

*The Award Winning*

## **Malibu Rotary Club Surfwriter**

September 30, 2015

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President David Zielski

Edited by Dr. John W. Elman  
Pictures by Dr. John W. Elman

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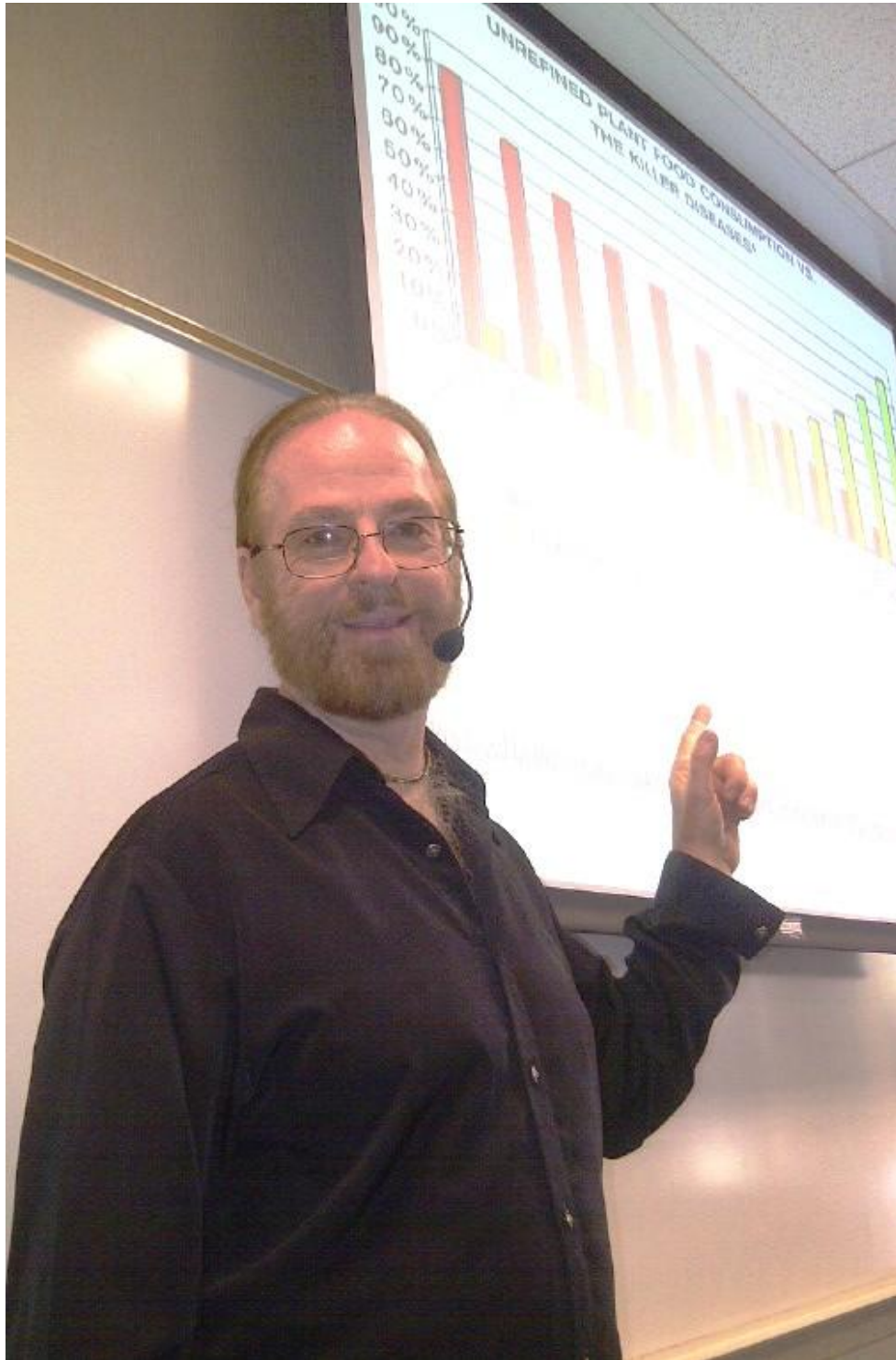
- **Last Week Rotary Madhava Das on “Three easy steps to eliminate heart disease, diabetes, stroke, Alzheimer’s disease and more.”**
- **Next Malibu Rotary Club Meeting September 30 in Pepperdine University Malibu Upper Drescher Graduate Campus LC 152 with fellowship at 11:30 a.m and regular meeting starting at 12:00 noon. Speaker will be Bianca Torrence, who will talk about what she learned at the Rotary District New Focus Seminar held Sep 26**
- **Other News and Guests from Last Malibu Rotary Club Meeting**
- **Result of the Malibu Rotary Board Meeting September 30**
- **Malibu Rotary Club Supports RainCatcher.**

