

Purple Apron Press



The Official Newsletter of The Suppers Programs™

Founder's Message:

Ask the Dentist About Carb Craving

This issue's founder's message is an interview with Howard Hindin, DDS on the role of dentists in resolving compulsive eating.

Dor: Did I read that right, Dr. Hindin? Why should we ask the dentist about people's compulsive eating?

Dr. Hindin: Dentists are the health care providers who are most familiar with people's airways, the passage running from the nose to the lungs. When someone's breathing is compromised and they don't get restful sleep, they crave carbs. It's almost axiomatic.

Dor: So when we voluntarily keep late hours or we have congested sinuses, or we develop sleep apnea, we're likely to experience craving?

Dr. Hindin: Yes. It's a very common problem. And we're at greater risk of putting on unwanted weight and developing insulin resistance when we don't sleep well.

Dor: We see people all the time at Suppers meetings who thoroughly intend to avoid processed foods, who hope willpower and social support will

keep them away from baked goods and sweets, and who relapse. What's your interpretation?

Dr. Hindin: They need to find out if their airway is in any way compromised. If they have apnea or they snore or they're noisy breathers, I would expect to see fatigue, maybe emotional swings, cravings, and problems with blood sugar. When people don't breathe well when they sleep, physiological alarms go off all night. Their bodies produce adrenal stress hormones, and a vicious cycle starts.

Dor: Tell us the cycle. What comes first?

Dr. Hindin: The entry point could be any of the following: poor sleep leads to "sympathetic upregulation" which leads to production of stress hormones which leads to swings in mood and blood sugar which lead to carb craving which leads to impulses to eat refined foods which leads to eating them which leads to overweight which leads to poor sleep, and the cycle goes

(Continued inside)

Inside

- ◆ **Polly's Story**
- ◆ **Experiment:**
How Is My Airway?
- ◆ **Recipe:**
Pan Fried Duck with
Coconut Creamed Spinach

Upcoming Meetings:

Lunch for Immune Support
Princeton, NJ
12/19, 1/16, 2/20, 3/20

Lunch for Stable Blood Sugar
Princeton, NJ
12/20, 1/17, 2/21, 3/21

Wellness Center Dinner
Kendall Park, NJ
12/21, 1/18, 2/21

Introduction to Suppers
Princeton, NJ
1/12, 10am—noon

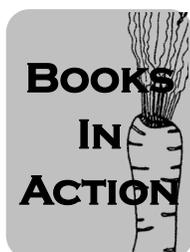
Jim and Pat's Dinner
Lawrenceville, NJ, 12/7, 1/11

Visit our website to see the full calendar and to register.
www.TheSuppersPrograms.org

GASP Airway Health: The Hidden Path to Wellness

By Michael Gelb, DDS and Howard Hindin, DDS

GASP is about our airway, breathing and sleep. It should be read by anyone who wants to get to the root of snoring, poor quality sleep or apnea, or mouth breathing *and also* people who have problems with attentiveness, anxiety and depression. How we breathe is often what underlies poor focus and even impulses to eat refined carbohydrates. If we don't breathe well when we sleep, 1/3 of our life is affected. GASP describes the impact of a narrowed airway from cradle to grave.



"Every day, we encounter fatigued patients with chronic headaches and neck pain. They have difficulty concentrating; they suffer with GI problems from acid reflux to irritable bowel syndrome. They range from thin women to men who have put on a few pounds." Often – without any medication – anxiety and depression are alleviated. Children's behavior and performance are transformed. If restricted breathing and poor quality sleep underly your pain, mood, digestion, or ability to focus, GASP can help you uncover your hidden path to wellness.

Polly's Story: I Really Am a Coconut

It was in Suppers that I realized that I really am a coconut. My first stab at working the program was a dismal failure. I'm sure some members remember my being there, but I hardly do. I have been living in and out of serious brain fog and depression for years, a sane person in a crazy body. And while part of me recognized that this program was exactly what I needed, I didn't have the wherewithal to pull it together.

