
- Journey within your *energy self*
- Journey into your *joyful self*

Come and treat yourself to a weekend of fun self-reflection and making new friends in a relaxing environment.

When you leave on Monday, you will take with you ways to hold onto your sense of wellness and joy while going about your daily activities.

Included:

- Saturday and Sunday night (shared) accommodations at the Lakeside Inn
- An agenda of activities that will flow around compassionate self-care practices including breathwork, guided meditation, body-based techniques and journaling

Options:

\$449, including 2-night hotel stay

\$200 for local attendees not needing accommodations

\$150 Sunday only (no accommodations)

Additional expenses: meals and travel

To register (or if you have questions!), email us at write2journey@gmail.com

*Deadline to register is February 1, 2024 (space is limited).

About Nancy Dawdy

Certified in Mindset Coaching (The Life Coach School) and Whole-person Coaching (Pause); loves to support women's growth and Self-development. Providing a compassionate witness during the messiness of life is one of her Super Powers! [Restoring Hope & Joy | Facebook](#)

About Neha Sharad

Passionate about personal growth through journaling, meditation, and a whole food plant-based eating style. Earned certification as a Health Coach through the Institute for Integrative Nutrition (IIN).

An Article from Health Science Magazine written by Victoria Moran on Are You Vegan or Not?

Click Here to Find Out

[Are You Vegan or Not?](#)

Dr. Greger Photo Collage...



Let's Help Dr. Greger find a perfect peach... [Michael's Dating Profile](#)

QUICK Dr. Greger LINKS

MONTHLY NEWSLETTER: www.nutritionfacts.org/subscribe/
EVIDENCE-BASED EATING GUIDE: www.nutritionfacts.org/healthkit
AUDIO PODCAST: www.nutritionfacts.org/audio
NUTRITIONAL TOPICS: <https://nutritionfacts.org/topics/>

Blog and Resources

Blog: <https://nutritionfacts.org/blog/>
Recipes: <https://nutritionfacts.org/recipes/>
Webinars: <https://nutritionfacts.org/webinars/>
Guides and Handouts: <https://nutritionfacts.org/healthkit/>
Nutrition FAQs: <https://nutritionfacts.org/questions/>

Get the Books

How Not to Age: <https://nutritionfacts.org/book/how-not-to-age/>
How Not to Die: <https://nutritionfacts.org/book/how-not-to-die/>
How Not to Diet: <https://nutritionfacts.org/book/how-not-to-diet/>
The How Not to Die Cookbook: <https://nutritionfacts.org/book/how-not-to-die-cookbook/>
How Not to Diet Cookbook: <https://nutritionfacts.org/book/how-not-to-diet-cookbook/>
How to Survive a Pandemic: <https://nutritionfacts.org/book/how-to-survive-a-pandemic/>

Get the App

Daily Dozen iOS: <https://apps.apple.com/us/app/dr-gregers-daily-dozen/id1060700802>
Daily Dozen Android:
https://play.google.com/store/apps/details?id=org.nutritionfacts.dailydozen&hl=en_US&pli=1

Daily Dozen Digest:

<https://nutritionfacts.org/daily-dozen/>

Daily Dozen Challenge:

<https://nutritionfacts.org/daily-dozen-challenge/>

Get Social

Facebook: <https://www.facebook.com/NutritionFacts.org>

Twitter: https://twitter.com/nutrition_facts

Pinterest: <https://www.pinterest.com/drgreger/>

Instagram: https://www.instagram.com/nutrition_facts_org/

YouTube: <https://www.youtube.com/user/NutritionFactsOrg>

Vimeo: <https://vimeo.com/nutritionfacts>

Shout Out

Shout Out to Manager Brandon and General Manager Bob Burroughs of Epic theater in Sumter Landing. They did a fantastic job catering to all of our needs during the Dr. Greger presentation.



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 beginning in February.



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

Made with PosterMyWall.com

Whole Food Plant Based Map of Pods Near You

<https://plantpurecommunities.org/find-a-pod/>

The Physicians Committee for Responsible Medicine has taken over leadership of the Pod Network and will provide additional information soon.

