

Seedlings

An Update on Life & Lifestyle

COVID
and Beyond

**MBSR • Farm Update • Losing 100 Pounds
Dr. Weiss in New York • Stuffed Squash
Virtual Events**

Medical Update

Covid-19 and Beyond

Fall has just begun, and with it comes questions about what the rest of the year has in store for us. Certainly, 2020 hasn't looked anything like we'd imagined it would, and with a potential vaccine around the corner, there seems to be a light at the end of the tunnel! At the same time, however, we are coming upon flu season, so it's important to be prepared for any further challenges to our immunity.



As you likely know by now, COVID-19's severity varies widely based on pre-existing conditions; those with high blood pressure or cardiovascular disease are four times as likely to end up in the ICU with severe disease. Other risk factors for a severe course of COVID-19 include diabetes, excess body fat, chronic obstructive pulmonary disease (COPD), and emphysema. It goes without saying that tackling any chronic diseases you may have can (quite literally) spell the difference between life and death.

The good news is that the major comorbid conditions for COVID-19 severity and death can be addressed (prevented, controlled, or even reversed) with a plant-based diet. A whole-food, plant-based diet centers on vegetables, fruits, whole grains, legumes, nuts, and seeds. By far, changing your diet is the most powerful tool in your arsenal for building a robust immune system and preserving your health.

Other important lifestyle measures you should take to stay healthy include:

- Adequate rest (7-9 hours per night)
- Regular, moderate exercise (150 minutes/week at minimum)
- Social connection (Call your loved ones)
- Avoidance of smoking and alcohol

Finally, these are certainly stressful times. Stress management is hugely important not just for your physical health, but also your mental health. Rest, exercise, social connection, and a healthy diet can help alleviate mood disorders like depression and anxiety, but you should also consider adopting a mindfulness-based stress reduction (MBSR) practice.

See the next page to learn more about our enlightening, new MBSR course at Ethos Primary Care.

With all that said, let's take a moment to recognize and appreciate the power we have to make a difference. Though we can't control all that happens to us, we can definitely make positive changes in our personal lives, creating a ripple effect that will hopefully lay the foundation for a better world.



Lifestyle Medicine

Mindfulness-Based Stress Reduction

“Mindfulness is paying attention in a particular way, on purpose, in the present moment and non-judgmentally.”

- Jon Kabat Zinn

Mindfulness-based stress reduction is an evidence-based practice that has been shown to alleviate mood disorders; the North American Journal of Medical Sciences calls it “a non-pharmacological approach for chronic illnesses.” However, MBSR offers more than that: regular practice provides you with space between emotion and habit. It allows you to make conscious, careful decisions, observe your feelings non-judgmentally, and cultivate acceptance for your experiences.

MBSR is also the secret ingredient to transitioning to a whole-food, plant-based diet. Transitions are challenging, but mindfulness can make the journey smoother. To that end, Ethos Primary Care is pleased to offer a formal MBSR course with our very own Asha Gala, who is a Mindfulness-Based Stress Reduction teacher.

Foundation Course

Our educational MBSR course consists of 8 weekly, 2-hour classes and one full-day session.

Prior to the course there is a free, prerequisite orientation session that provides an introduction to mindfulness and describes the course in greater detail.

Pre-Registration is required.

Participants in the MBSR program receive:

- Guided instruction in mindfulness meditation and mindful practices
- Suggestions that are tailored to you, individually
- Exercises to enhance awareness in your every-day life
- Methods to improve your interpersonal communications
- Daily assignments to reinforce the techniques we introduce in class
- Four recorded links for guided meditations and a weekly homework handout

Interested? Sign up to be notified of upcoming course start dates at ethosprimarycare.com/mbsr-course



FROM THE FARMER

Farm Update



Innovative Cover Crop Research

Ethos is participating in an on-farm research trial through the North Jersey RC&D organization. This two-year trial will study innovative cover crop management strategies.

