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AN UPDATE ON HEALTH, LIFE AND LIFESTYLE AT ETHOS HEALTH



WINTER DREAMS

WINTER EDITION
JAN/FEB 2018

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of a Future
Doctor**

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a Farmer**

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to the
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Winter DREAMS

A new year is a time to dream and imagine a new world and a new life. What will the future hold? **Here at Ethos Health, we look to the potential in the future:** doctors will embark on their careers, the farm plans are brimming with excitement and we are going on new adventures.

We predict a bright future for 2018. Won't you join us? This issue is full of the dreams that we want to share with you. **Dreams of the possibilities found in a healthy lifestyle.** Together we can journey to make these dreams a reality for 2018. 



DREAMS of a Future Doctor

A Future Full of Potential

YOU MAY BE CONCERNED ABOUT HEALTHCARE AND WHERE THE MEDICAL PROFESSION IS GOING. BUT HERE AT ETHOS HEALTH, WE SEE A FUTURE FULL OF POTENTIAL.

Meet Samantha Silvent (pictured on the right with Dr. Weiss), a 4th-year medical student at Rowan University. She recently completed a month-long internship rotation at Ethos Primary Care, and **her future as a pediatrician looks bright.** She met her fiancé Jesse (pictured above with Dr. Weiss) the first week of medical school and realized they had similar passions for their careers. Their wedding is planned for the week after graduation in May 2018. Jesse also did a rotation at Ethos Health this fall and plans to pursue family medicine.

Samantha is already transforming the community. She and her fiancé have teamed up with other medical students to create "Fit Docs," a lifestyle center at Rowan. They see clients weekly to counsel about lifestyle changes. This is the model for their future health center, where Samantha and Jesse plan to focus on lifestyle, diet, fitness and mindfulness. Samantha dreams of incorporating patient education classes like those at Ethos. **She sees the potential in working with children, influencing them to make good decisions** and avoid the habits that cause problems in adulthood. Plus, as she says, "They're really cute!"



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DREAMS of a Future Doctor Cont'd

During her month at Ethos, Samantha saw how **patients improved when following a whole-food, plant-based (WFPB) diet**. Their energy levels after only 1-2 weeks stunned her. And patients who had suffered from joint pains for 10-20 years were now pain-free after a month of the Ethos diet. The transformations were impressive to her.




Ethos made an impact on Samantha's future career. She admits that sometimes doctors get confused when they are confronted with patients who want to change their lifestyle. Medical students are not traditionally trained in WFPB medicine. **It's important to offer options other than medications and to incorporate a meal plan into medical treatments.** Diet is a tool that ought to be used, and it is important to be open-minded about alternative therapies that help people pursue health. One patient she met at Ethos offered some advice that she will carry with her: **Doctors need to consider how a patient is feeling so they can move forward.** The patient might be thrilled with a test result that doesn't seem as good as it should be because he or she is looking for other victories. This mindset will benefit Samantha's future patient encounters.

HER EXPERIENCES AT ETHOS ALSO IMPACTED HER PERSONALLY, AS SHE HAS A NEW UNDERSTANDING OF GROWING THE FOOD THAT REVERSES AND PREVENTS CHRONIC ILLNESS.



During her time here, Samantha helped Farmer Nora weed the blueberry bushes. She used to take the amount of work in farming for granted and hadn't thought about the process of getting food to the store. **Now she realizes how much love and effort go into producing healthy food** and appreciates each blueberry even more.

She likes the saying, "Push yourself until you can't go anymore and then push 10 times harder" because it makes you excel and shows you how strong you can be. **To aspiring doctors, she recommends taking the time to learn about WFPB diet, lifestyle and exercise, as these are the future of medicine** and you will be left behind if you don't know about them. People are interested in taking charge of their health, but they don't know where to go. Through word of mouth, Samantha has promoted this rotation to other students, and one of her family members has already seen Dr. Weiss and is regaining health on the Ethos Diet.

So, when you think about the future of medical care, look to the leaders and those who are passionate about helping people live strong and healthy lives. **Think about the future Dr. Samantha Silvent and Dr. Jesse Abend, and remember that there is a future of hope that is brimming with potential.** It might be slow, but it will be a reality and others will follow in the footsteps of the pioneers here at Ethos Health. 



