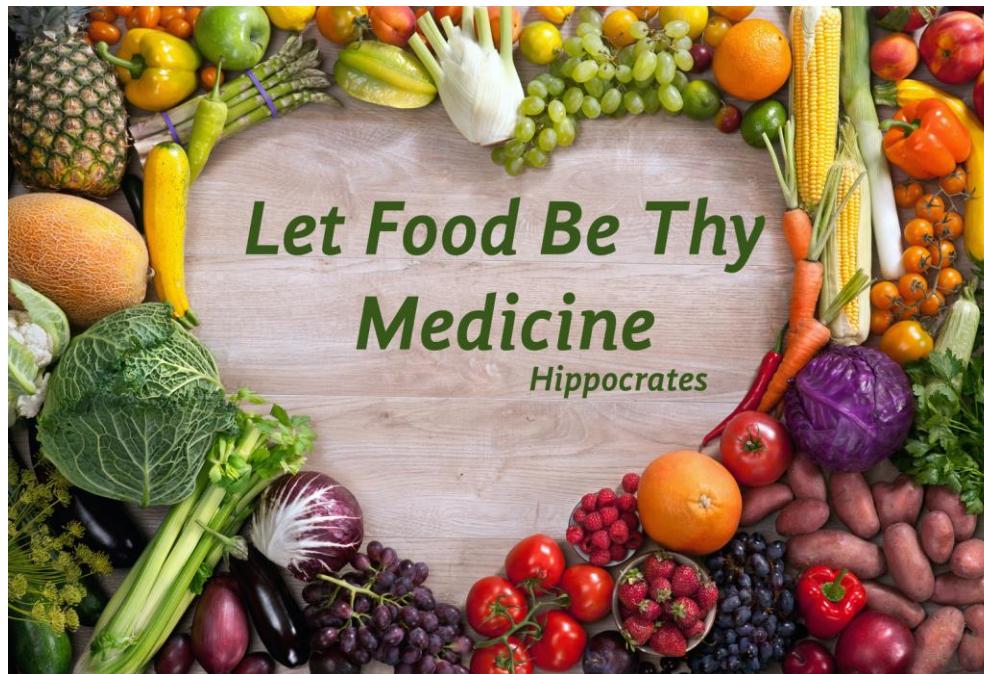


Incorporating Whole Food Plant-based Nutrition;

Practical Tips & Demos



Healthy For a Lifetime

October 2, 2021

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Sherlock TruHealth

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You've heard from experts. You've heard testimonials. Now.....

- Local testimonials
- Let's make some food!
- Practical tips



Food as Medicine in our community

Nutritional Journeys

- Linda
- Laura
- Randy



Randy

congrats!

TC  35%



Linda

- T2 Metformin 2000mg, gone!
- Statin for cholesterol, gone!
- BP meds, gone!
- Hypothyroid meds, gone!



Laura



- Laura's weight ↓ 80 lbs so far!
- Pre-diabetic → normal blood glucose
- Breathing issues gone –no inhalers
- Hubby off statins. TC ↓ 80 pts
- Hubby's weight ↓ 25 lbs
- Hubby's persistent cough gone after 10 yrs!

My Sinus Infections

- Balloon sinuplasty?
- Or ditch dairy



Toss the tissues

You can get instant relief for sinusitis

The outdoors can be miserable for people with chronic sinusitis. For instant relief, consider balloon sinuplasty.

This minimally invasive procedure involves gently inserting and inflating a small balloon to unblock and drain nasal passages.

"It takes about an hour in the office, but the actual procedure is about 15 minutes," said Aaron Robinson, MD, CHI Health Otolaryngologist.

