



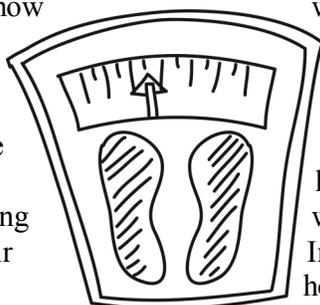
## Founder's Message

Is weight loss still the Holy Grail? An article in Consumer Reports looked at intermittent fasting and reminded me that I hear a lot more about inflammation at Suppers meetings than weight loss. The study from JAMA Internal Medicine was reviewed in the May 2, 2107 issue and concluded that eating what you please on one day and fasting every other day does not show better results in terms of weight loss than daily calorie cutting.

What seemed odd to me was that the focus was on comparing methods of losing 7% of your weight. To their credit, they did mention knowing your triggers, eating more fruits and vegetables, avoiding soft drinks, and eating more protein. But the Holy Grail is still weight loss. The cardiovascular disease risk factors that usually improve when you lose weight were similar in both groups. And the weight loss got the credit.

I guess I live in a bubble. The majority of the people who have entered the

Suppers bubble with me have multiple reasons for being here, including but not limited to shedding a few pounds. I would sooner describe them as people who need to figure out what's causing their inflammation (See Books in Action, below). If they can figure out what drives their joint pain, brain fog, digestive distress, headache or insomnia, they will probably simultaneously figure out which foods drive their weight gain, blood sugar, and faulty mood chemistry.



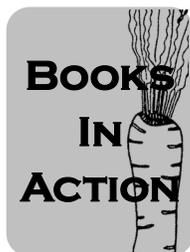
My suspicion is that that's what happened with our friend Shri, whose story appears on page 2. In our last issue, Audelle shared how a vegan diet reversed her diabetes. In this issue, Shri shares how she did it on a version of Paleo (includes meat), when she tried the Whole30 cleanse. They both swore off gluten grains and avoided most other grain as well, which I'm assuming was inflammatory *for them*. See if our experiment, page 3, can help you identify your personal, least inflammatory way of eating. — Dor Mullen

## The Autoimmune Fix

By Tom O'Bryan, DC, CCN

Genetic vulnerability.  
Inflammation trigger.  
Intestinal permeability.

These are the three elements common to autoimmune conditions. So says Dr. Tom O'Bryan in his book *The Autoimmune Fix*. At Suppers we're watching nine films in Dr. O'Bryan's docu-series Betrayal. We're



supporting each other's intentions to let go of entrenched unhealthy habits and replace them with anti-inflammatory ways of eating and being. In the how-you-feel-is-data world of Suppers, fatigue, mental fatigue, cognitive losses, low energy, bloating and fuzzy thinking are important feedback. They're *data*, reporting on how we relate to our food. If you have autoimmune issues or chronic inflammation that calls for behavior change, come to Suppers and join the action!

### Inside

- ◆ Shri's Story: How I Turned Around Diabetes
- ◆ Experiment: Is Inflammation My Issue?
- ◆ Recipe: Suppers Stir Fry

### Upcoming Meetings and Events

**Suppers at the Wellness Center Dinner**  
Kendall Park, NJ, 6/23, 8/25, 9/22

**Introduction to Suppers Lunch**  
Princeton, NJ, 6/26, 7/24, 8/28

**Jim and Pat's Dinner**  
Lawrenceville, NJ, 6/9, 7/14, 8/11

**Lunch for Moms**  
Princeton, NJ, 7/5, 8/2, 9/6

**Masala Suppers Lunch**  
Princeton, NJ, 7/12

**Lunch for Stable Blood Sugar**  
Princeton, NJ, 6/28, 7/26, 8/23

**Kraut Making**  
Princeton, NJ  
Tuesdays at 4:30pm, 6/27, 8/22,  
and Sundays at 1pm, 9/24

**Coming Soon:**  
Dinner at Lawrenceville  
Presbyterian Church

*This is a partial list of Suppers meetings and events. Go to our website to see the full calendar and sign up.*

[www.TheSuppersPrograms.org](http://www.TheSuppersPrograms.org)

Or email :  
[Info@TheSuppersPrograms.org](mailto:Info@TheSuppersPrograms.org)

# Shri's Story: How I Turned Around Diabetes

I came to the United States from India 34 years ago as a graduate student and later settled down as a financial services executive. I semi-retired in 2013 hoping to do all the things I couldn't do before – exercise regularly, eat better, meditate and be an engaged parent. Although I was doing all of these things, years of careless eating habits (carb rich and processed foods) reared their ugly head.

When I first learned about Suppers four years ago, I didn't have any health problems. The concept intrigued me as did the opportunity to cook healthy meals. I also enjoyed the communal dining aspect and focus on intentional/mindful eating, so I periodically attended Suppers meetings.

Eight months ago my blood sugar levels increased dramatically due to significant stress. I attended workshops hosted by Suppers on diabetes. At one of these meetings, Dor mentioned that Suppers was hosting a “Whole 30” cleanse, so I went home and researched the concept. It involves eating meat. I wasn't sure I could do this given the fact that I had been eating a vegetarian diet for the past few years. But I didn't see any other option to reverse diabetes. I really didn't want to become dependent on oral medication and insulin.

