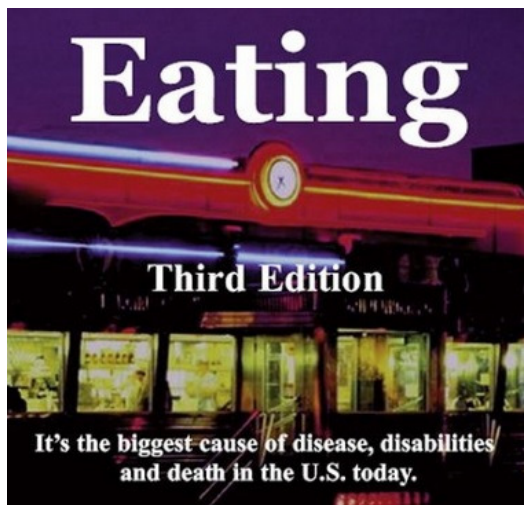


Health and Wellness:

Eating

By Laura Seigel, M.S.W. (laura@tpsw.org)

Critically important yet lesser known connections are important to share. Filmmaker Mike Anderson connected the dots in 2002 when he wrote, edited and produced the documentary *Eating*. “In a nutshell this project was borne out of anger because I was already in my 50’s when I first came across the full range of arguments for a plant-based diet,” says Anderson. “Quite frankly, I was stunned and angry because the arguments are so powerful, yet virtually unknown in the mainstream. I was angry because of what I had been doing to my body, the environment, and the animals I was eating. Like most Americans, I never made the connection. I suddenly became aware of what the simple act of eating was doing to myself, my family and the world we all live in.”



Keep an open mind when you’re watching the movie, and see if Mike Anderson’s connections make sense to you. Even if you are not willing to go “cold turkey” (no pun intended) to give up an animal-based diet, at least cut back. This 89-minute film is enlightening to watch, takes time to digest (pun intended) and thought provoking when you reflect on your daily food choices. Few people can claim to eat wonderfully. This is one huge step in that direction.

While I wish that all cancer is prevented, if someone you know receives that diagnosis, help that person research (or have someone research with you) all available options. This documentary is a good starting point for alternative therapy.

For those interested in learning more about cancer prevention, or if someone is trying to prevent a recurrence, the Rave Diet might be helpful. Also, the last linked website below offers a book titled “Healing Cancer from Inside Out” in addition to the *Eating* DVD, which is in its Third Edition. It is my understanding that the DVD is available from Netflix under the two-part comprehensive documentary titled *Healing Cancer* and *Eating* can be seen through Amazon Instant Video. Lastly, Amazon offers it for purchase for under \$10. That might just be the best deal for a lifetime.

Here are some of Mike Anderson’s recommendations:

- 1) The RAVE Diet:
 - a. No Refined Foods
 - b. No Animal Foods
 - c. No Vegetable Oil
 - d. No Exception
(and make sure to **exercise** as frequently as possible)
- 2) Benefits of the RAVE Diet:
 - a. Short-term:
 - i. Cure of constipation;
 - ii. Drop in cholesterol; and
 - iii. Weight loss.
 - b. Long-term:
 - i. Clearing of plaque in the blood vessels;
 - ii. More oxygen in the body;
 - iii. Fewer toxins in the body;
 - iv. Lower blood pressure;
 - v. Stronger bones (with decreased chance of shrinkage – I know someone who lost 3 inches of height); and
 - vi. Longer life.



The benefits are amazing and it’s something that everyone can implement.

Additional Resources

This is only a cursory overview. To learn more, here are a few links to get you started:

- (1) <http://www.vegparadise.com/media1.html>
- (2) <http://www.amazon.com/Eating-3rd-Edition-Mike-Anderson/dp/B001CRQ8K6>
- (3) <http://theveganmancave.blogspot.com/2011/02/eating-by-mike-anderson.html>
- (4) <http://www.ravediet.com/whatisravediet.html>

Disclaimer for this article and all others written by Laura Seigel, MSW: These articles are intended as a reference only. The information provided is designed to save and improve lives by helping others to make informed decisions about health issues. It is not intended as a substitute for any treatment. If anyone reading this article suspects a medical problem, please seek competent medical care in a timely fashion.

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