

**Stirring the Pot:
How Food Makes Us Sick, Keeps Us Well, and Drives Us Crazy
Cranford, NJ – May 3, 2014**

Main Speakers



Kelly Brogan, MD

Fearless Parent

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Kelly is a NYC-based holistic women's health psychiatrist, and activist dedicated to promoting awareness of natural health and wellness. She is inspired by her two young children and passionate about informed choice in medical care, nutrition, and consumerism. Connecting to like-minded thinkers supercharges her mission.

“There are three things that can affect our health in ways that we do not yet have the intellectual tools to fully comprehend: relaxation response, exercise, and nutrition. Nutrition encompasses the food-based information delivered to our epigenome every day. It must be inclusive of elements that we have evolved a relationship with—fat soluble vitamins, minerals, phytonutrients—and exclusive of those we are just now, in relative human history, meeting—processed fats, sugar, genetically modified foods, and grains. We are so resilient, as a species. Our bodies want to be well. **Food is the way to send your body the message that everything is ok, and that it is safe to thrive.**”

Resources:

Food Inc.

<http://goo.gl/OxmDvm>

Perfect Health Diet (Jaminet)

<http://goo.gl/VX5jLT>

In Defense of Food (Pollan)

<http://goo.gl/jDd3Pi>

Deep Nutrition (Shanahan)

<http://goo.gl/hHEdtL>

Start here!

<http://goo.gl/uQszyn>



Jennifer Fugo

Gluten Free School

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Jennifer is the founder of Gluten Free School, an online platform to teach gluten-sensitive women simple, savvy and empowering steps to get healthy. She is a sought-after expert, advocate and speaker on healthy, gluten-free living, and the author of "The Savvy Gluten-Free Shopper: How to Eat Healthy without Breaking the Bank."

"Eat healthy, real food that happens to be gluten-free. Your body knows what to do with unprocessed foods. And though the processed products may be more convenient, they typically detract from your health and cost an arm and a leg. The first step to thrive is to eat real, whole, fresh, unadulterated food."

Resources:

Amy Myers, MD

www.dramymyers.com

Chris Kresser, LAc

www.chriskresser.com

Civilized Caveman Cooking

www.civilizedcavemancooking.com

Elena's Pantry

www.elenaspantry.com

Fat, Sick & Nearly Dead (the movie)

<http://goo.gl/qna96e>



Louise Kuo Habakus

Fearless Parent

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Louise is an author, researcher, radio host, and activist for social innovation in parenting, health, and wellness. She is the co-founder and Executive Director of Fearless Parent and the mom of two.

"We start with the idea that food has the power to heal. This sounds great, but the reality is that we're busy, and most of our eating is unconscious. We self-medicate with food and eat for comfort. We use caffeine to wake up and alcohol to wind down. First, realize you're probably in a food rut. Initially, we may need recipes and guidebooks. Eventually, it comes down to habits and shortcuts. Second, it's not the same for everyone so don't stress about choices others are making. Finally, be patient. Our bodies need to be healthy enough to absorb nutrients. We may require strict dietary intervention to repair damage. Feeling good is its own reward."

Resources:

The Natural Gourmet Institute

<http://www.naturalgourmetinstitute.com>

Specific Carbohydrate Diet for kids

<http://goo.gl/EqyPya>

Gut & Psychology Syndrome

<http://goo.gl/triYgo>

The Unhealthy Truth (O'Brien)

<http://goo.gl/eS8twb>



Sayer Ji

GreenMedInfo

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Sayer founded GreenMedInfo in 2008 to provide an open access, evidence-based resource supporting natural and integrative modalities. It is one of the top five natural health sites in the world (Alexa ranked). Sayer is an author, researcher, lecturer, advisory board member of the National Health Federation, Steering Committee member of the Global GMO Free Coalition (GGFC), and dad of two.

“Food provides the molecular fabric from which our body and sentence are woven. It is the one place where environment, spirituality, economics, politics, even the sensation of being fully alive—you name it—are connected, intimately, and where, through our choices of what types of food we support, grow, ingest, or make available to others, the future of our entire species and the greater family of the biosphere and its rapidly diminishing diversity depend.”

