

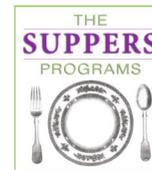
Purple Apron Press



The Official Newsletter of The Suppers Programs™



SOURCING HEALTH LOCALLY
YOUR BRAIN...YOUR HEART...YOUR HEALTH...YOUR LIFE
...and your wellbeing depend on
wholesome food and a clean environment.



Join us on September 16, 2018 at the Suzanne Patterson Center in Princeton.
Information and Registration online at nofanj.org.

Founder’s Message:

Ask the Doctor About Brain Health

This is the “conference issue” of Purple Apron Press... One of our speakers at Sourcing Health Locally – September 16th – is **Amy O’Donnell, MD**, neurologist and avid supporter of Suppers.

1. Dor: Dr. O’Donnell, let me set this up for our readers. We asked you to read Dale Bredesen’s book *The End of Alzheimer’s* and then help our members understand what they could do with diet and lifestyle change to preserve cognitive function as they age. How did you prepare?

Dr. O’Donnell: I started off by reading the book and checking out some of the online resources he mentions. It quickly became clear to me that this was quite a challenging protocol to adopt. I tried many of the interventions so that I could speak knowledgably about them. This included seeing a functional medicine physician, having many of the blood tests that are recommended in the book, eating a ketogenic diet, and online brain training. Since I am not currently experiencing any cognitive decline, I cannot speak to the efficacy of these interventions in restoring cognitive function, but it did give me a

greater appreciation for what it takes to implement these changes and how helpful it would be to have a support system like Suppers.

2. Dor: How did you feel on ketogenic? Was it hard to follow?

Dr. O’Donnell: My experience was mixed. On the one hand, I definitely had more energy and fewer cravings for sweets when I added more healthy fats to my diet. However, I found the amount of additional fat and the carbohydrate restriction that was necessary to consistently stay in ketosis difficult to implement at every meal. I had already cut gluten, dairy and processed foods out of my diet prior to reading the book with good results, but limiting carbohydrates like sweet potatoes and berries felt very restrictive to me. However, these are not strictly prohibited on the diet. Many of the changes (such as not eating after dinner and having at least a 12-hour fast between dinner and breakfast) made a lot of sense to me and were not as hard to implement as I had expected.

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Whitewash
by Carey Gillam
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- ◆ **Recipe:**
Dor’s Keto Nut Loaf

Upcoming Meetings:

Lunch for Immune Support
Princeton, NJ
9/19, 10/17, 11/21, 12/19

Dor’s Vegan Dinner
Princeton, NJ, 9/4

Wellness Center Dinner
Kendall Park, NJ
9/28, 10/26, 11/16, 12/21

Introduction to Suppers
Princeton, NJ
10/6, 10am—noon

Jim and Pat’s Dinner
Lawrenceville, NJ, 9/14, 10/12

Visit our website to see the full calendar and to register.

www.TheSuppersPrograms.org

Didi's Story: An Institutional Priority

Sometimes social media works in my favor. I try not to let myself go down the rabbit hole of the aggravating political arguments, or how many days left until Christmas. Something about Suppers caught my eye, and I decided to go to the home of complete strangers and cook with them.

I was hooked immediately. I needed to have first-hand experience of how delicious fresh food could be. I needed to be with people who could make cooking from scratch look easy. And it IS easy! I was never a great cook, but I knew that I had to start learning because my health challenges required that I move away from processed foods and in the direction of fresh food. God was with me the day I clicked on Suppers. Some of the concepts were familiar as I have 12-step program experience. Leading with a commitment to practice non-judgment provided the perfect fellowship for me because I was dealing with issues like eating compulsively and experiencing erratic behavior from the sugar.

I have been convinced all of my life – literally my entire life – that there was no hope of management or cure for the huge swings I experience in energy and mood. I believed that nothing would help with the brain fog because I was told by medical professionals that nothing would help. But for whatever reason I decided to attend a Suppers workshop called “How You Feel is Data!”. For an hour we learned what it feels like to experience swings of blood sugar.

Never have I been so happy to be proven wrong. I did a simple series of experiments to learn what foods would stabilize me if I ate them at the beginning of the day. This is the “breakfast challenge”, and I learned that I HAD to eat protein. What? I feel like everyone in the

world INSISTED that oatmeal was the healthiest thing in the world for breakfast. I used whole milk and added nuts and still I experienced a sugar drop by 10 a.m. I was so embarrassed to be seen in the kitchen at work scooping up stuff to eat to try and satisfy my constant hunger. I learned that limiting carbs throughout the day and using healthy carbs like plain full fat yogurt with berries to bring my sugar back up after a drop was the solution. Since I put all of this discovery into action, I have had NO hypoglycemic issues. Fifty years of unremitting, unnecessary plunges into fatigue went poof!