Check [Calendar](#) on Malibu Rotary website [www.maliburotary.org](http://www.maliburotary.org)

- **Rotary International Website: [www.Rotary.org](http://www.Rotary.org)**
- **Rotary District 5280 Website: [www.rotary5280.org/](http://www.rotary5280.org/)**
- **RI President (2015-2016) K.R. Ravindran**

- Rotary District 5280 Governor (2015-2016): D.J. Sung

**Madhava Das on “Three easy steps to eliminate heart disease, diabetes, stroke, Alzheimer’s disease and more”**

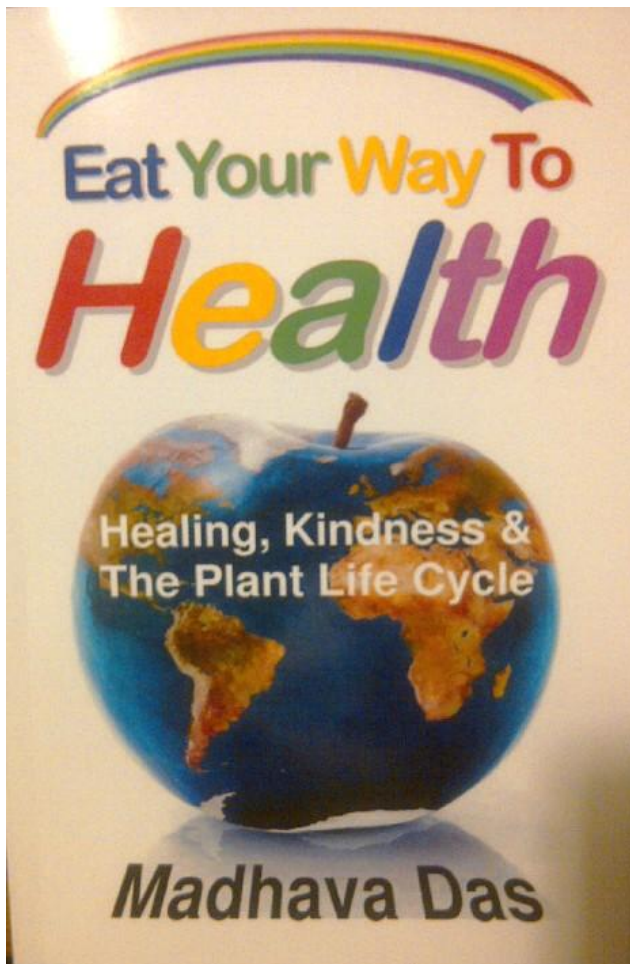


Madhava Dasa holds a certificate in Plant-Based Nutrition from Cornell University & is President of National Research Maui.

His varied background includes being a statistics instructor at Chanute Air Force Base Technical Training Center, where he taught Statistical Analysis of Aircraft Maintenance To Foreign Officers, being the original founder of the modern sport of hang gliding and the United States Hang Gliding Association; and having contributed to the design of the first successful human powered aircraft, the Gossamer Condor, now hanging at the Smithsonian Air & Space Museum in Washington DC.

Before taking to healthy living Dasa suffered from chronic lung congestion, and extremely high blood pressure. Dasa's grandfather and father both died early from heart attacks. His mother died early from stomach cancer.

Madhava received Professor Arnold Ehret's Mucusless Diet Healing System Lesson Course completed in 1922 that says vegetables and fruits are disease preventative mucusless foods.



Professor Ehret's early speculative diet is similar to Dasa's modern, research based, highly developed Plant Life Cycle Diet.

