



FOOD FOR LIFE

The Power of Food for Health

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

Food for Life News You Need | September 2012



Nutrition in the News

Oct. 4-6, 2012—The Weekend that Will Change Your Life!



Join Dr. Neal Barnard and other nutrition experts at the Kickstart Intensive to learn about how a plant-based diet can work for you. **Seating is limited, so register today!** [Visit our website >>](#)

August Food for Life Training and Seminar a Success



The August training certified 20 new, passionate, plant-powered members of the Food for Life family, bringing the total number of states represented to 36! [Read more >>](#)

Food for Life Instructor Spotlight: Susan Lavelle



With her background as a family nurse practitioner, Susan is well-versed in nutrition and teaching people how to best apply it in their lives. [Read more >>](#)

Bottled Lightning: Food for Life Training



“...we all have an inextinguishable drive to educate as many people as possible about the enormous value a plant-based lifestyle can offer. We are all bottled lightning, knowing we cannot let this be our secret.” [Read more about Heather Borders’ experience at last month’s Food for Life training here >>](#)

Nutrition in Research

Red and Processed Meats Increase the Risk of Stroke

Red and processed meats increase the risk of stroke, according to a new meta-analysis published by the American Heart Association. Stroke risk increased 11 percent for each serving of red meat consumed as part of a person's daily diet, and 13 percent for each daily serving of processed meat. The study population included 329,495 people in Europe, Japan, and the United States. The likely explanations include meat's saturated fat, cholesterol, and heme iron, and the sodium and nitrites used to preserve and flavor processed meats.

Kaluza J, Wolk A, Larsson SC. Red meat consumption and risk of stroke: a meta-analysis of prospective studies. *Stroke*. Published online July 31, 2012.

QUESTION of the month

Question: What's *really* the risk of getting breast cancer again after treatment in overweight women? How does obesity effect ovarian cancer survival?

[ANSWER >](#)



PCRM's VegRUN

Calling all runners! Support PCRM’s lifesaving work and get ready for your fall races at the same time. [Learn more >>](#)



Gluten-Free Menu

Sept. 13 is National Celiac Disease Awareness Day! This month’s menu features colorful, wheat-free recipes for your enjoyment! [View menu >>](#)



PCRM’s award-winning Food for Life program has much to offer, including a full range of nutrition and cooking classes.

[Find a class today >>](#)