



Founder's Message:

Are Your Pain And Inflammation Optional?

On a scale of 1 to 10, with 1 being “I don’t mind giving up that food” and 10 being “I’d rather have diabetes (dementia, RA or osteoarthritis) than give up that food,” how do you score on cheese?

For me, cheese comes in around 6, probably my highest for any food now that I’ve given up all my 7s, 8s, and 9s: coffee including decaf, wheat, macadamia nuts, granola, and peanut butter. These seem to be the foods that won’t negotiate with me. Nothing I ever did made my body tolerate them. They seem delicious (even though I know it’s not the flavor that beckons). They seem beyond the reach of cooperating with my plans for them (portion control). They are not impressed with my fancy new gut biome; they don’t listen when I speak to them in sauerkraut. And they won’t listen when I describe the relationship among digestion, inflammation and brain function. They stomp their

feet and I am the one who finally got the message. The answer is no. After years of right living, I still feel dopey, bloated and addicted if I play with them.

But I flirt with cheese. Understanding that milk “operates on the same receptor sites as morphine” helps me understand why, but that understanding has not translated into abstinence. It did help me understand our member Bebe’s plight; her world revolved around cheese. Even with her doctor imploring her to give up dairy to reduce the pain of her rheumatoid arthritis, she couldn’t. She was a 10 on cheese.

Bebe needed 14 months to experiment, to demonstrate to herself that *life-destroying pain was optional*. Read her story on page 2.

Are *your* pain and inflammation optional? Bebe’s doctor sent her to Suppers to find out by doing experiments. Maybe you can too.

Eat Dirt

By Josh Axe, DC

Quick: What do the New York City subway, Swedish kitchens with no dishwashers, and the muddy paws of your black lab have in common? Answer: There is research that supports them as sources of micro organisms that benefit your immune system. Yes, including the New York City subway. In *Eat Dirt*, Josh Axe makes a compel-

ling case for exposure. Dealing particularly with auto immune diagnoses,



which more or less all relate to gut flora, Dr. Axe provides directions for healing a leaky gut. You can get a basic understanding of your gut with his online inventory for the five basic types of leaky gut. You might turn around gas, bloating, depression and inflammation.

Inside

- ◆ Bebe’s Story: My Life Revolved Around a Piece of Cheese
- ◆ Experiment: Can I Cheat?
- ◆ Recipe: Roasted Vegetable Soup

Sampling of Upcoming Meetings and Events:

Lunch for Moms,
Princeton, NJ, 1/3, 2/7, 3/7

Dor’s Vegan Dinners
Princeton, NJ, 1/9, 2/6, 3/6

Jim and Pat’s Dinners
Lawrenceville, NJ, 1/12, 2/9, 3/9

Lunch For Stable Blood Sugar,
Princeton, NJ
1/17, 2/21, 3/21

Clean Eating for Weight Management,
Princeton, NJ
1/18, 2/15, 3/15

Suppers at the Wellness Center Dinner, Kendall Park, NJ
1/26, 2/23, 3/23

Lunch for Immune Support,
Princeton, NJ, 1/27, 2/28, 3/28

Save The Date:
March 22nd, 2018
A Taste of Suppers
Princeton Public Library

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

www.TheSuppersPrograms.org

Or email :
info@TheSuppersPrograms.org

Bebe's Story: My Life Revolved Around a Piece of Cheese

“But if I have no cheese in the house I'll feel like I have nothing to eat!” “Just go off dairy for two weeks,” my doctor implored, “Just two weeks.” I did. After only four days, my constantly tearing eyes stopped tearing — like someone had waved a magic wand. That was the catalyst that compelled me to make one of my most profound life changes, clarifying my muddy relationship with food.

Let me give you the background: My life is characterized by trauma, near-death experiences, and tragic losses.

So comforting myself with my favorite food — cheese — seemed like a small thing. But four years ago I was diagnosed with rheumatoid arthritis, hyperthyroidism and adrenal fatigue. I also experienced depression, anxiety and severe sleep apnea. My rheumatologist said that some of my problems related to diet and lifestyle and that medications would not reverse my diagnoses. She referred me to The Suppers Programs and assured me I would receive personalized support for making changes to address the root cause of my suffering.