Resources:

SELF Nutrition Data

www.nutritiondata.com

Pub Med

www.pubmed.gov

Organic Consumers Association

www.organicconsumers.org

Navdanya

www.navdanya.org



Camille Miller

Northeast Organic Farming Association of NJ

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Camille is Executive Director of the Northeast Organic Farming Association of NJ and mom of three. NOFA-NJ is dedicated to supporting organic and sustainable food, farming, and gardening in NJ through education, technical assistance, and policy action.

“You can’t fix your health until you fix your diet. Food is medicine and nature provides all we need if we just stick to consuming clean, organically raised/grown whole foods. Stop thinking convenience is more important than your health. We are what we eat.”

Resources:

Natural News

www.naturalnews.com

Michael Pollan

www.michaelpollan.com

Organic Trade Organization

www.ota.com

Beyond Pesticides

www.beyondpesticides.org

The Future of Food (movie)

<http://goo.gl/peZdC3>

Round Robin Participants



Geri Brewster, RDN, MPH, CDN -- PANEL MODERATOR

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With 30+ years of clinical experience and wisdom that began with specializing in pediatric and young-adult developmental disabilities, Geri now shares her expertise with women who wish to ready their bodies for conception to optimize pregnancy outcomes. A multiple award-winning, published, and sought after public health speaker, Geri graduated summa cum laude from Virginia Tech and New York Medical College. Her advanced areas of study have enhanced her personalized approach to preconception wellness.

A sampling of Build Your Best Bump Food Rules:

Five Things To Avoid While Trying To Become Pregnant:

- GMO foods
- Gluten
- Artificial Colors
- Artificial Sweeteners
- MSG

Five Things To Eat While Trying To Get Pregnant:

- Organic deeply pigmented fruits (high in antioxidants, generally low on glycemic index)
- Deep green leafy vegetables
- Eggs
- Seeds, olives, avocados
- Fermented foods

Five Kitchen Essentials For Preparing Build Your Best Bump Meals:

- Glass storage containers
- Stainless steel, glass or ceramic mixing bowls
- Stainless steel steamer basket
- 2 glass or wooden cutting boards – 1 for raw protein, 1 for cooked protein and produce
- Blender with glass mixing jar



Laura Lagano, MS, RD, CDN -- PANEL MODERATOR

Nutrition In My Kitchen

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Raising a daughter with a developmental delay along with her own holistic health journey provided Laura with deep insight into healing, informing her style of nutrition + lifestyle counseling. Specialties in her NJ/NYC practice include children with special needs, parents with stress and anxiety, pregnancy prep, and weight loss. Laura is a seasoned speaker to varied audiences including families, chefs, and nutritionists for 30+ years. Poised to be among the first RDNs with certification from the Institute of Functional Medicine, Laura holds nutrition degrees from SUNY Oneonta and Columbia University.

“The food you eat, the air you breathe, the personal products you use, your relationships, how you exercise your body and your mind—all of these factors and more interact with your genes to influence your health positively or negatively. This means that genetics is NOT destiny! You have the power to within your body to heal. Food is information. Food is medicine. Food is nutrition. Nutrition heals.”

Top Five Categories Of Foods To Help Your Body's Detoxification Process:

Cruciferous Vegetables:

- | | | |
|-----------------|--------------------|------------------|
| ✓ Bok choy | ✓ Brussels sprouts | ✓ Kohlrabi |
| ✓ Broccoli | ✓ Cauliflower | ✓ Mustard greens |
| ✓ Broccoli rabe | ✓ Cabbage | ✓ Radish |

Green Leafy Vegetables:

- | | | |
|--------------------|---------------|-----------------|
| ✓ Arugula | ✓ Endive | ✓ Turnip greens |
| ✓ Chicory | ✓ Kale | ✓ Watercress |
| ✓ Collard greens | ✓ Radicchio | |
| ✓ Dandelion greens | ✓ Swiss Chard | |

Sulfuric Foods

- | | | |
|----------|----------|-------|
| ✓ Chives | ✓ Leek | ✓ Egg |
| ✓ Garlic | ✓ Onions | |

Sea Vegetables

- | | |
|-------------|--------|
| ✓ Chlorella | ✓ Kelp |
|-------------|--------|