Dasa Took The Risk

On considered rumination, Dasa took the risk to prove Professor Ehret's vegetable and fruit diet starting in 1976, as science had not yet discovered or verified the superior health and longevity benefits of this calorie efficient degenerative disease preventing and reversing diet.

He now goes across the country speaking

at colleges. This is the second time he has been featured speaker at the Malibu Rotary Club—the first time was in April, 2014, the month he published his book *Eat Your Way to Health—Healing, Kindness & The Plant Life Cycle*.

He is an entertaining, enlightening and compelling speaker. His PowerPoint presentation was preceded and interspersed with songs he sings and accompanies himself on guitar and whose lyrics emphasize points he is making such as Jeff Beck's 1976 obscure "Love is Green," which works great at making Das' point, if you love someone you won't give them candy as children are given on Halloween, or lovers are often given on Valentine's Day, but you would give them something with green leafy vegetables. High caloric, sweet, and fatty foods will ultimately kill them, and eating the right foods will prevent and reverse diseases and keep you and your loved one from getting chronic systemic diseases as heart disease, diabetes, stroke, cancer, Alzheimer's and others.

This time Dasa broke down into 3 easy steps to success with 2 obstacles to overcome:

### **3 Easy Steps To Success.**

Das' says there are three easy steps to success to live a health life

- 1. Eat Early.** By this he means eat the foods that are in the early stage of the plant life cycle—and the early stage is the just blossoming leaf of such plants a spinach and kale.
- 2. Join Groups.** People have formed support groups to encouragement to eat and live healthy lives.
- 3. See me, "Dasa".** Madhava Das, besides his book, sells a service, where he and his wife comes to your home and cooks for you and teaches you what and what not to eat.

### **2 Obstacles to Overcome**

- 1. The Momentum & Marketing of Society**—The food you should be eating—raw vegetables are really quite inexpensive—you can grow them yourself. Advertising pitches processed food with preservatives which can be packaged, put in stores with longer shelf lifes, more expensive and unhealthy.
- 2. Your own lack of knowledge**

Your lack of knowledge can be helped by either reading Dasa's book, or checking out points made on his website [www.eatandgrowyoung.com](http://www.eatandgrowyoung.com):

*Eat Your Way To Health*

*Healing, Kindness & The Plant Life Cycle*

Look & Feel Better

And Live Free From

Heart Attack, Stroke, Most Cancers, Alzheimer's, Diabetes Etc.

Healing &

Degenerative Disease Prevention

With Compassion And Without Drugs Or Surgery

Ex-President Bill Clinton has recently adopted a disease reversing whole food, plant-sourced animal-free diet, so that he can live to see his grandchildren.

Young or old, we're suffering from the age-accelerating diet of civilization. Animals are suffering from modern factory farming techniques and are then killed unnecessarily for food that cause disease when eaten over time.

The diet of civilization is anything but normal - more like superabundance. We all like an occasional feast once in a while, but on a day-to-day basis don't you think evolutionary normality should be the rule?

The "Superfood" we should all be eating is not a mystery. Madhava's conclusion on his plant nutrition research is: The sooner a plant part appears in the plant's growing cycle (starting with the sprouted leaf) *the more Truly Super it is!*

The sooner a plant part appears the higher the nutrients per calorie. Quoting a statement from the U.S. Department of Agriculture Center for Nutrition Policy & Promotion in 2005 “It is important to focus on nutrient dense (ND) foods that deliver a higher proportion of what your body needs for their amount of calories.” After flowers (blooms) comes fruits. Then comes Tubers and Roots. After tubers and roots comes seeds and grains.

What modern civilization calls "calorie restriction" - by natural evolutionary standards is calorie-normality.

When we become UN-ADDICTED to modern calorie heavy foods, calorie-normality feels quite – well ... normal!

Those who say calorie restriction - more properly called calorie normality - is starvation, have a poor fund of knowledge. Calorie normality is not starvation - it's NORMALITY!

To quit smoking means to TOTALLY quit smoking.

To quit eating calorie heavy disease causing foods means to TOTALLY quit eating calorie heavy disease causing foods.

When one quits smoking, breathing fresh air feels good.

Likewise when you are UN-ADDICTED to eating junky food, eating clean food feels really good.