I'd had it with diet programs, diet doctors and hate fests at the gym. How could any program that anchors me in self-loathing, depression, anxiety and digestive pain be good for me? I had two doctors pressing me to attend a different kind of program, Suppers, and they finally wore me down. So I went. I listened.

I was stubborn. I cheated. If there wasn't any cheese in

the house, I felt there was nothing I wanted to eat. For 14 months the program held me up as I grappled with habits that were making me sick. I learned from the experiments we did at Suppers meetings which foods triggered inflammation. The things that set my joints on fire were, of course, the very foods I loved, and I needed guidance in how to eliminate them. The worst pain triggers were gluten grains, dairy and sugar. The pain of RA is stunning; it really grabs your attention. So after a few months of serial cheating, my own motivation kicked in and I didn't need doctors prodding me anymore. Initially, just my body showed up, but as relief grew, I engaged wholeheartedly.

Now, four years into The Suppers Programs, I can say I am living according to my intentions instead of my impulses. The Suppers environment of non-judgment allowed me to change my habits at my own pace, find the foods that made me feel energized, reverse my diagnoses, and lose 39 pounds! My doctor confirmed my progress and lowered my medications.

In retrospect, I can't believe my life revolved around a piece of cheese. If I had that magic wand, I'd make it possible for people to get a glimpse of their future, to feel how fabulous life is when you find your personal best way to eat and how dreadful it can be if you don't. But that's not how it works. It takes a leap of faith and a community of support, no judgment, and no time clock. You have to do your experiments.

“... THE CATALYST
THAT COMPELLED ME
TO MAKE ONE OF
MY MOST PROFOUND
LIFE CHANGES ...”

Suppers relies on donations to support our program. Please consider a gift for more people to cook, taste and feel their way to their own health miracle.

\$50 \$100 \$250 \$500 \$1,000 other amount \$ _____

Name: _____

Address: _____

Email: _____

Please return this form with your donation to The Suppers Programs, 211 North Harrison Street, Suite A4, Princeton, NJ 08540. **Or donate on our website, www.TheSuppersPrograms.org.**

Does your employer have a **matching gift program**? Please consider asking them to match your gift.

Roasted Vegetable Soup

Ingredients:

1 medium onion, chopped
 1 large parsnip, chopped
 2 beets, chopped
 2 garnet yams or other sweet potato
 Coconut oil
 salt
 2 tsp ground cumin
 1 tsp ground coriander
 1 tsp ground cardamom
 ½ tsp turmeric
 ½ tsp cinnamon
 ¼ tsp clove
 Black pepper to taste
 1 can full fat coconut milk
 Water or stock (I use water)
 Squeeze of lemon or 1 tsp cider vinegar

Directions:

Place the chopped vegetables in a roasting pan; don't crowd. Add enough melted coconut oil to coat the vegetables when you toss them. Sprinkle with salt.

Roast at 400 until soft.

Meanwhile, melt enough coconut fat to coat the bottom of the soup pot.

Fry the spices in the coconut oil for 30 seconds or until they become fragrant, but don't let them smoke. Add the roasted vegetables, coconut milk and a can of water. Simmer on medium until heated through.

Use the immersion blender to nearly puree the vegetables, adding water or stock to get the consistency you want. Balance flavor with salt, lemon or cider vinegar.

Serves 6 to 8

Experiment: Can I Cheat?

*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 Cheat?

How will you know if you are one of the lucky people who can have a little bit of your favorite cheat foods or if you must completely abstain? Some things are negotiable and some things are not. A person with diabetes can get away with the occasional treat *as long as it's not a trigger that leads to a lot of unwanted eating*. The consequences are dose dependent. But the person with celiac disease or an auto immune response to a food can suffer on a small exposure. It's absolute, not dose dependent. The tip offs for Bebe were:

- She had an auto immune diagnosis, rheumatoid arthritis.
- Cheese was like a street drug. It made her happy very quickly.
- Withdrawing from it was arduous.
- When she finally abstained on cheese and ate Paleo, her inflammation went down and she finally lost weight.

