

"Forks Over Knives"- The Plant-Based Way to Health

Monday conf call 8/29/11

Mannaquest – Sept 2-4... It is not too late to attend

Last Week of BP 9... Make all your calls

Live Broadcast from MannaQuest on www.mannatechlive.com

Friday Sept 2nd : 11:00 am - 1:30 pm; 3:30 pm - 6:30 pm;

9:30 pm – midnight (all times are CST)

Saturday Sept 3: 11:00 am - 1:30 pm; 4:30- 7:30 pm (all times are CST)

Book edited by Gene Stone

Where does the name come from? Better to solve your health issues by proper eating (ie forks) versus having surgery (ie a surgeon's knife).

1. Good for Your Health: Snapshot today

a. History of health...plant based remedies have been around for all time.

b. Today, health is center focus but are we healthier? NO.

In US, 1 person dies every minute of heart disease.

Every day 1500 people die of cancer. 7 out of 10 deaths are caused by chronic diseases. In the past decade, diabetes has increased 90%. Etc.

c. Companies with vested interest in food and agric business have spent millions per year on ads that discourage people from associated bad health with bad foods.

d. The pharmaceutical industry which promotes using drugs to support health versus good food, retains 1585 lobbyists on whom it spends over \$241 million per year.

"The formula for good health may be as simple as this: eating a whole-foods, plant based diet." This is the message of Forks over Knives.

e. A plant based diet is rather simple: "It consists of avoiding anything that came from a source that ever had a face or a mother." Grains, fruits, vegetables and legumes. It consists of whole foods...staying away from refined foods, artificial foods and chemical additives.

2. Key Principles of the Plant-Based Diet

a. Eat plants...the more intact the better. Eat it as close as you can to how it exists in nature. "There are no nutrients found in animal based

foods that are not abundantly available in plant foods (with the exception of vit B12)."

b. Avoid overly processed foods...bleached flour, refined sugars and extracted oils. (even olive oil understanding that they extract oil from olives which is 100% fat leaving behind all the protein, fiber, vitamins and minerals).

c. Avoid preservatives and additives

d. Eliminate Dairy

"Casein, the primary protein in cow's milk, may be one of the most potent chemical carcinogens ever identified (*The China Study* see p. 20)."

e. Don't worry about carbohydrates. Plants are the right kind of carbohydrates...with great levels of fiber as well.

f. Don't worry about enough protein. Plant foods have plenty of protein...in fact almost 10% of calories come from proteins.

g. Don't worry about Omega 3's. If you truly eat an exclusive plant based diet you are not throwing your balance of Omega 3's to Omega 6's out of whack. It is the massive amounts of Omega 6's we get in processed foods and meat that require the supplementation of Omega 3's.

h. Consider a Vitamin B12 supplement...needed for brain and nervous system function.

We need .4 to 2.8 micrograms per day. Used to get from dirt (or meats from animals that eat plants and thus absorb dirt) but today our fruits and vegetables are too highly sanitized.

3. Diet related diseases

a. Heart Disease

b. Stroke

c. Cancer

d. Diabetes

e. Alzheimer's

f. Erectile dysfunction

4. It is Good for Animals

a. Animal farming. Farming has changed...for the sake of maximizing profits and streamlining production, most our meats come from factory style farms. Animals are pushed to their biological limits and subjected to massive amounts of stress.

b. The problem with fish: how they are caught is second only in

damage done to farm raised.

All of these cruel practices are legal. New York Times article April 14, 2011 "State Look to Ban Efforts to Reveal Farm Abuse"

We are not working on banning farm animal abuse but rather banning revealing the abuse.

5. Good for the Environment

- a. Global Warming
- b. Deforestation
- c. Waste
- d. Water Pollution
- e. Fisheries Depletion
- f. Endangered Species
- g. Soil Erosion

6. Reading Food Labels

- a. Copies of what food labels would look like on Plant products versus meat products if same requirement on warning that pharmaceuticals...attached.

7. The rest of Book is really dedicated to recipes

8. So how do you use this book for prospecting

- a. Use the video clip to send out by email:
<http://youtu.be/O7ijukNzlUg>
- b. Many doctors are written up in the book...take out quotes like the one in the outline and use them

c. Anytime a book makes statements that support our Phytomatrix, Ambrotose, etc., use it!

d. What is Real Food Technology? Whole foods plant based diet. See quote above in 1d. So this book just adds exclamation point to who we are and what we are trying to accomplish!

