

Seedlings

An update on Life and Lifestyle at Ethos Health

FALL
EDITION
OCT/NOV
2019

ETHOS FARM DAYS This Fall

ASK THE DOCTOR
Why You Need
EPA/DHA

FROM THE FARMER
**FARM
Update**

THE DOCTOR'S KITCHEN
**Eagle-Eyed
KALE SALAD**

PATIENT FOCUS
**Tackling
LIFE** with Gwen

Ethos Farm Days

While being on Ethos Farm is always special, this summer was particularly magical. As the lush land came to life, so too did our plant-based community and the connections we strive to build year-round. This year, Ethos Health established and held its very first Ethos Farm Days series. Each event was a day-long affair that included a farm tour, a farm market bursting with fresh, regenerative produce, a lifestyle panel featuring Ethos staff, and a community potluck. The cornerstone of each event was our keynote speaker, always a renowned thought leader or medical professional who educated attendees about the value and importance of healthy, plant-based living.



In May, we heard from **Dr. Joel Fuhrman**, best-selling author and board-certified family physician, who lectured about longevity and advances in nutritional science. He provided many evidence-based practical tips and takeaways that left attendees feeling armed with tools to live healthier.



In June, the “conscience of the food movement,” **Gene Baur**, came to visit. His talk about how our animal agriculture system causes harm to animals, ourselves, and the environment was eye-opening, sobering, and moving – guests discussed it for weeks following the event.

In July, Ethos was lucky to host one hero of the plant-based movement, **Dr. Caldwell Esselstyn**, who has shown that heart disease can be reversed on a plant-based diet. Dr. Esselstyn highlighted what foods promote vascular health; one attendee shared how the information opened a family member’s eyes.



In August, powerhouse doctor, researcher, and filmmaker **Dr. Saray Stancic** came to visit. She shared her deeply personal story of overcoming multiple sclerosis on a whole-food, plant-based diet, moving audience members deeply. She concluded her talk with an examination of how education for physicians-in-training must change to combat the epidemic of chronic disease, filling

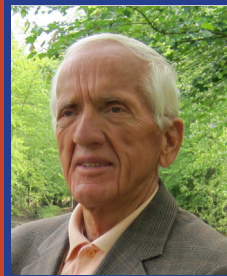


all in attendance with a sense of purpose.

In September, we heard from **Dr. Scott Stoll**, who lectured on achieving healthier bones and joints through eating a whole-food, plant-based diet.



In October, we’ll usher in autumn with the patriarch of the plant-based movement, **Dr. Colin Campbell**. How fitting to end the inaugural series with the man who began it all.



Interested in attending?

Register at www.myethoshealth.com/events. See you there!

Special thanks to all our volunteers who helped us keep Ethos Farm Days free and public!

ASK THE DOCTOR

Do you eat a plant-based diet? Here’s why you should take EPA/DHA

The nutrient density of a whole-food, plant-based diet is unparalleled. Furthermore, the American Dietetic Association **agrees** that diets that limit or exclude animal products are healthful and nutritionally adequate; plant-based diets are also associated with lower rates of heart disease, hypertension, cancer, and type 2 diabetes. However, plant-eaters should be aware of nutrients they may be lacking. It is well-known that those on a plant-based diet should take vitamin B12 to prevent deficiency. What’s the deal with EPA and DHA?

EPA and DHA are long-chain omega-3 fatty acids that support healthy cognitive function. Short-chain omega-3 fatty acids are found in flaxseeds, walnuts, and chia seeds and may be converted to long-chain omega-3, though your body’s conversion mechanism may not be efficient.

Long-chain omega-3s are found in green algae, which is consumed by fish. Though fish are a good source of long-chain omega-3 fatty acids as a result of this, they’re also loaded with **toxins and pollutants** such as mercury, which, far from being beneficial, is actually **toxic** to our nervous system. In fact, the harmful effects of mercury **outweigh** the beneficial effects of DHA during neurodevelopment in utero. However, having sufficient long-chain omega-3s has been **shown** to be important for preserving brain function and structure as we age. So what’s the solution?



Take an algae-derived 250mg EPA/DHA supplement daily.

FROM THE FARMER

Farm Update

Special thanks to Nora Pugliese for her contributions.

Regenerative Agriculture

On Ethos Farm, Farm Manager Nora Pugliese continues to work hard with her protégé, farmer Andrew, to grow regenerative, organic produce. True to Ethos' mission, regenerative agriculture describes agricultural practices that build soil health, create water retention and clean and safe water runoff, increase biodiversity and ecosystem resiliency, and significantly sequester carbon, thereby cleansing the atmosphere of legacy levels of carbon dioxide. It is a holistic approach which uses recognized permaculture and organic methods such as cover cropping, application of compost, crop rotation and rotational grazing.



“Without protecting and regenerating our cultivated farmland, pasturelands, and forest lands, it will become impossible to feed the world, especially high quality, nutrient-dense food, and keep global warming within a safe threshold,” said Nora. She also shared that this growing season has been the wettest since she began farming at Ethos, but that the practices put in place to protect crops have paid off.



