



Jim's Lucky Experiences:
Learning How to Rustle up
Delicious Whole-Food, Plant-Based Meals
2005-2019

(A Personal Account)

by

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My situation in 2006

My very lucky recovery from primary lymphoma of the bone (2005)

My strong desire to avoid repeating this illness

What, in the world, could I do to do next to avoid a relapse?

Diet??? Exercise??? BMI??? Alcohol??? Sleep??? Work??? Blood
Sugar?? Social Relations??? Genetics??? Toxic Substances???
Smoking???

My *Lucky* Discovery of Five Books and Life
Changes 2006 to 2019

In 2007: T. Colin Campbell, *The China Study*

In 2008: Richard Beliveau and Denis Gingras, *Foods that
Fight Cancer*

In 2009: Jane Plant *Your Life in Your Hands*

In 2012: Shari Lieberman, *The Gluten Connection*

In 2016 and later: Michael Greger's website
<nutritionfacts.org> and his book *How Not to Die*

26 New Things That Jim Learned (2005-2019)

1. On a per capita basis, lymphoma occurs 10 times more frequently in North America than it does Asia
2. The traditional diets in Asia are mainly plant-based
3. All dairy products contain a high level of a natural hormone called Insulin-like Growth Factor (IGf)—a substance that enables a cow to signal to its new-born calf to grow very fast
4. A large study done in Oxford in the U.K. found that persons on a plant-based diet have a greatly reduced risk of developing lymphoma

26 New Things Jim Learned (2005-2019)

5. The healthiest diet is one that is low in fat and protein, with protein providing not more than about 10% of calories and about fat 10 to 15%.
6. A whole-food, plant-based diet contains an ideal proportion of fat and protein
7. Much dietary advice comes with huge conflicts of interest in advisors
8. The total surface area of the human gut is equal to that of a tennis court
9. About 80% of the immune system is situated close the gut and its main job is to screen the food you eat to ensure it is compatible with your body
10. Inflammation is conducive to cancer and is rarely painful

26 New Things Jim Learned (2005-2019)

11. Inflammation in the gut is frequently not felt
12. Food sensitivities can cause inflammation in the gut
13. The human body is a symbiotic host to a huge number of bacteria (about 10 bacteria for every cell in your body)
14. Bacteria (along with other microorganisms) form a dense “microbiome” in the gut

26 New Things Jim Learned (2005-2019)

15. This microbiome facilitates the digestion of food, produces hormones that affect the brain, produces certain nutrients (e.g. some B vitamins), and even trains the immune system
16. A microbiome includes many different types of bacteria and some species are more healthful than others
17. The foods we eat foster the growth of one type of bacteria or another
18. The microbiome in the gut thrives on a diet rich in fibre

26 New Things Jim Learned (2005-2019)

- 19 A plant-based diet produces the types of gut bacteria most conducive to human health, partly because plants are rich in fibre
20. A lot of dietary fibre is needed by the microbiome
21. Eating meat is problematic because it lacks fibre, contains a lot of saturated fat, and is high in protein; some animal flesh is also laced with hormones, antibiotics, and additives (salt, food colouring, nitrites and nitrates, etc.)
22. The food industry has about 3000 additives that it can put in food

26 New Things Jim Learned (2005-2019)

23. About seven million years ago--before the days of farming and before the work of hunting and gathering--the diet of our early ancestors was based 95% on low-hanging fresh fruit and 5% on leaves and insects

24. Genetics (and DNA) are important but so are epigenetics--the study of how genes can be expressed or not expressed--and inter-cellular communication (a new field of study)

25. Foods and exercise affect both epigenetic activity and intercellular communication

26. Human beings need a lot of vitamin of D, partly to assist with cell development

MY OLD MEALS (for 73 years)

Animal and vegetable foods, mainly processed

Typical Breakfast starter

Coffee

Milk (glass)

Orange Juice



My New Meals (2007-2019)

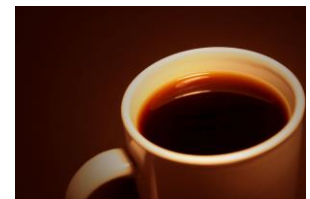
Whole and plant-based foods, mainly non-processed

Typical Breakfast

Tea and/or Coffee

While preparing food I
snack on:

- a cherry tomato
- two leaves of algae
- walnuts (a handful)



MY OLD MEALS (for 73 years)

My New Meals (2007-2019)

Typical Breakfast

Cereal:

- Processed box cereal
- Oatmeal/muesli
- Milk: dairy
- Bacon
- Eggs
- Sausages
- Pancakes



Typical Breakfast (*Jim's Incomparable Compote*)

Cereal:

- Heated oatmeal, brown rice, quinoa, etc in a **large** bowl with:
 - Water (sprinkling)
 - Flax seed (ground tbsp)
 - Turmeric (tsp sprinked on)
 - [~~Milk alternative: almond, soy, rice (never dairy)~~]
 - Fruit (at least **five**)
 - ✓ pineapple (slice)
 - ✓ blueberries
 - ✓ prunes (2)
 - ✓ apricots (2)
 - ✓ strawberries (3)
 - ✓ rasberries
 - ✓ grapes, etc



MY OLD MEALS (for 73 years)

Typical Processed-Food Lunch

Canned Soup (*Often laced with animal stock, lard, preservatives and salt*)