So you approach a person and as you are discussing, ask if seen Forks over Knives? Food Inc.? Super Size It? etc. Then talk about the most recent one being *Forks over Knives*...incredible movie and now a book...all based on the fact that a whole food plant based diet can save our health care system as well as reverse the downward health trend of our nation.

would mean a two-ton reduction in carbon emissions. In fact, if every American simply reduced chicken consumption by one meal per week, the CO₂ savings would be equivalent to removing 500,000 cars from the road.

Consider this: If the entire U.S. population were to adopt a plant-based diet for just one day, the nation would conserve the following resources*:

- 100 billion gallons of drinking water, enough for every person in every home in New England for nearly four months
- 1.5 billion pounds of crops, enough to feed the population of New Mexico for over a year
- 70 million gallons of gasoline, enough to fuel every car in Canada and Mexico
- 33 tons of antibiotics.

Meanwhile, the following environmental damage would be prevented:

- 1.2 million tons of CO₂ greenhouse emissions
- 3 million tons of soil erosion
- 4.5 million tons of animal waste
- 7 tons of ammonia emissions.

Worldwide, farm animals consume 756 million tons of grain. According to Princeton bioethicist Peter Singer, an equivalent amount would be enough to provide the 1.4 billion people living in abject poverty with approximately three pounds of grain per day—twice the amount necessary to survive. Moreover, this figure does not include the 225 million tons of soy produced annually, nearly all of which is consumed by farm animals.

“The world is not running out of food,” Singer writes in his book, *The Life You Can Save*. “The problem is that we—the relatively affluent—have found a way to consume four or five times as much food as would be possible if we were to eat the crops we grow directly.”

Albert Einstein summed it up best: “Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.”

*Compiled from scientific reports by Noam Mohr, a physicist with the New York University Polytechnic Institute.

Food Warning Labels

The great Greek doctor Hippocrates said "Let food be thy medicine and medicine be thy food." Now, imagine if food was actually regulated like medicine: What if food producers had to follow the same requirements the pharmaceutical industry must follow when medical studies tie a product to a significant risk of serious or life-threatening effects?

A platter of **tree nuts, legumes, alliums (onions and garlic), vegetables, fruits, and grains** might carry this warning label:

FOOD FACTS

Active Ingredients

Fiber and essential nutrients, including plant protein, vitamins, minerals, phytochemicals (such as carotenoids, flavonoids, terpenes, sterols, indoles, and phenols) and antioxidants that have shown benefit against certain cancers in experimental studies.

Warnings

ALLERGENS: Contains tree nuts, legumes (peanuts and soybeans), and the grains wheat, rye and barley (which contain gluten, a protein composite).

Purpose

For the promotion of good health. These ingredients may reduce the risk of some forms of cancer, heart disease, stroke, obesity, diabetes, high blood pressure, constipation, osteoporosis and other diet-related chronic diseases.

Directions

ALL AGES: Consume three to five servings per day, raw or cooked.

Other Information

May be stored at room temperature or refrigerated for days to weeks.

Inactive Ingredients

Peels, shells, and other biodegradable materials.

A platter of **meat, fish, and dairy**, on the other hand, would carry a more extensive label that might look something like this:

FOOD FACTS

Active Ingredients

Essential nutrients, including protein, vitamins, minerals, and essential fatty acids.

Warnings

ALLERGENS: Contains milk or milk products, eggs, fish, and shellfish.

ASK A DOCTOR BEFORE USE IF YOU HAVE: Cardiovascular disease, cancer, diabetes, Alzheimer's disease, hypertension, obesity, or osteoporosis, or if you are pregnant or nursing.

BIOLOGICAL AGENTS: All primary food-borne pathogens derive from animals, including:

- **BACTERIA:** *Salmonella*, *Clostridium perfringens*, *Campylobacter*, *Staphylococcus aureus*, *Shigella*, *E. coli* O157:H7, *Yersinia enterocolitica*, and *Bacillus cereus*, among others
- **PARASITES:** Parasitic protozoa, roundworms, and tapeworms
- **PRIONS:** These proteins in misfolded form may cause Creutzfeldt-Jakob Disease (CJD) or Variant Creutzfeldt-Jakob Disease (vCJD)
- **VIRUSES:** Rotaviruses, astroviruses, and bovine leukemia viruses.

