

V Alaska Vegetarian Society Newsletter

December 2011

(To read an article in its entirety click on the title or the provided link. When you are finished reading that article click the text links at the bottom of the article to navigate to where you want to go.)

A Family Affair

Donna Pearson's Vegan Story

Donna's Journey began with a scare. Her daughter had been hospitalized with severe diabetes. She went to a Food for Life Diabetes class with her daughter, just to provide support for her. They decided to try the plant-based diet when they realized the food could be quite good. To her surprise her arthritis pain got better and energy increased so much she felt like a "young chick again!"

"I've been on diets before and always looked forward to being able to go back to "normal" eating after the weight loss; and, of course, in short order, the weight came back on and then some. This is the first time I can say that I want to eat this way for the rest of my life—it's my new "normal."



[Click here to read the article](#)

A **Deeper** **Look**

by Delisa Renideo

What's NOT Wrong?

As we head into the holidays, and then the new year, many of us want to focus on creating a better life for ourselves and others. One way to do this is by shifting our perspective, and one quick way to do that is by asking, "What's NOT wrong?"

This leaves us feeling much more positive and still provides a genuine basis for conversation.

[Click here to read the article](#)

Nutrition Nuggets: The Magic of Mushrooms *by Delisa Renideo*

We've often heard that we should eat brightly colored foods because they are more nutritious, right? Well, that IS right -- but as with most guidelines, there are some exceptions. In this case, the exception is mushrooms. Mushrooms?

Mushrooms provide us not only with protein and fiber, but also antioxidant and anti-inflammatory benefits. They strengthen our immune system, reduce cholesterol and triglycerides, and help prevent cancer. Not only that, they can help combat auto-immune disorders. Wow! All this from the humble mushroom?



[Click here to read the article](#)

News & Events

Holiday Party & Potluck December 17

New Cooking Class by Delisa Renideo! Healthy Weight Loss Class

Congratulations to New Food for Life Instructor, Phil Eherenman!



No Film Night in December.

January Film will be Chow Down -Jan. 14, 2012 at the Palmer Library.

[Click here to read more](#)

Recipe of the Month: Stuffed Peppers



[Click here to see the recipe](#)