Sandwich

- Industrial bread
- Beef/ham/cheese
- Butter



Salad

- Iceberg lettuce
- Commercial dressing



Dessert:

- Canned Fruit
- Cake
- Cookies



My New Meals (2007-2019)

Typical Plant-Based Lunch (Jim's Superior Salad)

Salad--large and complex, containing **at least 12 veggies:**

- Romaine lettuce / cabbage
- Kale/Spinach
- Broccoli
- Cauliflower
- Peppers (red, yellow, and green)
- Avocado
- Radish
- Cucumber
- Onions (red/green/yellow)
- Chick peas/beans/nuts (1/2 cup)
- Raisins

Dressing (home-made): balsamic vinegar, water, Italian seasoning, olive oil (tbsp)

Dessert: Fresh Fruit (apple,, orange, banana, grapes, melon etc)





MY OLD MEALS (for 73 years)

My New Meals (2007-2019)

Typical Meat-based Dinner

Typical Plant-Based Dinner

Meat or Seafood

- Chicken
- Beef
- Pork
- Lamb
- Fish
- Shrimp
- Lobster

Potatoes or Rice

Vegetables (any two)

- Pease/corn/beets
spinach/kale/carrots/parsnips, etc.

Soup:

Tomato-vegetable-bean:

- Olive oil
- Onions
- Tomatoes (Italian)
- Veggies (at least five)
- Beans /peas/ lentils
- Italian seasoning
- Water

Curried lentil-vegetable:

- Olive oil
- Onion
- Veggies (five)
- Lentils
- Curry sauce (olive oil, curry, garlic, ginger)

Veggie Bake

- Many different veggies roasted in a pan coated with olive oil

Pasta

- With tomato sauce
- With basil and nuts
- With olive oil and garlic

Three microwaved veggies:

- Sweet potato
- Peas
- Onion
- Pepper Squash, etc.

Portabello Mushroom fried with microwaved or steamed veggies

Dessert: Fresh whole fruit

Snacks: Fresh fruit, nuts, seeds

Jim Sometimes
Has Little Chats
About Food

Jimmy Darling: “I just can’t cook like that; what are we ever going to do? You’ve rendered useless just about every recipe I know.”

A Good Response: ???????

Jimmy Dear: “Please reconsider and eat just a little milk/ /cheese / egg / meat ; it won’t kill you.”

A Good Response: ??????

Jim Sometimes
Has Little Chats
About Food

Jimmy Darling: “You are not eating many delicious nourishing foods and limiting your diet to just a narrow selection of them. You are going to get sick.”

A Good Response: ????

Jimmy Dear: “Our days of being invited out to dinner are now over; do you feel guilty?”

A Good Response: ?????

Jim Sometimes Has Little Chats About Food

Jimmy Darling: “You poor, poor thing, you’ve been seriously ill with lymphoma and must now stick to your special diet; we do understand.”

Response: Smiling kindly, Jimmy feels a little sad, knowing that his listener will never even consider changing their way of eating

Jimmy Dear: “You tree hugger, get over it.”

Response: Jimmy says he loves trees and invites his friend read some very old science

Why I LOVE My Plant-Based Diet



I know that it reduces my chances of getting the following: lymphoma, colorectal cancer, prostate cancer, breast cancer, dementia, cardio-vascular disease, stroke, diabetes (type 2) and even Parkinson's disease



My gut tells me I am digesting my food well



I experience neither diarrhea nor constipation



My gut loves its plentiful fibre—something needed for a healthful microbiome (the place where one's immune system learns most about triaging its environment)

Why I LOVE My Plant-Based Diet



I like its different tastes and am intrigued by its huge variety



I feel that it gives me lots of energy



I sleep well after eating



I am never uncomfortably hungry



I like being a slim Jim without even trying

Why I LOVE My Plant-Based Diet



My gut loves its plentiful fibre—something needed for a healthful microbiome (the place where one's immune system learns most about triaging its environment)



I can afford it easily—and so can the rest of the world



I am happy to know that my food choice is not causing other animals to suffer terribly



I am happy to know that this way of eating fosters a productive agriculture that can feed everybody while using relatively little water

Supplements

In my personal experience, nearly all supplements are problematic. Sensing or feeling a need for them can be the result of incomplete digestion. Incomplete digestion can result from either an unhealthy diet or eating of foods incompatible with one's body.

Many researchers have indicated most supplements are not needed and some can be harmful. (Google: "Are supplements useful?")

An exception: Vitamin D3

For most of the year in this northern climate, one vitamin is essential for health: **Vitamin D3**--about 2000-6000 IUs per day-- depending on age and weight:

- see the research of the <vitamindcouncil.org>

- see the research by <grassrootshealth.org>

- see the research by Dr. Reinhold Vieth at U of T online

It is my understanding that, for optimum health, your serum level (i.e. your blood level) should be above 100 nmol/L in the Canadian system and above 40ng/ml in the American system. I take 5000 IUs every night and my serum level is 126, It is one of only two vitamins I take. Some authorities recommend a lower level.

Vitamin B12

I also take Vitamin B12 as is recommended by *all* experts for *all* persons on a plant-based diet. It seems to do me no harm.

Taurine

I take taurine to help to keep my retina from degenerating.. (The retina is made mostly of taurine-type proteins.)

Zinc Citrate and Magnesium Citrate

I take zinc for my skin and magnesium for my bones

Enjoy your Food
and
Merry Christmas