



FOLLOW US
AND LIKE US



SEEDLINGS

FALL
EDITION
SEP/OCT 2017

An update on Health, Life and Lifestyle at Ethos Health



PATIENT FOCUS:
**LIVING LIFE
TO THE FULLEST**

**NEXT GEN
PHYSICIANS**

ASK THE HEALTH COACH
**STRESS
BUSTERS**

**RETURN OF THE
GREENS**

DO IT YOURSELF
**ENERGY
BARS**



Training the Next Generation of Physicians

If you come to the Medical Office at Ethos Primary Care, you might see one or more **doctors in training busy learning how to practice medicine using a Whole Food, Plant-Based “WFPB” lifestyle.** They sit in on appointments to observe patient encounters, glean nuggets of wisdom from Dr. Weiss and the Ethos Health staff, or set up programs to help our patients.

Our patients are a vital part of the education process and they are essential in changing the medical system. The student doctors learn to ask the right questions, to talk and to listen. This is quite different from the traditional office visit. Each patient is just as much a teacher as Dr. Weiss and provides learning materials for the next generation of physicians. There is no other place for them to get this type of education.

We feel that it is important for these doctors-in-training to recognize the power of plants as medicine and to embrace



this tool to cure, treat and prevent disease. It provides for what most doctors seek when they choose medicine as a career—to help people be healthy. That is why we donate our time with these internships.

If you know of any medical students, interns or residents in training who would like more information about doing a rotation at Ethos Primary Care, please have them call Jennifer Graceffo, Director of Operations, at 908.867.0060 for an application.



THE GREENS RETURN TO ETHOS FARM

As the weather gets cooler, we will once again be producing all varieties of greens. **For our fall harvest, we plan on spinach, kale, Chinese cabbage, escarole, bok choy, Asian greens, lettuces and collards.**

As the farmer’s world is dependent on the weather, we are ever mindful of the conditions to protect our plants from temperature extremes. In heat, we go through the time-consuming practice of watering to keep the soil wet and cool. If the first frost comes early, we might have to cover the

continued on page 4

ASK THE HEALTH COACH

STRESS BUSTERS

At Ethos Health, we know that basic life can be hectic. We all experience stress in one way or another and at least once in our lives. **Here are some tools to help you cope with stress:**

- Take some time to **examine your life** and decide what you want to accomplish.
- Write down at least 3 things** for which you are thankful every day. Gratitude is a powerful weapon against negativity.
- Live more in the present moment**, putting aside your anger and sadness about the past and fear of the future.
- Build a support network** of those who will support you in your goals and help you to succeed.
- Learn to be comfortable **asking for and receiving help.**
- Get outside of yourself and **serve others, volunteer** in a cause that you believe in.
- Fill your life with positive influences** and inspiration from others. Decide to read more instead of watching TV or playing on the internet.
- Make it a priority to **learn all you can.** Knowledge is power! Harness that power to make informed choices about the options in your life.
- Give yourself some structure** in your life. Making your eating, sleeping, and exercise a matter of routine helps to ensure you follow-through on the commitments you made to yourself.
- Remember, when you fail, it is because you are human.** Get up and get right back to where you were. Take responsibility and then choose to learn and let go.





Do you struggle to stay focused on the goals you set to lose weight, keep it off, and become healthier? Are you ready to live life to the fullest? What if that meant giving up some of your favorite foods?

PATIENT
FOCUS



LIVES LIFE TO THE FULLEST

Meet John Palumbo, a patient at Ethos Primary Care. In one year, he **lost 85 pounds with the Ethos Diet and he has maintained it for over 2 years.** Some aspects of a WFPB diet were second nature to him since his father owned a produce business. But, he needed more than just a vegetarian diet. With an elevated cholesterol he must avoid nuts, one of his favorite foods. Add to that his Italian heritage full of pasta and gravy. Now he gladly eats organic air popcorn sprinkled with Mrs. Dash and he makes his own gravy using a healthier no oil and no salt recipe.

To encourage others, he says, “**Stay focused on your goals and don’t get discouraged.**” It’s worth the challenges you face. He thinks of loved ones who have diabetes, leg blockages and who have had heart bypass surgery. Seeing the way disease has impacted his family encourages him to stay on the right path.

