

# Plant Based MN Newsletter

Instagram @plantpuremn.

FB and Meetup: **Plant Based MN**



[Dr. Thomas Campbell](#) shares his research comparing the DASH Diet and a whole food plant-based diet. Their effects on insulin resistance and blood sugar levels are then examined.

Although both diets showed improvement, the participants

experienced superior results while eating the WFPB diet. Dr. Campbell explains why when he joins Chuck Carroll on The Exam Room Podcast. <https://www.pcrm.org/news/exam-room-podcast/diabetes-diet-dash-or-whole-food-plant-based-best-dr-thomas-campbell>

## CALL TO ACTION

### National Legislation:

Dairy Milk Isn't Healthy for Kids



The so-called Whole Milk for Healthy Kids Act (H.R. 649/S. 222) would reverse long-standing current federal policies and force schools to offer students whole

dairy milk, which is high in saturated fat and poses significant health risks. This bill is a top priority for the dairy industry. **Congress should protect children's health, not corporate profits.** Tell your Members of Congress to oppose this dangerous bill.

Action Alert: [Help stop the "Whole Milk for Healthy Kids Act" bill by filling out the form](#), which will be sent directly to your local congressperson.

## State Legislation:



**MN Plant-Based Kids** has an opportunity for interested plant based eaters. They are looking for people to call and email their MN House Rep and MN Senator once per week telling them to "support plant-based school meal option." Illinois has a law requiring school districts to offer a plant-based meal upon request, and we think **Minnesota should have the law, too.** The goal is to get 10

calls per week per district, so we need people to encourage their plant-forward friends and family to help call in, too. Click here for the signup form for people who want to join the coalition: <https://forms.gle/JKnK5MuKxzwqr9tSA> Volunteers are also needed to attend meetings that have been set up with legislators to lobby for plant based meals. For more information contact Genevieve Vavreck at [mnplantbasedkids@gmail.com](mailto:mnplantbasedkids@gmail.com), or 651-338-8806.

# March Event Calendar

## Wednesday, March 19, 6-8 pm, Dinner out at Indian Masala

Join us at Indian Masala in Maplewood for a Vegan Buffet dinner. Located at 27 Century Ave N, Indian Masala holds a fully vegan buffet on Wednesdays and Thursdays on the first and third weeks of every month. RSVP here.

[https://www.meetup.com/plantbasedmn/events/305125164/?eventOrigin=group\\_upcoming\\_events](https://www.meetup.com/plantbasedmn/events/305125164/?eventOrigin=group_upcoming_events)



## Sunday, March 23, Eagan Wescott Library, Dr. Jengyu Lai, Unlocking Your DNA: How Lifestyle Medicine Prevents and Manages Cancer.

Cancer is influenced not only by genetics but also by the lifestyle choices we make every day. In this presentation, we'll explore how simple habits like regular physical activity, eating a plant-based diet, managing stress, and getting enough sleep can directly influence your genetic expression and protect you from cancer. By understanding the power of **epigenetics**—the study of changes in gene expression triggered by lifestyle factors—you'll learn how you can take control of your health. This talk will show you how everyday choices can play a pivotal role in preventing cancer, managing existing diagnoses, and preventing recurrence. Together, we'll uncover the science of how small shifts in our lifestyle can help rewrite our genetic code for a healthier future.

Dr. Lai is the Chief Manager of Rochester Clinic and has been providing podiatric and wound care for almost two decades. He earned his DPM (Doctor of Podiatric Medicine) at the College of Podiatric Medicine at Des Moines



University in Iowa. After completing a fellowship in Biomechanics Research and a residency in podiatric orthopedics, he accepted a fellowship in Physical Medicine and Rehabilitation at Mayo Clinic in Rochester, MN. Wescott Library is located at 1340 Wescott Road · Eagan, MN. RSVP [https://www.meetup.com/plantbasedmn/events/305873084/?eventOrigin=group\\_events\\_list](https://www.meetup.com/plantbasedmn/events/305873084/?eventOrigin=group_events_list)

## SAVE THE DATES

### **April 1, Plant Based Nutrition Workshop, Online**

Learn about the science behind Whole Food Plant Based (WFPB) diets and their ability to arrest and reverse conditions such as heart disease, Type 2 diabetes and obesity. WFPB diets have also been shown to reduce cancer risk, Alzheimer's disease risk, and many auto-immune disorders. Learn how to take charge of your own health by eating a diet that is also better for the environment and kinder to the animals. Your instructor is David Frykman, a Building Healthy Community leader. RSVP here. [https://www.meetup.com/plantbasedmn/events/306368249/?eventOrigin=group\\_upcoming\\_events](https://www.meetup.com/plantbasedmn/events/306368249/?eventOrigin=group_upcoming_events)

### **April 17-18, Community of Wellness 2025 Symposium, Mayo Civic Center, Rochester Mn**

Plant Based MN has supported the Lotus Health Foundation's Community of Wellness Symposium for several years.

This outstanding two-day event is a highlight of the calendar year for those who seek to improve their health and their lives.

This year's event will be at the Mayo Civic Center in Rochester, MN (30 Civic Center Dr SE).





**Community of Wellness  
Symposium & Gala**

April 17 – 18, 2025  
Tickets on sale now.

**Lifestyle Medicine:  
Pathway to Health  
and Prosperity**

Join us at our annual Symposium and Gala to discover how to unlock prosperity, embrace plant-based lifestyle medicine, and thrive!

**1.6 CEUs AVAILABLE**

Mayo Civic Center, Rochester, MN

Experience a vibrant two-day retreat with expert-led presentations, Walk With A Doc, rejuvenating meditation & sound bathing, stretching and networking!

Enjoy two days of delicious whole food, plant-based breakfast and lunch included with your symposium ticket.

