

# Purple Apron Press



The Official Newsletter of The Suppers Programs®

## A Send-off and a Welcome

With this issue I (Dor) turn the reigns of Suppers over to our new executive director, Marion Reinson, and new board president, Fiona Capstick. Suppers has served eaters and health seekers for 14 years, hosting food-based programs for people who are ready to embrace change: cooking, eating, sharing, resolving health issues with, and even *growing food*. My recent diagnosis of stage IV lung cancer – not at all a surprise given my history with heavy metal exposure – merely accelerated the succession planning that was already well underway in recent years.

The board and Marion's commitment for the future of Suppers is to remain as true as possible to Dor's vision while also dealing with the realities of funding the future for our organization. We remain committed to staying on top of the research in nutrition, medicine, public health and counseling that has always informed program development. We remain committed to living the best possible balance between making programs available where programs are needed and rising to the economic challenges of being viable in a business sense. Meetings and programs continue to run in private homes in central New Jersey as well as out of our temporary bricks and mortar at The Suppers Kitchen (formerly the Blawenburg Café at the corner of 518 and The Great Road in Blawenburg).

*Purple Apron Press* will continue to appear in print as we share our stories of hope and healing, provide information from our medical partners, acknowledge our donors for their generous contributions, and pop up in stores and waiting rooms with our invitation to all: If you love it when the delicious food and the healthy food are all the same fare, if you have problems that can be solved with food, *please join us for Suppers!*

— Dor Mullen, Founder

— Marion Reinson, Executive Director

### Inside:

- ◆ Experiment:  
Intermittent Fasting
- ◆ Dor's Interview with  
Deborah Ginsburg, MD
- ◆ Recipes:  
Lemon Macadamia Fat Bombs and Keto Coffee

### Upcoming Meetings:

#### Brain Health Lunch

11/6, 12/4, Blawenburg, NJ

#### Dinner for Stable Blood Sugar

11/14, 12/12, Blawenburg, NJ

#### Lunch for Emotional Eaters

11/21, 12/19, Blawenburg, NJ

#### Amy's "Keep It Simple" Dinner

11/21, 12/19

West Windsor, NJ

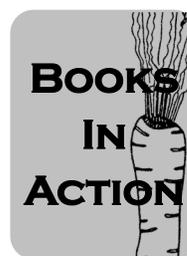
Visit our website to see the full calendar and to register.

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

## Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy

by Joseph Mercola, MD

"Making food choices to boost your mitochondrial health and shifting over to burning fat for fuel instead of glucose from carbs allows you to reduce the risk of damage to your cell's DNA that can lead to disease, faster aging, and cancer." Dr. Mercola's value to lay readers lies in his ability to load science-based, leading-edge information into readable language. The central principle is that all health depends on the integrity of



mitochondria – our cellular powerhouses – and that eating the right fats in the right balance coaxes our bodies into burning fats healthfully. If you feel dependent on carbs for energy and it's just not working for you, *Fat for Fuel* and its companion *Fat for Fuel Ketogenic Cookbook* may function as a guidebook on taking the plunge into the keto lifestyle.

# Dor's Interview with Deborah Ginsburg, MD

*Dr. Ginsburg connects two of my worlds. I met her first when I was working for the Foundation for the Advancement of Innovative Medicine in 1991. She has been a medical partner and friend of Suppers since the beginning. Her passion is "keto." Let's find out why!*

**Dor:** Let's assume people don't know what "keto" means. Please describe it.

**Dr. Ginsburg:** Keto is a way of living and eating that changes your body's metabolism or production of energy from being sugar-dependent to being fat-dependent. You use fat for fuel instead of sugar.

**Dor:** How did you become passionate for keto?

**Dr. Ginsburg:** I had been curious about keto for a while because there was so much information coming out and talk about it. I had been having trouble with losing weight myself and was also looking for a fall detox cleanse program. The more I studied and experimented myself, the more I understood the science behind keto and came to see the broad application and benefit it can offer almost anyone. I started to do intermittent fasting at the same time. The two complement each other really well.

**Dor:** I love intermittent fasting too! I'm never hungry when I give my body a reliable break from eating. What makes people decide to try it?

**Dr. Ginsburg:** Honestly, it's partly because it's the rage now. Partly, it's dissatisfaction with what they've been doing. They may be dissatisfied because of blood sugar issues, certainly weight, and especially high triglycerides. Yes, the high-fat Keto diet normalizes blood fats. Triglycerides are much more predictive of cardiovascular disease than cholesterol numbers. If you eat too many carbs and calories, your liver turns the excess into triglycerides to be stored as fat. Keto gives the person who is willing to stick with the program an effective path to blocking these problems with blood lipids.