Fortunately, the meetings went on without me, and were still going on when my friend drew me back in. One of the first meals we ate in my second round was a Thai coconut milk soup with salmon. Matching the discussion to the menu, we read some material about the therapeutic value of coconut for some people. It was very good news to me that coconut might actually be healthy for me, instead of bad because it's fat.

I am now practicing nutritional harm reduction and well into the transition to a healthy diet. My body so wants to hold on to feeling well that I've developed an aversion to most junk food. The last time I had a fast-

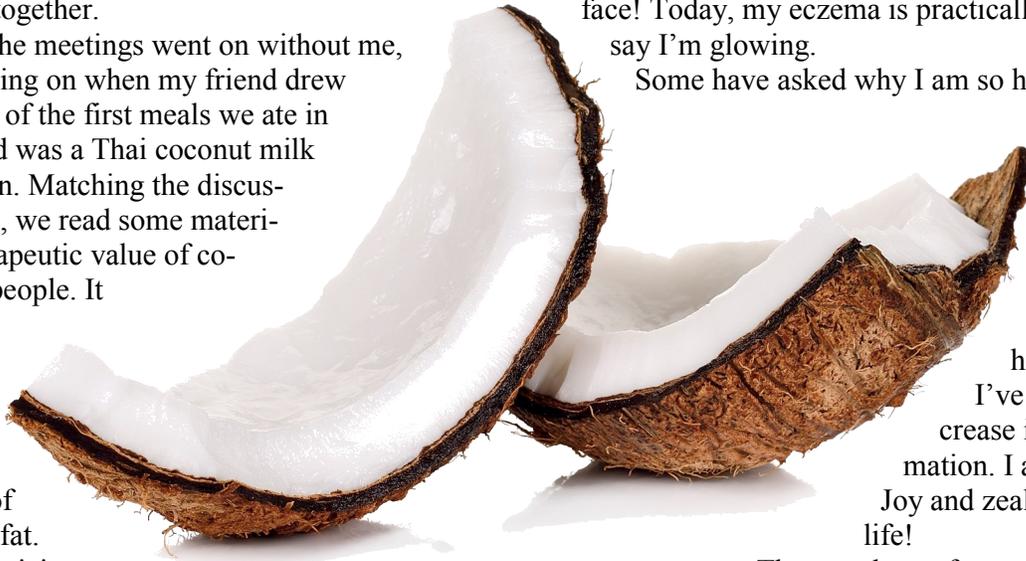
food burger, I got sick. I also feel repulsed by the sugary foods that I used to crave like an addict craves a fix. Fast food and sugar were my two big subtractions.

I also made some additions, mostly fresh fruits and vegetables, as well as some supplements, including lots of fish oils and magnesium. And of course, coconut oil, which I take both internally and externally – I even use it on my face! Today, my eczema is practically gone and my friends say I'm glowing.

Some have asked why I am so hooked on Suppers.

Well, who wouldn't be excited by soaring energy! The brain fog and intense mood swings are gone, my debilitating PMS symptoms have disappeared, and I've had a dramatic decrease in allergies and inflammation. I also sleep much better. Joy and zeal are returning to my life!

The members of my group like the Thai dishes, but nobody else has pegged their recovery on coconuts as I have. It's all about "biological individuality," just as they say. I had to stick with the program long enough and observe my experience enough times to hear what my body was saying to me: I really am a coconut.



IT WAS VERY GOOD NEWS TO ME
THAT COCONUT MIGHT ACTUALLY
BE HEALTHY FOR ME, INSTEAD OF
BAD BECAUSE IT'S FAT.

Ask the Dentist

(Continued from front page)

on and on. One person may enter the cycle with an airway problem; another may enter because of overweight. Wherever you enter, you're already having problems with inflammation and the cycle goes round and round. How you sleep affects how you eat; and how you eat affects how you sleep. Once you're in the cycle, it's a perfect storm of downward spiraling and can result in an array of inflammatory conditions.

