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**PLANTPURE
NATION**

STATE OF THE NATION



Issue 33 – February 6, 2017

PLANTPURE NATION UPDATE

Many of you may have already heard about the BBC film debacle involving my father, but I am sure at least an equal number of you have not, so I thought I would go ahead with this newsletter article.

For decades, I have watched my father get unfairly skewered by his opponents. I am not sure, though, that I have ever seen a more disgusting case of misinformation than what was communicated in a film recently released by the BBC. The power of the industry is enormous, and we have an uphill battle; their collusion with academia, media and government runs deep.

I have spoken to my father about this and he shared with me the discussion he had with the person who produced this movie, and the term "selective editing" doesn't fully capture what happened. There were numerous examples, but let me share just one to show how egregious was this violation of the truth.

My father is humble when he talks about his research. We all know that his renowned China Study was the most important study ever done showing the benefits of a plant-based diet. However, when my father talks about this research (and I have heard him say this over and over), he likes to say that this study is but one of at least hundreds of solid studies suggesting the benefits of eating a plant-based diet. As a matter of rule, he believes no one research study is ever enough to prove something. Even one as powerful as the China research project cannot stand alone. This is why he went to such lengths in his book, *The China Study*, to point out the overwhelming, confirmatory, and irrefutable evidence from many other studies, especially including his own research. When taken in their totality, these studies, together with growing clinical evidence, show beyond any shadow of doubt that a plant-based diet is optimal for health.

Yet, we hear all kinds of nonsense in the media suggesting otherwise, such as this new BBC film, *Clean Eating: The Dirty Truth*. In the film, the narrator, Giles Yeo, a self-professed carnivore, who told my father he would never change his diet, tees him up for a big takedown by getting him to say that the China research does not, by itself, prove irrefutably the benefits of a plant-based diet. Then he leaves out from the film my father's comments about other studies and the totality of evidence in favor of a plant-based diet. There are other points as well where Yeo works to get my father to say something that he was able to stick into the film absent other contextual comments, to make him look silly, even fraudulent. Indeed, right after his interview of my father, Yeo dives into another story of someone who has in fact engaged in questionable medical practices, suggesting that my father is but one in a line of frauds. I also should point out that Yeo failed to include inspiring interview material from heart patients of Dr. Esselstyn.

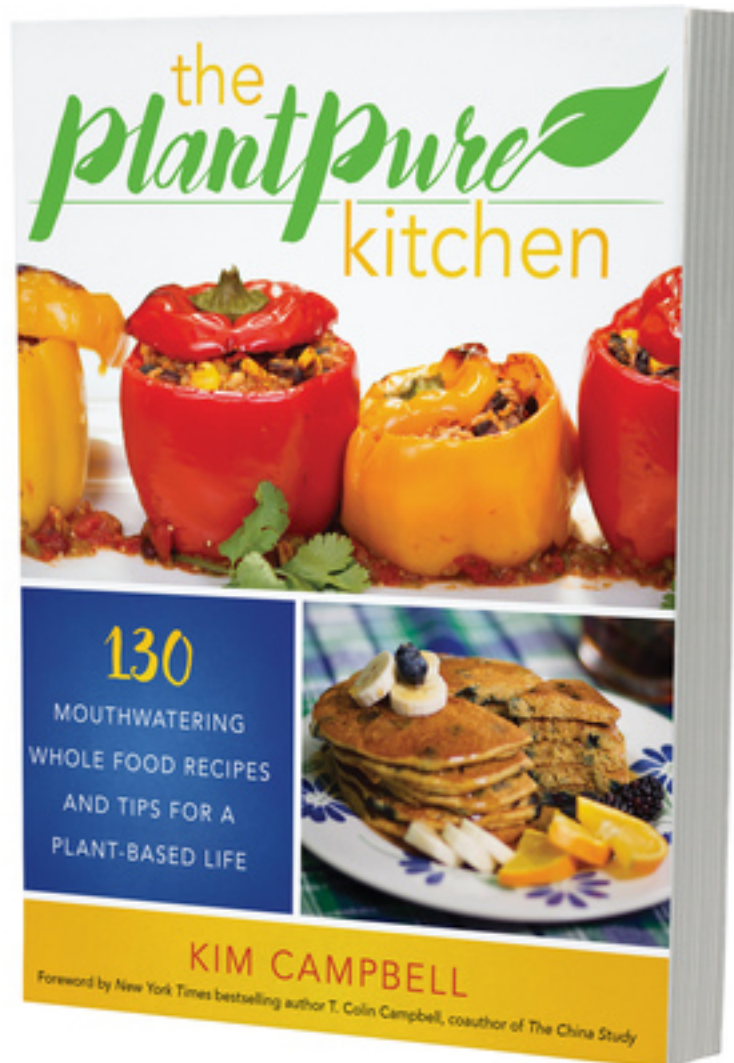
My father said he heard this movie might be shown here in the US (it is presently only viewable online in the UK). If this does happen, we will need to mobilize people to help get the word out about the lie this film represents. For those of you who are interested in diving into this further, you can read my father's response to the BBC here: nutritionstudies.org.

