Real Food for Thought
Presented by Bruce Mylrea

The Relationship Between:
- Breast Cancer Cases and Animal Food Intake
- Female Colon Cancer and Daily Meat Consumption

The Standard American Diet- “The 95% Rule”

What is Oxidation?
- Free Radicals
- Antioxidants

Leading Causes of Death in US- Preventable or Not?
- Heart Disease
- Cancer
- Medical Care

Our Healthcare System
- Funding
- Intervention vs. Prevention
- Special Interests

The China Study by T. Colin Campbell
- Animal Based Foods -> Western Diseases
- Plant Foods -> The Opposite is true

Plant Based Nutrition by T. Colin Campbell
- Nutrients Better Provided by Plants
- Preventative
- Genetics

American Cancer Society
- Donors
- Dietary Recommendations

Micronutrient Diet Balance
- Whole Food, Plant Based

The “nots”
- Processed Foods & Oils

Unbiased Studies of Note:
  - Lifestyle Heart Trail by Dean Ornish, MD
  - Caldwell Esselstyn- Cleveland Clinic
  - UCSF Prostate Cancer Study by Dean Ornish, MD
  - John Robbins: IGF-1

Alkaline vs. Acidic
- Which is which?

Other Primates
• What Do They Eat?

Traditional Diets of Long Lived Cultures

Cholesterol & Diet
• US average vs. Vegetarian & Vegan average

Whitewash by Joseph Keon
• Fat in Milk
• Calcium & Fractures
• Cheese & Cancer
• Yogurt

Supplements?

Super Immunity Foods by Joel Fuhrman, MD
• Dr. Furhman’s Food Pyramid
• GOMBBS

Life Expectancy
• Meat Eaters vs. Vegetarians vs. Vegans

Carl Lewis- Vegan Athlete

Reading a Food Label
• Ignore the front!
• Nutrition Facts
• Ratios and Ingredients are key

Bruce’s Plan NOW
• GOMBBS

Breakfast: Make Your Own Almond Milk
• Super Immunity Shake
• Berries & Seeds
Lunch
• Giant Kale Salad
Dinner
• Stuffed Nori Wraps

What Can YOU do?
• Take Responsibility for Your Health
• Buy a Vitamix
• READ unbiased research
• Get read of “WHITE” food- “the whiter your bread the sooner you’re dead”