

Purple Apron Press



The Official Newsletter of The Suppers Programs

Founder's Message

My grandmother used to add a spoon of sugar to her port wine. Have you ever tasted port wine?

My grandmother had stock in the sugar company. She was pretty certain that no matter what was going on in the world, people would still buy sugar. I think her investment strategy was a reflection of how she personally felt about cookies and port. That was the early 60s. I don't believe anybody at that point was using the word "addictive" to describe sugar. I do believe, however, her relationship with sweets made her confident that she would receive many happy returns.

Something else was going on in the 1960s. The sugar industry was paying scientists to downplay the role of sugar in coronary heart disease and implicate saturated fat. This revelation was based on internal documents from the sugar industry that were recently discovered by a researcher at University of California, SF and published in JAMA Internal Medicine. The practice of paying scien-

tists to tout the harmlessness of lucrative foods and

beverages continues to this day, witness recent revelations in *The New York Times* of Coca Cola paying scientists to downplay the role of sugary beverages in obesity.

We live in a food system whose profit structure is based on getting people hooked on industry-manufactured food. My grandmother died 40 years before the signature slogan of Suppers — *How You Feel is Data!* — was invented. But she lived the point: the feelings we have for our most addictive foods drive our eating decisions, and not in a healthy direction. She was really in touch with her feelings when she made that investment decision.

See the back page for the Suppers Ten Points of Supported Behavior Change. This is what Suppers offers people whose health is caught in the trap of profit motive and addiction.

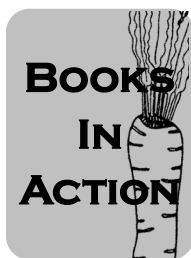
— Dor Mullen

The Brain Maker

By David Perlmutter, MD

Seven years ago Suppers facilitator Zita Delevic shared her story "My Hungarian Grandma," which was all about her journey back to her pickle-making roots. What Zita's grandma and generations of women in Hungary, Poland, Korea, France, China and most traditional cultures knew was that home fermentation not only preserves the food, it magnifies the health benefits. Dr. Perlmutter now establishes the connection between the life in your

gut biome and the quality of your brain. What's happening in your gut is determining your risk for a variety of brain-



related conditions, including ADD, MS, dementia and Alzheimer's. Central to his six-point plan for reducing your risk is home fermentation. The Brain Maker is a book we put into action at Suppers, by offering home fermentation

workshops; serving kraut, kimchi and kombucha at many of our meetings; and throwing kraut-making parties.

Contact Dor if you want a SCOBY to make your own kombucha.

Inside

- ◆ Audelle's Journey with Diabetes
- ◆ Experiment: How You Feel Is *Data!*
- ◆ Recipe: Thai Coconut Milk Soup

Upcoming Meetings and Events

Suppers at the Wellness Center
Dinner, Kendall Park NJ,
3/24, 4/28, 5/26

Introduction to Suppers Lunch,
Princeton NJ,
3/27, 4/24, 5/22, 6/26

Dinner for Diabetes Success,
Princeton, NJ, 4/3, 5/1, 6/5

Lunch for Moms, Princeton NJ,
4/5, 5/3, 6/7

Masala Suppers, Princeton, NJ,
5/10

Suppers Breakfast Challenge
Online, 5/22—5/31

Breakfast Challenge Cookahead,
Princeton, NJ, 5/21

Kraut Making, Princeton, NJ,
Tuesdays at 4:30pm, 3/28, 4/25,
5/23, 6/27, and Sundays at 1pm,
4/2, 6/11

This is a partial list of Suppers meetings and events. Go to our website to see the full calendar and sign up.

www.TheSuppersPrograms.org

Or email :
Info@TheSuppersPrograms.org

Audelle's Journey with Diabetes

I am a reformed junk food addict. You've read about people like me. I am one of the legions of Americans who could have – but didn't – prevent the development of Type 2 diabetes. Sharing my story hurts, and reading my story in black-and-white hurts more, but I have hope that my story will help you before you become diabetic.

I come from a middle class African American family, people who have access to good food and are still getting diabetes in large numbers, probably related to some unfortunate "thrifty" gene. My people come from the islands and ate mostly produce before they moved to this country. My open-minded, newly American mother let me have Pop Tarts and whatever I wanted from the pop culture. As a teenager I experienced all the uncomfortable warning signs a body sends when it's trying to prevent a low blood sugar coma: craving, agitation, mood swings, mental fatigue. But I didn't learn that that's what was happening until 20 years later when I came to Suppers.

As an adult, I experienced none of the symptoms they tell you are characteristic of diabetes like increased thirst and urination. My first inkling was the day the doctor said, "Well you know you have diabetes. How are you managing that?" I just swatted him away like an annoying mosquito, and that was that. When I landed in the ICU with life-threateningly high blood sugar a few years later, I had already passed the point where treating with lifestyle and oral medications would be enough. I moved right into insulin-dependence. I was terrified.

It is a huge pain in the ass to have diabetes. I have to take insulin 15 minutes before eating anything, and I have to know how much I'm going to eat and how many carbs are in the food. I have to factor in for stress and exercise because they affect blood sugar too. Not doing a good job of it increases my risk for all kinds of things from toe amputation to blindness. Are you paying attention? One third of this country's population is believed to be on the way to type 2 diabetes because of the crap we eat. One. Third.

