

NOT YOUR MOMMA'S VEGETABLES

HOW IT ALL BEGAN

This is a true and incredible story about the impact that a whole-food, plant-based lifestyle can have on a person's health.

Always having been athletic, energetic, and overall healthy, Julie Jeffries was shocked to learn in October 2013 that she has a rare tumor wrapped around her left optic nerve. The tumor, while benign, is inoperable and Julie was told that her only option to stop its growth and the progression of the blindness that she was already experiencing was to irradiate the tumor with general radiation to the head. She was told by all of her doctors that her sight loss was permanent, as the optic nerve was already damaged and it is not a nerve that can be healed. Their point was that the focus of treatment should be to maintain the little sight she had left at that point and stop the progression of the tumor to other parts of the brain. Uncomfortable with this plan, Julie decided to investigate alternative solutions and began research on the effects of diet and nutrition on tumor growth and recession.

Julie's investigations found that a plant-based diet, rich in whole grains and without processed foods and sugars, had shown to be promising in the control of tumors. Having been a vegetarian during her 20s, Julie was not intimidated by changing her eating habits to completely cut out animal products, processed foods and sugars. Her doctors gave her 30 days to hold off on starting radiation, but they did not give her much hope for avoiding the seemingly inevitable treatment plan.

Thirty days after a radical change in lifestyle, Julie shocked the medical world by regaining part of her vision – even though the tumor was still intact! Radiation was indefinitely postponed and Julie continued on her path of Whole Foods, Plant-based (WFPB) living. However, she admits that she would “sneak” a piece of chocolate or a glass of red wine here and there, and she had substituted soy as a source of protein and milk alternative.

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In April 2014, at just 43, Julie was diagnosed with non-hereditary breast cancer. Her doctor, impressed by her healthy diet and lifestyle, recommended that she eliminate the soy and stop “cheating” with chocolate. The doctor also warned her that alcohol consumption increases the chances of a recurrence of cancer by 40% over her already established odds.

Julie accepted the advice and eliminated all processed sugar, soy, and alcohol from her life. Her breast cancer was treated with multiple surgeries and radiation to the breast, but she was fortunate to avoid the need for chemotherapy...in other words, her treatments were localized to the affected area and no medicines were administered that may have impacted the tumor on her optic nerve.

Before starting a long-term drug regime to keep the breast cancer at bay, Julie had an MRI to check up on the tumor in her eye. The tumor was intact, but it had not grown! More importantly, Julie had recovered perfect sight – something she had never enjoyed prior to this moment. Her team of doctors was shocked, having never seen this happen before. Julie has reversed her blindness with food!

Today, Julie’s eye tumor has not grown, she has maintained perfect vision and she is living cancer free. After more than 20 years working in international business, Julie has decided to share her incredible story and dedicate herself to helping others change their health and futures by teaching people how to live a WFPB lifestyle. Her organization, “Not Your Momma’s Vegetables” is on a mission to break the stereotypes of a WFPB lifestyle, to help people begin their journey to health, and to work with other community organizations to improve the service offerings for those choosing to lead a clean, healthy, WFPB lifestyle.

Julie holds a degree in Political Science and Management from Marietta College (Ohio), a Master of Business Administration from University of Michigan (Ann Arbor), and a Certificate in Whole Food, Plant-based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell University (New York).

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