I can't wait to tell my primary about this. He told me to drink a can of soda when my sugar drops. Where does he get his nutrition information? I got mine at the Presbyterian Church of Lawrenceville in that workshop where I learned that how I feel is data. My nutritionist said don't eat protein because of the cholesterol. I would like him to experience the brain fog, fatigue, and obesity that have plagued me for years. He encouraged Fiber One dessert bars to keep my sugar even. You read that correctly: 0 protein, 17 grams of carb.

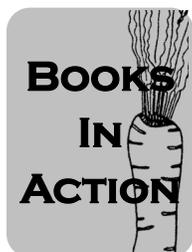
Up until a few months ago, I needed to eat constantly to quiet the hunger and bank down the headaches. I felt helpless to fix the symptoms because I was made to believe there was no hope. Today I have much more energy. I've lost a little weight and now I eat when I'm actually hungry, not to raise my blood sugar. I get to whatever Suppers meals my schedule allows; the food is great. The companionship and camaraderie nourish my soul. I am grateful to the facilitators who open their homes, and I'm grateful to have a church in town that makes my physical wellness not just my spiritual well-being an institutional priority.

I BELIEVED
THAT NOTHING
WOULD HELP.

Whitewash: The Story of a Weed Killer, Cancer and the Corruption of Science

by Carey Gillam

Living as clean as we can in a contaminated environment will be a recurring theme at this year's Sourcing Health Locally conference September 16. For a gutsy, in-depth account of the worst agricultural offender, read *Whitewash* by investigative journalist Carey Gillam. “It's the pesticide on our dinner plates, a chemical so pervasive it's in the air we breathe, our water, our soil, and even



increasingly found in our own bodies. Known as Monsanto's Roundup by consumers, and as glyphosate by scientists, the world's most popular weed killer is used everywhere from backyard gardens to golf courses to millions of acres of farmland. For decades, it has been touted as safe enough to drink, but a growing body of evidence indicates just the opposite, with research tying the chemical to cancers and a host of other health threats.”

Ask the Doctor

(Continued from page 1)

3. Dor: You're both neurologists. Dr. Bredesen spent most of his career looking for a gene for dementia, assuming there could be a pharmaceutical solution. He came around to a list of 36 drivers of cognitive loss. Some involve fairly simple lifestyle changes. Were you surprised?

Dr. O'Donnell: I was actually not surprised at all, especially given the huge number of pharmaceutical studies that focused on a single target and failed to show any clinical improvement in the disease. So many diseases of our modern world seem to be a complex interplay of many factors and can be improved by proper diet, exercise, adequate sleep and stress reduction.

Brain Health Experiment:

Today's Mental Fatigue and Brain Fog May Be Tomorrow's Cognitive Losses

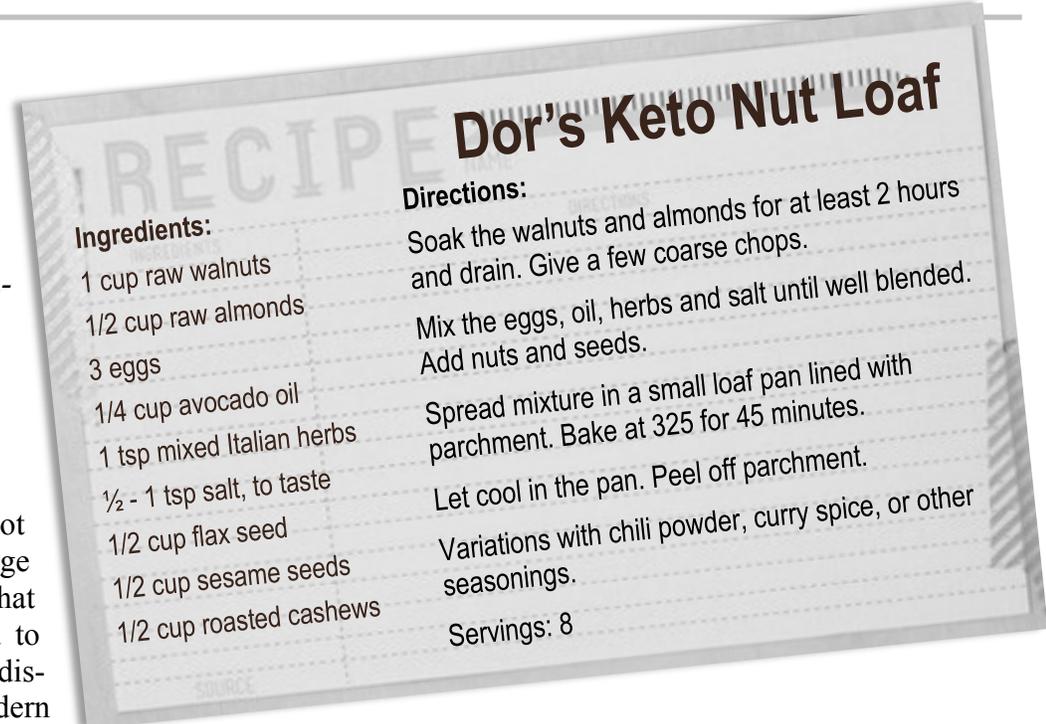
*At Suppers, we work really hard to not know what another person needs. Rather, we ask people to do personal experiments to tease out information from their bodies because **How You Feel is Data!***

