

DR. KLAPER IS COMING TO TOWN

Article by Charlie Ross, DO, DipABLM

How lucky we are!

Michael Klaper, MD, is coming to our community! Save these dates: May 3 – VeganFest guest speaker beginning at 2 p.m. at the Lane County Fair Grounds, and May 4 – Sense and Non-Sense in Plant-Based Nutrition presentation beginning at 7 p.m. at the Springfield High School Auditorium.

If you are not familiar with Dr. Klaper, I suggest you view his TED talk (you can find it on our website under Videos. The title is “The Most Powerful Strategy For Healing People and the Planet.”)

This 20-minute video is educational and inspiring. Watch it and share it with others!



Photo courtesy of Dr. Klaper

He has started a non-profit called Moving Medicine Forward. Dr. Klaper has been traveling to medical schools across North America, Europe & Australia giving the students the presentation he wishes someone had given him 50 years ago, about how a patient’s diet is key to preventing and reversing many of the most feared degenerative diseases known to medicine. In effect he has been trying to change how medicine is practiced from treating symptoms (there is a “pill for every ill”) to treating the root cause of disease by speaking with students in their earliest medical training.

Dr. Klaper’s new book Moving Medicine Forward will be available in April; he will be signing his books at both the events in Eugene and Springfield in May.

Dr. Klaper’s website is www.doctorklaper.com. At this website you will find resources, videos, book recommendations, film recommendations, product recommendations, and information on various health topics.

Discovering Dry-Sauteed Mushrooms

Article by Lee Erickson

On March 10 I attended my first-ever whole foods, plant-based cooking class. Tamera Wilhite, Food for Life instructor, demonstrated how to make a tasty vegan quiche with tofu, brewer's yeast, cornstarch, mustard, lemon juice, chopped greens, and a few other flavor-enhancing ingredients (please find Tamera's recipe on page 3) . I made Tamera's quiche at home, following her recipe, plus I added some additional seasoning and sauteed mushrooms. Yum!

I learned how to saute mushrooms dry, without the use of oil, for the first time. Here is how to dry-saute mushrooms to produce a concentrated, nutty flavor without added oil or butter:

Place sliced or chopped mushrooms in a hot, dry skillet over medium-high heat. (I used oyster mushrooms, but you can use any type of mushroom that you like.) Do not crowd the pan to let them breathe. Cook them, stirring only occasionally, until they release their moisture and brown, which usually takes 5-10 minutes. Allow them to sit for a minute before stirring to encourage browning. They will bubble, releasing moisture, and will eventually sink. Once their moisture evaporates, they will become golden brown. Salt or season them only at the end to avoid premature moisture release. I tossed them in the pan with a seasoning blend of tumeric, parsley, and saffron. I did not add additional salt.

I followed Tamera's quiche recipe directions to blend all the ingredients except for the chopped greens, and in my recipe also added the sauteed mushrooms, which I folded into the blended mixture before baking it in an unoiled baking dish.

I plan to eat more mushrooms, whether raw or cooked, daily, because they are a nutrient dense and low-calorie addition to meals. Mushrooms provide powerful immune system supprt, help to lower cholesterol, and aid in cognitive health.



Photos by Lee Erickson

Join LLM at the Re-Imagine Earth Day Event

Live Lifestyle Medicine (LLM) will be tabling at the Re-Imagine Earth Day event at the Farmers Market Pavilion in Eugene on Sunday, April 19, from 1-5 p.m. Debby Coulthard and Trish Kingsbauer will promote LLM, Dr. Michael Klaper's upcoming presentations, and the second annual Eugene Vegan Fest! Hope to see you there!