Herbs

- | | | |
|--------------|------------|---------|
| ✓ Basil | ✓ Marjoram | ✓ Sage |
| ✓ Cilantro | ✓ Oregano | ✓ Thyme |
| ✓ Dill | ✓ Parsley | |
| ✓ Lemon balm | ✓ Rosemary | |

Top Five Favorite Ways To Maximize Your Body's Innate Detoxification System:

- Drink half your weight in ounces of pure water daily (If you weigh 100 pounds, drink 50 oz).
- Eat as much organic as possible, particularly meat, chicken, eggs, and dairy. Refer to EWG's Clean 15 and Dirty Dozen for your best choices: www.ewg.org/foodnews
- Eat more dark green, leafy vegetables every single day!
- Cut down (or cut out) sugar, alcohol, and caffeine.
- Clean your household of foods, beverages, toothpastes, and mouthwashes of products containing artificial colors, flavors, preservatives, and sweeteners.





Dan Farella

Return to Nature

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Dan is a forager, herbalist, and teacher dedicated to working with nature to serve in uniting the planet and its people. Dan teaches through Return to Nature, which provides classes in foraging and herbalism, making homemade remedies from herbs, fermentation and kombucha classes, and primitive and survival skills. He makes and sells herbal products, gives nutrition and health consultations, mentors private students, and gives in-home custom group herbalism classes.

Top Five Favorite Wild Edible Weeds:*

- Dandelions (*Taraxacum officinalis*)
- Stinging Nettles (*Urtica dioica*)
- Lambs Quarters (*Chenopodium alba*)
- Hairy bittercress (*Cardamine hirsute*)
- Daylily (*Hemerocallis* sp.)

**Please check with an expert before consuming any wild foods.*

Top Five Favorite Raw Food Recipes: (Google recipes for more ideas)

- Cacao Chia Pudding: Fill a pint jar with chia, add cacao, cinnamon, cayenne (if you like) and top it off with your favorite nut milk. Refrigerate for a few hours.
- Raw Pies: Add any of your favorite superfoods (fruits, nuts, seeds) into a food processor, blend well, and put in a pie plate. Refrigerate overnight. Eat for breakfast, lunch, or dinner.
- Flax Crackers: Soak flax overnight with your favorite spices, put on a dehydrator tray to keep raw, or bake in the oven. A great and healthy replacement for our “crunchy needs.”
- Dates with an Almond Inside: A great and simple potluck meal or snack. Just open up the date and replace the seed with an almond.
- Green Smoothies: Add any of your favorite fruits with a handful of spinach, kale, or collard greens, add your favorite supplement powders and enjoy!

Top Five Great Podcasts To Listen To While Driving:

- Permaculture Podcast www.thepermaculturepodcast.com
- Herb Mentor Radio herbmentor.podbean.com
- Future primitive podcast www.futureprimitive.org
- HerbalEd.org Podcast www.herbaled.org/podcast/podcast_fs.html
- Psychedelic Salon www.matrixmasters.com/podcasts



Alison MacNeil, LICSW

Fearless Parent

Thinking Moms' Revolution

Alison is a psychotherapist and a mother to two children, Neely, 13 and Nick, 9. Her son was featured in the AutismNOW PBS documentary in 2011. Alison is a co-founder of Fearless Parent and The Thinking Moms' Revolution, a published author, a frequent lecturer, and recent co-host with Louise Kuo Habakus on Fearless Parent Radio on PRN.fm.

Here are my top five curbside tips from a mom on the ground (some days literally, lol!).

Top Five Tips for Getting Kids to Try New Foods:

- Dinner for Breakfast, Breakfast for Dinner.
- Let's Make a Deal. Using preferred food as barter: 2 bites of this gets you one bite of that.
- Hiding in Plain Sight. Minced broccoli in tomato sauce, minced cooked chicken in a pancake.
- Familiarity Breeds Comfort. Start with food near child on table, then they smell it, next time kiss it, small taste next, don't stop serving it.
- Five Bite Boot Camp: Take no prisoners approach. Expectation is child has five bites of protein, one bite of vegetable. No matter what, that's the way it is, the rule won't change.