If, like our member Didi, you experience big swings in mood and energy, changing how you eat may benefit not just your blood sugar but your mood, mental energy and cognitive function as well. The experiment is really simple, but it may not be easy.

For one month, stop eating – 100 % eliminate – the foods you feel addicted to. The usual culprits include wheat, dairy, and sugar. Instead, have whole fresh vegetables, fruits, nuts, seeds and clean protein.

There is no 2. Just observe how you feel.

At Suppers we help people every day as they struggle to eat according to their intentions instead of their impulses. Maybe we can help you feel sharper too!



4. Dor: Talk about the role of insulin; it seems to be a big culprit.

Dr. O'Donnell: While all of the possible mechanisms by which insulin can contribute to the development of Alzheimer's have not been elucidated, there is mounting evidence that it definitely plays an important role. Bredesen describes one aspect of this. An enzyme called insulin-degrading enzyme degrades excess insulin in the body so that the blood sugar doesn't drop too low. This enzyme is also responsible for degrading the amyloid (a protein fragment that is strongly implicated in Alzheimer's). Since it can't do both at once, chronically high levels of insulin (such as we see in people who have developed insulin resistance) divert this enzyme from destroying amyloid, thus increasing the risk for Alzheimer's.

5. Dor: What's the best way Suppers can support people who decide to make diet and lifestyle changes to support their brains?

Dr. O'Donnell: These changes are difficult to make all at once and require ongoing support. Suppers can help make this diet palatable by teaching people how to prepare delicious and simple food. It can also be very isolating to make radical diet and lifestyle changes that friends, family and co-workers may not be embracing. Suppers provides a safe space where people can feel supported in making these changes.

*Dr. O'Donnell will present Sunday afternoon September 16th at **Sourcing Health Locally**, a collaborative project of NOFA-NJ and Suppers. Information and registration online at nofanj.org*

The Suppers Programs™

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.

Four Kinds of Meetings Deliver Our Mission

- **Diagnosis-specific**, where we form groups around a mutual health concern
- **Eating-style-specific**, where people gather around a shared way of eating
- **Cooking and Camaraderie**, where we learn to prepare healthy food together
- **Food and Faith**, where faith communities gather for a Suppers experience

Founding Principles for all Meetings

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

Who Can Benefit

While any one can participate in The Suppers Programs, those who stand to benefit most:

- want change;
- attend;
- have access to ingredients;
- have access to a kitchen.

Suppers' whole food approach respects the wide range of healthy eating styles — from raw vegan to omnivore — and is especially helpful for those who need to stabilize their blood sugar and mood chemistry. The Suppers Programs is for you if you have an inflammatory condition such as depression, anxiety, learning issues, obesity, diabetes, and/or problems with alcohol. Those whose health depends on emphasizing real, whole food while avoiding refined and processed food will benefit from The Suppers Programs.

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



Thank
YOU



Thanks to our

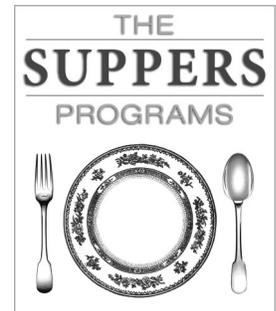
Sourcing Health Locally Partners:

The Northeast Organic Farming Association of NJ

and The Foundation for Airway Health

Collaboration is the name of the game.

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.