

The Plant-based Solution to My Cholesterol Problem

by Jeannie Schwaab

I've been concerned about my cholesterol level. At 269, it was making me and my doctor nervous. He told me if I didn't bring it down, I was going to have to start

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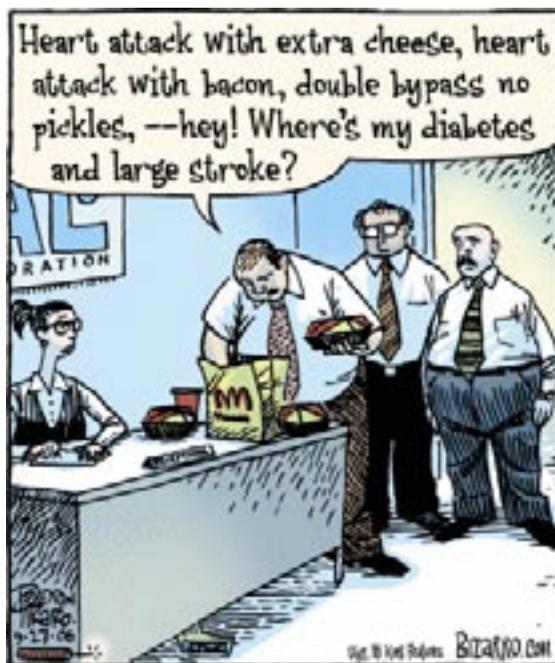
taking medications. I was telling a friend about this problem last fall and fortunately, she knew something that would really help me. She strongly encouraged me to take the [Cancer Project's Food for Life Nutrition and Cooking Classes](#). I didn't know what to expect, but on her recommendation, I signed up for the classes. I'm glad I did!

Two weeks later I found myself sitting in the first class of the seven week series. I was pleasantly surprised by the taste of the food Delisa prepared and at how easy it was to prepare a plant-based meal. Even though much of the nutrition information focused on cancer, I found out eating a plant-based diet would help me be healthier over-all. But I wouldn't know until I had another cholesterol test whether it was helping me with my particular problem.

Half way through the series, I hosted a Saladmaster dinner/demonstration. Delisa came to my house and prepared a delicious dinner for me and some friends, showing us how Saladmaster cookware allows us to preserve more of the nutrition and flavor in

our food. Since I was learning in the Cancer Project class how important it was to choose the right foods, it just made sense to try to get the most nutrition from these healthy foods. So I decided to use part of the small inheritance I had received from my dad, who died of cancer last April, to purchase a set of Saladmaster cookware. I've had a ball cooking ever since!

The Cancer Project classes ended in early November and I had an appointment to get my cholesterol checked shortly after. You can imagine how happy I was to discover that my cholesterol had dropped to 218! It was still higher than it should be, but a



drop of 51 points was a great start! I'm still working on becoming 100% vegan, and I expect my cholesterol will continue to drop. My doctor was really surprised by how much my cholesterol had dropped and he asked what I had done. I told him about the Cancer Project and the vegan diet, and I'm hoping he will pass this information on to others. Later on, I told another of my doctors about it and she said I was her success story of the day. She wrote down the website: www.cancer-project.org and said she wants to take the class herself!

In addition to my cholesterol dropping, I've also lost weight and feel much better than I did before. I had the blahs ini-

tially while my system got rid of toxins, but after that my energy level has been good.

I'm not the only one benefitting from my diet change. My husband loves the new food, and my 93 year old mother, who lives with me and can be quite fussy about her food, is doing quite well with it. Even my 18 month old granddaughter is enjoying her fruits and veggies in smoothies when she comes to visit.

I read in the Bible that originally we were given plants for our food. Now that I've taken the [Cancer Project classes](#), that original way of eating makes a lot of sense. It really is our choice how we want to live.

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