**Dor:** How can you tell if a patient is likely to be a good responder?

**Dr. Ginsburg:** I think almost everyone is a potentially good responder. It depends more on your motivation. If you are overweight, have high triglycerides, fatigued or have any kind of chronic infection (like Lyme), or maybe you have

an autoimmune disease, it could be motivating. Seizure disorder in kids is highly responsive. Any kind of behavioral issue in a child related to fluctuations in blood sugar and inflammation is likely to respond well to keto. People who will do well are people who like tracking things, are willing to monitor and experiment. People who have support from

family and friends are more likely to respond well. People who have or will take the time to prepare food or somehow have control over how they eat.

**Dor:** How does it work? If you want to keep your body burning fat instead of sugar, there are practical issues.

**Dr. Ginsburg:** We calculate the "macros" and make adjustments. We might add olives or MCT oil to the meal, or avocado or pumpkin seeds. You have to have enough fat to prevent your body from making energy from sugar. Geeky people would like the Chronometer app which allows you to enter your meal and tells you your macro balance.

**Dor:** Can vegetarians or vegans do Keto?

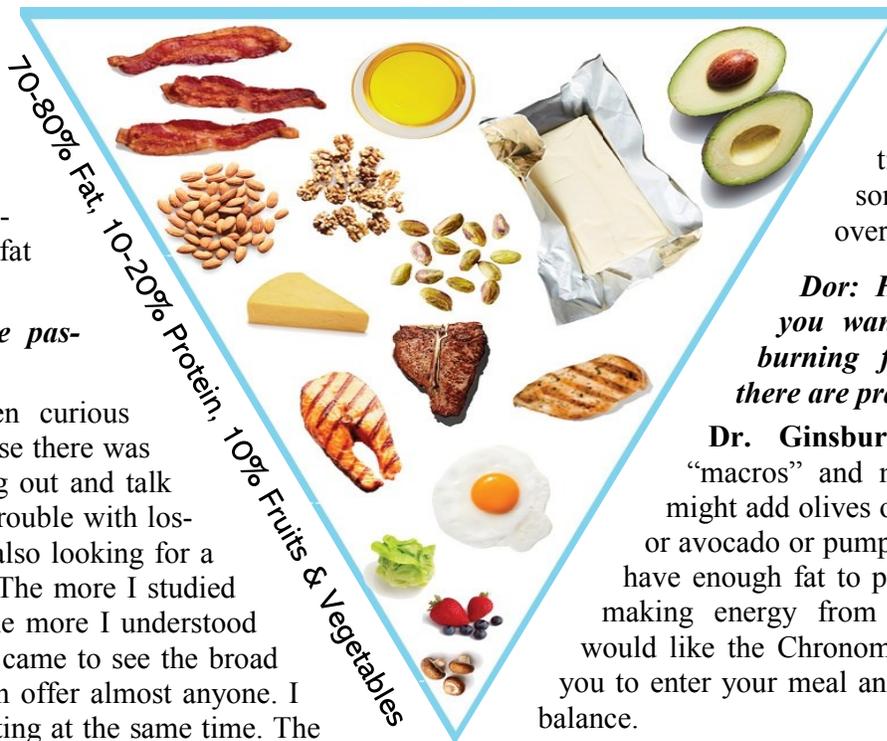
**Dr. Ginsburg:** Yes! It's an "adequate-protein" diet for cellular repair. You have to love walnuts, avocados and coconut. It's easier for vegetarians than vegans. Keto affords so many benefits I reduce my typical restrictions about limiting dairy. I've lightened up on soy too. Vegans can do this if they eat soy. But it might be too hard for someone with nut allergies or problems digesting fat.

**Dor:** Any obstacles?

**Dr. Ginsburg:** As with any diet or lifestyle change, eating differently from friends and family can be a challenge. Change requires planning ahead. People need support, especially because loved ones want explanations about what you're doing and why you're doing it.

**Dor:** What are the myths or misconceptions around keto?

**Dr. Ginsburg:** There are lots of them! People worry it's too much protein. It's not. Uninformed health care providers instill fear; I think they don't understand the science. People



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# Lemon Macadamia Fat Bombs

Recipe from [HealthStartsInTheKitchen.com](http://HealthStartsInTheKitchen.com)

## Ingredients:

6 oz coconut oil  
 1 oz cacao butter  
 2 oz organic coconut cream  
 3 tablespoons blanched almond flour  
 3 tablespoons organic coconut flour  
 splash of vanilla extract  
 pinch sea salt  
 1 medium lemon (juiced and zested)  
 40 drops liquid stevia (to taste)  
 1/2 cup organic unsweetened shredded coconut  
 1/2 cup macadamia nuts

## Directions:

In a small saucepan over low heat melt the coconut oil, cacao butter and coconut cream.

