Eat Your Medicine

Part I

2014 Wellness Warrior Series

Sponsored by:

Presented by:  Debbie Cavender, R.D.
STRATEGIC WELLNESS, LLC
Eat Your Medicine

• Part I: How do I define my personal health? Do I understand the difference between living foods and dead foods? What foods should I avoid?

• Part II: What should I be eating, drinking and swallowing on a regular basis? Do foods have a medicinal value? What does “organic” mean and do I always have to choose organic?

• Part III: What are enzymes and probiotics? Are they important? What about vitamins and minerals? Do I need to supplement and how do I decide the right supplementation program for me?
Eat Your Medicine
Part I

Objectives

We will discuss:

• The art and science of defining your personal health

• Living foods versus “dead” Foods

• The plague of dead foods and how to avoid them
What is Health?
Important Elements to Consider

- Boost Nutrition
- Improve Digestion
- Detoxify
- Regulate Hormones
- Move!
What is Health?

“Become a Student of Yourself”

- Personal Health Inventory
- Go Back To The Future....Family Health History
- Nature versus Nurture

The lifestyle choices we make each day switch genes “on” or “off”
Living Food will always be **Healthier** than Processed Foods

**Processed(Dead)Food**

‘These foods will increase your risk of developing degenerative diseases such as diabetes, cardiovascular disease, and arthritis, and make you overweight.’

‘They will also make you prone to fatigue, hypertension, and high cholesterol.’

**Living Food**

‘These foods will help your body arm itself against cancer, heart disease, degenerative diseases, and obesity.

‘They will sharpen your mind, energize you, and enliven you.’
The Plague of Processed Foods
What To Avoid

• Chemical-Laden Foods
• High-Sugar Foods and Beverages
• Artificial Sweeteners
• Deadly Meats
Avoid Chemical-Laden Foods

From Lab to Lunchroom.... Just how many chemicals are in your food?

• Synthetic dyes
• Flavoring agents
• Chemical preservatives
• Emulsifiers
• Texturizers
• Bleaching agents
• Sugar substitutes
The Lowdown on Labels

Ingredients

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

Strategic Wellness, LLC
The Lowdown on Labels

Ingredients

• Ignore the seduction on the front of the boxes
• Seek simplicity...less is more
• Avoid the scary stuff
• Hold out for “real” whole grain
The Lowdown on Labels

Ingredients

100% Whole Grain Stamp
- All of the grain is whole grain
- 16 grams+ per serving

Basic Whole Grain Stamp
- Guarantees at least 8 grams of whole grain per serving
The Lowdown on Labels
Ingredients – Avoid the Scary Stuff

Non-Negotiable

- Mono-sodium glutamate
- Aspartame
- High fructose corn syrup (corn sugar)
- Hydrogenated or partially hydrogenated

- Natural and Artificial Flavors.... Huh?
- Spices
- Artificial Coloring
## The Lowdown on Labels

### Ingredients – Avoid the Scary Stuff

**Ingredients with Roles in Non-Food Items**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Food Use</th>
<th>Industrial Use</th>
<th>Potential side effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olestra</td>
<td>Fat-free potato chips</td>
<td>Paints/lubricants</td>
<td>Diarrhea, abdominal cramping</td>
</tr>
<tr>
<td>Calcium chloride</td>
<td>Sports drinks, pickles</td>
<td>Road salt, ice melt</td>
<td>Digestive tract irritation</td>
</tr>
<tr>
<td>Phosphoric acid</td>
<td>Soda</td>
<td>Rust removal</td>
<td>Decreased bone density, kidney stones</td>
</tr>
<tr>
<td>Calcium sulfate</td>
<td>Tofu (coagulation)</td>
<td>Drywall, plaster of Paris</td>
<td>Abdominal swelling, pain</td>
</tr>
</tbody>
</table>
Avoid High Sugar Foods and Beverages

Why?

- Can be addictive
- May impair your immune system
- May lead to Type 2 Diabetes, Elevated Cholesterol, and Osteoporosis
- May be responsible for weight gain

Names for added sugars on food labels include:

- Agave nectar
- Brown sugar
- Corn sweetener/syrup
- Dextrose” and others
- Fruit juice concentrates
- Honey
- Invert sugar
- Malt syrup
- Molasses
- syrup
Avoid Alternative Sweeteners

To Diet or Not to Diet Soda?

• Risk of becoming overweight by drinking 1-2 cans of soda per day is 32.8%

• Risk of becoming overweight by drinking 1-2 cans of diet soda per day is 54.5%

Alternative Sweeteners

• Aspartame (NutraSweet, Equal)
• Neotame (new version of aspartame)
• Sucralose (Splenda)
• Saccharin (Sweet-n-Low)
• Acesulfame K
• Acesulfame potassium
• Sugar alcohols (xylitol)
• Stevia
Avoid Deadly Meats

- Ingredients
- Serving Size
- Numbers
- Carb, Fat, & Protein
- Vitamins & minerals
What is Health?
Important Elements to Consider

- Boost Nutrition
- Improve Digestion
- Detoxify
- Regulate Hormones
- Move!
Questions?