



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

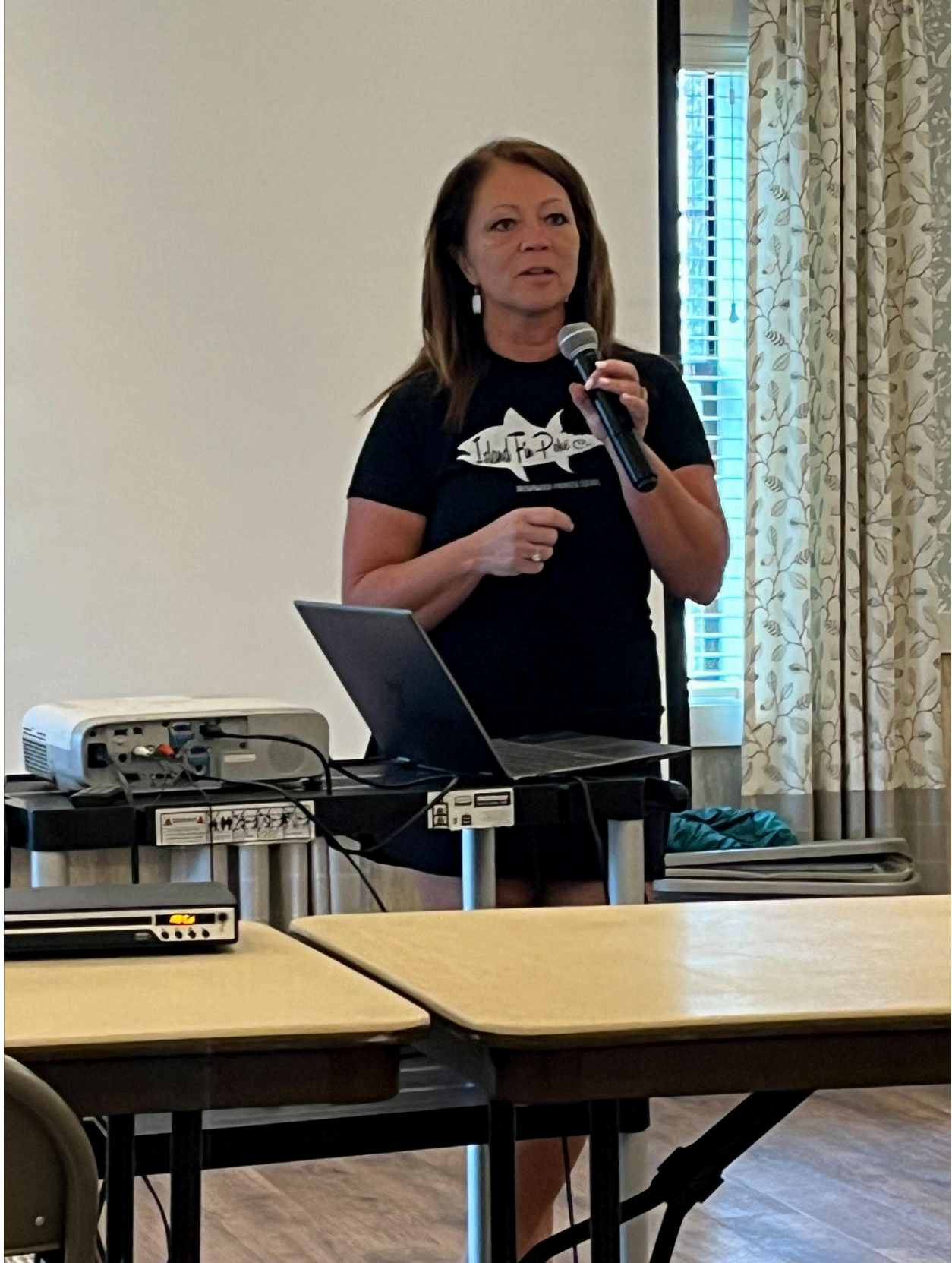
Thank You:

Thank you, Debbie Waddell, for demonstrating your sushi making skills and thank you to Jodie Michienzi from Poke Bowl in Brownwood for updating us on your restaurant's healthy options.



Also, see Jodie for information on the second Tunnels to Towers 5K run/walk in The Villages.





One of our members had the opportunity to watch this AMAZING interview about the **State of Health in America**.


She said this is a LONG eye-opening interview, but well worth the watch. She believes everyone in our country needs to know what we are facing.

Most of this is not new information for us, but this interview really is profound. I hope you will take the time to watch it and share with others.

<https://tuckercarlson.com/tucker-show-casey-calley-means>

Article Contribution from a member:

Click Below:

 Is Soy Bad for You

Article Contribution from a Member:

Click Below:

 5 Ways Athletes Benefit from a Plant-Based Diet.docx

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.

Smoky Carrot Dogs

By Chuck Underwood and adapted by Deborah Waddell

Ingredients:

6-8 peeled carrots

Marinade:

1/4 cup low-sodium soy sauce or Bragg's Liquid Aminos

1/4 cup apple cider vinegar

1/4 cup Vegetable Broth, low-sodium preferably organic low-sodium

1 TBSP maple syrup

1 tsp Dijon mustard

1 tsp garlic powder

1 tsp onion powder

1/2 tsp ground ginger

1/4 tsp liquid smoke

Directions:

Cut and peel the carrots to make them bun length

Boil carrots in water until just until fork tender, about 10-15 minutes.