Questions about Pods, including how to start a Pod can be directed to Heather Patrick at hpatrick@pcrm.org

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

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](https://www.meetup.com) or Facebook

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

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

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

Plant Powered Peoria (my hometown) reminds us of these great sites for recipes:

For recipe inspiration, please utilize any of the following links for FREE recipes:

<https://www.forksoverknives.com/recipes/>

<https://shaneandsimple.com/>

<https://nutritionstudies.org/recipes/>

<https://www.drmcDougall.com/recipes/>

<https://www.pcrm.org/good-nutrition/plant-based-diets/recipes>

<https://monkeyandmekitchenadventures.com/recipes/>

Plant Based Jumpstart

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

[Click Here for the Guide](#)

Peacefield Farm Sanctuary

Peacefield is a 30 acre farm sanctuary located next to Gainesville and the University of Florida. It is a 501(c) non profit and PeaceField exists to rescue and rehabilitate farm animals and to be a resource to the community through education, farm tours, plant-based cooking classes, kids programs, a community garden, fitness classes, health coaching and more.

[Click here to check out their website](#)

[Click here to follow them on Instagram](#)

Let's Start working on the Next Generation

Whole Foods Pregnancy-Whole Foods Health

YouTube Channels...

[@Wholefoodshealth](#)

[@Wholefoodpregnancy](#)

Healthy Wealthy Nutrition—Katherine Richmond

[Click Here](#) to check out Katherine's Youtube Channel

The Dietary Guidelines for Americans emphasize eating more foods from plants, such as vegetables and beans, whole grains, and nuts. Learn more about health benefits of choosing a diet heavy in fruits and vegetables from Katherine Richman, MD, Medical Director of Thornton Radiology and Clinical Professor of Radiology at the UC San Diego School of Medicine.

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...

MEET WITH
DIANE
AT THE
RESOURCE
TABLE
DURING THE
MONTHLY
GATHERINGS
(2ND
THURSDAY
AT NOON
RIVERBEND)

MEET WITH *DEBBIE*
WFPB COOKING CLASSES
CONTACT:
ACUPUNCTDEB52@GMAIL.COM
908-288-2681

MEETINGS AFTER THE
MEETING
NEED MORE SUPPORT?
CHECK THESE OUT!

MEET WITH *JOE*
LUNCH AND LEARN
(4TH TUESDAY - ST. CATHERINE'S -NOON)
CONTACT:
JCUNNING08@GMAIL.COM

MEET WITH
RICK
BY
FACETIME
PHONE
OR
FACE-TO-FACE
CONTACT:
715-577-0515

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:	A Cook's Guide to Oats
Restaurant Options:	Restaurant Options
Eateries:	Restaurants/ Fast Foods
Documentaries:	documentaries
Meal Kits:	meal kit delivery
Whole Food Plant Based Restaurant Placard:	wfpb placard.pdf
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
Books:	Books
Cooking with Young Adults:	click here
Health Topics:	click here
How To:	click here
Microgreen Starter Kit:	click here
Sprouting Beginners Kit:	click here

Tools:

Resource Library from Whole Communities	click here
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
Cooking with Young Adults:	click here
52-Week Transition to WFPB:	click here
Chefs and their Websites	click here
The Plantrician Project - Plant Based Research Articles	click here

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)

Plantician 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](#)
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:

<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:

<u>December 2022:</u>	 Newsletter December 2022
<u>January 2023:</u>	 Newsletter January 2023
<u>February 2023:</u>	 Newsletter February 2023
<u>March 2023:</u>	 Newsletter March 2023
<u>April 2023:</u>	 Newsletter April 2023
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<u>October 2023:</u>	 Newsletter October 2023
<u>November 2023:</u>	 Newsletter November 2023
<u>December 2023:</u>	 Newsletter December 2023

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

Yours in Health,

CHARLENE WAGNER



The Villages WFPB Group
The Villages, Florida 32162
