



Purple Apron Press



The Official Newsletter of The Suppers Programs™

Founder's Message:

Who Knows If You'll Benefit From an Elimination Diet?

Your Body is the Decider

Experts are always disagreeing with each other, so let's start by saying that my purpose in devoting this issue to elimination diets is to assure you that your own body is the expert when it comes to figuring out what it does and doesn't tolerate. If you research which are the core foods that nearly everyone tolerates, you will find opposing expert recommendations for starch-based versus no-starch diets, no oil versus ketogenic (which is 70% fat). Coffee/No coffee. Cooked/Raw vegan. No-grain/ Rice-based. Most eliminate gluten and sugar. In any elimination diet, the purpose is to identify foods that cause some kind of adverse effect. You exclude the foods that the author believes cause your identified problem and eat

foods that are believed to improve the situation until you feel better. Then you re-introduce foods planfully – one at a time – and if all goes well you'll identify your personal culprits and remove them from your life. The idea is that with careful tracking, you can figure out for yourself without a whole lot of expensive, fancy testing which are your personally inflammatory (or weight-packing) foods and which foods are healthy for you. But how do you figure out where to start?



Start with you. Do you suspect that foods may cause your: digestive pain, allergies, rashes, obesity, autoimmune

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Inside

- ◆ **Lauren's Story**
- ◆ **Experiment:**
Design your Personal Baseline Recipe
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Paleo Lamb and Parsnip Stew

Upcoming Meetings and Events:

Taste of Suppers, Princeton Public Library, March 7th 2019

Lunch for Immune Support
Princeton, NJ
3/20, 4/17, 5/15

Wellness Center Dinner
Kendall Park, NJ
3/22, 5/24

Introduction to Suppers
Princeton, NJ
6/1, 10/12, 10am—noon

Jim and Pat's Dinner
Lawrenceville, NJ, 3/8, 4/12, 5/10

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

The Plant Paradox

By Steven Gundry, MD

Based on his research into plant evolution, Dr. Gundry sees the world of human health through the lens of prey and predator, with plants in the role of clever chemists generating toxins in their skins and seeds against predators: us. Disease and weight gain result from the chemical warfare strategies designed by the whole grains, legumes and seeds so many of us prize as

health food. There are many workarounds in the kitchen to disarm them. So if your digestive distress and inflammation don't respond when you're doing everything you're supposed to do, Dr. Gundry's approach to elimination dieting offers a completely different perspective, including simple cooking hacks that reduce the toxic effects.



Lauren's Story: Designing Our Personal Baseline Recipes

"I can now feel my carbs." This is a sentence I never thought I'd hear myself say. I can actually tell while serving myself that I'm taking more starch than is going to make me feel good a half hour later.

Our Suppers group is running through a series of experiments to help each one of us identify our personal baseline recipes: the core foods that each of us can rely on to produce mental clarity, energy, reduced inflammation, and a stable mood. It's different for each of us.

We're examining how we feel at the time we eat – just right or too full, alert or foggy, content or unhappy – as well as how we feel later when we track mental energy, cravings, mood and pain the rest of the day. One member shared, "I never understood that I could feel the effects of food on my body until I started working on the elimination diet, and now I'm very aware of food effects. I notice there is still a gap between my eyes and my stomach. I take what seems like a reasonable amount of food and feel full to the back of my throat because I served too much." We hear that a lot. So every meal starts with a brief meditation, a moment to observe how hungry we are and set an intention for how we want to relate to the food we're eating.

"Chicken raises my blood sugar!" Joni has been coming to Suppers for years and went through long periods of ad-

hering closely to her chosen way of eating: Paleo, interspersed with cheating on sugar. She was shocked; she thought chicken was somehow "free" because it's protein. Even Dor is still experimenting and learning. When her labs came back too high on Omega 6, she and her doctor couldn't figure out the source. The only possible source from her diet was the pastured chicken she eats; those birds still have grain in their feed!

"When I have eaten clean, I can get more clarity about what is changing how I feel. Maybe it's my depression speaking or my thyroid, or winter cold. Maybe it's physical or maybe it's emotional, but whatever it is, I get a better reading when I've been eating clean".

The vegetarian in our group noted, "My feelings are magnified by what I eat. My memory, brain fog, my sense of anxiety all get worse if I eat the wrong carbs."

At every meeting we explore our hunches about how foods are going to make us feel. It seems we all enjoy a range of vegetables in steaming broth, but each one of us thrives on certain proteins while feeling totally toxic on others! We all want the same outcome, and we're each finding our own route. I know I feel energetic, clear-headed and content when I resist the urge to put too many carbs on my plate. It took a while, but now – as long as I'm not over-stressed – I'm not even tempted.

AT SUPPERS, WE OFTEN HEAR
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Founder's Message

(Continued from front page)

conditions like Lupus or rheumatoid arthritis, and other diagnoses that end with "itis"? How about depression, anxiety, cravings, mood swings, or addiction – particularly when coupled with digestive pain? Are you concerned about cognitive losses like brain fog and dementia, which can be a sign of inflammation in the brain – even when there is no digestive pain?

Bearing in mind that stress, toxins, sleep, community connections, EMFs, air quality and the stock market all have a say in your inflammation, let's start from the assumption that the variable over which you have immediate control is what you do or don't put into your mouth. Think of the well-matched elimination diet as a roadmap to ending

the stress you introduce into your life through your mouth. And think of Suppers as the source of support you'll need while you test your theories and do the experiments that will lead to your personal best way of eating.

