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SEEDLINGS

SPRING
EDITION
MAR/APR
2018

An update on Health, Life and Lifestyle at Ethos Health



*Spring
is a
Comin'*

FIRST
DO NO HARM

**GIVE VIOLETS
A CHANCE**



**PATIENT FOCUS:
HOW A WFPB LIFESTYLE
GAVE ME MY
LIFE BACK**

**RECIPE:
THE BITTER
HERB**



The ancient system taught in the first year of medical school is “Primum non nocere.” which means “First, do no harm.” That was the guiding principle for Dr. Weiss as he located and bought the farm where Ethos Health now calls home.

Our idea is to both grow food and treat patients in an ethical fashion; one that does no harm to the surroundings or to people. It is being mindful of what we do and the consequences our action have not just for us but also for the generations to come.

In that way, we look ahead to the future as we desire to live in a world with health and green spaces and that is safe from climate change.

When you grow food as medicine, every action has an impact and many times it is unseen in the here and now. The things we do now need to have a positive impact on the farm system as we move ahead. Farmer Nora, Ethos Farm Manager, strives to make the soil a rich place for the vegetables that people will eat 20 years from now. That increases the sustainability of our land and ensures that we do no harm to the land or to the people that look to our farm for healthy produce. **This principle of FIRST, DO NO HARM is what ties Ethos Primary Care together with the Ethos Farm.**

Our name comes from this philosophy. The word “ethos” means the belief system of a community. The people of Washington Township, NJ (the town where Ethos Health is located) demonstrated their ideal of land preservation and commitment to agriculture through how they worked together to save the land from developers looking to build hundreds of homes on the property we now call our farm. In the first action of its kind, the town purchased the development rights directly from the owner using bond anticipation notes. Then they applied for the Farmland Preservation Program to reimburse most of their costs. When they sold the agricultural rights to farmers it ensured the land would stay in production.

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After years of being unresponsive to conventional treatment, Millie began Dr. Weiss' 30-Day Detox. Her rheumatoid arthritis pains improved within days.

PATIENT
FOCUS

millie

**THE WHOLE-FOOD,
PLANT-BASED LIFESTYLE
GAVE ME MY LIFE BACK**

Millie was diagnosed with rheumatoid arthritis at 40 years old. She felt exhausted and sluggish, suffered from near-constant headaches, and experienced a tingling sensation throughout her body. In addition, she was coping with **stiffness, aching, and joint pain in her hands and feet.** In Millie's words, she **"couldn't sleep because of the pain,"** much of which was centered in her hip and pelvic area.



"I was just living in a fog," she said. And yet, **Millie had no choice but to cope.** She still had to wake up every day, get her son ready for school, and commute to New York City.

She was initially prescribed Prednisone and Methotrexate, but these drugs didn't do much for Millie's pain — she still lived in discomfort. She then started to take Enbrel, which made her feel even more debilitated. The side effects were extensive, and Millie's symptoms remained.

"I knew I couldn't be on Enbrel forever," she said. "It just didn't seem right for my body."

For years, the pain of her condition overwhelmed Millie. She experienced hair loss, stress, anxiety, and a great deal of frustration. Living this way took a major toll on her well-being.

Then Millie discovered Ethos Health. She met with Dr. Weiss in 2015, and committed to his "A Year of Mindful Living" program during her first visit. Millie then went home, watched the documentary *Forks Over Knives* with her husband and nine-year-old son, and immediately eliminated processed foods from her pantry. (Her husband, in fact, was the one who suggested they purge their pantry.) After completing her blood work in January 2016, Millie began the 30-Day Detox. She found it took willpower and a change of mindset with regard to eating. For someone like Millie, who grew up on sugar, flour, and processed foods, adopting a plant-based diet proved difficult for the first two weeks. "You're hungry, but eating to heal your body," she explained.

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Give Violets a Chance

Ethos Health is proud to be in New Jersey, serving people from all other geographic areas. This thrilling sight caught Dr. Weiss' attention: NJ's state flower, the *Viola sororia*, growing in front of our historic farm house. Many consider them to be a weed and would apply herbicide to kill them but here on one of the most historic farms in the Garden State, we welcome them. They like to grow in natural places especially moist meadows, along stream corridors and in open woodlands. To encourage their growth don't cut your lawn short in the Spring, instead use a 3-inch lawn mower blade. And, forgo the herbicide. In NJ, violets bloom in April and May. Their beautiful flowers enhance the wonder of nature experienced at Ethos Health.

Did you know that wild violets are edible?

They are high in Vitamins A and C. (But note, always make sure of a plant's identity before ingesting.) They make a beautiful addition to salads. Their purple color has the anti-cancer phytonutrient anthocyanin. And, the leaves can thicken soups much like okra does.

The viola family has a special flower arrangement. The purple ones we see are the open pollinated flower which is pollinated by insects. They also have cleistogamous flowers which are obscure, tiny green flowers on short stems. They are closed pollinated which means that both the female and male parts are enclosed in the flower and it pollinates itself to create the seed within. It does this to conserve energy and resources. An open pollinated flower must create nectar, flower parts, and colors to attract insects. Whereas the closed flower uses very few resources to create seeds. The drawback is that it decreases genetic enhancement and it is not good for evolution. But, it can still go on in hard times. The viola plant is the most prominent cleistogamous flower in the world.

Beauty and health are bound together in the violet. It's a great reason to skip the herbicide in your lawn and let your Spring grass grow past 2 inches. You will be rewarded with the flower that finds its home in the great Garden State and maybe even a new favorite addition to your salad. 



millie TOOK BACK CONTROL OF HER HEALTH

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And yet, Millie found herself determined to heal — to take back control of her health.