Top Five Special Diet Survival Strategies:

- Plan ahead. Always pack a snack.
- Special diet isn't just for home. It is for everywhere: grandma's, school, restaurants, birthday parties, vacation.
- Tell school: child eats and drinks nothing that does not come in the lunchbox. Put on IEP.
- Whole Foods will let you return any food item your child didn't like. Take 'em back!
- Ask teacher for the food-related schedule in September, including celebration and food-based learning plans. Plan ahead to have alternative food ready for your child.

Top Five Tips For Kids Food and Mood:

- If the first two bites in the morning are protein, your child will crave less sugar all day.
- Enforce at least two bites of protein at every meal.
- In response to your pediatrician or others who say, "But food is social!" you tell them that there's nothin' social about tantrums, hyperactivity, and diarrhea.
- Teach kids to be a food/mood detective. "Yellow #5 and I end up in a time out! No thanks."
- If your child has a meltdown, look at the clock and note the time. The next day, feed the child a slow burning carb with quick glucose availability, such as sweet potato chips, 30 minutes prior to the meltdown time. If the tantrum was a sugar crash, you'll have solved it!

Dragon Slayer's Malaysian Bone Broth - Sup Tulang

GFCF, Corn Free

1 lb meaty bones	(or 2-3 small red onions)	3 cardamoms
(can add boneless meat)	4 cloves garlic	1-2 tbs spice mix*
2 tbs oil to sauté	1 large cinnamon stick	2-3 liters/ quarts Water
3 inch sliced ginger	2 star anise	2 tbs vinegar (no balsamic)
6 brown shallots	5 cloves	sea salt/pepper to taste

Optional: onion, carrots, celery, potatoes, spring onions, flat parsley, fried crispy shallots

** Sup Tulang Spice Mix: Mix 2 tbs ground coriander, 1 tbs ground cumin, 1 tbs ground fennel. It keeps for months in an air-tight container.*

If using Spice Mix, toss meat in 1-2 tbs of spice mix until well coated, shake excess. Heat oil in pot until hot, sauté the whole spices, ginger, shallots and garlic until fragrant and golden. Remove from pot and set aside for later. In same pot, brown coated meat on all sides (add more oil if necessary). Add the sautéed ingredients back into pot and pour enough water to cover meat. If you are using meatless bones, add it in now. Add vinegar. Bring to boil then reduce to simmer on low heat for few hours. Add water when necessary.

During simmering, I like to add a little bit of onions, celery, carrots to give depth and nutrients to the broth. Salt and pepper to taste. If adding vegetables to make a one dish meal, add the remaining carrots, celery, potatoes or other hard or root vegetables 20 minutes before serving.

For later use: ½ cup of cold water and ¼ cup of tapioca starch or arrowroot starch. Brown meat in vegetable oil. Add onion and garlic to slightly sauté. Then add boiling water, salt, pepper, lemon juice, xylitol, *Coconut Aminos*, paprika, bay leaves and allspice. Add potatoes/cauliflower and carrots. Cover and simmer 2 hours, stirring occasionally. In a container with a tight fitting lid, add ½ cup of water to ¼ cup of arrowroot or tapioca starch. Shake vigorously and when mixed, pour into pot to thicken.

Monarch's GAPS Friendly Honey Caramels

GFCF, SCD, Paleo, GAPS

2½ cups honey

½ cup filtered water

¼ teaspoon Sea Salt

coconut oil for greasing pan

Grease 8x8x2 inch square pan with coconut oil. Heat all ingredients in a 3 quart saucepan over medium heat while stirring constantly until boiling. Continue to cook over medium heat, stirring frequently, until the mixture reaches 245 degrees F on a candy thermometer. Pour into coconut oil covered pan and chill uncovered until set. Cut pieces into desired sizes. Store refrigerated.



Amara Wagner

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Amara is a teacher and coach who empowers moms to trust their intuition and guides them, with practical tools, to raise naturally healthy families. Her private and group coaching programs help moms navigate holistic parenting with a sense of humor and without dogma. Amara provides a unique, down-to-earth approach to moms who want to feel confident using whole foods and ancient remedies to support their family's health. She is the mom of two.

