

LIFESTYLE MEDICINE

More Life ... Less Medicine!

**Sponsored by: Wayne State University
Wellness Warriors**

**Presented by: Debbie Cavender, RDN
STRATEGIC WELLNESS, LLC**

The information in this presentation can be a valuable addition to your doctor's advice, but it is not intended to replace the services of your healthcare provider.

LIFESTYLE MEDICINE

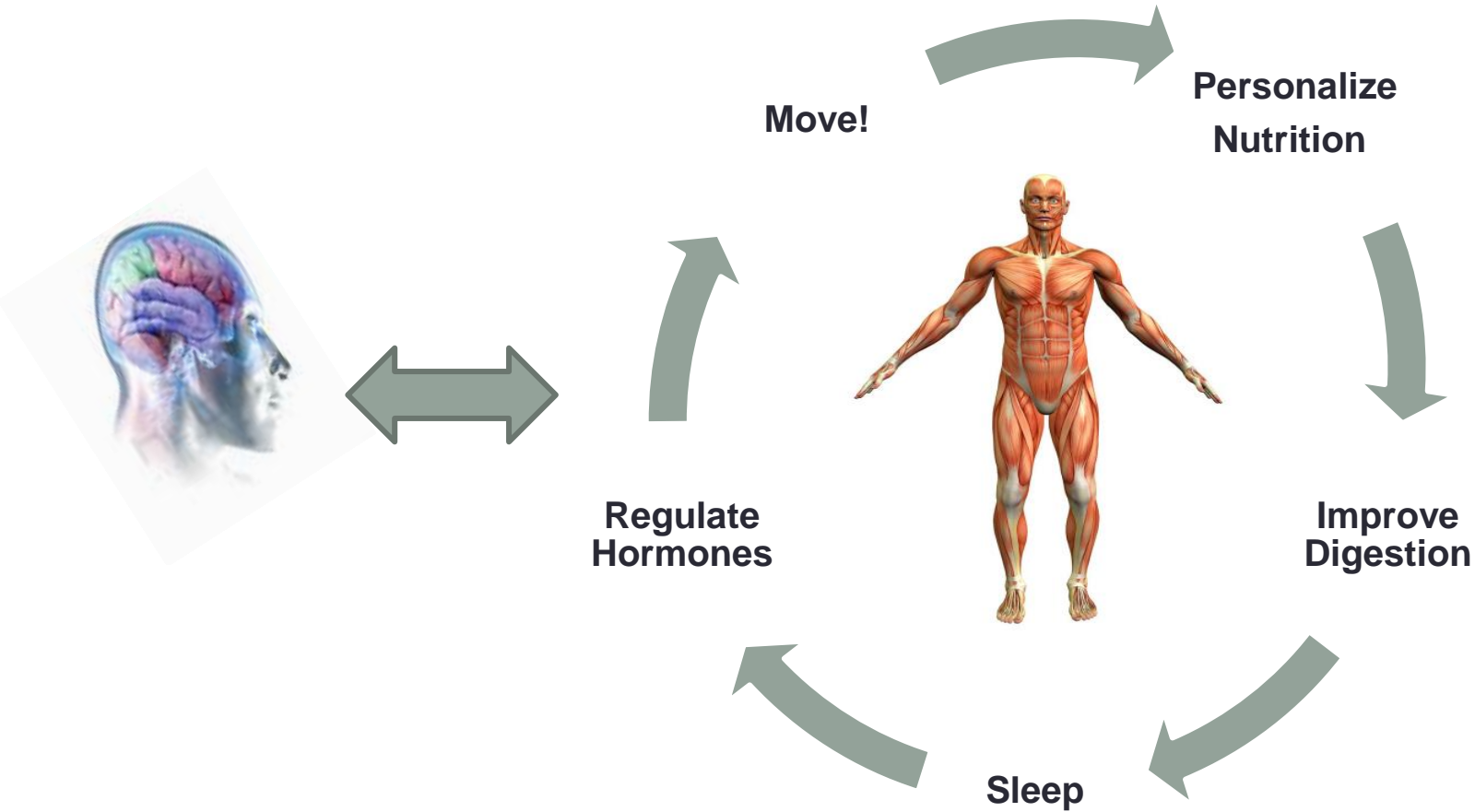
More Life ... Less Medicine!