I have watched this sort of behavior for decades, the very kind of behavior we documented in our own documentary *PlantPure Nation*. (For those of you who still have not seen this movie, it is still playing on Netflix.) Whether in a corporate funded academic lab, a corporate boardroom, or a back hall of government, people in positions of power are all too often willing to trade away the truth for their own selfish interests and personal biases. This is why we need a grassroots movement to get this idea out to everyone, which I believe will require a broader ideology to capture the imagination of mainstream Americans. I will be writing more about some of these ideas in future newsletters.

In the meantime, thanks for your continuing support.

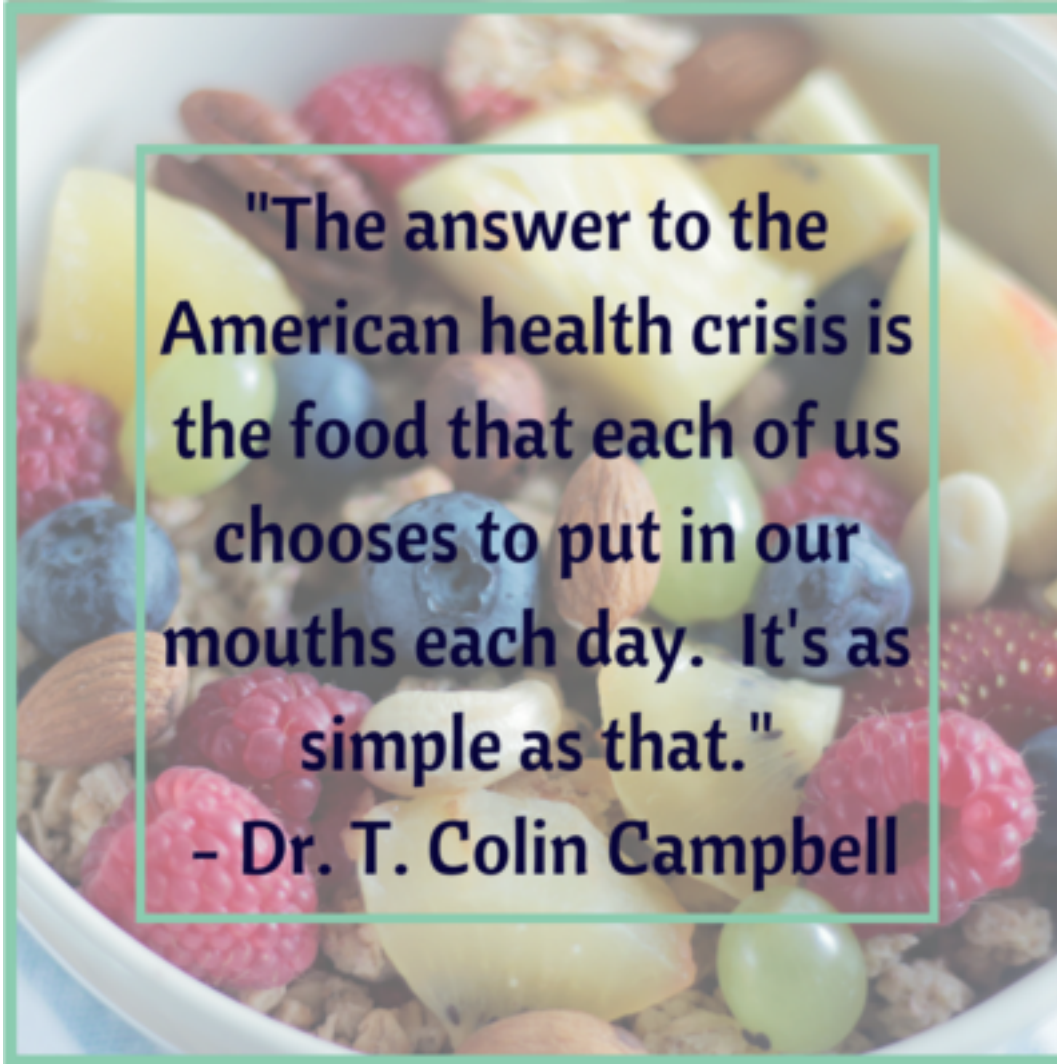
ORDER YOUR COPY OF [THE PLANTPURE KITCHEN](#) FROM OUR STORE TODAY!