Please join us for this amazing lineup of National, International, and local experts on lifestyle medicine.

The 2025 theme for this Seventh Annual Community of Wellness Symposium and Gala is, “Lifestyle Medicine: Pathway to Health and Prosperity”.

The speaker lineup includes best-selling authors Dr. Neal Barnard, Brenda Davis, Drs Dean and Ayesha Sherzai, Exam Room Podcast host Chuck Carroll, and many more. **The Lucky Bird discount is in effect from March 1st through the 15th. For complete details and registration, Please Follow this link. <https://lotushealthfoundation.org/2025-event/>**

## **May 22nd, How Not to Die, Online Event, with a live Q & A with Dr. Greger**



Dr Greger will join as a special guest for a Q & A the last 30 minutes of this class. First, we will watch the 1 hour and 16 minute How Not to Die video. The book and video are loaded with information that will be new to

most people eating a plant-based diet. It took Dr Greger 3 years to sort through all of the science on aging. Over that time frame he read over 20,000 papers on aging.

Studies on identical twins show that genes only account for 20 - 30% of our lifespans, which means what we eat and how we live are key determinants. You will learn about how diet, and certain foods, can positively affect processes involving autophagy, cellular senescence, AMPK, glycation and others. Hosted by David Frykman, a Building Healthy Communities leader. RSVP here. [https://www.meetup.com/plantbasedmn/events/306369143/?eventOrigin=group\\_events\\_list](https://www.meetup.com/plantbasedmn/events/306369143/?eventOrigin=group_events_list)

## **HIGHLIGHTS from February**

### **How to best Reverse Osteoporosis, February 5th**

Theresa Ditter, a Building Healthy Communities leader, presented *How Best To Reverse Osteoporosis* by eating greens, beans, fruits, and incorporating resistance training. The discussion also involved avoiding meat, dairy, calcium supplements and the dangerous side effects of bisphosphonate drugs like Fosamax & Boniva.

### **Plant Based Nutrition Workshop, February 6, Online Presentation**

David Frykman, a Building Healthy Community leader, explained the science behind Whole Food Plant Based (WFPB) diets and their ability to arrest and reverse conditions such as heart disease, Type 2 diabetes and obesity. WFPB diets have also been shown to reduce cancer risk, Alzheimer's disease, and many auto-immune disorders. There was a large number of people attending from all around the world.

### **Preventing Alzheimer's Disease, February 12th**

David Frykman, a Building Healthy Community leader.

We filled the room with approximately 25 attendees to look at the relationship of Alzheimer's disease and lifestyle. We covered how Dementia can also be reversed if caught at the Mild Cognitive Impairment (MCI) stage. Even those with a genetic susceptibility to Alzheimer's (~10% of the population) can delay the onset by 10-15 years.

**Thursday, February 13, 7-8pm**

**Plant-Mazing Friendly Conversations with Friendship  
Community Services (FCS)**

Sharmaine Russell, a Building Healthy Communities leader, gave a presentation leading to a great conversation about the heart of plant-based living. We explored the transformative power of plants not just on our plates but in our communities. We learned how adopting a plant-based lifestyle can foster deeper connections, enhance your health, and gain a better quality of life.

**Wednesday, February 19, 6-8 pm Dinner out at Indian Masala**

We enjoyed a delicious dinner and great conversation. There was a lot of discussion about the upcoming Wellness Symposium in April.

**Wednesday, February 19th, Flourish Community Meal**

We served about 30 meals of vegan spaghetti with chocolate cake for dessert.

**Monday, February 24, Winter Community Education Class.**

We had 5 people attend our class and learn the science-based evidence that a whole food plant based diet can improve your health, manage and overcome some chronic diseases, aid the environment and relieve pain and suffering to agricultural animals. After our presentation, we enjoyed lentil vegetable soup and chocolate brownies.

## **HELPFUL RESOURCES**

### **HEALTHY CONVENIENCE FOODS:**

#### **WFPB Whole Food Plant Based**

There's a growing number of sellers of health-promoting convenience foods. Take a look at these options to see what might appeal to you.

[wellyourworld.com](http://wellyourworld.com)

[plantstrong.com](http://plantstrong.com)

[firstseedfood.com](http://firstseedfood.com)

[plantpurenation.com](http://plantpurenation.com)

## **TWIN CITIES VEGAN CHEF COLLECTIVE**

Events (pay what you want/can)

Location: Zion Lutheran Church, 1697 LaFond Ave, Saint Paul

**Tuesdays**, 11am-8pm COMMUNITY MEAL

5 course vegan, GF, nut free, corn free

**Thursdays**, 11am-3pm HYBRID food distribution and meal  
(not strictly vegan)

5-8pm. VEGAN open market and community meal

**Fridays**, encampment outreach, meals prepped, packed, and taken to  
encampment communities in Saint Paul

**see @the.T.C.V.C.C\_ Instagram for more info**

**Also see Patreon.com and @Chef-Collective-1123**

## **RECIPES:**

Vegan Beet Hummus Chimichurri Sauce Over Cauliflower Steaks

<https://plantbasedcookingshow.com/2025/02/09/vegan-beet-hummus-chimichurri-sauce-over-cauliflowers-steaks/>



If you can't make it to one of our meetings but have questions or thoughts about your whole food plant-based journey, please reply to this email and include how you'd like to be contacted. We're here to help!

PlantPure Communities:

Is an all-volunteer group dedicated to informing the general public about the benefits of the whole food plant-based (WFPB) diet and providing support to people who are working to change their diet.



Everyone is welcome no matter where they are on their journey to better health.

It is not all or nothing, the more closely you follow the guidelines, the faster you see results.

*If you no longer wish to be on this mailing list, please reply "unsubscribe" to this email.*