

[Open this email in your web browser](#)

**PLANTPURE
NATION**

STATE OF THE NATION



Issue 28 – November 15, 2016

PLANTPURE NATION UPDATE

As I write this, I am sitting in sunny SW Florida looking at palm trees, blue sky, and sunlight dancing off water in the background. I think I landed in a nice place, but not only for the weather. I believe we also have the opportunity to do something special here.

As I have mentioned before, we are going to launch a campaign to bring the message of plant-based nutrition to as many people in the local community as possible. We are working on a new social networking website to support this effort, and have started discussions with some key folks in the local community.

Our goal is to model a strategy that can be replicated by others everywhere. I think the power of example is vastly underestimated, perhaps because we underestimate the ability of others to contribute to change. It is interesting how many of our leaders, and those aspiring to be our leaders, overuse the simple but loaded word, "I."

The local community here (Fort Myers area) is a good place for us to undertake this pioneering work. There is interest within the health system here, but just as important, I have discovered tremendous interest among individuals in the community. This is the result of over 20 years of effort by a local leader of the CHIP program who has worked tirelessly to bring the empowering message of plant-based nutrition to anyone who will listen. She and her friends have laid the foundation for what we will do here.

A few nights ago, we had the pleasure of attending a local CHIP potluck. We thought we were going to attend a small dinner gathering, and were surprised when we got there by the huge crowd assembled. I can say without any doubt that I have never been to a potluck with as many passionate, energetic people.

After what we just witnessed in this presidential campaign, it seems more than ever that we need a new paradigm for political and social change. What we have now is not working. We need to go from "I" to "we," and that begins with the recognition that everyone has something to contribute.

I hope all of you have a wonderful Thanksgiving holiday with your family and friends.

Until next time,

- Nelson

WORDS FOR LIVING WELL



FEATURED PLANTPURE RECIPE

From Kim Campbell

INSTANT POT® PASTA

IMG_6805



Ingredients:

1 onion, diced

1 red bell pepper, sliced

1 jalapeno, deseeded and small diced

1 small zucchini, large diced

4 garlic cloves, sliced

½ cup fresh basil

16 ounces brown rice pasta (uncooked)

24 oz jar marinara sauce

3 cups water

2 teaspoons Italian Seasoning

½ teaspoon black pepper

1 teaspoon sea salt

Instructions:

1. Using the saute feature on the Instant Pot®, saute the onion, peppers, zucchini, and garlic on high heat until veggies are tender.

2. Turn off the saute button. Place the remaining ingredients into the Instant Pot® and stir briefly. Set the pressure cooker to “manual” and reduce time to 7 minutes. Close the pressure valve and allow the Instant Pot® to come to pressure and cook for 7 minutes on high pressure. When the Instant Pot® beeps, quick release the pressure valve, (by opening the valve). When the pressure is released, open the pot and allow the dish to cool.

PILLS, PROCEDURES, OR PLANTS - AN EDUCATIONAL EVENT

****Tickets for this event are still available online at <http://plantpurecommunities.org/pod-event/>, and can also be purchased at the box office. This event will be Facebook Live streamed, so be sure to tune in on the [PlantPure Communities Facebook](#) page if you can't make the event!**

14976834_1846031902330452_8269641613176805799_o



Host: Cinema Arts Centre

Location: 423 Park Avenue, Huntington, NY

Time: 6:00-10:00 p.m. How we all can help Long Island change for the better!

The nonprofit PlantPure Communities is working with Long Island PlantPure™ and the Cinema Arts Centre to hold an exciting educational event focusing on the power of whole food, plant-based nutrition as a way to prevent and reverse disease. The event will feature lauded nutrition specialist and author of *The China Study*, Dr. T. Colin Campbell, a keynote speech from Nelson Campbell, and a cooking demonstration led by Kim Campbell. Other highlights include a discussion about the impact of our food choices on the environment, led by J. Morris Hicks,

author of *Healthy Eating, Healthy World*, as well as a Recovery Panel of people sharing their personal stories, and a discussion about animal rights.

LAUNCH OF PLANTPURE COMMUNITIES

****There is currently a waiting list for this event. Please send an email to info@plantpurenation.com if you wish to be added to the waiting list. This event will be Facebook Live streamed, so be sure to tune in on the [PlantPure Communities Facebook](#) page if you can't make the event!**



November 16th in New York City

So many chronic diseases, such as type 2 diabetes, heart disease and obesity, can be reversed by eating healthier, but we are bombarded by marketing campaigns and 'studies' conducted by the food industry. The result is confusion and a growing epidemic of food borne illnesses that are stealing our golden years and bankrupting the health care system. New Yorkers have the opportunity to learn the facts from Dr. T. Colin Campbell, the pre-eminent nutrition researcher and author of *The China Study*, who will be a keynote speaker at the Nov. 16th official launch event of the nonprofit organization [PlantPure Communities](#). Dr. Campbell serves on the Advisory Board of PlantPure Communities. Nelson Campbell, who founded PlantPure Communities, will be the MC for the evening and one of the evening's honorees. This very special launch event is a fundraiser to support the PlantPure Communities Oasis program, through which PPC is bringing healthy food and nutrition education to low-income and food-desert communities across the country.