This lifestyle is not for everyone. It takes a commitment to your health to overcome the pull of foods that are not as healthy and to invest the time needed to prepare your own meals. **The Ethos Health Team helped John overcome the “pleasure trap” and develop and adapt recipes.** In the beginning people were concerned with his rapid weight loss. But he was closely monitored by Dr. Weiss and Asha Gala, Ethos’ Lifestyle Clinical Director. He was eating healthier and reaping the benefits.

It isn’t just his diet - John is introducing meditation into his life. He enjoys the Mindfulness Work of Jon Kabat-Zinn, Ph. D. He is also increasing his fitness. He is increasing his fitness with a goal to exercise every day. His visceral fat percentage has dropped from 20% when he began at Ethos in February 2015, to 9%, with his optimal goal of 3%.

John is an example of what a healthy lifestyle can accomplish. He says that Dr. Weiss and the whole Ethos Health team provide guidance and support, wanting their patients to be on the path to a healthy lifestyle and to enjoy life to the fullest.

Now he lets the results speak for themselves. He encourages those who are interested to “check it out” and see if this is the lifestyle they want to live so they can be healthier and enjoy a full life. To find out more about how we can help you on your journey, please contact the Ethos Primary Care office at 908-867-0060 or visit us at www.EthosHealth.org



THE GREENS RETURN TO ETHOS FARM

continued from page 2

plants. Luckily, most of our fall crops can live through one night of frost.

There is also the work of cultivating our living soil. For our fall crops, we tuck compost into the plants in the fields as top-dress. This adds nutrients that were removed since most of that ground has already produced a crop this year. We have an eye on the future as we plant cover crops in select fields to overwinter. This will hold the topsoil in place and prepare it to feed the microbes when they awaken in the Spring. That helps them perpetuate and it adds to the organic matter and quality of the soil. In turn this produces nutrient-dense foods.

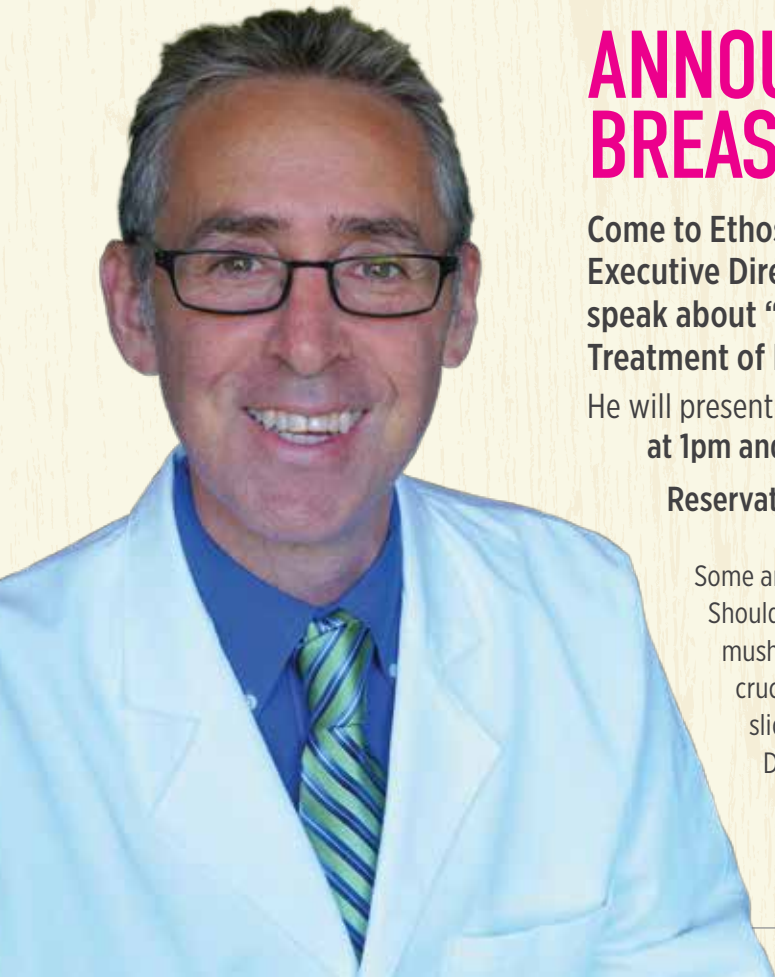


Come to the Ethos Health Doctor's Farm Market to celebrate the "Return of the Greens" and other cold weather crops

such as daikon and watermelon radishes, orange and purple carrots, pole beans, tomatoes, sweet red peppers, watermelon and maybe eggplant. We also hope to offer potatoes, winter squash and apples from other local organic farms. Plus, there should be flowers until the first frost.