Fortunately, the internet led me to a vegan diet. The apps made it easier, but I needed more help. The system isn't helpful. Even when my numbers got much better, my pharmaceutical company sent me letters asking why I wasn't refilling my prescriptions on time. I told them that my numbers were better on less medicine, which I guess they don't hear very often. When I stuck to a nearly 100% raw vegan diet, I didn't need to take meal-time insulin at all. Seriously, wouldn't you think somebody would tell you this was an option before threatening you with amputation?

I was lucky to find Suppers because going vegan required a community. I needed to learn how to make my food delicious. To reinforce my own learning, I needed to teach others. My numbers got better and better. Wouldn't you think the doctors would want to know how I did this? No! I had to change doctors because I was tired of getting the notes from the pharmaceutical company.

I'm still in Suppers, running my own meetings. I have to. It's the only way I can manage a disease that can never be cured. Please tell everyone: Diabetes is optional for most people, but only if you act early enough.

"I WAS LUCKY TO FIND
SUPPERS BECAUSE
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A COMMUNITY."

Suppers Merchandise: To order, detach and mail this card with a check payable to: The Suppers Programs, 211 N. Harrison St, Suite A4, Princeton, NJ 08540. **Thank you for your support!**

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\$10

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_____ Purple Aprons..... x \$20 = _____

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\$20



\$12



Experiment: Treats and Triggers

*At Suppers, we work really hard to not know what another person needs. Rather, we ask people to do personal experiments, to tease out information from their bodies because **How you feel is data!***

The How You Feel is *Data!* Experiment: Treats and Triggers

Are you still hoping to exercise portion control over foods that have no brakes? Stop, you'll drive yourself crazy. One of the most important experiments we do at Suppers helps people distinguish between treats – foods you can really enjoy that don't lead to unwanted eating or other unwanted behavior – and triggers – foods that, once tasted, break your resolve and do lead to unwanted eating or other unwanted behavior.

A food that acts more like a trigger than a treat probably has some of these properties:

- ☑ The carbohydrate content raises blood sugar fast and gives you relief from low energy or uncomfortable feelings.
- ☑ An ingredient is actually drug-like for you.
- ☑ Eating this, particularly in stressful circumstances, has emotional effects. It changes how you feel.

Do this:

1. Select a few favorite foods to test, but test only one per day.
2. Buy enough of each so that there are several portions around.
3. At the same time each day and when you aren't "starving" eat one standard portion.
4. Take notes on how you felt and behaved.
5. Describe your experience to another person.

If it was effortful or you were not able to limit consumption to one portion, then it was a trigger, not a treat. This experiment reveals which favorite foods you can enjoy and which must be avoided until healing takes place. You can get help sorting this out at Suppers meetings.

Mission

The Suppers Mission is to provide safe and friendly settings where anyone – and especially people with food-related health challenges – can develop and manage their own personal transition to a healthier life.

Three Kinds of Meetings Deliver Our Mission

- **Preventive**, where the focus is more on cooking, camaraderie and learning
- **Diagnosis-specific**, where we form groups around a mutual health concern
- **Eating-style-specific**, where people gather around a shared interest in a way of eating

Founding Principles for all Meetings

- The Active Practice of Nonjudgment
- Whole Food Preparation
- No Commercial Messages
- Restoration of the Family Table

Whom We Serve

The only requirement for membership is the desire to lead a healthier life. The Suppers whole food menu is especially helpful for those who need to stabilize their blood sugar and mood chemistry. This includes people with depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol. The food we prepare using whole, natural foods is for anyone who needs to avoid milled, refined, or otherwise processed foods. Ten years of failures and successes have taught us whom we can and cannot currently help. Suppers can help people who: want change, attend, have access to ingredients, and have access to a kitchen.

For more information, visit our website, www.TheSuppersPrograms.org or email info@TheSuppersPrograms.org.



10 Points of Supported Behavior Change

1. Develop a palate for real food.
2. Learn to cook real food.
3. Come to desire the foods that make you well while you...
4. Let go of the foods that keep you sick, fat, depressed, or addicted.
5. Come to understand that how you feel is data and that you can rely on your body to tell you which foods are the healthiest for you.
6. Give and get social support in a community that helps you while you experiment and learn to distinguish treat foods from triggers and ...
7. Practice living according to your intentions instead of your impulses.
8. Make a habit of eating the foods that keep you on your path.
9. Live in the spirit of nutritional harm reduction because none of us lives in a perfect food world.
10. Provide the experience for others.

Thank You



Suppers is grateful to Dr. Adi Benito for sponsoring the first issue of Purple Apron Press.

Dr. Benito is an integrative endocrinologist in Princeton and a graduate of the University of Pennsylvania (Fellowship in Endocrinology and Metabolism), the University of Arizona Center of Excellence (Integrative Medicine), the David Winston's Center for Herbal studies and the Khalsa Healing Arts and Yoga Center (meditation teacher). In her private practice, Dr. Benito uses an integrative approach to the management of diabetes and pre-diabetes, blending the best of the healing arts.

For more information visit www.PrincetonIntegralEndocrinology.com