



Founder's Message

"Why am I bothering to eat this chocolate. I might as well apply it directly to my thighs". Remember Rhoda Morgenstern?

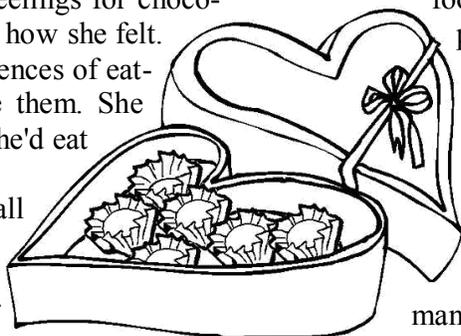
There are a lot of things going on simultaneously with the sitcom star's lament. Rhoda wanted to be slender. She wasn't. She had feelings for chocolate. Eating it changed how she felt. She knew the consequences of eating it. She didn't like them. She ate it. And she knew she'd eat it again.

We see Rhodas all the time at Suppers, intelligent people under the power of food: People who are motivated by health concerns and even fear, who set intentions to eat better, and who can't pull it off alone. The prospect of achieving better health through right eating isn't enough to make us stick with what we know is good for us. We want food to taste good, to bring us happiness, to be a source of pleasure, to rev us up or calm us down, O yeah, and be good for our health. How many tasks can we sensibly ask food to perform?

The food manufacturers know how to make foods so drug like that they change how we feel fast. Of course, in making food work fast like drugs, they had to toss out the nutritional value.

One thing we do at Suppers is help people transition from food as drug to food as medicine. It's simple but not easy for people who relate to food as Rhoda did. The bad news is that the journey starts with withdrawal. The good news is that your personal best foods will reward you many times over with happiness, pleasure, nutrition, and better health.

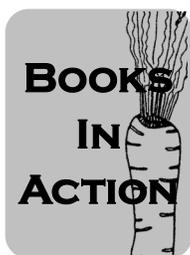
Cindy, whose story is on page 2, is the original Supper. She started out with the quadruple whammy of severe nutritional deficits, depression, dependence on caffeine, and craving. She had to perform a lot of experiments to uncover her personal biological needs. She transitioned from food as drug to food as medicine when she had her epiphany in a bowl of chili. — *Dor Mullen*



The Mood Cure

By Julia Ross

Before getting out of grad school and while creating Suppers, I called Julia Ross to ask, "If you were creating a recovery group based on natural foods, what would it look like?" Her answers are embedded in the design of the Suppers Programs. The Mood Cure is still the most



user-friendly book I've used to help people uncover the secrets of their personal biological types. Starting with four bio-type-specific inventories – for people with depression, the blahs, anxiety, and extreme emotional sensitivity – Ross helps readers identify what's going on with their moods, their brains and how to eat and act for better mental health. "We're in a bad mood epidemic," says Ross. For you, it might be optional.

Inside

- ◆ **Cindy's Story:** Prozac Doesn't Come in Cherry
- ◆ **Experiment:** Can I have Coffee?
- ◆ **Recipe:** Cindy's Good Mood Turkey Stew

Sampling of Upcoming Meetings and Events:

Lunch For Stable Blood Sugar, Princeton, NJ, 9/27, 10/25, 11/22

Lunch for Moms, Princeton, NJ, 10/4, 11/1, 12/6

Introduction to The Suppers Programs, Princeton, NJ, 10/8

Lunch for Immune Support, Princeton, NJ, 10/18, 11/15, 12/20

Karen's Lunch for Weight Loss Strategies, Princeton, NJ, 10/19, 11/16, 12/19

Suppers at the Wellness Center Dinner, Kendall Park, NJ, 10/27, 11/17, 12/22

Dor's Vegan Dinner Princeton, NJ, 11/7

Jim and Pat's Dinner Lawrenceville, NJ, 11/10

Visit our website to see the full calendar and sign up.

www.TheSuppersPrograms.org

Or email:
info@TheSuppersPrograms.org

Cindy's Story: Prozac Doesn't Come in Cherry

When my kids were little their dad and I noticed how all the kids' vitamins and medicines came in flavors. We were jealous that our vitamins and meds didn't come in flavors too, well, only, those liquid cold medications we used to take.

We started joking around and imagining how great it would be if medicine tasted like real food. He wanted his to taste like spaghetti, his favorite "comfort" food. I wanted mine to taste like beef stew, something we didn't have often that I loved. Little did I know that that dream was going to become my reality years later when I found The Suppers Programs!

I have a history of chronic depression and anxiety. I had no normal sleep cycle and labeled myself a "night owl." I used to eat and drink whatever I pleased and never had any idea how my feeling sluggish, moody, wired and tired all the time was related to what I ate and drank. I thought I drank soda when I ate pizza because they were so delicious together. I also had an unexamined relationship with coffee because, well, who would examine their relationship with coffee unless they were thinking about getting a separation?

After doing the Suppers breakfast challenge I discovered my own personal antidepressant in a bowl of breakfast

Suppers Breakfast Challenge

How will you know if your breakfasting habits are causing your problems with mood and energy? Do you have any combination of:

- strong preference for refined carbs: candy, cake, chips, soda, and bread
- breakfast habits of eating sweet or starchy foods
- unsatisfactory energy levels plus: depression, anxiety, learning issues, obesity, diabetes, problems with alcohol or confirmed/suspected eating disorder

If you have a combination of the issues that The Suppers Programs deal with — depression, anxiety, learning issues, obesity, diabetes and/or problems with alcohol — AND a strong preference for refined carbohydrates, it's *data*. Our members usually start improving when they find the right kind of breakfast for them. You won't know which works best for you until you try an experiment and observe the results. For more information:

Visit www.TheSuppersPrograms.org or
email info@thesuppersprograms.org

chili. That day changed my whole life. I learned how to cook a few different things that could stabilize my moods while increasing my energy levels. In the first few years I used to rotate those foods. But for the last four years or so I have been eating my absolute favorite ground turkey stew day after day, week after week, year after year. I LOVE this stew! Breakfast is now my favorite meal of the day. I look forward to it and feel disappointed if I travel and can't take some with me! When people hear how I eat every day, the reaction is the same: judgment. They think eating the same breakfast every day must get boring. Not for me! Food is an antidepressant too. I just tell them, "Prozac doesn't come in cherry." No, it doesn't. It also does NOT come in yummy flavors like Turkey Stew.