TAMERA'S VEGAN CRUSTLESS QUICHE

*Recipe from Food For Life
Instructor Tamera Wilhite*

INGREDIENTS

1 15-oz package of extra firm tofu, drained
 ¼ cup nutritional yeast
 ¼ cup cornstarch
 1 ½ tablespoons mustard
 1 tablespoon freshly squeezed lemon juice
 1 teaspoon garlic powder
 1 teaspoon onion powder
 ½ teaspoon turmeric
 Dash pepper
 1 teaspoon kala namak (india black salt spice)
 2 cups fresh chopped greens



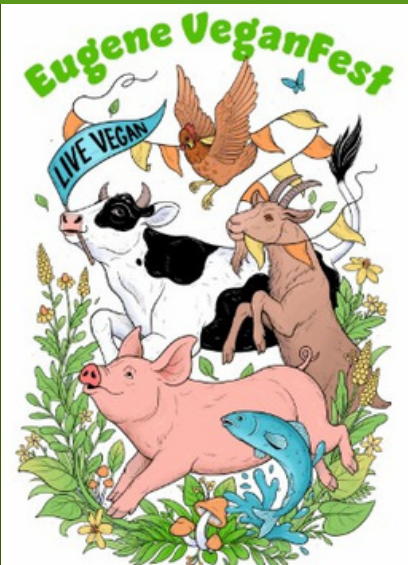
Photo by Lee Erickson

INSTRUCTIONS

1. Preheat the oven to 350 degrees. Combine all ingredients, except greens, in a food processor and pulse until smooth and creamy, stopping to break up chunks and scrape sides as necessary.
2. Transfer the puree to a bowl and add the chopped greens and stir to combine. Spread the thick mixture into a pie dish, use a spatula to ensure it's even and tight.
3. Bake for 30 minutes or until golden brown and the center is firm. Allow to cool at least 10 minutes before slicing.
4. You can add sauteed onions, cooked potatoes, bell peppers or anything you would like to the puree or arrange on the top before baking.

Eugene VeganFest Coming Next Month!

The Eugene VeganFest is a fun, inviting event to help nurture our local community to expand our compassion, explore our ethical capacity, and learn how to be the healthiest we can be in both body and spirit. The second annual Eugene VeganFest will be held on May 3, from 10 a.m. to 4 p.m. at the Lane Events Center. More information and ticket sales at: eugeneveganfest.org



Sense and Non-Sense in Plant-Based Nutrition

Michael Klaper, MD, is a gifted clinician, internationally-recognized teacher, and sought-after speaker on diet and health.

Dr. Klaper has a new book out, *Moving Medicine Forward*, and will be signing copies after his presentation and Q&A session.

Come join in the discussion....it will be educational and potentially life saving! And while donations are accepted... the event is completely free for all to attend!

Date: Monday, May 4, 2026

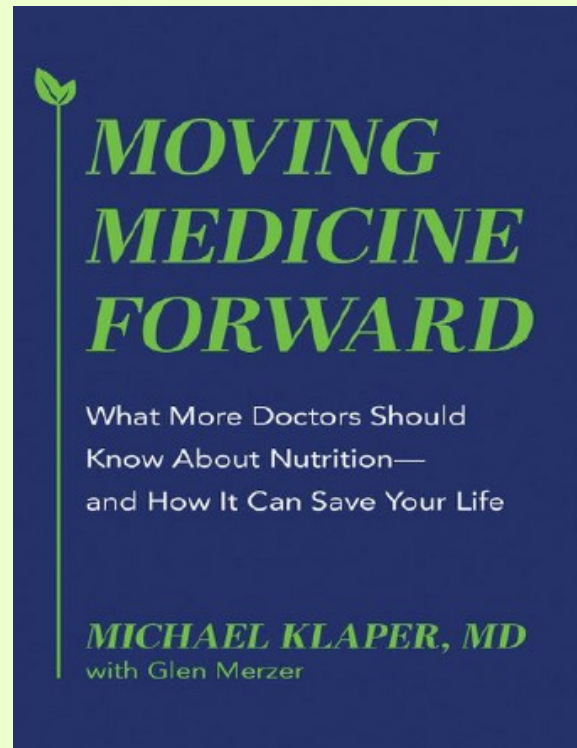
Time: 7 - 8:30 p.m.

Location:

Springfield High School
Auditorium
875 7th St.
Springfield, OR 97477

“...our daily food choices can either foster good health or spawn dangerous diseases.”

- Dr. Michael Klaper



Bringing lifestyle medicine to the community, to improve lives, one plant-based kitchen at a time...

www.livelifestylemedicine.com