Objectives

- **Define your Personal Health Goals**
- **Generate a Personal Health Inventory**
- **Understand and Implement Fundamental Health Principles**

REGENERATIVE MEDICINE

IMPORTANT ELEMENTS TO CONSIDER

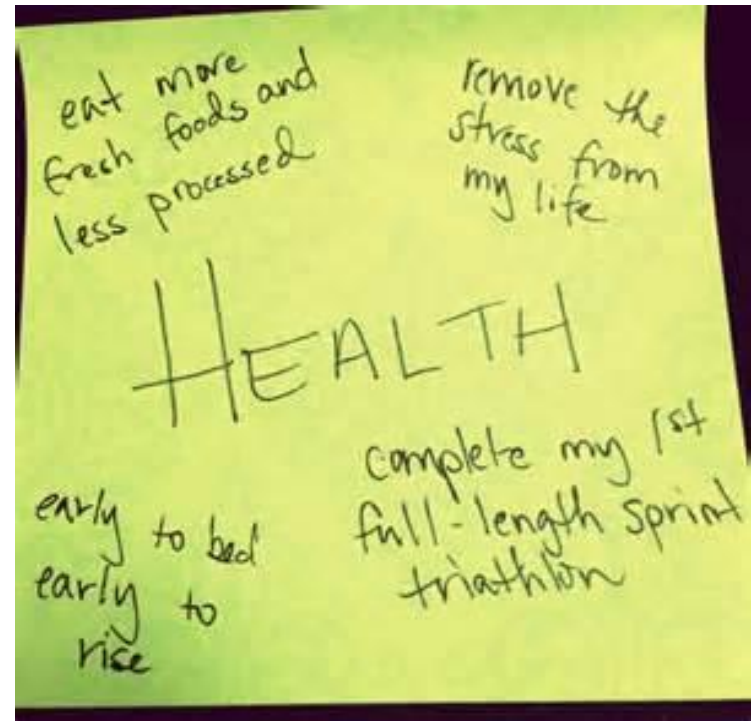


PERSONAL HEALTH GOALS

- **Be your own doctor first**
- **Establish partnership(s) with your healthcare providers**
- **Information you bring will help your doctor serve you better**
- **Ask, “given my history, did any studies come out this year that are relevant to me?”**

PERSONAL HEALTH GOALS

1. Define what you want to accomplish
2. Know where you are right now
3. Make your goals specific and measurable
4. Commit yourself completely
5. Continue to monitor your progress



HEALTH INVENTORY

“PERSONAL SCORE CARD”

- Overall Feeling
- Energy levels
- Schedules
- Breathing
- Exercise Tolerance
- Walking
- Skin
- Hair
- Nails
- Joints

HEALTH INVENTORY

“PERSONAL SCORE CARD”

- Appetite
- Digestion
- Headaches
- Allergies
- Sleep
- Stress Level
- Pain
- Passing Colds & Flu
- Weight
- Medications

HOW CAN I GET STARTED NOW!

FOUNDATIONAL PRINCIPLES

- **Replace Processed Foods with Whole Foods**
- **Stay Hydrated**
- **Movement**

REPLACE PROCESSED FOODS WITH WHOLE FOODS

CLEANING OUT THE PANTRY

Can you name this product?



Ingredients: Water, corn syrup solids, partially hydrogenated soybean and/or cottonseed oil and less than 2% of sodium caseinate, dipotassium phosphate, mono- and diglycerides, sodium aluminosilicate, artificial flavor, carrageenan

WHAT MAKES CERTAIN FOODS HEALTHY?