WINTER DREAMS OF A FARMER

IF YOU'VE BEEN TO ETHOS FARM DURING THE GROWING SEASON, YOU KNOW HOW HARD OUR FARMERS WORK! BUT AFTER THANKSGIVING, THEY PREPARE THE FARM FOR WINTER'S SLEEP.

As the snow blankets the farm, some of you might think our farm manager Nora is all cozied up next to a crackling fire in the farmhouse, catching up on some much needed Zzzzzz. This, however, could not be further from the truth! She is actually hard at work -- dreaming. **Dreaming, as every farmer does during the winter months, of growing the best vegetables and fruit EVER in the new season.**



What dances in Farmer Nora's head are not sugar plum fairies but visions of the crispiest sugar snap peas, the most aromatic arugula, the reddest, most deeply flavored heirloom tomatoes and the sweetest, juiciest watermelons.

As this winter newsletter goes to press, she is busy making lists -- not of who is naughty or nice, but of all the different kinds of seeds we will start planting in the greenhouse come late February, early March. **Winter at Ethos is the time to plan and prepare for the next year's busy growing season.**

We will again be offering Pre-Paid Farm Cards for use at the Doctor's Farm Market from June - October this year. Buying a card in advance allows you to save throughout the season, and you can reload the card at any time.

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WITH THE ETHOS FARM PRE-PAID DISCOUNT CARD, YOU ARE IN CONTROL OF WHAT YOU EAT. THE DISCOUNTS FOR 2018 ARE:

- 10% Discount: Spend \$50-249
- 15% Discount: Spend \$250-499
- 20% Discount: Spend \$500 or more

Watch our Facebook page at www.facebook.com/DoctorsFarmMarket for availability.



**Ethos
Farm
Manager
Nora
Pugliese**



Winter DREAMS of a Farmer Cont'd

Our crops this year will be based on what was popular in 2017. The goal is to give you what you want and supply the demand. **You can expect all the nutritionally-rich greens, vegetables and herbs.** We also are planning on strawberries and maybe even blueberries: staples in the Ethos Diet prescribed by Dr. Weiss. Flowers are also being planted for sale in 2018. **Someday we hope to harvest through the winter with expansion into more hoop houses on the farm,** but alas, this is a dream for another winter... For now, we are busy planning the best quality food for you, our customer, to enjoy starting this spring.




As an innovator in agriculture, we are beginning a new **“Incubator Farming Model”** at Ethos Health. Farmer Andrew is our first participant and we hope to expand in the future, with the aim of becoming a **breeding ground that develops holistic farmers.**

This program will help **develop young farmers who don't have the land or capital to get started.** Ethos is providing Andrew with the land and mentorship to learn and grow. It is an exciting new experiment in partnering with the next generation of farmers as we dream of the future, where **regenerative agriculture processes produce the most nutrient-dense foods to promote health and healing.** 

Winter DREAMS of a Doctor

One of Dr. Weiss's dreams as a child was to be a cruise ship doctor like Dr. Adam Bricker in ABC's *The Love Boat*, which aired from 1977 to 1986. You could find him watching the program every Saturday night with his family, in hopes of someday being invited himself for dinner at the captain's table. Dr. Weiss even investigated this career choice, but decided not to do it since it is such a hard job.

Well, that dream has been reincarnated and from February 15-25, you can join Dr. Weiss aboard the MSC Divina as he cruises the Eastern Caribbean with **Holistic Holiday at Sea.** He will be speaking on the cruise along with Drs. T. Colin Campbell, Neal Barnard, Michael Greger and Michael Klaper. Dr. Weiss will also be seeing patients on the ship for private consultations. In fact, you can receive a \$50 on-board discount if you are a first-time Holistic Holiday at Sea guest and say you heard about the cruise from Dr. Ron Weiss when registering. For more information, visit www.atasteofhealth.org/events.

BON VOYAGE, DR. WEISS -- ENJOY LIVING YOUR DREAM ON THE HIGH SEAS! WE HOPE YOU GET THAT DINNER OF SPECIALLY-PREPARED WHOLE-PLANT FOODS AT THE CAPTAIN'S TABLE. 



RECIPE

DR. WEISS'S LUPINI BEANS: A DREAM OF A SNACK

Lupini beans, or lupins, come to us from the nitrogen-fixing leguminous plant known as *Lupinus albus*. In their natural state, these bean-like seeds contain a neurotoxic substance known as alkaloids, which give the raw, untreated lupins an untenably bitter taste. This bitterness is cleverly employed by the plant as a deterrent to protect its progeny from hungry herbivores.

