



## STATE OF THE NATION



*Issue 6 – Sept. 3, 2015*

## PLANTPURE NATION UPDATE

About 10 days ago, we screened our film at Trinity United Church of Christ on the South Side of Chicago. I could hardly believe the size of the crowd. We had over 1,500 people in attendance, and they were so enthused during and after the screening. For me, this was one of the most uplifting experiences yet of our film release.

But it did not end there. Last Thursday evening, the church held a Jumpstart information session. Over 500 people showed up to learn about our 10-day, plant-based immersion program.

Pastor Otis Moss and First Lady Monica Moss lead the church, and I am so impressed by their leadership. Not only are they meeting the spiritual, social and other needs of their community, but they also have launched several impressive “green” initiatives and have fully embraced the message of plant-based nutrition.

I also spent time with Dr. Terry Mason, who is a member of the congregation and major figure in the public health community of Chicago. As many of you may remember, Terry was featured in *Forks Over Knives* (the urologist talking about cardiovascular disease). He will be working closely with Monica as they help bring the message of plant-based nutrition to the Trinity community.

I think Trinity may end up serving as a shining example for other faith institutions across the country to follow. We also will be working with them to develop, implement and validate our PlantPure Oasis program in the South Side community.

Next up on our agenda is a screening in Las Vegas in partnership with the city. We are expecting a crowd of 3,000 people at an outdoor amphitheater.

We will soon have more to report on our Pod launch, so stay tuned!

*– Nelson Campbell*

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## FEATURED PLANTPURE RECIPE

*From Kim Campbell*

### **Baked Potato Soup**



This creamy soup is loaded with the flavors of a real baked potato topped with vegan sour cream and veggie bacon bits. This soup is a hit with our family and friends.

Yield: 4

Prep time: 20 minutes

Cooking time: 30 minutes

### **Ingredients**

4 cups peeled and cubed yellow potatoes

2 celery stalks, diced

1 onion, diced

1 tablespoon roasted garlic, smashed

1/4 cup vegetable stock, low sodium

3/4 teaspoon sea salt

1/4 teaspoon black pepper

1/4 cup whole-wheat flour

2 tablespoons nutritional yeast flakes

2 cups non-dairy milk

1/2 cup vegan sour cream

3 tablespoons vegan bacon bits

1/2 teaspoon red pepper flakes

### **Instructions**

Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, or about 10–15 minutes. Be careful not to overcook the potatoes and create a mushy texture. Rinse and cool. Set aside.

In a sauce pot, sauté the celery, onion, and garlic in the vegetable stock until tender.

In a separate bowl, whisk together the salt, pepper, flour, nutritional yeast, and milk, making sure there are no lumps.

Whisk the milk into the sautéed vegetables. Keep stirring to prevent sticking and cook for an additional 5 minutes, or until thickened.

When the milk broth has reach its desired thickness, fold in the potatoes and sour cream. You can add more milk if the consistency is too thick for your liking.

Ladle into bowls, sprinkle with the veggie bacon bits and red pepper flakes, and serve hot.

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## FROM FRIENDS OF THE NATION

### ***Contributed Article***

**By James L. Marcum, M.D.**

*James L. Marcum, M.D., FACC, is a practicing cardiologist with the Chattanooga Heart Institute. He is the founder and speaker/director of Heartwise Ministries. His television program, Heart of Health Live, is seen on 11 networks worldwide, and the radio program, Heartwise, is heard on over 300 affiliates. He has developed plant-based nutritional programs for reversing cardiovascular disease.*

In the July 2014 edition of the *Journal of Family Practice* is a landmark study. I am surprised this study was not on the front page of *USA Today* or *The Wall Street Journal*. If someone had found a cure for the Ebola virus, everyone would know immediately. Dr. Caldwell Esselstyn Jr. and colleagues from the Wellness Clinic of the Cleveland Clinic have demonstrated a way to often reverse and practically halt cardiovascular disease.

In this study, 198 patients with known cardiovascular disease were put on a plant-based diet. Oil was also removed from the diet. The results were amazing! Of those who adhered to the treatment, 93 percent had improvement in their anginal symptoms, 22 percent had documented disease reversal (suspected reversal was much higher, based on the anginal improvement), and 27 were able to avoid surgical interventions. There were nine adverse outcomes in the adherent group, all unrelated to the intervention, and four cases of disease progression among 177 patients. Thirteen patients of the 21 who did not participate had adverse events over the 3.7-year study average.

