

A PlantPure Update

I got up today feeling a little dejected. For several months, I have looked forward to seeing the eclipse, especially because I live so close to the path of totality. However, when I lifted my head from my work this week to find some eclipse glasses, I discovered that none were left in any of the stores I visited. Perhaps my life has become too complicated, and too busy.

Ironically, I have been rereading (in the few minutes before I fall asleep at night) one of my favorite books, *Walden*, by Henry David Thoreau. In this literary masterpiece, Thoreau articulates the case for simplicity in life, stopping now and then in the course of his argument to word-paint vivid pictures of his natural surroundings. He delves into other ideas as well, but his arguments for living simply and in harmony with Nature are two that resonate most with me. I know from my own stresses that he is speaking a powerful truth.

Not only can simplicity produce happiness, it also can help us see. When my life is complicated, it is in those quiet moments I find my vision sharpest. I might be standing in the shower, taking a quiet walk in the woods, or lost in some beautiful music, when I see what I could not see before.

One of my favorite Thoreau quotes compares happiness to a butterfly. While speaking of happiness, he could have easily said the same of enlightenment. He wrote:

"Happiness is like a butterfly. The more you chase it, the more it eludes you. But if you turn your attention to other things, it comes and sits softly on your shoulder."

Maybe by letting go and settling into quieter, simpler rhythms, we can create landing places for the butterflies in our lives. Life is sometimes hard, so this is easier said than done. But there are some things we can all do to move in this direction. Spend some quiet time with family and friends, take a quiet walk outdoors, sit under a tree or lay on the grass with the intention of doing nothing, read a book, listen to music, and perhaps most of all, watch less news.

While Thoreau painted beauty in words, the news often exaggerates the evil in our world. Yes, there is evil, but there is far more love. It might not look that way on TV, but if we open our eyes, we can see it all around us. We always need to oppose evil, with all our heart and soul, but let's do that by coming together to build a more connected and compassionate world, just as we are doing through our collective efforts to spread our message of healing.

I hope you can find some quiet time this weekend. And by the way, since I first started writing this letter, a butterfly landed on my shoulder. A good friend of mine who learned I couldn't find eclipse glasses contacted someone else, who just helped me score some glasses. Guess where I will be on Monday!

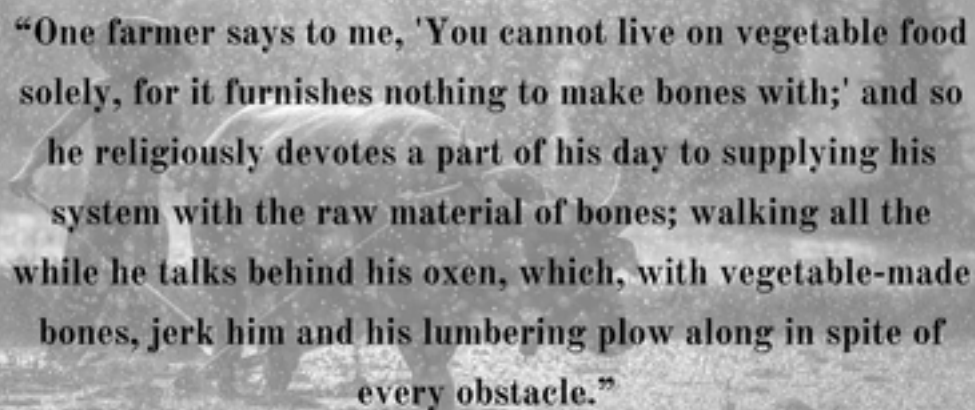
Until next time,

Nelson Campbell

PS: Check out this video: [NBC.com/SaturdayNightLive](https://www.nbc.com/SaturdayNightLive). Saturday Night Live's famed Harry Caray discusses why you can't stare at the sun during a solar eclipse and other interesting questions

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Words to Live By



“One farmer says to me, 'You cannot live on vegetable food solely, for it furnishes nothing to make bones with;' and so he religiously devotes a part of his day to supplying his system with the raw material of bones; walking all the while he talks behind his oxen, which, with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle.”