We expect the Doctor's Farm Market to remain open through the end of October and into November if it is a mild fall. 🌱

The Ethos Health Doctor's Farm Market is open on Fridays and Saturdays from 9am to 3pm. **Follow us on Facebook at www.facebook.com/doctorsfarmmarket**



ANNOUNCING OCTOBER'S BREAST CANCER TALKS



Come to Ethos Health to hear Dr. Ron Weiss, Executive Director of Ethos Health, speak about "The Prevention and Treatment of Breast Cancer with Food."

He will present the same talk two times: on **Saturday, October 14th at 1pm** and on **Saturday, October 28th at 1pm**. Admission is **FREE**.

Reservations are required at www.ethoshealth.org/events

Some areas addressed are:

Should you avoid phytoestrogens found in soy products? What kind of mushrooms will destroy carcinogens? And, how do you unlock the catalyst in cruciferous vegetables to stop breast cancer cells from growing? After his slide show and presentation, there will be an opportunity for you to ask Dr. Weiss your questions. October is Breast Cancer Month and it has special significance to Dr. Weiss' family. 🌱

Register now and plan to join us for this informative talk.



TASTY TEFF ENERGY BARS

(makes 20 servings)

Adapted by Ethos Health team from Lauren Shoemaker, Flying M Coffee Garage



Teff is the tiniest grain in the world. It is gluten free and a mighty whole grain. It grows in many different conditions and just 1 pound of seed will grow a whole acre field of teff grain. Many Ethiopian elite long-distance runners and marathoners credit teff with their endurance and speed. Teff is high in resistant starch, the dietary fiber that can benefit blood-sugar management, weight control and colon health.

Ingredients

1 c teff, ground in blender, poured into a mason jar and soaked in water to cover
3/4 c gluten free oats, ground in blender
1/2 c sliced almonds
1/3 c pumpkin seeds
1/4 c mixed sesame & sunflower seeds
2/3 c nut butter, softened

1/4 c pitted medjool dates, mixed with 1/2 c warm water
1 - 1/2 tbsp flax seed meal, mixed with 1/3 c water
1 - 1/2 tsp cinnamon
1 - 1/2 tsp vanilla
1/2 banana, mashed
3/4 c dried fruit, chopped
Up to 2 c additional rolled oats

Method

1. Preheat oven to 350 degrees.
2. Mix soaked, ground teff, oats, almonds and seeds together and spread evenly on a rimmed cookie sheet. Bake 20 mins, stirring halfway through. Let cool.
3. Place dates and their water in or a blender food processor. Mix on low for 5 mins. Add in flax seed meal and its water, nut butter and 1/2 cup of water. Blend together on low, about 2 mins.
4. Place in a saucepan over medium-high heat. Bring to a boil, reduce heat and let simmer 1-2 mins.
5. In a large bowl, combine toasted ingredients, wet mixture, cinnamon, vanilla and banana. Let cool 10-15 mins.
6. Mix in dried fruit. Add additional rolled oats as needed to make a firm batter. Press into pan. Let cool in refrigerator.
7. Cut into bars and store in fridge or freezer.

MARKET OPEN

The Doctor's Farm Market
Open Fridays and Saturdays til Nov
from 9am - 3pm, at Ethos Farm



Pre-paid Farm Cards still available at a discount with no expiration date!

10% DISCOUNT SPEND \$50-249	15% DISCOUNT SPEND \$250-499	20% DISCOUNT SPEND \$500+
---------------------------------------	--	-------------------------------------



Tell us your story how Ethos Health helped led to a healthier YOU!

We'd love to share your experiences from your personal journey in a future Seedlings newsletter.

Please submit stories via email to:
info@myethoshealth.com today!



Ethos Health Medical Practice & Farm

177 West Mill Road, Long Valley, New Jersey 908-867-0060

www.ethoshealth.org

FOLLOW US AND LIKE US