As a practicing cardiologist, I know of no medication or procedure that can make a similar claim. Also, the adherence rate was nearly 90 percent. This is unheard of. Dr. Esselstyn's team proves this is possible. It will take more time and a team approach, but the results speak loudly.

The author proposed numerous mechanisms for the improvement of the endothelium, which lines all the blood vessels. This includes the increased production of nitric oxide, which dilates the blood vessels. If the blood vessels in the heart improve, blood vessels everywhere in the body should improve as well. This should help with those who are impotent, have poor memory and have high blood pressure, and the list goes on and on. Every part of the body needs a good blood supply with plenty of oxygen and nutrients. The study also listed other biochemical mechanisms improving the endothelium by this type of treatment. Remember: a pill just changes one chemical pathway and could disrupt others, causing side effects. Eating correctly improves the chemistry of the entire body.

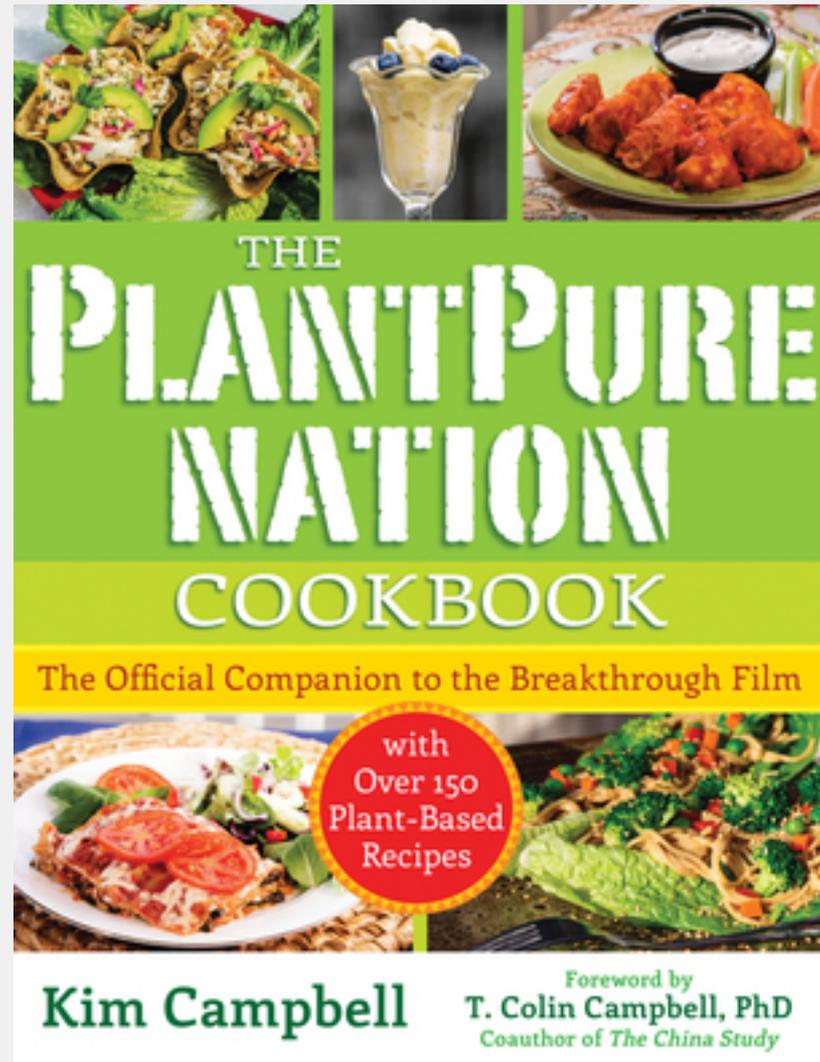
Just think, if we could nearly halt cardiovascular disease and help the many other conditions we acquire through a poor diet, how medical expenditures would be decreased. We would solve our health care dilemma. This study gives proof and shows it can be done. People can change. If we love them and don't judge them, giving them the time, this study shows scientifically what is possible. If we could take the savings and help those without active disease, think of the implications for society. This study must be known for its economic implications.

These types of treatments start from the bottom up, with you. Dr. Esselstyn's study should be spread worldwide, giving hope to those with vascular disease anywhere in the body. This landmark study should just be the start of this discussion. We need a larger, multicentered study to confirm and continue the momentum, the sooner the better. I applaud Dr. Esselstyn for doing what is right, and I applaud the *Journal of Family Medicine* for publishing

this study. Now it is time to get the word out and change the world. This study will save lives! This study must be known!

## 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.



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