Top Five Ingredients To Avoid In Packaged Foods:

- **Monosodium Glutamate.** MSG lurks in many savory foods, particularly low-sodium foods, crackers, and even some infant formula. According to Dr. Russell Blaylock, a board-certified neurosurgeon and author of "Excitotoxins: The Taste that Kills," MSG is an excitotoxin. It literally excites the cells of your brain to death. MSG may worsen or trigger learning disabilities, Alzheimer's disease, Parkinson's disease, and other neurodegenerative diseases

- **Artificial Sweeteners.** Aspartame, Sucralose, Splenda, Neotame, and Saccharine damage brain cells and the nervous system, and may make us crave even more sweets. Health coaches love to hate sugar. I'm not a huge fan of it myself, but if I had to choose, I'd go with organic cane sugar over the artificial stuff any day. After eliminating diet soda for a client being treated for MS, he realized that his symptoms were actually Aspartame poisoning.
- **Artificial Colors.** Most artificial colors common in foods are carcinogenic. Studies link certain artificial food coloring to ADHD, hyperactivity, and other behavior issues in children.
- **Hydrogenated Oils.** We know that trans fats are bad for us. What people may not realize is that a product can list zero grams of trans fat and still contain trans fat. Be sure hydrogenated or partially hydrogenated oils are not listed in the ingredients.
- **Non-organic Corn.** With gluten-free diets all the rage, my concern is that people are moving to genetically modified corn. Most corn IS genetically modified, so the only option is to buy organic, GMO-free certified foods.

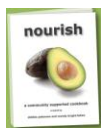
Top Five Ways To Encourage Kids To Try New Foods:

- **Walk your talk.** Every parent knows that our children do what we do, not necessarily what we say. Experiment with veggies and your children are more likely to as well. This is another reason family meals are important, so you can model good eating habits for your children.
- **Grow a vegetable garden.** Children love to dig in the dirt and get involved. Most people enjoy the satisfaction of eating something that they planted, nurtured, and helped grow.
- **Offer choices, not too many.** Nobody likes to be forced to do anything and it can be helpful to give children options. One of my children prefers vegetables raw, so I try to save a few on the side before cooking, and I offer both options.
- **Wait until your child is truly hungry.** It never ceases to amaze me what my children are willing to try when they are truly hungry.
- **Offer "real food" snacks.** Snack time is often synonymous with junk food time. Instead of offering processed snack foods, consider snacks as mini-meals. Every time your children eat is an opportunity to get nutrition into their little bodies.

Top Five Immune Boosting Foods:

- **Garlic.** Garlic has natural antibiotic properties. It is also antibacterial, antiviral, and anti-fungal. Fresh, raw garlic has the most potent healing properties.
- **Fermented foods.** A large portion of your immune system is in your gut and by eating naturally fermented (probiotic) foods, you ensure that it is populated with beneficial bacteria that help to fight infection.
- **Oregano.** Oregano is anti-fungal, anti-inflammatory, and anti-bacterial.
- **Bone broth.** Bone broth is loaded with minerals and nutrients, and is easy to digest. Bone broth can even help heal leaky gut and other digestive issues. Grandma was right!
- **Coconut Oil.** Coconut oil contains lauric acid that gives it immune boosting properties. Lauric acid is also found in human breast milk.





Debbie Peterson and Wendy Bright-Fallon

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Debbie and Wendy are integrative health counselors and co-authors of *nourish*, a cookbook with over 140 simple, healthful recipes. They counsel individuals, families, and athletes in their quest for looking, feeling, and performing their best. In addition to their private practices, they run workshops, do regular speaking engagements, provide an online nutrition program, and work with integrative physician Mark DeVito, MD. They are inspired by one of the tools that lead towards a healing lifestyle—the willingness to play with food.

Top Five Ingredients To Avoid:

- Artificial sweeteners
- Artificial flavors
- Artificial colors
- Hydrogenated oils
- Benzoate preservatives (BHT, BHA, TBHQ)

Top Five Foods To Always Include In Your Food Plan:

- Dark leafy greens
- Dark leafy greens
- Dark leafy greens
- Dark leafy greens
- Dark leafy greens

(kale, collards, swiss chard, spinach, watercress, dandelions, mustard greens, bok choy, broccoli, broccoli rabe, romaine)

Top Five Healthy Habits To Incorporate Into Your Daily Life:

- Drink ½ your body weight in ounces of filtered water
- Develop a personal meditation practice
- Make movement a priority
- Commit to getting quality sleep
- Eat more dark leafy green vegetables