Within a week of starting the 30-Day Detox, she woke up one morning and experienced no pain, swelling, or tingling in her body. For the first time in years, there was no tenderness on the bottoms of her feet, no pelvic stiffness or joint pain, and Millie’s mobility improved. Her headaches all but disappeared, and the quality of her sleep increased drastically.

“Oh, and a huge result — I was no longer exhausted!” she added. “I had energy.” After a week and half, Millie started walking with a friend; she also took up yoga. Furthermore, just 15 days into the 30-Day Detox, Millie went skiing with her family. She started to play baseball with her son, jog in her spare time, and play tennis. Now she enjoys the sport with her family once a week, and plays with a women’s tennis group.

“I was feeling great inside and out,” she said. “I was so excited, and couldn’t wait to get to finish line and get to Dr. Weiss’s office to review my blood work results.”

The results exceeded Millie’s expectations. Ethos Health led to a major transformation, and Millie knew there was no turning back.

It’s worth mentioning that Millie’s husband felt the same way. He too adopted a whole-food, plant-based diet. And while he had always been athletic, Millie explained he now feels better than ever, and cycles at least 20 miles each week. Even Millie’s nine-year-old son changed his eating habits.

“I’m so proud of him,” said Millie. “He’s learned to ‘turn his cheek’ when his friends tell him ketchup and hotdogs are healthy!”

As a family, they have become more aware and present during mealtimes, and openly discuss what drugs, smoking, drinking, and processed foods do to the body. Millie is happier, healthier than ever, and more active than she ever could have imagined —

often with friends and family by her side.

“I’ll never ever forget Dr. Weiss and the work he is doing to TRULY help people heal,” said Millie. “He is a very knowledgeable, giving, and kind man. I will always have a place in my heart for him, and continue to spread the word and stay connected with Ethos Health.” 

FIRST, DO NO HARM



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The people banded together to permanently preserve this land as farmland. It required dedication and time combined with foresight and the desire to preserve the atmosphere of the community. In November of 1994, they voted unanimously to purchase the development rights to the 740 acres of land known as the Scott Farm. The land was saved from permanent, irreversible loss and was added to the NJ Farmland Preservation Program. It ensures that the working agricultural environment here is not disconnected or deteriorated due to development pressures.

His dream was for a working farm that would grow the plants as medicine for the patients he treated at his medical practice.

After a long search process for just the right farm, Dr. Weiss purchased 342 acres of the Scott Farmland. His dream was for a working farm that would grow the plants as medicine for the patients he treated at his medical practice. We continue in all our actions to further the mission of Ethos Health as

we seek to raise the standard of care both for our medical practice and for our environment. This spirit of banding together was a primary inspiration for the name Ethos Health. And the guiding principle of “primum non nocere” is carried through in all that is done both on the Farm and in the Medical Practice. We work in a way that is mindful especially of the consequences as we look ahead to the future. We aim to promote sustainability. And, we endeavor to do no harm since we desire to live in a world with health and green spaces. 



THE BITTER HERB PREPARED HORSE RADISH

By Ron Weiss, MD



A simple recipe for a delicious deep magenta beet horseradish.

The addition of beets softens the intensity of the horseradish. If you prefer your horseradish white and straight up, stop after step 1.

Ingredients

- 2c fresh, peeled horseradish root, finely grated (using food processor), packed
- 1c distilled white vinegar
- 1/2 c distilled white vinegar
- 3c of finely grated soft, cooked beets



Method

Step 1 - Combine 2 cups of horseradish with 1 cup of vinegar.

NOTE: For milder horseradish, add the vinegar immediately upon grating the root; For more potent horseradish, hold off on adding the vinegar for at least 5 - 10 minutes.

Step 2 - Add 3 cups of beets and mix well.

Yield

6 1/2 cups of prepared horseradish, which is A LOT of horseradish, great if you're having a crowd over for the Seder or if you want to give some to friends!
Reduce measured ingredients by half or three quarters for smaller yields.

COOKING CLASSES



Classes are taught by Chef Karina, a plant-based chef and nutrition educator, certified by The Rouxbe Culinary School, the T. Colin Campbell Center for Nutrition Studies, and Dr. Neal Barnard's Food-for-Life Program.

Sat | Mar 24th | 10-11:30 AM

Healthy Spices 101

Learn how to assemble your own spice blends which add a tremendous boost of disease-fighting phytonutrients to your meals and bring your cooking to a new level!

Sat | Apr 28th | 10-11:30 AM

Just Baking!

Explore the healing properties of a whole food, plant based pantry with earth-and energy-restoring, delicious baked goods made without the use of processed oils, sugar or salt.

Sat | May 5th | 10-11:30 AM

Kids Cooking Class (Ages 7 - 13)

Learn how to improve energy, mood and focus with delicious and fun-to-prepare food while developing these essential skills: Knife skills, blending tasty dips, assembling snacks and meals, and creating plant-based desserts.

Sat | Jul 28th | 10-11:30 AM

A Savory Sunday Brunch

Learn how to cook for a crowd. We will prepare and taste three healthy, energizing and delicious whole food, plant-based brunch dishes that are also free of added sugar, oil and salt.

\$50 per Participant
\$35 AYOML Year 2 Members

REGISTER FOR CLASSES ONLINE

EthosHealth.org/cooking-classes

Class size is limited to 12

REGISTER EARLY

MARKET OPENING JUNE



Pre-Paid Farm Cards Available at EthosHealth.org/farm-stand for the Doctor's Farm Market from June - October offering savings throughout the harvest seasons!

10% DISCOUNT SPEND \$50-249	15% DISCOUNT SPEND \$250-499	20% DISCOUNT SPEND \$500+
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