I had grown up in a household that practiced Jainism in India. Jains are forbidden to eat any meat, eggs, poultry and fish, but also root vegetables. The fundamental belief of this religion is rooted in non violence and taking extreme measures to not harm any living being (for example, uprooting a plant causes it to die, hence no potatoes, beetroot etc.).

All our grains were ground at the local mill. My mother preserved and cured vegetables, ground her own spices, made yogurt with active cultures along with cold pressed juice. We ate fresh fruits and vegetables from a handcart every day. Eating leftovers was not an acceptable practice. Almost everyone I knew lived like this.

I was an adventurous person and started eating meat when I came to the United States. I ate essentially “anything that wouldn't bite me back”.

About four years ago, I gave up eating meat. Every time I cooked meat or poultry, I felt repulsed and didn't feel like eating the food I had prepared. When I ate in restaurants, I felt nauseous. But I wanted to try Whole 30, and I knew that I would not be able to practice it right away. I needed to slowly introduce meat back into my diet. I started slow-

ly, buying only high quality grass fed and antibiotic free poultry, eggs and meat, as well as wild caught fish.

Like the Suppers program, I made cooking and eating an intentional and mindful process. I selected simple recipes that would be easy to prepare and make ahead of time so that it wouldn't interfere with work. When the pressure was off, I found that my body wasn't rejecting the food. So I started the Whole 30. My diet is low carb, less than 20

grams per day. I eat meat and vegetables along with nuts, cheese and almond milk. I ate an apple occasionally, if I felt lightheaded as I still took medication.

Within a week, my blood sugar levels were below 100 every time I tested. My energy levels increased and my mind felt sharper. My mood swings disappeared and I didn't feel the need to snack all the time.

During the first week I worked out twice a day and felt even better. I continue to work out 45-60 minutes every day – walking, using the treadmill or elliptical along

with lifting weights and using strength training equipment.

My fear of insulin shots and medication was greater than that of eating meat.

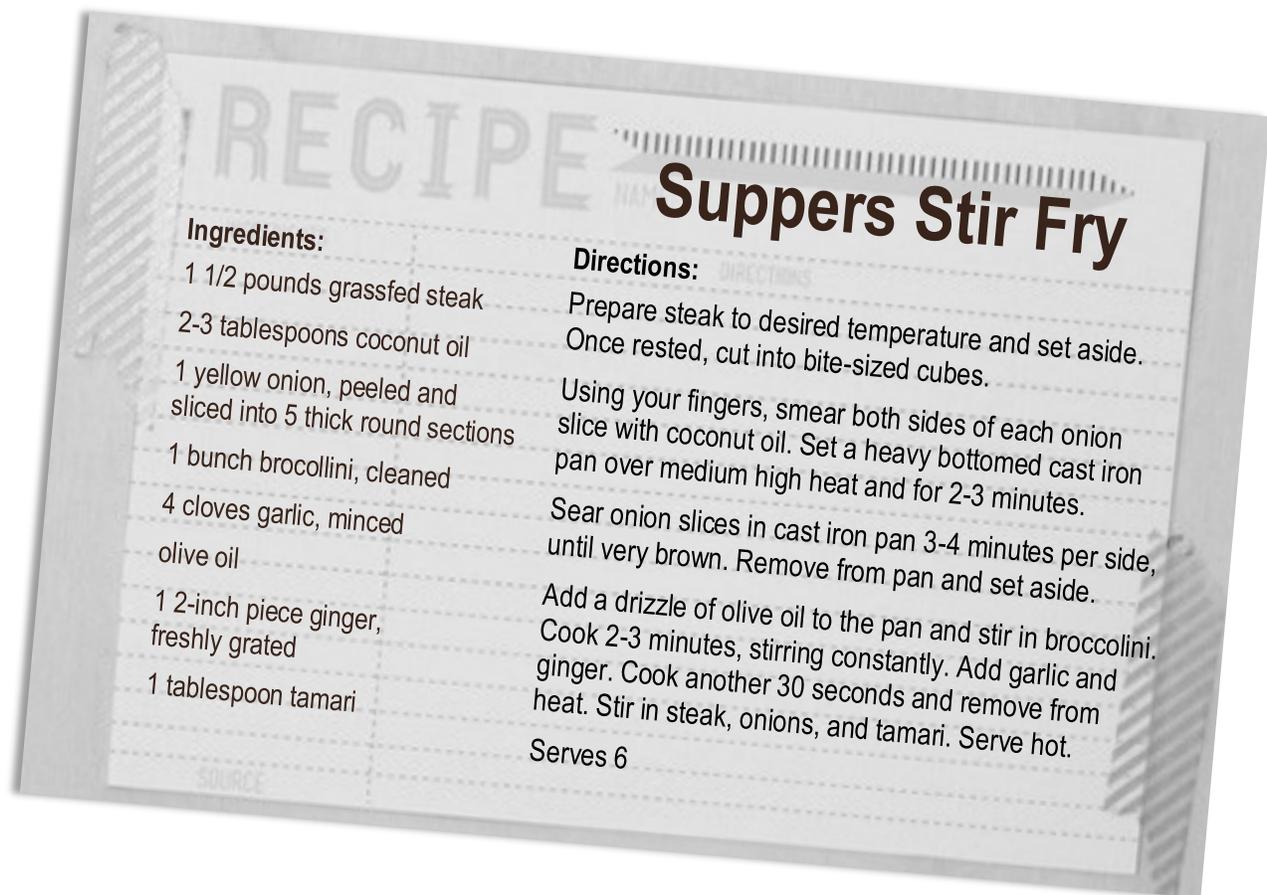
I also thought that I may not be able to follow the Whole 30 diet because I had to take medications, so during the first week, I was particularly attentive to any symptoms that I might experience – light headedness, dizziness etc. After the first two days of light headaches, I actually started feeling much better - higher energy, clearer focus, sharper thinking and fewer mood swings. I didn't really miss carbs as much as I thought I would.