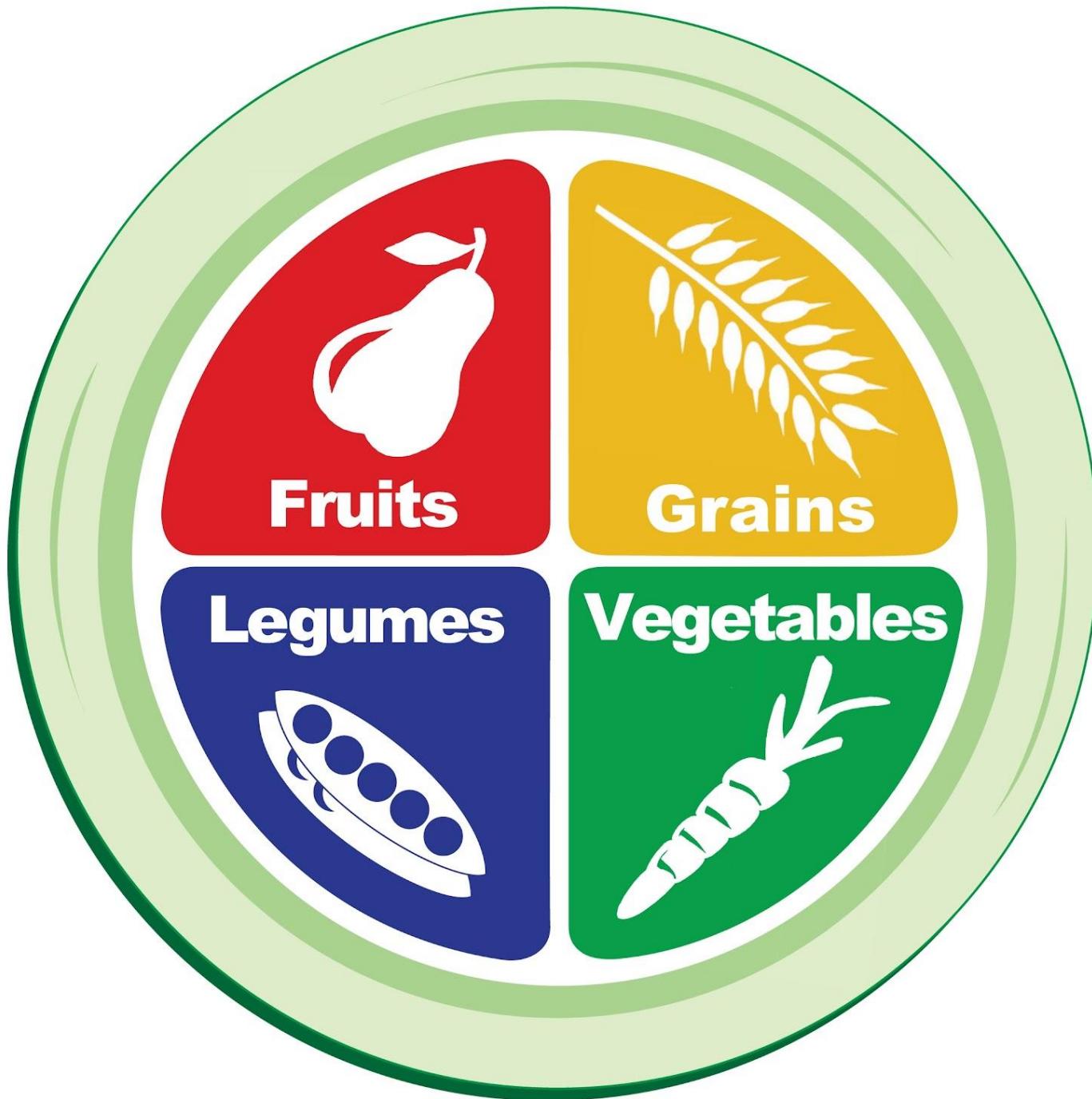
Balloon sinuplasty is FDA-approved, considered extremely effective and often covered by insurance.

"It's for anybody who's on antibiotics three to four times a year, has headaches, face pain, pain in your teeth or jaw, and nothing has improved it, or if you have a CT scan showing an issue with sinuses," said Dr. Robinson.

Find sinus care close to you at CHIhealth.com/SinusCare



Self-Care Tip: "Use a saline rinse and a neti pot to rinse out the allergens and mucus and give sinuses a chance to heal," Dr. Robinson said. "Try it in the shower."



A Word On





- Carries out excess cholesterol
- Removes excess hormones
- Removes toxins
- Helps us feel full
- More nutrient-dense foods
- Feed beneficial bacteria-microbiome
- No fiber in animal foods
- 97% Americans deficient

A Word on Cutting Out Oil

- Saute in veggie broth or water
- Make or buy oil-free salad dressings
- Use applesauce in baking
- Roast or grill with balsamic or broth
- Search for no-oil recipes



A Word on Coffee Creamer

- Switch over slowly from creamer to non-dairy milk
- Try heating or frothing the milk



What is Unprocessed?

- Whole or minimally processed plants
- “Nothing bad added, nothing good taken away” per Dr. Greger
- i.e. turmeric, cinnamon, ketchup, date syrup or date sugar, non-dairy yogurt



Let's Prepare Food!



Overnight Oats

- Rolled oats
- Non-dairy milk
- Ripe banana
- Vanilla
- Chia/flax seeds
- Fruit



7-layer Mediterranean Dip

- Hummus
- Lettuce
- Tomatoes
- Cucumbers
- Avocado
- Red onion
- Kalamata olives
- Artichoke hearts
- Tahini sauce



Photo by hellolittlehome.com

Black Bean Mango Quinoa Salad

- Cooked quinoa
- Black beans
- Diced mango
- Red bell pepper
- Green onions
- Cilantro
- Japapeno pepper
- Vinegars



Photo by togetherasfamily.com

Lasagna Toss

- Penne or other pasta
- Tofu ricotta
- Spinach
- Mushrooms
- Pasta sauce
- Cashew parmesan
- Basil, seasonings