Drain carrots, rinse with cold water and drain again. Place carrots in a zip lock bag Whisk the marinade ingredients together and pour into the zip lock bag with carrots Marinate for 6 hours or overnight

Grill the carrots on an open grill.

Instant Pot Directions

Add the carrots and marinade to the IP. Add the lid and seal. Cook on Manual for 3 minutes. After doing a Quick Release, you can then leave the carrots in the marinade for about an hour or overnight and then grill.

Top your carrot dogs with all your favorite hot dog toppings like mustard, pickle relish and sauerkraut.

“ It is well-established that individuals eating a vegetarian or vegan diet have a reduced risk for diabetes, weigh less, have lower blood pressure, and reduced risks for cardiovascular disease and certain types of cancer.

- Meghan Jardine, MS, MBA, RD, LD, CDE ”

Physicians
Committee
for Responsible Medicine




“Plant-based diet intervention groups have reported greater diet satisfaction than control groups, as well as improved digestion, increased energy, and better sleep, and significant improvement in their physical functioning, general health, vitality, and mental health.”



-Dr. Michael Greger, How Not To Die

Studies have shown plant-based eating can improve not only body weight, blood sugar levels, and ability to control cholesterol, but also emotional states, including depression, anxiety, fatigue, sense of well-being, and daily functioning.



 NutritionFacts.org

nutritionfacts.org/topics/plant-based-diets

DID YOU KNOW

IG: @doctorholistic

ADOPTING A **WHOLE FOODS PLANT-BASED** LIFESTYLE IS THE ONLY FORM OF DIET THAT IS CAPABLE OF PREVENTING, HALTING, OR EVEN REVERSING A CHRONIC CONDITION, INCLUDING HEART DISEASE & TYPE 2 DIABETES.



 DOCTORHOLISTIC

 DR. BOBBY PRICE

 DR. BOBBY PRICE

 WWW.DRBOBBYPRICE.COM



IF THE WHOLE WORLD SWITCHED TO PLANT-BASED FOOD BY 2050



**8.1 MILLION HUMAN LIVES
WOULD BE SAVED
... EVERY YEAR**



**FOOD-RELATED GREENHOUSE
GAS EMISSIONS WOULD
FALL BY 70%**



**\$1 TRILLION WOULD BE
SAVED EVERY YEAR IN
HEALTHCARE COSTS**

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

September:

In September, Debbie Waddell demonstrated how to make her veggie sushi. Jodi Michienzi from Island Fin Poke Bowl in Brownwood also spoke and gave us updates on her new menu items.

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...

October:

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

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

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.

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 are 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](#)

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

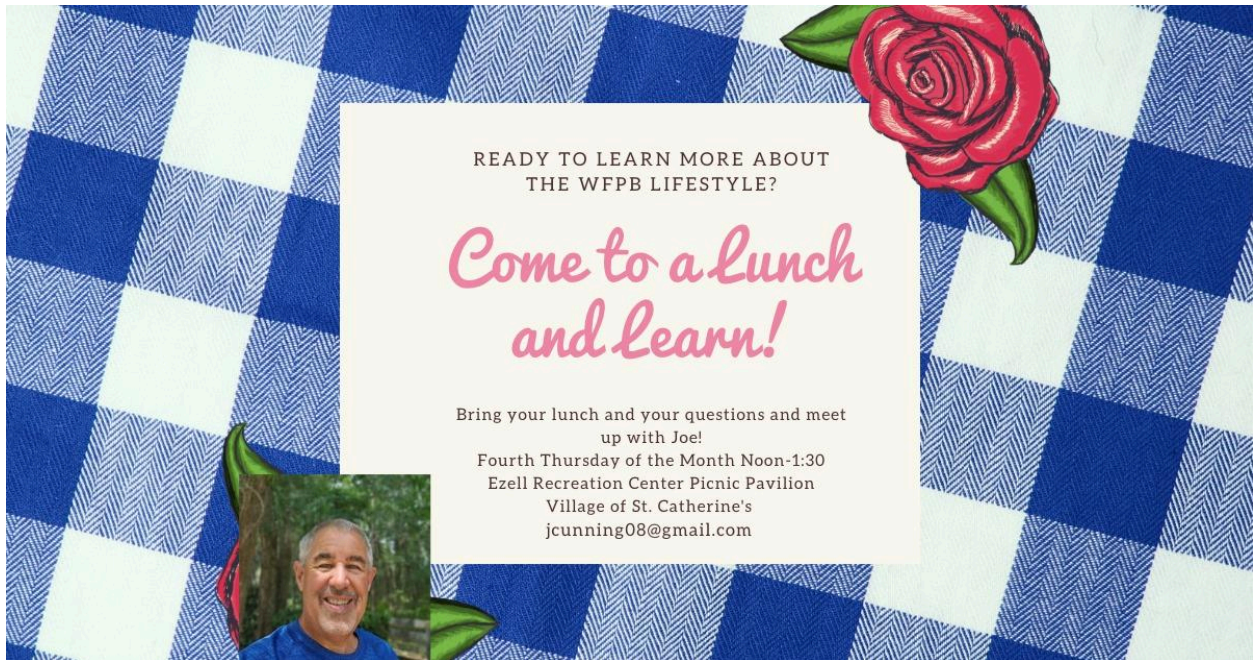
**Monthly Topic Discussion
Plus, Questions and Answers**

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.

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