Because originally we lived in warm tropical places over our long pre-weapon evolutionary time, the most easily available foods there were high nutrition, low calorie green leafy vegetables and fruits (including botanical fruits, like cucumbers, zucchini, and

eggplants etc.) mixed with a few tubers and roots.

That's pretty much the best diet for long life - but now we know it's the best diet and lifestyle, not because of sentimentally wanting to go back in time, but because modern science has established the fact.

Hunting and significant meat eating came much later when humans moved out of the tropics (metaphorically out of Eden). Mass whole grain eating came even later, in the last blink of an eye. Processed "foods" arrived within the last tiny fractional-blink of an eye.

The point is that we are physically predisposed to eat a high nutrient, low calorie whole plant-food based diet. Thus the mantra - "eat more fruits and vegetables".

Unfortunately the "eat more ..." mantra may actually be a carefully crafted misleading statement "allowed" by certain industries. A seemingly small misstatement, but it is like the difference between a flat earth and the earth as it is.

The "eat more..." part is wrong and misleading in as much as it more or less indicates you should just add a few fruits & vegetables to your wrong diet. And the order of fruits and vegetables is wrong - it should be vegetables first and then fruits (by a factor of importance of 2 or 3 to 1).

As far as lifestyle exercise is concerned - the historically adapted standard is daily mild physical exertion.

Calorie restriction is normal. CR (calorie restriction) is evolutionarily normal. Calorie restriction is calorie-normality.

The Best Diet For Long Life - A Plant-based Diet or Plant Life Cycle Based Diet is totally satisfying, in all respects.

Just like a winning race car performs best with a specific type of fuel delivered at a specific rate - our body quickly reacts to heal itself and reverse aging & disease when given the ideal type & amount of fuel.

What is the ideal type of fuel?

What is the ideal amount of fuel?

**Type:**

By modern scientific analysis we have learned that antioxidants and protein's amino acids are created, and appear first in the humble leaf (i.e. green leafy vegetables). Per calorie, dark green leafy vegetables are about 30 to 40% protein.

Calorie restriction / calorie normality studies have established that excess calories are toxic. Therefore healthy foods have the most nutrients in each calorie consumed.

According to the U.S. Department of Agriculture, Center for Nutrition Policy & Promotion in 2005:

"It is important to focus on nutrient dense (ND) foods that deliver a high proportion of what your body needs for their amount of calories."

Calories increase without increasing nutrient-to-calorie ratios as we go downstream in the lifecycle or growth cycle from the leaf to the flower, then to the fruit, then the seed, and on to animal products and "junk" processed foods.

It's not me saying this - anyone can see the fact if they carefully analyze the USDA Nutrient Data Base's nutrients per calorie tables.

Please note the BIG MISCONCEPTION in nutrition is the universal reporting of nutrients per gram, which is HIGHLY misleading (CR studies have proven this). Reporting nutrients



per gram is the FLAT EARTH theory of nutrition.

Everything goes down hill from the leaf. At the bottom of the hill are processed and animal foods, which are poor nutrient per calorie foods. Lifelong repeated intake of processed and animal foods (low nutrient, high calorie foods) causes cumulative repetitive low-level systemic stress inflammation, leading to all kinds of degenerative diseases of affluence.

The ideal type of food is dark green leafy and bud/flower vegetables (by far); followed by vegetables that are botanical fruits including fruits like cucumber, zucchini, eggplant etc.; and then regular fruits headed by berries.

**Amount:**

Calorie restriction, actually calorie normality studies since 1935 have established that excess calories (from low nutrient, high calorie foods) are extremely toxic and inflammatory.

Calorie normality is the ONLY intervention that repeatedly, conclusively and SIGNIFICANTLY delays and reduces age related diseases; and repeatedly, conclusively and SIGNIFICANTLY extends both average and maximum life expectancy. (Resveratrol from whole grapes and other plants is pending - but certainly fits right in with The Best Diet For Long Life.)

Even without so-called "restriction" of amounts eaten, calorie restriction errr... calorie normality, has established green leafy and solid green vegetables like broccoli; fruit vegetables; and berries/fruits as the ideal fuel. Excess calories come from heavy, processed and animal foods.

As far as the mantra: "eat more fruits & vegetables" - let's fine tune (or rather: destroy and rebuild) that statement to realize unheard of healing & rejuvenating power.