I am on the receiving end of labeling, comparing and judging for eating habits that others find boring. Oh well, at least I'm resilient because I have a belly full of my personal antidepressant. I am forever grateful that my early-adult fantasy came true, that medicine could come in my favorite flavor.

Suppers relies on donations to support our program.

To give to The Suppers Programs send this form along with a check payable to: The Suppers Programs, 211 N. Harrison St, Suite A4, Princeton, NJ 08540. Or donate via our website, www.TheSuppersPrograms.org. **Thank you for your support!**

Tax deductible donation \$ _____

Name: _____

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Experiment: Can I Have Coffee?

*At Suppers, we work really hard to not know what another person needs. Rather, we ask people to do personal experiments to tease out information from their bodies because **How You Feel is Data!***

The How You Feel is *Data!* Experiment: Can I Have Coffee?

How will you know if you are one of the lucky people who is just fine on coffee, or not? Are you happy when you read articles that say people who drink coffee are at less risk for diabetes and heart disease? Or maybe you identify more with the people who are wondering if their incontinence or insomnia relates to coffee. Cindy's day revolved around coffee; she couldn't function without it. The tip offs for her were

- persistent anxious depression
- attempts to stop led to severe headaches and/or fatigue
- headaches resolved by taking coffee
- other discomforts resolved by taking coffee
- It was very very very hard to quit drinking coffee

1. Have a batch of something like breakfast chili or some other soup or stew ready for breakfasts.
2. Have as much as you want during the experiment, but hold off on coffee until an hour after you have breakfast. If you can't wait, that's *data!*
3. Take notes as you go, highlight any changes in how you feel: energy, alertness, mood, etc.
4. Be real with yourself. Your notes may tell you your fatigue and depression get better with less or no coffee, or they may tell you you can take it or leave it.
5. If you don't get anxious, if you can get out of bed and function, if you can eat breakfast and have nothing else, it sounds like you can handle coffee. Enjoy!
6. If you're feeling better by delaying or avoiding coffee and you feel less craving, take a break.

Mission

The Suppers Programs™ Mission is to provide safe and friendly settings where anyone – and especially people with food-related health challenges – can develop and manage their own personal transition to a healthier life.

Three Kinds of Meetings Deliver Our Mission

- **Preventive**, where the focus is more on cooking, camaraderie and learning
- **Diagnosis-specific**, where we form groups around a mutual health concern
- **Eating-style-specific**, where people gather around a shared interest in a way of eating

Founding Principles for all Meetings

- The Active Practice of Nonjudgment
- Whole Food Preparation
- No Commercial Messages
- Restoration of the Family Table

Whom We Serve

The only requirement for membership is the desire to lead a healthier life. The Suppers whole food menu is especially helpful for those who need to stabilize their blood sugar and mood chemistry. This includes people with depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol. The food we prepare using whole, natural foods is for anyone who needs to avoid milled, refined, or otherwise processed foods. Ten years of failures and successes have taught us whom we can and cannot currently help. Suppers can help people who: want change, attend, have access to ingredients, and have access to a kitchen.

For more information, visit our website, www.TheSuppersPrograms.org or email info@TheSuppersPrograms.org.

Do you struggle with cravings, nighttime eating and wonder how to take control of your weight, blood sugar or diabetes?

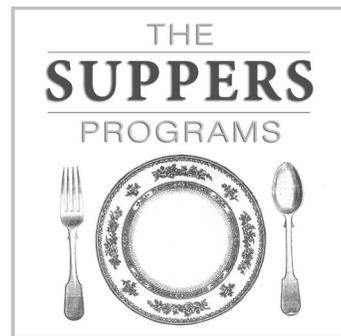
Karen is an Integrative Nutrition Health Coach based in Princeton who helps people deliciously manage diabetes, pre-diabetes, blood sugar and weight. Her practice is informed by her own 21 years with type 1 diabetes and trainings including the Institute for Integrative Nutrition, the Transformational Coaching Method, Stanford University Chronic Disease and Diabetes Self Management Programs, Suppers for Diabetes Success and Suppers for Stable Blood Sugar Facilitator and Mentor, DiabetesSisters PODS Meetup Leader, therapeutic yoga, Rutgers (MS Ag Economics) and Cornell (BS Plant Science).



Karen is passionate about helping people achieve practical and realistic success.

Sign up for a free intro call at www.RoseHealthCoaching.com.

Suppers is grateful to Karen Rose Tank for sponsoring this issue of Purple Apron Press.



10 Points of Supported Behavior Change

1. Develop a palate for real food.
2. Learn to cook real food.
3. Come to desire the foods that make you well while you...
4. Let go of the foods that keep you sick, fat, depressed, or addicted.
5. Come to understand that how you feel is data and that you can rely on your body to tell you which foods are the healthiest for you.
6. Give and get social support in a community that helps you while you experiment and learn to distinguish treat foods from triggers and ...
7. Practice living according to your intentions instead of your impulses.
8. Make a habit of eating the foods that keep you on your path.
9. Live in the spirit of nutritional harm reduction because none of us lives in a perfect food world.
10. Provide the experience for others.