Your support will help share the message of health and grow efforts to inspire a grassroots movement. For more information about this exciting and educational event go to <http://plantpurecommunities.org/events/>

DOWNLOAD THE PLANTPURE COMMUNITIES FREE RECIPE EBOOK



PlantPure Communities is releasing a free recipe eBook in celebration of its launch! The ebook will contain recipes that were contributed by members of the PlantPure Community and will be posted on www.plantpurecommunities.org in conjunction with the Launch event on 11/16. These original recipes are all plant-based oil-free dishes that you can enjoy making for loved ones in your community!



[PlantPure Kitchen Starters](#) are designed to bring you a delicious array of plant-based entrees and sauces while making the cooking process easier. Our starters provide a variety of ethnic cuisines as well as traditional all American dishes. We provide the flavor and sauce components while you build the meal from fresh produce and grains that you buy at your local store. We even provide suggestions for how you can customize these meals to your own preferences. These starters make building healthy plant-based meals fun and creative. **And each packet is good for the preparation of 4 one pound servings!**

#PLANTPURE™



@plantpurenation



PlantPure Nation
@plantpurenation



plantpurenation



PlantPure Nation
@plantpurenation

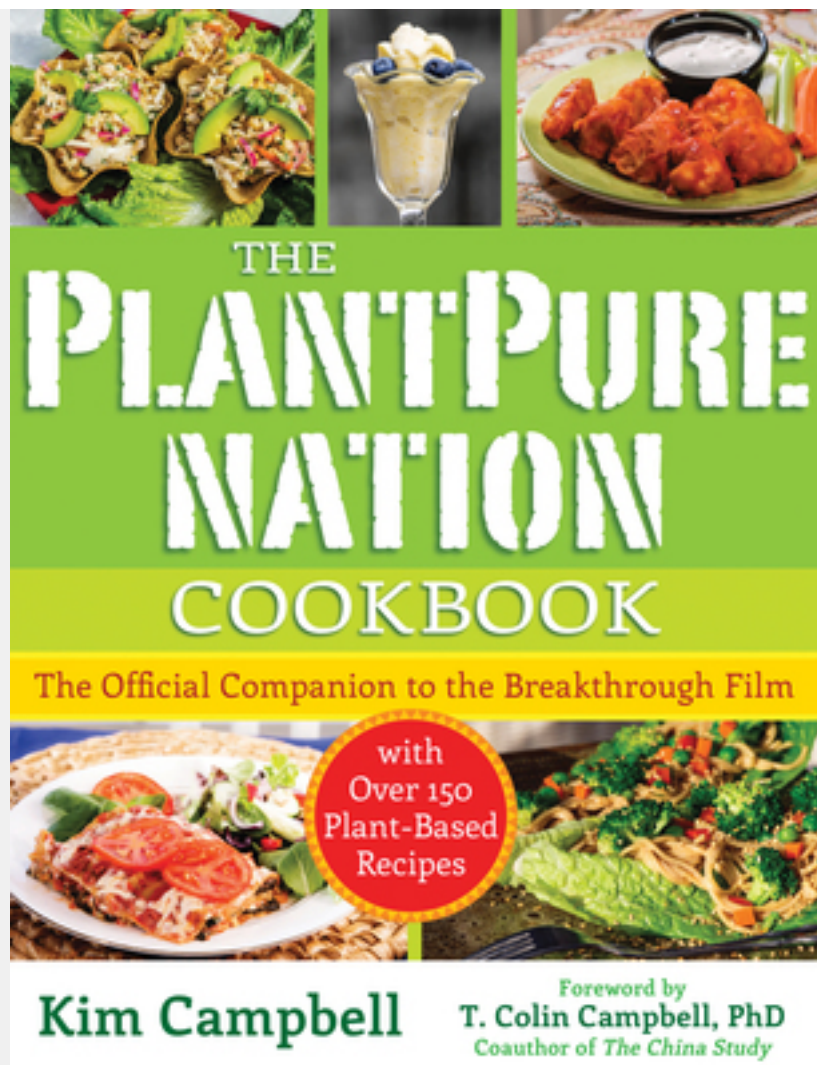


PlantPure Nation
PlantPure Nation



**START COOKING
WHOLE-FOOD, PLANT-
BASED RECIPES!**

As the film's official companion book, *The PlantPure Nation Cookbook* brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the film, promoting the health benefits of a whole-food, plant-based diet.





[Update your profile or unsubscribe from this email list](#)

This email was sent by PlantPure Nation at 101 East Clay St., Mebane, NC, 27302, United States.

