

# 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. Fuhrman'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"