- Henry David Thoreau, Walden



Congratulations to Our PlantPure Challenge Winner



"7 years ago I was have trouble when running (I've always been a runner and have run 5 marathons). I went to my doctor who sent me to the hospital for an angiogram. Turns out I had

one artery that was 80% blocked. I received 2 stents in 2 different arteries and was put on cholesterol medication, blood thinners, high blood pressure medicine and a baby aspirin. I always thought I ate well so I didn't understand how this could happen. Unfortunately what I thought was a good diet was pretty bad.

I ate grilled chicken, added lot's of olive oil to my food and ate red meat and pork on occasion. I continued on this path for a year and finally decided this was no way to live. I searched the net for answers and found them through several websites like Engine 2, Plant Pure Nation, and NutritionFacts.org. I started on my WFPB diet and stayed on it for 6 months when I went to my semi annual cardiologist check up. When he came in and started looking at my blood test results I told him what I was doing with my diet and why I was doing it (to get off all meds). He quickly turned to me and told me that I have heart disease and will always have it and said "you haven't stopped taking your meds have you?" I told him no and just wanted to see how my blood test results were affected by my diet. He went back to reviewing my results and said "Oh my, your HDL makes mine look bad...your LDL is way too low, stop the Crestor now!" Turns out my LDL was 35.

I not only stopped the Crestor, but all medications. I continued learning from the websites and now go to see my cardiologist on an annual basis rather than semi-annual. My last visit was spent answering questions from my cardiologist about how I made the changes since they seemed so tough. During my last annual physical, my family doctor simply said, "Whatever you're doing, keep it up. your tests look great." I will turn 62 in September and am running 4-6 miles on the tread mill before work in the mornings (week days) and running between 7 and 10 miles each day on the weekends. I could run more but I just run out of time."

- Jeff McVicker, Williamsburg, OH



We would like to thank all of our sponsors for the PlantPure Challenge, especially E4 Diabetes Solutions. E4 Diabetes Solutions is focused on defeating diabetes one bite at a time.™ E4 Diabetes Solutions combines a lifestyle approach with advanced lab testing and analysis that goes beyond the standard of care by determining such vital information as pancreas strength

and level of insulin resistance.

The team has more than 100 years of combined experience reducing and reversing diabetes with a plant-based diet and has created a 90-day intervention program which lowers insulin resistance and reverses diabetes through a proven dietary and lifestyle plan.

E4 Diabetes Solutions is proud to support the 10-Day PlantPure Challenge - which is why they are offering 50 participants the 'Avoid Diabetes and Its Complications' online course absolutely free. (Winners of this prize will be notified after submitting their testimonial to the Plant Pure challenge website.)

TAKE THE 10-DAY [PLANTPURE CHALLENGE!](https://www.plantpurechallenge.com)



We have lots of prizes and free giveaways, and there is no cost to participate in the 10-Day PlantPure Challenge (we have free recipes and resources). We also have a [PlantPure Challenge Pack](#) as an option with 10 days of prepared meals shipped to you if you are short of time or prefer not to cook (available in the US except for Hawaii and Alaska).

Please visit www.PlantPureChallenge.com for more info.

