



1. **Call to Order** by Man To Man Facilitator, Paul Zatz
2. **Welcome** and introductions of first time attendees
3. **Mission Statement:** The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.
4. **Meeting Minutes:**

Speaker: Eve Prang-Plews is a licensed Nutrition Counselor by the Florida State Board of Medicine, Dietetics, and Nutrition Council. She has been in practice for over 30 years and in Sarasota for 22 years at her clinic, Full Spectrum Health.

Nutrition and Supplements:

- Reframing views on Antioxidants. Antioxidants help to suppress free radicals. The free radicals are missing an electron and are very hostile molecules. The free radicals actually damage the DNA inside the cell and the cell wall. An antioxidant donates an electron and quiets the free radicals down.
- Examples of **direct antioxidants**: Vitamin C, Vitamin E and Selenium (lasts in your body from two to four hours).
- **Indirect antioxidant**: sulfuraphane (will last in your body from two to four days). Good sources are: eggs, asparagus, onions, garlic, shallots, leeks, cabbage, broccoli, cauliflower, bak choy, arugala. These foods are high in sulfur, which helps your liver detoxify environmental toxins. The highest concentration of sulfuraphane is in broccoli sprouts.
- **Broccoli Soup recipe**: It is a 4-2-1 recipe. Four cups of broccoli, two cups of potato, and one cup of onions. Cook the onions and potatoes first, once the onions and potatoes are soft add the broccoli for the last five minutes. If you leave the lid cracked a little bit so the vapor goes off, the acid compounds will go off and it won't be as bitter. Put the mixture in a food processor and blend. Add a splash of half-and-half (or soy milk). Season with white pepper.
- **Foods to avoid**: smoked and cured meats—ham, hot dogs, bacon, lunch meat, sausage, Spam and anything that is charred on the grill. The char marks are PAH's (polyaromatic hydrocarbons), which are carcinogenic compounds. The

smoked and cured meats are preserved with nitrites, which are also carcinogenic compounds. Also avoid entirely swordfish, shark, sushi, tuna, king mackerel and tile fish. These five fishes are considered by the World Health Organization to be toxic at a single dose. Avoid trans fats as they are partially hydrogenated oils. Omega-3 fatty acids (fish oil) are good and people who have the highest amount of fish oil, of EPA and DHA (the constituents of fish oil) in their blood stream have the slowest rate of aging of their DNA. The opposite of that is sunflower oil, safflower oil, and corn oil, because those are Omega-6 and are pro-inflammatory and increase inflammation. Avoid white flour – bread, pasta or cookies. Avoid sugar-loaded goodies. Avoid aspartame or Nutrasweet and Splenda.

- **Foods to include:** Lycopene—from strawberries, watermelon and tomatoes. Cooked tomatoes have a high concentration of lycopene. Add a Tablespoon of tomato paste to a can of lentle soup to increase your lycopene. Eat a rainbow every day: red—lycopene, orange—beta carotene (carrots, butternut squash, acorn squash, sweet potatoes, cantaloupes, apricots, mangos, papayas, and guavas; yellow—lutein (spinach); green – chlorophyll (beans, broccoli, turnip greens, chard, lettuce); blue and purple—anthocyanidin (blueberries, blueberries and blackberries). Drink 2 quarts of non chlorinated water every day. Eat a pound of fish a week – Pacific salmon, Alaska salmon, and salmon from a can, which ls wild salmon, light tuna – not white, sardines, herring, mackerel. Take a high-quality multivitamin and multi-mineral every day. The best protein choices are #1 beans, #2 pound of fish, and #3 are two-legged animals (chickens and turkeys that don't have hormones and antibiotics in their systems).

5. Adjournment.