Eat Your Medicine
Part II

2014 Wellness Warrior Series

Sponsored by:

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STRATEGIC WELLNESS, LLC
“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
What is Health?
Important Elements to Consider

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

Strategic Wellness, LLC
Magnificent Seven
Eat – Drink – Swallow

1. Vegetables
2. Fruits
3. Whole Grains
4. Oils
5. Lean Proteins
6. Enzymes
7. Probiotics
Love Your Fruits, Vegetables and Whole Grains

What Makes Certain Food Healthy?

Different types and colors provide:

- Vitamins and Minerals
- Antioxidants
- Phytonutrients
- Fiber
Phytonutrients
A Rainbow of Health

**Lycopene** is linked to prevention of heart disease and prostate cancer -

**Proanthocyanidins** help maintain the elasticity in our blood vessels –

**Resveratrol** helps prevent the progression of cancer, prevents blood clots, and raises HDL -
Phytonutrients
A Rainbow of Health

*Carotenoids* can help prevent cancer and heart disease.

*Citrus bioflavonoids* protects against free radical damage, strengthens blood vessels, and maintains collagen.
Phytonutrients
A Rainbow of Health

**Cruciferous vegetables**, especially high intake of cabbage have been linked with lower cancer rates.

**(White) Garlic and Onions have significant anti-cancer effects.**
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
Serving Sizes and Tips

- Bran Chex (2/3c) 6.0g vs. Rice Bran (1c) 0g
- Steel Cut Oatmeal 4.0g vs. Reg Oatmeal 2.1g
- Whole wheat pita pocket 4.4 vs. White Bread 0.6g
- Kidney beans (3/4c) 14.0 g vs. Rice Krispies 0g
- Lg apple 4.7g vs. Medium banana 1.5g

• Clean, cut and prepare your vegetables and fruits when you get them home
  – Put them in individual zip lock bags to grab easily
• Eat at least one salad every day
• Vegetable based soups
• Make it colorful
• Switch your plate
  – ½ vegetables; ¼ meat; ¼ starch (which could be a vegetable)
• Create fruit desserts
ORGANIC

The most specific criteria and legal meaning

**Organic**

- **100 % Organic** – completely organic or made of only organic ingredients
- **Organic** – 95% of its ingredients are organic

**No Seal Allowed**

- **Made with Organic Ingredients** – at least 70% ingredients are certified organic – seal cannot be used but “made with organic ingredients” may appear on its packaging

- **Irradiation**
The Dirty Dozen*

• Conventional crops with the **HIGHEST** pesticide loads
  - peaches
  - apples
  - sweet bell peppers
  - celery
  - nectarines
  - strawberries
  - cherries
  - lettuce
  - grapes (imported)
  - pears
  - spinach
  - potatoes

* Environmental Working Group (www.ewg.org)
Consistently Clean*

- Conventional crops with the LOWEST pesticide loads

- onions
- avocados
- sweet corn
- pineapples
- mangoes
- sweet peas
- asparagus
- kiwi
- bananas
- cabbage
- broccoli
- eggplant

* Environmental Working Group (www.ewg.org)
The Great FAT Paradox

Fats are Bad!
Fats are Good!

“Good fats communicate messages of health to your genes; Bad fats convey unhealthy messages”
# Fats

## The Good – The Bad – The Ugly

<table>
<thead>
<tr>
<th>Type of Fat</th>
<th>Main Source</th>
<th>Effect on Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mono – Unsaturated</td>
<td>Olives, olive oil, seeds, Almonds, and other nuts, avocado</td>
<td>Lowers LDL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Raises HDL</td>
</tr>
<tr>
<td>Poly- Unsaturated</td>
<td>Corn, soybean, safflower, and cottonseed oils, walnuts, fish</td>
<td>Lowers LDL</td>
</tr>
<tr>
<td>Saturated</td>
<td>Whole milk, butter, cheese and ice cream, fatty meats, coconut milk and oils, palm oil</td>
<td>Raises LDL</td>
</tr>
<tr>
<td>Trans</td>
<td>Many margarines, vegetable shortening, partially hydrogenated vegetable oil, commercially fried and baked foods, many fast foods</td>
<td>Raises LDL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lowers HDL</td>
</tr>
</tbody>
</table>
Monounsaturated Fats (MUFA)
(Mediterranean Diet)

Olives – olive oil – almonds – seeds – avocados – most nuts

- Anti-Inflammatory effect
- Heart Health
- Reduces the Risk of Chronic Diseases
Polyunsaturated Fats

Omega-3 Fatty Acids

• DHA (docosahexaenoic acid) – Brain Food

• EPA (eicosapentaenoic acid) – anti-cancer, anti-inflammatory, and anti-hypertensive

• ALA (alpha-linolenic acid) – The body uses ALA to make EPA and DHA
Polyunsaturated Fats

sesame – grape seed – sunflower – walnut – safflower

• **Unrefined Omega-6** (in small doses)
  Natural vegetable oils that have not been chemically processed.

• **Refined Omega-6**
  Mass-marketed oils are usually chemically extracted from seeds using Hexane (a petroleum product)
Saturated Fats

dairy – meats – coconut milk and oils

A Big Fat Mistake?

New research has weakened the perceived link between saturated fat and heart disease. Many experts now agree that refined carbohydrates (sugar!) pose a much greater danger.
Ugly Fats

Hydrogenated Oils or Trans Fats

• Man-made – Fake Fats -- TOXIC

• Disrupts the human metabolism
More Fat Considerations
Choosing the Right Oil for the Job

• Smoke point
• Avoid High Temperature Frying (Especially the Monounsaturated and Polyunsaturated fats)
• Storage and Shelf Life
Did You Ever See a Fat Cheetah?

Lean Protein
Bones, muscles, ligaments, cells, hormones, immune messengers....
Are all made of Protein
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?
Questions?