The second week was harder – I started getting chills, so I increased my intake of calories. On some days to compensate I ate 30 carbs instead of the required 20. While some of my resistance to meat was “mental,” it was also physical. I needed to eat organic to avoid feeling nauseous. Whole 30 forced me to look at food very differently. I'm happy to share what I've learned by teaching food preparation at Suppers. It's almost as if I have gone back in time to my childhood with the emphasis on fresh food! OK, I lost some weight, but the big news is that my A1c went from 13.5 to just under 7.

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# Experiment: Is Inflammation My Issue?

*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: Is Inflammation My Issue?

Are you still hoping to lose weight or reverse diabetes with exercise and calorie restriction? Are you adhering to somebody else's idea of a healthy diet, whether vegan, vegetarian or omnivore? How is it working for you? If it's working we won't touch it! But if you're frustrated, try your hand at identifying which are your personally inflammatory foods. It's easy! You are likely to feel any of these several reliable clues when you consume them:

- You desire more, even if you feel physically full
- You feel bloating, pain or pressure in your belly
- You experience fatigue or mental fatigue
- You feel depressed or anxious

1. Prepare ahead for three breakfasts, one vegan, one vegetarian, one omnivore. Avoid grains during the experiment.
2. Eat satisfying portions of, say, a tofu/veg scramble one day, scrambled eggs and vegetables the following day, and leftover meat and vegetables the third.
3. Note how you feel each day. Whichever breakfast carries you longest with no hunger, pain or fatigue is likely to be your less inflammatory choice.
4. Add back a good dose of grain and note how you feel.
5. Share your experience with another person.

## Mission

The Suppers 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

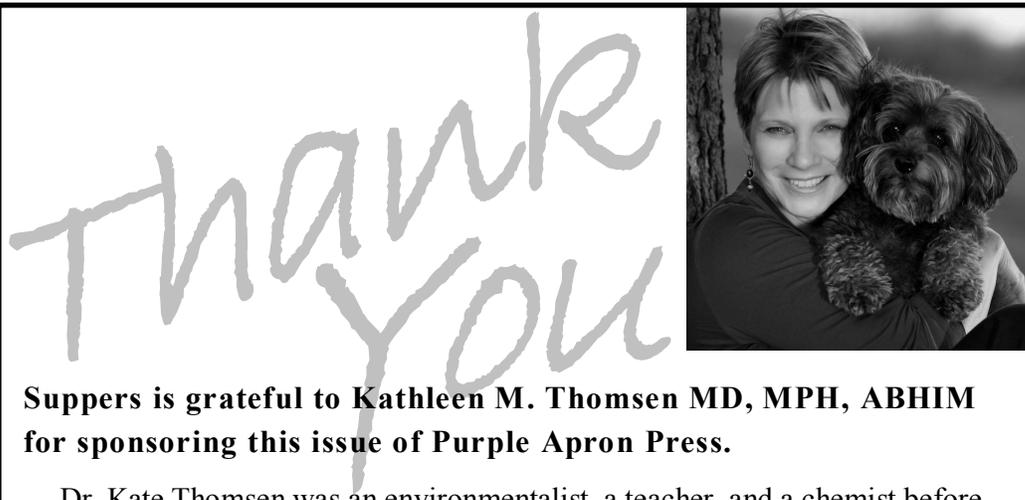
The only requirement for membership is the desire to lead a healthier life. The Suppers whole food menu is especially helpful for those who need to stabilize their blood sugar and mood chemistry. This includes people with depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol. 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](http://www.TheSuppersPrograms.org) or email [info@TheSuppersPrograms.org](mailto:info@TheSuppersPrograms.org).



## 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.



**Suppers is grateful to Kathleen M. Thomsen MD, MPH, ABHIM for sponsoring this issue of Purple Apron Press.**

Dr. Kate Thomsen was an environmentalist, a teacher, and a chemist before entering medical school. She has completed a residency in Family Medicine and a fellowship in Women's Health. She has been practicing Integrative Medicine for 20 years and was excited to be included in the first graduating class of the Institute for Functional Medicine's Certification Program. Dr Thomsen uses the Functional Medicine model to uncover the systems-based imbalances that lead to poor health.