Elimination diets are not for the faint-hearted or socially isolated. We can help. When you're talking about autoimmune responses, the reaction is not dose dependent. In other words, even tiny exposures can trigger flares. Some people can get away with some cheating while others have to be absolute, but the only way to find out who you are is to do the elimination. At Suppers meetings, we're helping people uncover their personal, baseline foods and develop recipes around their "safe foods".

You can figure out if your inflammation, weight or pain are driven by what you eat. Start here: Join us for Suppers.

See the next page for experiments.

RECIPE Paleo Lamb and Parsnip Stew

Ingredients:

coconut oil
1 teaspoon salt
1 cup chopped leeks
1 pound lamb stew cubes
3 cups bone broth
3 cups roughly chopped parsnips
4 cups chopped cabbage
1/4 cup chopped fresh herbs (such as parsley, thyme, rosemary, or chives)
salt (to taste)
freshly ground black pepper (to taste)

Directions:

Coat the bottom of a soup pot with coconut oil. Add salt and cook leeks over medium heat until they begin to color. Do not brown.

Add the meat cubes and brown on all sides.

Add bone broth and bring to a boil. Cover, reduce heat and simmer for 1 hour. Add the parsnips, cabbage and herbs and simmer another 15 minutes or until parsnips are cooked through.

Adjust seasoning to taste.

Serves 4

Experiment: Design Your Personal Baseline Recipes

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!*

This experiment condenses 6 weeks of group work into a tiny box, but you'll get the idea. You are creating your safest, personal recipes, based on the foods you discover to be the most energizing and least inflaming for you.

1. Start with the recipe to the right.
2. Avoid all processed foods, grains, legumes, sweeteners, eggs, dairy, stimulants and alcohol for the experimental period you can commit to complete.
3. Observe and track how you feel on versions of your personal baseline recipes. If you need help with troubleshooting and next steps:
4. Contact us at Suppers to join the experiments or learn how to adapt the experiment if you thrive on a vegetarian diet.

Gently heat: 2 TBS of a healthy fat of choice: coconut or avocado oil, or duck fat with a little salt as allowed.

Gently sauté for about 15 minutes: 4 cups of chopped roots: parsnips, turnips, or rutabaga, but not potato.

Stir in and simmer until nearly done: 8 cups of green, yellow, red vegetables but no tomato, pepper, or eggplant; include packed leafy greens.

Cook: 1 pound of a protein you less often eat, perhaps ground turkey or lamb, or fish. Add to vegetables.

Add and bring to simmer: 2 quarts of organic broth or half water and half carrot juice or coconut milk.

Taste for addition of salt, pepper and lemon juice.

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.

Three 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

Founding Principles for all Meetings

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

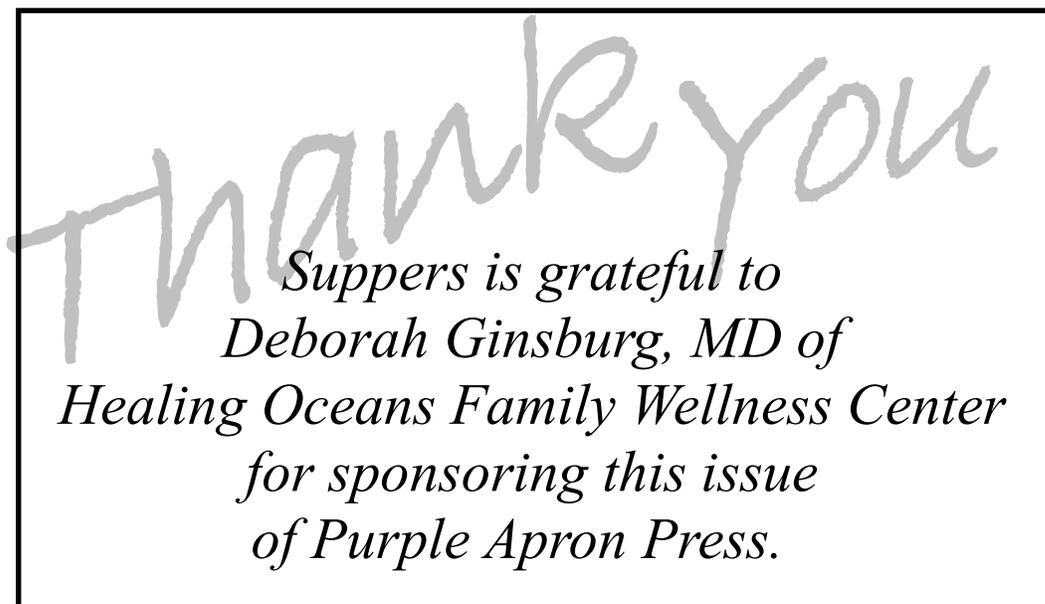
Who Can Benefit

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

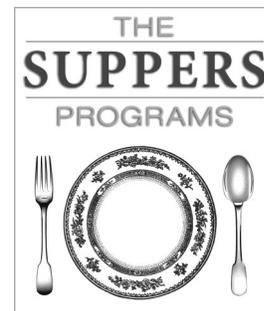
- want change;
- attend;
- have access to ingredients;
- have access to a kitchen.

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.



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.