** Amazon is currently not selling these books until further notice due to printing problems. Please stay tuned for updates (for more info [visit our blog](#)). You can still purchase The PlantPure Kitchen on our [website](#) and from [Barnes and Noble](#).



Kim Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plantpure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more.

WORDS FOR LIVING WELL



**"The answer to the American health crisis is the food that each of us chooses to put in our mouths each day. It's as simple as that."
- Dr. T. Colin Campbell**

PLANTPURE COMMUNITIES

[PlantPure Communities Pod Stories](#): South Shore Herbivores Create a Cruelty-Free Feast



PlantPure Communities (PPC) loves supporting the Pods and celebrating the great work they are doing to create healthy change in their communities. Here's an excerpt from a recent story about the Pod group [South Shore Herbivores](#), who hosted an alternative Thanksgiving meal for members in November.



Group leader Andrea Liddell believes the best thing about the Pods is the ability for others to see firsthand the immense benefits and abundance that come with being plant-based, without sacrificing their favorite foods or compromising taste. Liddell always makes sure the events are centered around not just food, but education.

“Delicious food grabs your attention,” she explains, “but at the same time being able to teach about the impact on your health, the environment and animal welfare—you walk away with a better connection to your choices.”

Read the rest of the story on [the PPC Pod website!](#)

[Join the discussion](#) on the [PlantPure Communities Facebook Page!](#)



FEATURED PLANTPURE RECIPE

From Kim Campbell

SPINACH MUSHROOM RISOTTO

This hearty, healthy, comfort dish is a perfect complement to those cold wintry days! It's a creamy traditional comfort dish that pairs perfectly with a mixed green salad or light veggie of your choice.



Ingredients:

- 3 cups cooked short grain brown rice
- 12 ounces fresh button mushrooms, sliced
- 1 onion, sliced
- 1 ½ cups peas, frozen or fresh
- 1 cup frozen chopped spinach
- ½ cup white wine (for sautéing)
- 7 oz extra firm tofu
- 1 cup plant based milk
- 2 teaspoon cornstarch
- ¼ cup nutritional yeast flakes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian Seasoning
- 2 teaspoons lemon juice
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 2-3 green onions, sliced (for garnishing)

Instructions:

1. Over medium-high heat, sauté the onions and mushrooms using small amounts of white wine for deglazing the pan. Add any remaining white wine, peas, and spinach. Continue to cook until tender.

2. In a blender, add the tofu, milk, cornstarch, nutritional yeast flakes, garlic powder, onion powder, Italian seasoning, lemon juice, salt, and pepper. Blend until smooth and creamy.

3. Add the cream sauce and brown rice to the onions and mushroom mixture. Cook over medium heat until bubbly and thickened. Garnish with green onions or chopped *parsley*.

Kim's Hints: You can substitute the spinach or peas for another in season vegetable such as kale, asparagus, or leeks.

PLANTPURE KITCHEN STARTERS

[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 cuisine 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.



CONNECT WITH US

We would love everyone to follow all of our social media channels, and tag us/use the hashtag #plantpure as much as possible. Share our social media posts on your own social media and let's spread the message! Also, we'd love to see what your Pod is up to — feel free to post pictures of yourPod's activities to our Facebook page.

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