



Take Back Your Health  
Take Back the Love  
Take Back the Fun  
Take Back Your Faith  
A Health Ministry of the Philadelphia 7<sup>th</sup> Day  
Adventist Church, Burlington, NC

# Living a Plant Based Healthy Life

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- We finish Round 3 of the EAT MORE PLANTS CHALLENGE today.
- Does it make you more mindful of the plant based meals/snacks that would be proud to share?
- Do you know what Plant Based means!
- Plant Based means that that you consume MOSTLY Whole Foods. Eating MOSTLY whole fruits, whole vegetables, whole grains, nuts, legumes, seeds, herbs, spices, healthy plant oils (olive, avocado, coconut).
- It does not exclude other sources of nutrition.
- It does mean that our minds are set to think of eating and enjoying plants in the simplest form as God intended for us.
- True nutrition includes consuming mostly plant based but also means consuming adequate rest, adequate sleep, adequate spiritual time daily, adequate physical activity, adequate down time away from electronic devices. The benefits include weight loss and maintenance of true health (the ability to bounce back), peace and happiness.
- Part of the eating more plants mindset is the enjoyment of eating what God has given us for our good. **Good2UGood4U**. *And yes real chocolate is plant based.*

## WHAT ABOUT LECTINS? WHAT ABOUT GLUTEN?

- Lectins are proteins that help molecules stick to each other and are found in legumes, grains, dairy, seafood (shellfish) and many fruits and vegetables.
  - It is believed to be a way for plants to protect themselves from insects/pests
- Soaking, pressure cooking, sprouting and fermenting are some way to reduce lectin content while still maintaining the health benefits.
  - So your canned, cooked or fermented beans have much lower lectin content than raw.
- NEVER eat raw kidney beans
- Some people are sensitive to too much lectin and have digestive and other chronic health issues related to the inflammation they cause.
  - Removing/reducing these high lectin foods brings weight loss and relief to many people.
- Lectins slow the rate that cancer cells grow and help the good bacteria in our digestive systems

**FINAL NOTE:** Lectins and gluten are proteins found in plants. They are there for a reason. Deal with it

- Some people are sensitive to TOO MUCH lectin
- Some people are sensitive to TOO MUCH gluten
- Most people are stressed by too many restrictive DIE-ts and fads on the latest “deadly food”

**God knew what he was doing when he created variety in our sources of nutrition.**

Just EAT MORE PLANTS that you like and that also like you back

**Good2UGood4U**

## Plant Based Living Word Search

O W R O Q C R T N S D U L O D M C S A S  
Q J W P F X M U S E E O Q E M O I E L N  
B V S Q N M R O C N V M N H C D E L M I  
P R O T E I N R N E I N U O R I Y B O T  
S T N A L P R P F H A A N G Z K E A N C  
I K F N P S G S A C E U R O E T T T D E  
S T N A L P E R O M T A E G A L N E S L  
B E A N S P Q Y E A N H L L E E W G M A  
S W E H S A C K D C E V O T M L T E V V  
N U T R I T I O N A O C S R H T O V L O  
S K O O C P G S L O O V E T E Y E H P C  
E I Q C V R U T J H L F E F I D Q I W A  
E K N K P L H U C Y Q I W R B U B T D D  
D E M A J F W N P T U C V B Y B R Z L O  
S U Y L Z L E I S H V D M E U J W F M I

ALMONDS	AVOCADO	BEANS
CANNED	CASHEWS	CHOCOLATE
COCONUT	COOK	DIET
EAT MORE PLANTS	FERMENT	FRUITS
GOD	HEALTH	HEALTHY
LECTINS	LEGUMES	LOVE
NUTRITION	NUTS	OLIVE
PLANTS	PROTEIN	RECOVERY
SEEDS	SPROUT	VEGETABLES
WHOLE GRAINS		

***And yes real chocolate is plant based.***