In a blender or food processor combine the melted mixture with the flours, vanilla, stevia, lemon juice and zest. Blend for 1 minute until well combined. Add shredded coconut and macadamia nuts and pulse to combine and roughly chop.

Portion into bite-sized balls or press onto a silicone mold and freeze until firm. Enjoy frozen or refrigerated.

30 servings

## Keto Coffee

### Directions:

Combine (whisk for a creamy texture):  
 16 oz French pressed decaf organic coffee  
 1 tablespoon MCT oil  
 1 tablespoon coconut cream (or the top of the can of coconut milk)  
 a few dashes of cinnamon  
 1/2 teaspoon powdered mushroom (reishi, Lion's mein, or any mushroom for immune support if you're OK with a little bitter)

1 serving

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don't understand fat and eat the wrong kind of fat. It's a myth that you can't have lots of vegetables. You have to think in terms of NET carbs, that means total carbs less the grams of fiber. You can eat lots of high fiber veggies: broccoli, cauliflower, avocado. Yes, you have to avoid the yams and sweet potatoes, but over time your body becomes better at remaining in ketosis and you can even have some of those starchy ones. Hence, the need for monitoring.

**Dor:** *What mistakes do people make with Keto?*

**Dr. Ginsburg:** Not checking your urine and breath for ketones and assuming you're in ketosis burning fat instead of sugar; not understanding net carbs and avoiding veggies; not tracking macronutrients or measuring portions. Keto isn't for dabblers. It also requires patience. Typically it's harder to get into ketosis than to stay there.

**Dor:** *How about challenges?*

**Dr. Ginsburg:** Work schedule. If you can intermittent fast until lunch, you've got it made. Personally, I need a snack late morning. But overall, I find this more flexible than other therapeutic diets. If I'm out and I need to have fat, OK, I have an avocado in my purse. I take my "Keto Before 6" supplement. Challenges are offset by the complete loss of sweet craving, makes it the easiest therapeutic diet I've ever found.

(The Suppers Programs does not endorse any particular product, service or dietary style.)

## Experiments & Observations: Intermittent Fasting

*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!***<sup>®</sup>

We hear it frequently from Suppers members: "I ate less and felt less hungry." Intermittent fasting can feel heaven-sent for people who are plagued by constant impulses to eat.

Try the experiment on your own terms: Extend your period of fasting (zero cheating or it's not fasting) from after dinner one day to, say, 12 to 16 hours the next. Water and herbal tea are OK. If you need a late morning boost, use Dr. Ginsburg's recipe for "fat bombs," a high-powered, delicious and sustaining snack.

What's your change style? Do you need to understand in order to change a behavior? Or can you change first and come to understanding later? If understanding how this works is more your style, read Jason Fung's *The Complete Guide to Fasting* for the serious science behind fasting. If you can change first, you can flip the switches of energy use right now and read up on what happened later.

## 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](http://www.TheSuppersPrograms.org) or email [info@TheSuppersPrograms.org](mailto:info@TheSuppersPrograms.org).

## ***Register now for upcoming Suppers Fall Workshops***

**Dairy Alternatives: Mastering Cashews**, November 3rd, 3pm

**Carving the Carbs out of Thanksgiving**, November 7th, 6pm

**Flavor Balancing**, November 10th, noon and December 3rd, 6pm

**Cook Ahead Meals**, November 13th, noon

**Fermentation & Gut Health**, November 15th, 11:30am

**Healthy Holiday Cooking**, November 20th, noon

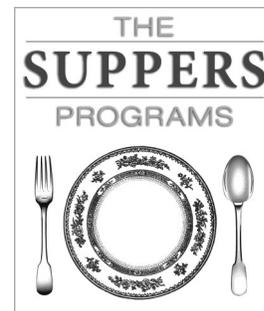
**Self Care with Tasty Salads, Slaws, & Dressings**, December 3rd, 11:30am

**Introduction to Suppers**, December 6th, 6pm

**Low Carb Baking with Nut Flours**, December 10th, 6pm

*Details on the Suppers calendar at [www.TheSuppersPrograms.org](http://www.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.