Fall Produce Offerings

Looking to indulge in some of our regenerative produce? The fall season will bring “greens, greens, and more greens,” said Nora. Look out for arugula, spinach, lettuce, bok choy, escarole, kale, winter squash, butternut squash, and delicata squash.

“We’d love to hear feedback on the market this year. We’ll begin planning for next year soon and would like to know what we can do to improve the experience,” requests Nora. Have feedback you’d like to provide? Share it at the farm stand while you shop our selection of delicious produce. ✨





Tackling LIFE with *gwen*

Though Gwen was eating a plant-based diet before she became a patient at Ethos Health, she was concerned that her weight loss had stalled and her blood pressure was still higher than normal. “I was puzzled at how this was happening on a plant-based diet after all I had learned,” she said, sharing that she had earned a Plant-Based Nutrition Certificate from T. Colin Campbell’s Center for Nutritional Studies at eCornell, and a Plant-Based cooking certification from Rouxbe culinary school.

“When I heard Dr. Weiss speak at an event, I knew that Ethos would help me pull it all together into a working approach,” she explains.

Gwen became Dr. Weiss’ patient in April 2018. She had a series of monthly consultations with Lifestyle Director Asha Gala and visited Dr. Weiss regularly.

“My goals at first were to lower my blood sugar and blood pressure, lose a few pounds, and eliminate the frequent heartburn I was experiencing,” she says. “It didn’t even occur to me that I’d be able to lose 30 pounds within a few months, and over 50 pounds in less than a year!”

At Ethos, Gwen overcame the idea that she needed to beat herself up in the gym, or spend hours preparing meals. She also tamed her sweet tooth and learned to

use fruits or sweet potatoes to satisfy her cravings for sugar. “I’ve learned that when I’m super busy, I can throw some beans, balsamic vinegar, and a couple of bagged veggies onto a big salad and make a fast meal of it. And although movement is crucial for our bodies, it has been my experience that the initial fast weight loss was driven primarily by my diet.”

On the fence about adopting a high-level plant-based diet? Here’s Gwen’s advice: “I encourage everyone to go to Ethos ASAP – especially if they’re having health or weight challenges. The staff at Ethos is kind, caring, and encouraging.

I have offered to drive from Pennsylvania to Ethos with friends and family for their first visit because I feel so strongly about getting them there,

and into good hands. I am extremely proud when friends and family take my advice, start on a program with Ethos, and begin achieving amazing results.”

When asked for her final words, Gwen gets right to the heart of why lifestyle changes can transform your lived experience. “One set of lifestyle changes can empower you to take on more... I am excited about what the future holds.”

Through her experience with Ethos, Gwen has been inspired to promote plant-based nutrition, using both her graphic design experience and her plant-based cooking skills.

Being well, tackling life, feeling joy, and being brave is what it’s all about, and Gwen is the embodiment of that. 🌿



Dr. Weiss' "Eagle-Eyed" Kale Salad

Every time I eat this yummy dish I think about my eyesight. That's because it contains more zeaxanthin and lutein than any other recipe I can think of. Zeaxanthin and lutein are special antioxidant plant pigments which are sopped up by the cells of the macular - the part of the retina which is responsible for sharp, detailed vision. Macular degeneration is the leading cause of permanent vision loss in older people and can be caused by a deficiency of these pigments. Ophthalmologists advise patients with macular degeneration to take supplements of these pigments, but I think you'll find this salad tastes way better than pills! And, when you eat the salad, you get the pigments from their original sources - whole plant foods. 🌿



Ingredients

- 8 packed cups of chopped, quickly-steamed kale
- 3 cups of cooked chickpeas
- 2 moderately large red onions, chopped
- 3 cups of pomegranate seeds
- 1 cup of dried goji berries
- flavorings: apple cider vinegar, garlic powder, cayenne pepper
- garnish: crumbled raw pecans

Serving Size

This recipe makes a large amount of salad. I keep it in the fridge and eat it all week long. Cut the ingredient measurements in half if you desire a smaller amount.

How To Enjoy

I like to eat this salad freshly made, but also appreciate it's more sophisticated blend of flavors after marinating for a day or so.

Season To Taste

Utilize the flavorings to your taste. I personally like to use generous amounts of the vinegar and garlic powder.

Tips

To prevent the pecans from becoming soggy, I wait to crumble a few on top at the time of serving.

To Your Health,

Dr. Ron Weiss



Calendar of Upcoming Events

Register at myethoshealth.com/events

Saturday, October 5, 2019

*Ethos Farm Day
featuring Colin Campbell*

Saturday, October 5, 2019

*Breast Cancer Talk
with Dr. Weiss*

October 6 - 8, 2019

*Mount Marcy Climb
Weekend Event*

Saturday, December 14, 2019

Members Holiday Party

Share Your Story!

Ethos Patients – Tell us about how working with Ethos has led to a healthier **YOU!**

We'd love to share your experiences from your personal journey in a future Seedlings newsletter.

Please submit stories via email to: inquiry@myethoshealth.com today!

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