When the lupins are soaked and rinsed repeatedly over two weeks, the alkaloids leach out and you are left with a **crunchy, succulent little bean that is not only safe to eat but also highly nutritious.**

Lupins are also high in fiber and protein, with little starch compared to other beans. In fact, most of their carbohydrate is in the form of cellulose (rather than easily-digestible starch), which is crucial to building a healthy gut microbiome. **Dr. Weiss reminds us that the intestinal microbiome is “the foundation of good health.”**

Dr. Weiss recommends that we make our own lupini beans according to his instructions below. Instead of salting them, he likes to sprinkle a little garlic powder on the lupins just before eating them. **When he makes them, they vanish quickly as they are a favorite of everyone around.**

“LUPINI BEANS ARE MY FAVORITE SNACK!” EXCLAIMS DR. WEISS. COMPARING THEM TO POTATO CHIPS, THE GOOD DOCTOR SAYS IT IS NEARLY IMPOSSIBLE TO EAT JUST A FEW. HOWEVER, UNLIKE POTATO CHIPS, THEY’RE REALLY GOOD FOR YOU, CONTAINING LARGE AMOUNTS OF POTASSIUM, MAGNESIUM, MANGANESE AND FOLATE.

Lupins are native to the Mediterranean and have been cultivated for thousands of years. A delicacy even in Roman times, the beans are usually pickled in brine and still served today as a snack in Italian and Portuguese bars. You can buy them jarred, but be careful about their salt content and a common preservative, sodium benzoate. **It is best to find dried lupins at an Italian specialty store or online.**

Method

1. Place the dry beans in a pot and soak in water overnight. Drain before cooking.
2. In the same pot, cook the beans for 1 hour in boiling water. Let the beans cool.
3. Remove the beans from heat and cover them with cold water.
4. For 14 days, twice daily in the morning and evening, dump out the old water, wash the beans with the sink sprayer and cover them with new filtered cold water. The bitter taste of alkaloids will be gone by the end of this process.
5. Drain the water and put the beans in glass jars. Cover them with fresh water and store them in the coldest part of the refrigerator.
6. Optional: If you intend to keep the beans for more than a few weeks, adding a little citric acid (also known as sour salt, even though it is sodium-free) will add tartness but help them to last longer in the fridge. You can usually find sour salt in a well-stocked spice department.

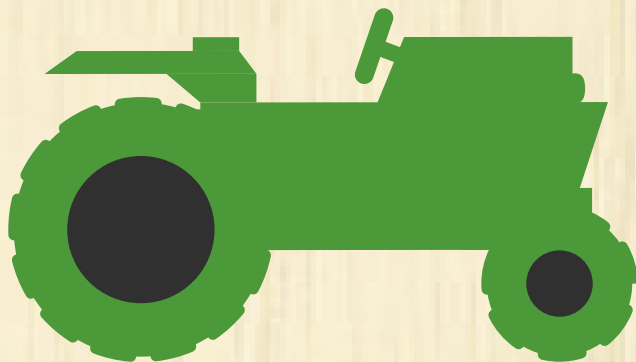
Dr. Weiss’s dream for the upcoming growing season is to have a trial planting of lupini beans in the vegetable production field near the Doctor’s Farm Market. The next time you stop by to get your produce, ask one of the farmers to point them out to you. 




Thanks to the Farmers!

IT'S AN HONOR TO HAVE YOUNG PEOPLE HERE ON THE FARM AS WE ENCOURAGE THE NEXT GENERATION OF FARMERS.

We would like to give a shout-out to Kasey and Andrew for the work they did at Ethos Farm to make the 2017 Growing Season a success. Both Kasey and Andrew came to us as recent college graduates, and it was a privilege to have them here and train them to **steward the land in a sustainable way.**



Kasey and Andrew, we give you a hearty thanks for your hard work and dedication! We look forward to continuing to mentor young farmers in the future to further the mission of Ethos Health. 



Share your story with us, and let us know how Ethos Health led to a healthier YOU! We'd love to share your experiences from your personal journey in a future Seedlings newsletter.

Email info@myethoshealth.com to submit your story.



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