A Report From The Non-Profit Organization, PlantPure Communities

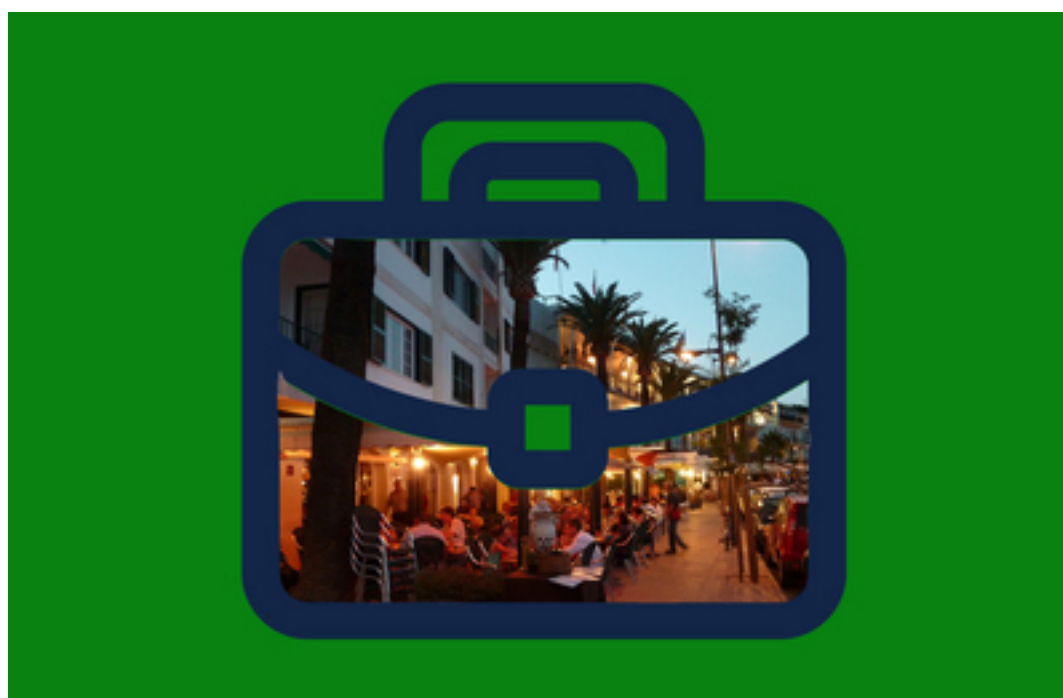
Take the Next Step in Your Plant-Based Journey - Join or Create a Pod!



Has a plant-based diet changed your life? Are you ready to make a positive impact on your community? PPC encourages you to [join the Pod Network](#), a grassroots movement of over 30,000 people who have signed up to advocate for and support each other in plant-based living. Connect with the Pod Network and see if there's a Pod near you.

If there isn't a Pod near you, now is a great time to start one! If you [become a Group Leader](#) of a Pod by September 15th, you will be eligible to [apply for a scholarship](#) for the Plant-Based Nutrition Certificate Program offered through T. Colin Campbell Center for Nutrition Studies and eCornell.

Valuable Tips for Dining Out



Have you seen [PPC's Toolkits](#) yet? They cover a wide range of topics and new ones are being added regularly. This month, check out the [Dining Out Toolkit](#). If you're looking for whole food, plant-based options while dining out, get creative with the ideas offered in this toolkit!

Donate Your Car to PlantPure Communities Before Summer Ends



Vehicles are rolling in this season--will yours be next? PPC is grateful for the two cars and motorcycle that were donated to PPC through the CARS program. Sedans, trucks, panel vans- - whatever the shape of your vehicle, it's a perfect fit for donation. CARS takes care of the heavy lifting and the paperwork, too. [Get started today!](#)

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



Featured PlantPure Recipe

Seaside Lime Tacos



From Kim Campbell

The ever popular California fish taco is not forgotten! The special components in this recipe are the artichokes and unique creamy lime dressing. We love these savory plant-based tacos that are definitely unique, easy, and fun.

Ingredients:

- 2 14-oz cans of artichokes, drained, rinsed, and quartered
- 1 cup plant-based milk
- 1 cup whole wheat flour
- 2 cups panko bread crumbs
- ¼ cup nutritional yeast flakes
- 1 teaspoon garlic powder
- 2 tsp Old Bay Seasoning
- 1 Nori Sheet, roasted and crumbled

Lime Dressing:

- 1 large ripe avocado, pitted and peeled
- 2 garlic cloves, peeled
- 1 jalapeno, seeded
- ½ cup cilantro leaves (loosely packed)
- ½ cup water
- 2 tablespoons lime juice
- 2 tablespoons apple cider vinegar
- 1 ½ tablespoon pure maple syrup
- ¼ teaspoon cumin
- ¼ teaspoon sea salt
- One 8-ounce package shredded cabbage or coleslaw mix
- 8-10 Corn tortillas