The purpose of using cover crops is to restore biodiversity to soil that has been compromised by conventional practices of monocropping in which the same crops are planted on the same plot of land each year.

Monocropping compromises the delivery of nutrients and makes plants become more susceptible to infections and pests, increasing dependency on synthetic fertilizers. This in turn can increase the burning of fossil fuels and contribute to soil erosion.¹

Ethos will be using a roller-crimper supplied by North Jersey RC&D in the management of our cover crops. During this study, we will report on our cover crop practices and will report on how our cash crops were impacted.

North Jersey RC&D will be collecting Ethos soil samples to analyze the affect on soil health.

To learn more about this exciting initiative go to northjerseyrcd.org/on-farm-trials.

Organic Certification from the Real Organic Project

Ethos Farm was honored to receive certification by the Real Organic Project. The Project's mission is to increase understanding of foundational organic values and practices, with a goal of creating add-on labels for USDA-certified organic produce to provide more transparency on farming practices.

The proposed add-on labeling is significant to supporters of the Real Organic Project who assert that large industrial farming operations currently being certified as organic are at odds with the original intent of organic farming, and these industrial operations are producing a large proportion of the food labeled organic on the market today.²

To learn more about the Real Organic Project, go to realorganicproject.org

Doctor's Farm Market

Although the market is now closed for the season, you can sign up for our Farm Market mailings for early notice on next season's opening dates. Sign up at ethosprimarycare.com/ethos-farm-project

Donate

Ethos Farm Project's mission is to empower people to prevent and reverse health conditions through shared knowledge, support young farmers who will provide healthy food for future generations, and help create workable solutions to our climate crisis.

Our initiatives are long-term projects that will require funding years into the future. Please consider donating any amount to help keep the projects moving forward and help assure the success of our mission: ethosprimarycare.com/ethos-farm-project

References: 1. <https://rodaleinstitute.org/wp-content/uploads/Rodale-Institute-The-Power-of-the-Plate-The-Case-for-Regenerative-Organic-Agriculture-in-Improving-Human-Health.pdf> 2. <https://www.realorganicproject.org/#>

The Ethos Farm Project was honored in early 2020 as a semifinalist from more than 1,300 applicants worldwide for the Rockefeller Foundation Food Vision 2050 Prize implemented to develop a regenerative and nourishing food system. Ethos' new systemic approach of farm-based healthcare received global recognition as a solution-based model. Ethos' 2050 Food System Vision can be accessed from ethosprimarycare.com/ethos-farm-project. Click "View Vision".

Food System Vision Prize | Envisioning Regenerative and Nourishing Food Futures for 2050

Food System Vision Prize Semi-Finalist

The Rockefeller Foundation, together with its partners SecondMuse and OpenIDEO, distinguish and recognize the Ethos Health team for its extraordinary food system vision for the year 2050: Ethos Farm Project

Of more than 1,300 submissions, this vision was selected as one of 79 semi-finalists due to its superlative performance on four selection criteria used in the first round of judging - Systems Focused, Transformative Potential, Community Informed, and Inspiring. For the power of your aspirational picture for a more nourishing, regenerative, equitable and sustainable future food system, we recognize and honor you.

ROCKEFELLER FOUNDATION

Kim's Story

In case you missed them, check out our Ethos patient testimonials. Patients from all walks of life have found restored health through Ethos Primary Care Signature Programs, which have been designed to reverse chronic disease and aid weight loss.

Kim struggled with morbid obesity throughout her life—and instead of undergoing gastric bypass, chose a plant-based diet. In our 365 Plant-Based Immersion program, she lost an outstanding 100 pounds. Hear directly from her at ethosprimarycare.com/testimonials



Dr. Weiss in New York



Are You a New Yorker? The Lifestyle Doctors are In!

You're in luck! Dr. Ron Weiss is joining forces with Dr. Loren Fishman, MD, in his office in Midtown, NYC. Dr. Fishman is recognized for his evidence-based use of yoga to reverse chronic health conditions like osteoporosis. Dr. Weiss is world-renowned for his work in primary care, and together, they're an unstoppable force. Dr. Weiss accepts patients from New York and New Jersey in the Manhattan office.