Easy Sweet Potato

- Baked sweet potato
- Hummus of choice
- Lightly steamed broccoli

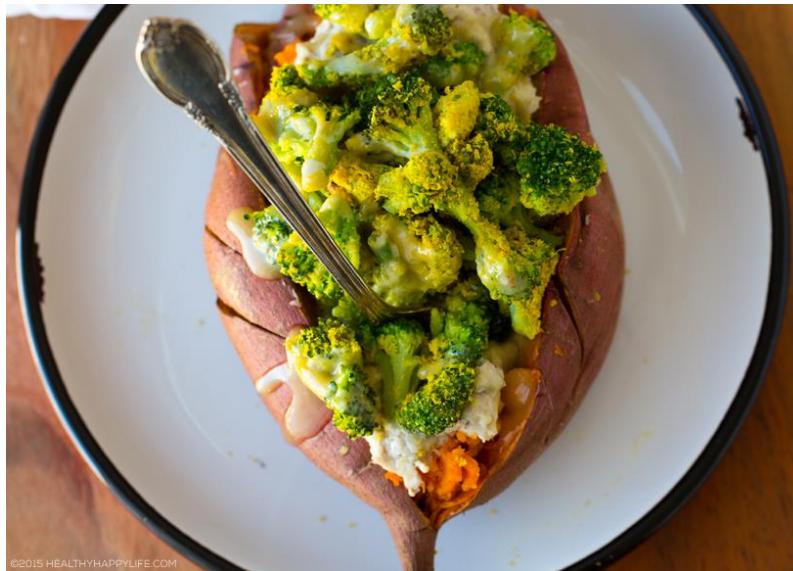


Photo by Lunchboxbunch.com

Other Sweet Potato Ideas

Southwestern
White bean & spinach
Lentil curry
Lentil or other soup



Kale Salad

- Curly kale
- Avocado
- Carrot
- Bell pepper
- Edamame
- Red onion
- Nuts
- Chopped date
- Fresh pear



Energy Bites

- Medjool dates
- Dried cherries or craisins
- Non-dairy chocolate chips
- Nuts
- Nut butter
- Cacao or cocoa



Photo by theconscientouseater.com

Oil-free Corn Chips

- Organic corn tortillas
- Lime juice
- Sea Salt



Enjoy with dips, Chili

Also good: Mary's Gone Crackers

Bowls

- Start with starch base (brown rice, quinoa, soba noodles, farro, pasta, couscous, sweet potatoes)
- Add beans, lentils, tofu
- Add greens
- Add non-starchy veggies
- Add drizzle of something
- Optional: nuts & seeds



Soups

- Make a big batch for leftovers
- Spoon into mason jar while still hot
- Jar will seal
- Keep it in fridge
- Leave space if freezing



Fruit with Every Meal!



Why a whole food, plant-based diet?

Prevention Power Protection



All Lifestyle Habits are Important



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



Basics to have on hand

- Grains: Brown rice, barley, farro, quinoa, millet
- Pasta, other noodles
- Sprouted grain bread; Ezekiel, Silver Hills Sprouted Power, Trader Joe's
- Non-dairy milk, unsweetened
- Corn & whole grain tortillas for wraps
- Hummus & refried beans
- Low sodium veggie broth for soups
- Seasonings! nutritional yeast
- Beans of all kinds



Basics to have on hand

- Frozen veggies, fruit (check labels)
- Dates and raw cacao for desserts
- Steel cut oatmeal, high fiber low-sugar cereal
- No oil pasta sauce (Engine2, TJ's)
- Vinegars: rice, red wine, balsamic, glaze
- Nuts and seeds, nut butters
- No-oil salad dressing
- Fresh fruits & veggies
- Potatoes



Organic or no? My choices

- Clean produce with baking soda and water
- For berries, use vinegar and water
- Greens and beans
- Potatoes, Rice, Oats
- Tofu, edamame
- Bananas, other fruit
- Comparatively-priced produce
- Coffee, tea



Keep produce/food longer

- Use tongs on greens, not hands
- Layer greens with napkins
- Gently shake greens to keep from matting down
- Put asparagus, kale, herbs in water vase
- Put soup in jars hot to reseal
- Keep sprouted grain food in the freezer
- If bell peppers start to wrinkle, roast them
- Too many veggies? Time to make soup!



Food Prep

- Always have rice, quinoa, pasta, potatoes in fridge
- Keep fruit like melons and pineapple cut up
- Keep most-used raw veggies cut and prepped
- Cook for leftovers
- Keep salad fixings ready
- Keep chili, soup or stew ready for quick warmup
- Keep baked sweet potato, grilled veggies handy for Buddha bowls and wraps
- Steel cut oats for the week





TOXIC PILLS
AND SURGERY

LIFESTYLE
CHANGE



TOGETHER,
LET'S INSPIRE OTHERS
≥ TO LIVE ≤
A FIT
AND HEALTHY LIFESTYLE



I'm still excited about my food every day!





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- Medical professionals
 - All of YOU here
- All of YOU with us online