



Welcome to Plant-Based Eating for Health

As Americans, we live in a culture replete with calorie-rich, nutritionally-empty foods. The Standard American Diet (SAD) is chock full of processed foods and is therefore at the root of many health concerns. It is largely to blame for our obesity crisis; many Americans are actually hungry, despite eating unprecedented numbers of calories because what they put into their bodies lacks the very things they need from their food – the vitamins, minerals, micronutrients, macronutrients and antioxidants from plants that are removed or damaged through processing.

But there is another way – a healthier, more nutritionally satisfying way to eat. It's not a fad. It's not a crazy weight-loss gimmick. Rather, it is a sustainable, whole-food oriented dietary philosophy that focuses on the consumption of fruits, vegetables, whole grains, nuts and seeds for increased vitality and health.

It is called plant-based eating – a lifestyle approach to managing and directing your health.

Plant-based eating is evidence-based; its benefits are rooted in research conducted by well-respected scientists and physicians.

When we focus on 'adding in' good things to our diet, we need not concern ourselves with 'taking out' less healthful items (e.g., processed foods) because the good will naturally crowd out the bad.

Every body is different and individuals have different needs, so there is no one "diet" for all. However, everyone can benefit from increasing his or her intake of whole fruits and vegetables... and it doesn't have to be boring or dull!

Plant-based eating, when done well, is far from the crudites and lettuce-based salads most of us grew up with. It's colorful, satiating, exciting, healthful, responsible and, frankly, easy once you know a few tricks.

We warmly invite you to learn how to make your diet at least 51% plant-based. And if you're already eating plant-based, we'll teach you how to reach a new goal of at least 51% raw.

If you or anyone you love is concerned about chronic health problems or is suffering from any one of a number of diet-induced diseases such as heart disease, diabetes and some forms of cancer, a plant-based diet can help.

We would love to share your journey to health.

Munson Healthcare Charlevoix Hospital's Wellness Workshop is pleased to offer two sets of classes focused on helping people adopt more plant-based eating habits for increased vitality and health.

A two-hour evening class, "The Art of Eating Healthy," is offered monthly and provides participants the opportunity to prepare several plant-based recipes that everyone will sit down and enjoy together as a meal.

Our Friday "Make and Takes" are quick, lunch-break opportunities for people to learn about and assemble a plant-based take-out lunch. Recipes are provided and discussions are always positive, enjoyable and supportive.

About the instructor: Rachel Sytsma Reed

Rachel holds a doctorate in Educational Psychology and two Master's degrees in research science. A former professor and research consultant, Rachel deeply values both education and defensible, well-designed research. Her passion around the plant-based diet stems from her health; Rachel has familial hypercholesterolemia, which leads to early onset cardiovascular disease. She warmly invites you to any of her classes to learn not only how to improve your diet but also what science has to say about the relationship between your food choices and your health.



MUNSON HEALTHCARE
Charlevoix Wellness Workshop

A Service of Charlevoix Hospital