Dor: *So how do you extract yourself from the cycle?*

Dr. Hindin: The variables are entwined and hard to tease apart, but I can tell you that you have to deal with the food issues and the sleep issues at the same time because they reinforce each other. More than a third of adults in America don't get at least 7 – 8 hours of sleep, about the same proportion of the population that's expected to devel-

op type 2 diabetes, which may just be a coincidence. Or not.

Dor: *So how can we use this information to help people at Suppers? Unwanted eating and compulsive feelings around food and drink are pretty common here.*

Dr. Hindin: Start with self-observation. You'll have to make choices about the order in which you get help, but the elements include: establish if there is obstructed or partially obstructed breathing, particularly at night. Snoring, daytime exhaustion, not feeling refreshed even if you do sleep, dark circles under your eyes, and pain syndromes around the neck and shoulders are telling. You have to get help avoiding processed foods that drive high blood sugars. Stop eating 4 hours before bed. Turn out the lights. Turn off the screens. Meditate. Focus on the people. And go to Suppers meetings and get support.

*For more information: www.airwayhealth.org
See page 3 for more help.*

Pan Fried Duck Breast with Coconut Creamed Spinach

Ingredients:

4 duck breasts (skin on)
1 tsp Chinese Five Spice Powder
salt and ground pepper
broth or balsamic vinegar
(optional, to deglaze the pan)

For Creamed Spinach:

2 TBS coconut oil
1 tsp salt
2 tsp curry spice
2 cups thin-sliced leeks
1 thumb fresh ginger,
peeled and minced
2 packages fresh spinach,
washed and very well drained
The fat part of one 13oz can
coconut milk
Black pepper and salt to taste

Directions:

Carefully score the duck breast skin in criss-cross fashion, without slicing through the skin. Rub the skin with seasonings on both sides. Place the duck breast, skin side down, in a cool, dry frying pan.

Turn the heat on medium high and cook 8 minutes or so until the skin crisps. Flip and sear on the other side, about another 5 minutes or until internal temperature is 130. Cook longer if you don't like it rare. Remove to a platter and let rest 10 minutes.

Pour off most of the fat and reserve for future cooking. Add 6 tablespoons broth or vinegar or a combination to the pan and bring to a simmer, scraping the brown bits from the pan. Add salt and pepper to taste.

Slice the rested duck breast meat and serve with pan sauce.

Creamed Spinach Directions:

In a large pan heat coconut oil, salt and spice on medium. Stir constantly until the spice is aromatic but not smoky, about 30 seconds. Add leeks and ginger to the pan. Cook stirring often until leeks are soft. Add the fat part of the coconut milk and simmer on low for 5 minutes.

Add very well drained spinach to the sauce and cook briefly until wilted. Season with black pepper, salt if needed.

Serves 4

Experiments and Observations: How is my Airway?

*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!***

You can start figuring out your airway yourself. Know what it looks and feels like when a compromised airway is driving your impulses to eat or drink.

If you have undiagnosed sleep problems, you're likely to hit a plateau sooner or later. If the cravings don't subside or you don't lose weight or your blood sugars don't improve when you think you're doing everything right, it could be because of an airway sleep problem.

There are three things you can do:

- 1) Change your sleep hygiene habits around getting to and being in bed — like not eating for four hours before going to sleep.
- 2) Do a self-assessment. See indicators below.
- 3) Seek professional care, someone with competence to screen for an airway problem and lead you to the right testing. You can learn more at www.airwayhealth.org

Indicators of an airway problem:

- Scalloped tongue (indentations from your teeth along the side)
- Dark circles under the eyes
- Headache or pain syndromes
- Dry mouth
- Being told you snore or stop breathing while sleeping
- Getting up at night to go to the bathroom
- Waking hungry in the night

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 the
Cottonwood Foundation
for funding the
Trenton Suppers
pilot programs.**

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.