FRUITS ~ VEGETABLES ~ WHOLE GRAINS

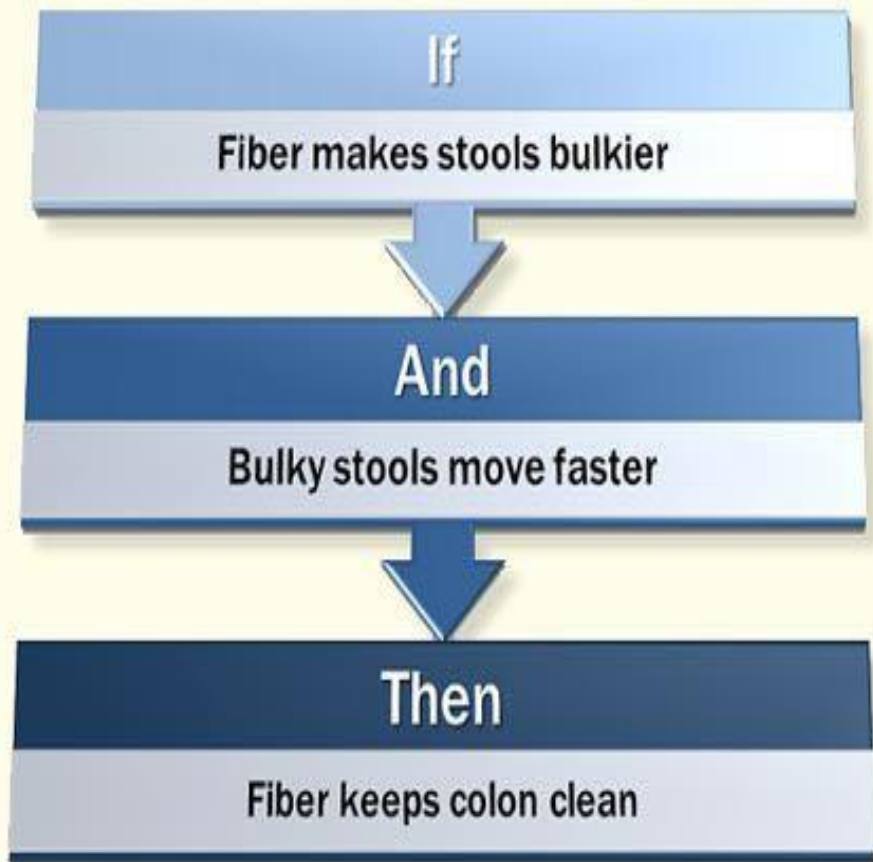
DIFFERENT **TYPES** AND **COLORS** PROVIDE:

- VITAMINS AND MINERALS
- PHYTO - NUTRIENTS
- FIBER



THE IMPORTANCE OF FIBER

25G - 35G PER DAY



- HELPS KEEP YOU "REGULAR"
- REDUCES RISK OF CANCER
- HELPS CONTROL WEIGHT BY FILLING YOU UP
- HELPS LOWER BLOOD CHOLESTEROL
- HELPS LOWER BLOOD SUGAR LEVELS

STAY HYDRATED

De-Hydration may contribute to:

- Fatigue
- High Toxin Levels and Constipation
- Weight Gain
- Increased Blood Pressure
- Dry skin/wrinkles
- Sore Joints
- Stomach distress



HOW MUCH?

GENERAL RULE OF THUMB

**BODY WEIGHT ÷ 2 = AMOUNT OF
WATER IN OUNCES**

EXAMPLE:

**160 POUNDS ÷ 2 = 80 OUNCES OF
WATER PER DAY (10 GLASSES OF
WATER)**

MOVEMENT

“Newton’s First Law”.....

An object at rest tends to stay at rest, while an object in motion tends to stay in motion

**Our bodies were created to MOVE.... When you don’t MOVE,
you’re violating the principles of physiology**

BENEFITS OF EXERCISE

(NOT A COMPLETE LIST)

- **Increase circulation**
- **Relieves stress & tension**
- **Decreases risk of cardiovascular disease**
- **Lowers blood pressure**
- **Reduces Body Fat**
- **Improves the immune system**
- **Strengthens Muscles**
- **Increases bone density**
- **Improves quality of sleep**
- **Improves Endurance**
- **Improves creativity**
- **Decreases risk of diabetes**

IN SUMMARY

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

Thomas Edison