By eating MOSTLY ONLY high volume, high nutrition, high antioxidant, low calorie

VEGETABLES (dark green leafy vegetables especially being high protein per calorie foods) & FRUITS you can realize truly amazing disease preventing, life extending benefits without hunger or starvation. This is the conclusion of modern nutritional science, and of a logical analysis of our long tropical and sub-tropical pre-weapon evolutionary eating patterns. Organized hunting and animal domestication did not begin until an evolutionary minute ago.

The conclusion of modern marketing and other industries is, "...eat more fruits and vegetables". Their "more" is wrong, and their "fruits and vegetables" is in the wrong order. The order of "fruits and vegetables" is wrong, and the "more" word is a mistake.

The difference between, "... eat more fruits & vegetables" and "... eat MOSTLY ONLY green leafy vegetables, 'fruit vegetables', and berries/fruits", again is like the difference between a flat earth and the earth as it is - all the difference.

A few other diets like a plant-based whole grains & beans starch diet with vegetables and fruits are doable diets but are not the best. The MOSTLY ONLY green leafy vegetables, 'fruit vegetables', and berries/fruits NUTRIENT RICH DIET is the very BEST doable diet there is for health and longevity by far.

Nutrient richness, also called nutrient density, follows the growing life cycle of the plant.

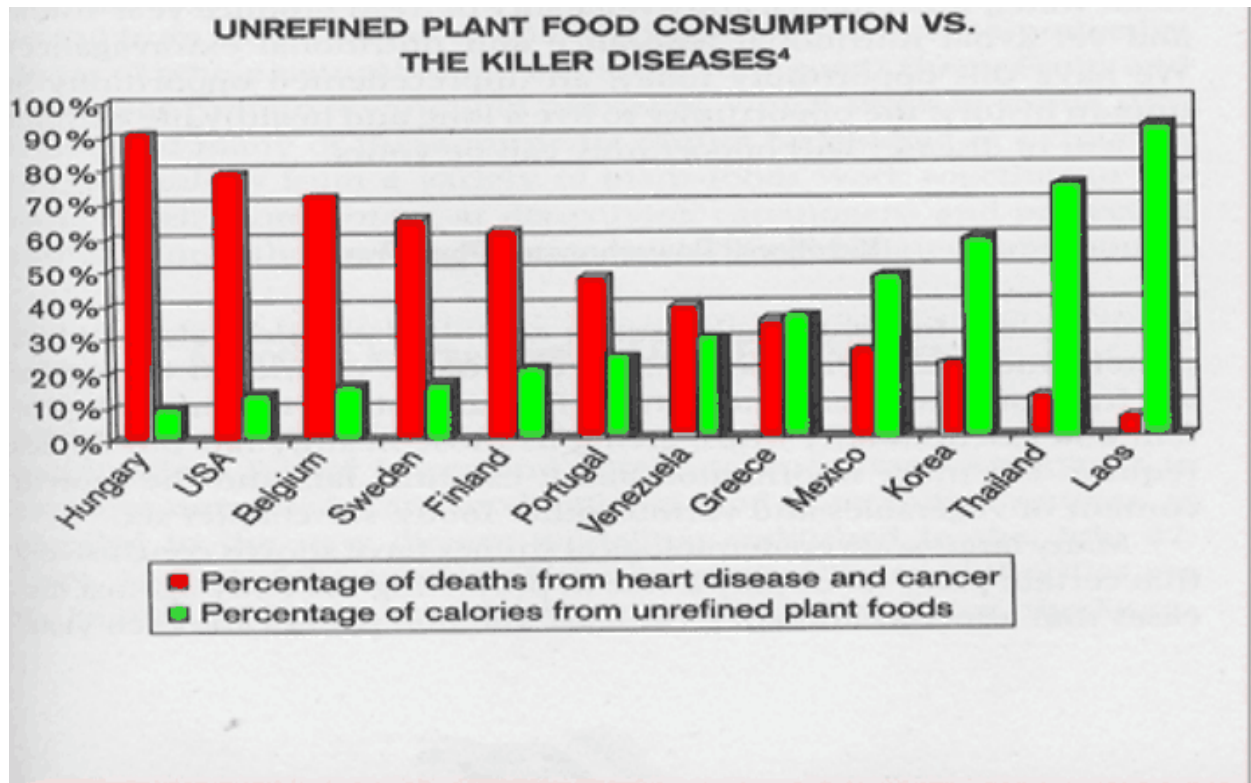
In other words, the leaf comes first in nutrient richness, then the flower, then the fruit and then the seed.