Garnish:

1-2 tablespoons Sriracha

2 limes, sliced

¼ cup cilantro, chopped

Directions:

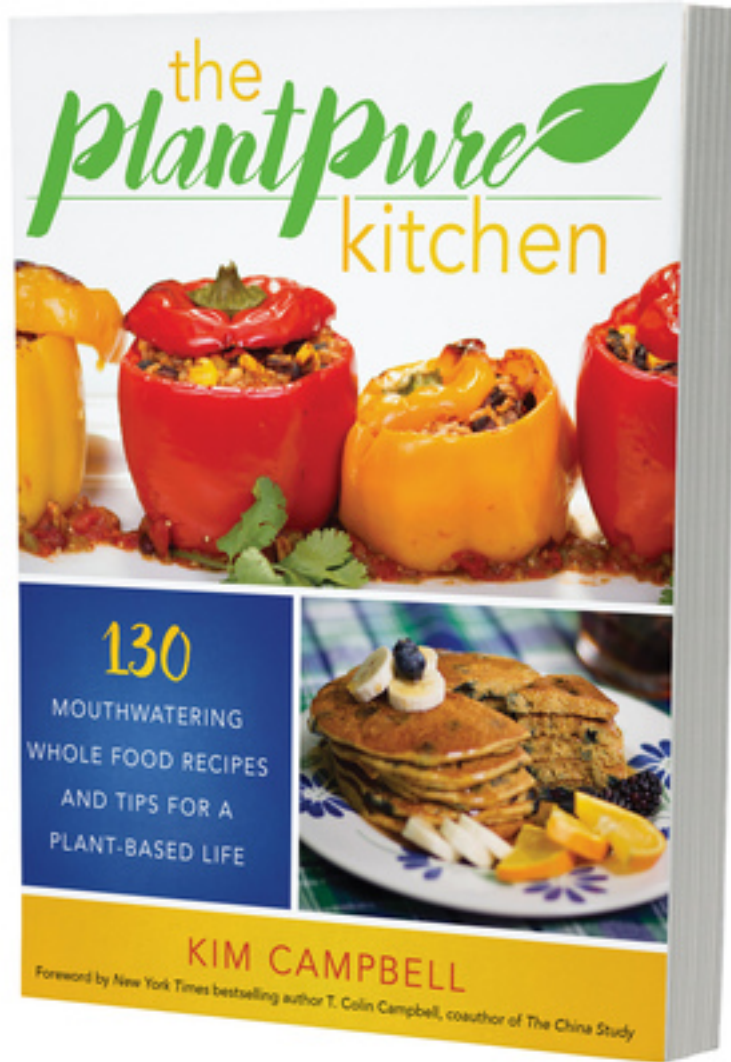
1. Preheat oven to 400°degrees.
2. Prepare your dredging stations. Bowl #1: flour Bowl #2: milk Bowl #3: panko breadcrumbs, nutritional yeast flakes, garlic, nori crumbles, old bay seasoning.
3. Dip the artichoke quarters in the flour and cover completely, then the milk, and then the panko mixture coating well. Place onto a parchment lined baking sheet. Repeat until all the pieces are breaded. Bake for about 10-15 minutes or until breading is golden brown.
4. Place the dressing ingredients into a high powered blender and blend until smooth and creamy.
5. Place half of the dressing into the cole-slaw mixture and toss until thoroughly combined. Use the remaining dressing to drizzle over tacos.
6. Assemble: Place the baked artichokes into a corn tortilla and top with slaw and lime dressing. Garnish with sriracha, limes and cilantro.

Kim's Hints: Breaded artichokes are a delicious appetizer all alone with almost any type of dipping sauce. If you like them more or less “fishy” flavored, simply add more nori or omit depending on personal preference.

Visit [PlantPureRecipes.com](https://www.plantpurerecipes.com) for more PlantPure Recipes, or to submit your own!

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Purchase Your Copy of [The PlantPure Kitchen](#) Today!



Kim Campbell builds on favorites from her last cookbook, turning recipes like 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 plant-pure 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.

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