1. Set up a food journal, noting what you eat and how you feel.
2. Write everything you eat and how you feel and look for patterns, noting especially energy, mental energy, inflammation, and craving.
3. Note which foods are enjoyable and allow themselves to be managed versus foods that "have no brakes" or cause symptoms or flares. There's the answer to the question, can I cheat?
4. Get help. Suppers can support you as you do an elimination diet program, but you need medical supervision if you're dealing with autoimmunity.

Working an elimination diet to reduce inflammation is exceedingly simple in concept but hard to execute. It almost always means giving up favorite foods, the ones that act more like drugs than food in your body. See our web site for more detail and links to practitioners who can guide the process.

The Suppers Programs™ Mission

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

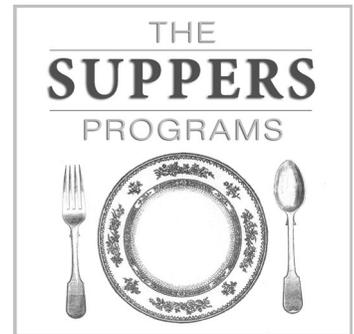
Founding Principles for all Meetings

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

Whom We Serve

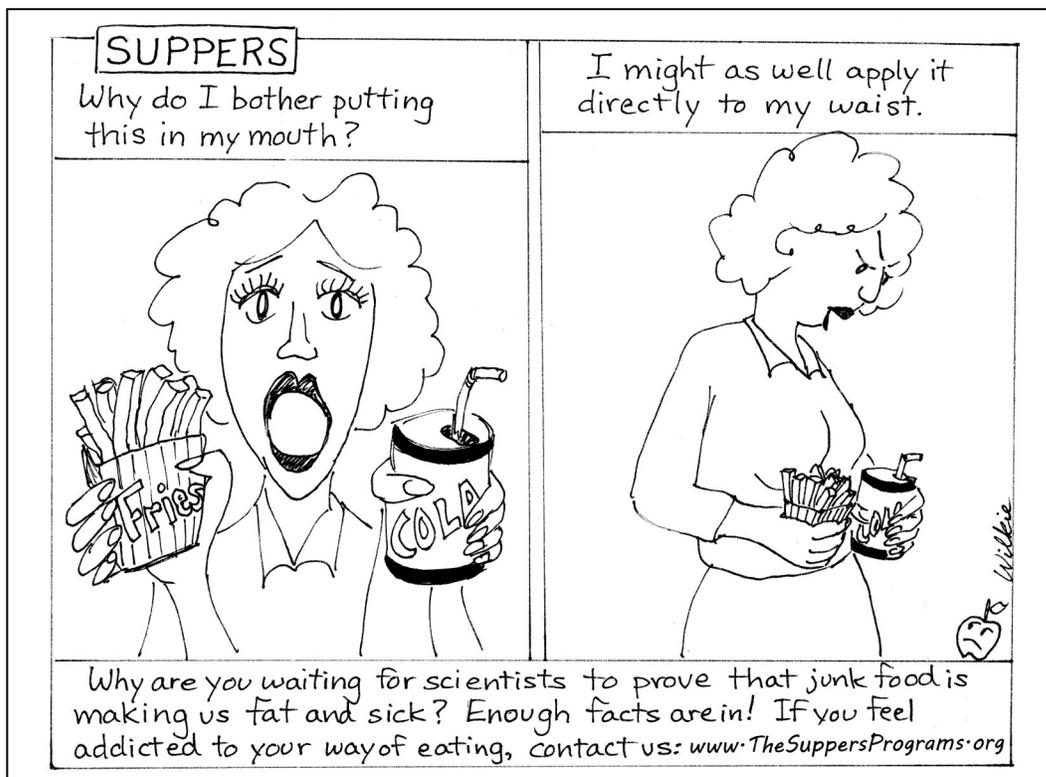
The only requirement for membership is the desire to lead a healthier life. The Suppers whole food menu is especially helpful for those who need to stabilize their blood sugar and mood chemistry. This includes people with depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol. 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.



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.



Why are you waiting for scientists to prove that junk food is making us fat and sick? Enough facts are in! If you feel addicted to your way of eating, contact us: www.TheSuppersPrograms.org

For information about sponsoring an issue of Purple Apron Press contact info@TheSuppersPrograms.org.