The ideal amount of food is the amount of the ideal types of food that just fills (but not over-fills) your stomach at one to three sittings each day (depending on your activity and metabolism).

Drink all the good tasting water you want any time.

Have a piece of your favorite fruit any time.

Madhava presents several graphs and statistics to prove his point, and probably one of the most compelling is this one from the National Institute of Health (NIH) and World Health Organization (WHO) that shows the percentage of deaths from heart disease in various countries compared to the percentage of calories derived from unrefined plant food.



Produced by the National Institutes of Health(NIH) and the World Health Organization(WHO) published in 1999

The graph clearly shows that the lower the intake of calories from unrefined plant foods the higher the death rates from heart disease.

Another contributor to the book is Sunanda Devi Dasi, Dasa's wife, who is from India via Fiji. Sunanda has been cooking taste tempting Indian Temple cuisine for over 25 years. Spices are also plant derived. Sunanda also joined her husband at the Malibu Rotary Club meeting.

Madhava's book *Eat Your Way To Health—Healing, Kindness, & The Plant Life Cycle* was available for a discounted price by those attending the Malibu Rotary Club. *Malibu Rotary Club Surfwriter* editor John Elman highly recommends it. Madhava is uncompromising in his devotion to a Vegan diet, and does not believe humans should consume any animal products, not even cheese or milk, and definitely discourages fish, even salmon. His arguments are persuasive and definitely there is more to being a vegetarian than just the humane argument of not slaughtering animals. The plant based diet is the most nutritious. The 145 page fully indexed book is available online from Madhava's website [www.eatandgrowyoung.com](http://www.eatandgrowyoung.com) and from Amazon.com

## **Other News and Guests at Last Malibu Rotary Club Meeting**

**Malibu Rotary Club President David Zielski** returned back from Haiti, where it is hoped his Raincatcher's organization can work with the local charity group in Haiti, Mission of Hope, which provides 90,000 meals per day, to provide water for growing the food. David said he had a very interesting visit there, meeting with a Voodoo princess. He said that the Voodoo princess was curious about Hollywood fascination with Voodoo. We mostly think of Voodoo as portraying bad things that are going to happen, but Voodoo can conjure up both bad and good things.

**Rotary District Breakfast October 20<sup>th</sup>** Seven members of Malibu Rotary Club are scheduled to attend the October 20 Rotary District Breakfast meeting at the Westin LAX hotel. Those attending from out club should give treasurer \$23.00, for the event which the district charges \$38.00 for. Speaker will be Gil Garacetti, father of the LA Mayor.

**John Elman** talked about the significance of the following day, October 1, 2015, as the day when everyone involved with healthcare in the United States, from doctors, to health insurance companies to government agencies will start using the International Classification of Diseases ICD-10-CM, instead of the ICD-9-CM codes that have been used for the last 20 years. The ICD is established by the World Health Organization. There were 17,000 codes in ICD-9 and more than 155,000 codes in ICD-10. Most countries of the world adapted the ICD 10 codes years ago, but the US, with its already complicated healthcare system has waiting until now to adapt to these new codes, which have very little relation to the old codes. Because of these changes John warns there may be delays processing health insurance claims in the next couple weeks while

everyone figures out what the acceptable codes are. Speaking of WHO, this week they certified that Nigeria is polio-free, meaning there are only 2 countries where there have been new cases of polio, Afghanistan and Pakistan. Rotary has worked together with WHO and the Bill and Melinda Gates Foundation to eradicate polio on the planet, and its that much closer to getting done.

New member **Mark Persson** showed a video and talked about a Veteran's Day celebration at Legacy Park sponsored jointly by the City of Malibu and the Malibu Chamber. It will be on Veteran's Day November 11 starting at 11:00 a.m. and Mark said the Malibu Rotary Club can participate. said they could each bring a case of water.