Call [908-867-0060](tel:908-867-0060) or go to ethosprimarycare.com/appointments-1 to make an appointment.

Ethos Stuffed Acorn Squash

Are you getting enough potassium? If you are like 98% of all Americans, your diet is deficient in potassium and at the same time contains way too much sodium.

No worries – our deliciously nutty, hearty, stuffed acorn squash is just what the doctor ordered to help re-balance these vital minerals, correct your sodium potassium ratio and reduce your mortality rate. To learn more, go to ethosprimarycare.com/recipefacts.



Ingredients

- 1 acorn squash
- 8 oz mushrooms (your choice of type)
- 1 large onion
- 1 bunch of kale/collards
- 1/2 cup of fresh sage and rosemary mix (4 tablespoons if using dry)
- 4 cloves of garlic
- 2 tablespoons raisins
- 1 1/2 tablespoons balsamic vinegar (add per your taste)
- 2 tablespoons sliced almonds

Instructions

- Prepare the squash for roasting: Preheat the oven to 375°F with a rack in the lower-middle position.
- Slice the squash in half from stem to point and scoop out the seeds. Clean the seeds and set aside to bake.
- **Transfer the squash to a baking dish:** Place the squash halves cut-side-down in a baking dish and pour in enough water to fill the pan by about 1/4 inch. Cover the dish loosely with foil and place the dish in the oven.
- **Roast the squash:** Roast the squash for 30-45 minutes. Test by pressing the top of the squash dome with the back of a fork. It should yield easily when pressed. Exact roasting time will depend on the size and variety of your squash. In another tray, lay the seeds on parchment paper and bake for 15-20 minutes or until they are crispy.
- **Prepare the filling:** While the squash is roasting, prepare the filling. Chop mushroom, onions, garlic, and kale/collards into small pieces. Add 1 tablespoon of water in a pan, sauté the onions for 4 minutes on a medium flame, then add mushroom and garlic, and sauté for 2 minutes. Then add chopped collards, herbs, and balsamic vinegar, and sauté for another 3 to 4 minutes. Turn the heat off and add raisins to the mixture.
- **Bake the stuffed squash halves:** Fill the squash with the filling and bake for about 15 minutes.
- **Serve the squash** with sprinkled almond slices and baked squash seeds.

Other variations: Use a different squash like spaghetti or delicata. Use different greens, like kale, spinach or bok choy. Use unsulphured, sundried tomatoes instead of raisins. Use basil and oregano in place of sage and rosemary.

Serving Size & Prep Time

Yields 2 servings. Prep time: 20 minutes. Cook time: 35 minutes.

To Your Health,

Ron Weiss, M.D.

Virtual Events at Ethos

Missing Us? We miss you too! Register for event updates at ethosprimarycare.com/events and meet us online!

It's important to stay safe from COVID-19, so we have no in-person events planned at the moment. However, you can find out about online educational courses we offer at ethosprimarycare.com/events. You can also check out our previous webinars in which Dr. Weiss discusses a myriad of topics, including COVID-19, cravings, bone health, weight loss, and even mushrooms: ethosprimarycare.com/webinars



Dr. Weiss is frequently invited to speak, so keep a close eye on his social media for future events: [Instagram.com/dronweiss](https://www.instagram.com/dronweiss) and [facebook.com/ronweissmd](https://www.facebook.com/ronweissmd)

Also, you can now view all 2019 Ethos Farm Days speeches at ethosprimarycare.com/webinars. Hear from Dr. Joel Fuhrman, Gene Baur, Dr. Caldwell Esselstyn, Dr. Saray Stancic, Dr. Scott Stoll and Dr. T. Colin Campbell. We're planning more exciting Farm Days events in 2021, so stay tuned!



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@ethosprimarycare.com.



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