CHEMICAL AND OTHER ETIOLOGICAL AGENTS: May contain arsenicals, pesticides, mercury, chromium, polybrominated diphenyl ethers (PBDE), dioxins, and chemically related compounds. Meat and meat products may contain slaughter waste, antibiotics, artificial growth hormones, veterinary drug residues, trioxypurine, adrenalin, cholesterol, and fecal matter. Fish and shellfish may contain potent marine biotoxins.

BIOACCUMULATION IN ANIMAL TISSUES: Chemical and other etiological agents build up in fat, so low levels in animal feed can produce harmful concentrations in human foods

such as meat (including fish), milk, cheese, and eggs. Tuna and other large fish store more mercury than smaller fish because they live longer and ingest smaller fish who themselves store mercury. The primary means of human exposure to dioxins is through the consumption of animal fats, in which dioxins accumulate. Further bioaccumulation occurs when humans consume these animal products. Women can transmit these toxins to fetuses through placental tissue and to infants through breast milk.

OTHER RISK FACTORS: May increase risk of heart disease, cancer, obesity, iron deficiency, asthma, birth defects, ear infections, stomachaches, bloating, diarrhea, gout, hypercholesterolemia, angina, hypertension, prostate disease, multiple sclerosis, kidney stones, cataracts, osteoporosis, diabetes (I and II), rheumatoid arthritis, macular degeneration, hypertension, acne and other skin conditions, migraine, lupus, depression, Alzheimer's disease, muscular dystrophy, Parkinson's disease, cognitive dysfunction, erectile dysfunction, irritable bowel syndrome, body odor, and bad breath.

GLOBAL PUBLIC HEALTH RISKS: Feeding practices and intensive confinement of genetically similar animals fuel zoonotic pathogen adaptation and restrict animals' evolution for resistance to pathogens. Approximately 73 percent of the emerging human pathogens are transmitted to people from animals. The transfer of multi-drug-resistant pathogens from farms and food to humans (e.g., avian influenza H5N1 and swine flu) constitutes a serious biomedical, public health, and biodefense threat. In the United States, farm animals generate three times more excrement than humans, and this waste contaminates water, land, crops, other vegetation, and the air. A United Nations report names animal agriculture as one of the largest sources of global warming emissions. The public risks from consuming animal products (e.g., infectious diseases, widespread pollution, global warming, and shortages of energy, water, and food) may exceed the personal health risks.

continued

Purpose

To prevent starvation. There are virtually no nutrients in animal-based foods that are not better provided by plants. Reliance solely on animal products may create nutritional deficiencies.

Directions

Ask a doctor or health professional before use.

Wash your hands after coming into contact with animal products, and wash cooking, serving, eating, and food preparation surfaces and utensils after they come into contact with animal products. Keep out of reach of children until properly cooked.

Approximately one in six Americans gets sick from food-borne diseases every year. Follow recommended storage temperatures and maximum storage times before and after cooking. Cook meats to an internal temperature of 165°F or greater. Discard beef suspected to contain bovine spongiform encephalopathy (BSE), as the pathogens cannot be killed via cooking—however, this may not be discoverable, as a single hamburger may contain meat from hundreds of animals, and the USDA has banned private-party BSE testing in the United States. Prion proteins, the precursors of prions, have been discovered in pasteurized milk, and this could represent a risk of exposure to transmissible spongiform encephalopathies (TSE), including BSE. Cooking animal tissues can create known carcinogens. Animal flesh should be sufficiently heated to prevent food poisoning from pathogens, but not heated enough to create excessive cancer-causing agents.

Other Information

Store at 37°F for 2–3 days for most meats, 1 day for seafood, 3–5 days for milk, 2–3 weeks for eggs (in shell); keep all tightly covered and protect from excessive moisture. These are general guidelines only.

Inactive Ingredients

Anticoagulants, antimicrobials, antioxidants, binders, coloring agents, curing accelerators, denuding agents, film forming agents, flavoring agents, packaging systems, pH modifiers, poultry scald agents, and tenderizing agents.