### **Guests**

Guests at the September 30 Malibu Rotary Club meeting included **Dianne Emerson**, who was president of the Malibu Rotary Club in the early 1990's and is now working in Washington DC as Liaison for Veterans Administration to the Senate and House, **Sunanda Devi Dasi**, **Madhava Dasa's** wife, Santa Monica Rotarian **Pam Brady**, who is Senior Market Manager for Community Engagement of the American Cancer Society and a former President of the Santa Monica-Malibu Unified School District and Past president of the Malibu Chamber of commerce and our regular guest *Malibu Surfside News Editor* **Chris Bashaw**.

### **Results of the Malibu Rotary Club Board Meeting of September 30, 2015**

- 1) Margo will look into the committed to but not yet given high school scholarship of \$500
- 2) The RainCatcher project is moving forward and will be carried into this years charity budget
- 3) Bill Wishard will look into the committed to but not yet given Special Olympics donation of \$500
- 4) We agree to keep \$1,000 in reserves to handle important requests during this year
- 5) We unanimously agreed to give \$250 to Fleet Street Bikes
- 6) We unanimously agreed to give \$276 to JT Warring water project in Burma

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The next board meeting will be Oct 21 from 1pm to 1:30pm.

## Malibu Rotary Club Supports RainCatcher

David Zielski, Executive Director of Raincatcher makes regular trips to Uganda and Kenya to Raincatcher installations and maintenance. In February The latest video showing what David and the Raincatcher people are doing in Africa was shown at the Malibu Rotary Club meeting on August 20. A link to the video is now on the Maliburotary.org website. The direct link to the video is at:

<https://www.youtube.com/watch?v=59rzOcM-RL0&list=UUFetq8NgjhXhtkVf0idcQUg>

## Calendar (for details on these programs see [maliburotary.org](http://maliburotary.org))

Speaker	<u>Date</u>	Topic
<a href="#">Bianca Torrence</a>	<i>Oct 07, 2015</i>	Report on Rotary District C membership
<a href="#">Rotary District Breakfast #2</a>	<i>Oct 20, 2015</i>	Rotary District Breakfast #2 at V Hotel, 5400 Century Blvd. Los Ang
<a href="#">Manny Pacheco</a>	<i>Oct 21, 2015</i>	Forgotten Hollywood Speaker at the Oct 21, 2015 mee Malibu Rotary Club will be Mann His presentation will share st are nostalgic and entertaining Hollywood history, American and Rotary history.  <i><a href="#">Author Manny Pacheco has growing acclaim through his Hollywood Book Series, now in the library collections of the Malibu Heritage Museum, Academy</a></i>

Speaker

Date

Topic

*Picture Arts and Sciences, American Institute, among others. He's in production to turn his life into a Forgotten Documentary. A Southern television and radio personality for three decades, Manny was Santa Barbara, co-hosted the Emmy-nominated In Studio and he currently hosts Hollywood, a weekly syndicated program on the 90.1 FM KB web-based television show TherapyCable Channel. He Cypress, California resident.*

Christian Pierce

Oct 28, 2015

A Young Person's Perspective on Christian Pierce was chosen by Rotary Club to attend this year Youth Leadership Assembly (RYLA) April 24- 26 at Alpine Conference Blue Jay, California. The 16 year youth is a popular speaker for Children Hospital where he was a seven year old. He was treated for a rare brain cancer October 28th meeting of the Rotary Club Christian will talk about his with RYLA.

Rotary Foundation Celebration

Nov 14, 2015

Rotary Foundation Celebration "Serenade" at Lowes Santa Monica Hotel

David Zielski

Jan 13, 2016

Club Assembly -- 6 month Review

Speaker	<u>Date</u>	Topic
		David Zielski and Malibu Rotary Club leadership review the club's progress toward goals and determine the strategy for the rest of the year.
Rotary Peace Conference	<i>Jan 15, 2016</i>	Rotary Peace Conference in Ontario, Jan 15-16
Rotary District Humanitarian Trip to Panama	<i>Jan 27, 2016</i>	Rotary District Humanitarian Trip to Panama, Jan 27-Feb 1
Rotary District Breakfast #3	<i>Feb 11, 2016</i>	Rotary District Breakfast #3 at Waldorf Astor Hotel, 5400 Century Blvd, Los Angeles