Eat Your Medicine
Part III

2014 Wellness Warrior Series

Sponsored by:

Presented by: Debbie Cavender, R.D.
STRATEGIC WELLNESS, LLC
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? What about vitamins and minerals? Do I need to supplement and how do I decide the right supplementation program for me?
What is Health?
Important Elements to Consider

- Boost Nutrition
- Improve Digestion
- Detoxify
- Regulate Hormones
- Move!
Magnificent Seven
Eat – Drink – Swallow

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

Strategic Wellness, LLC
Are You Obtaining the Proper Digestive Enzymes?

- Enzymes aid nutrient digestion and body absorption
- Raw food contains its own enzymes
- The ability to completely and safely digest food gradually wanes with age
- The right enzyme can mitigate the embarrassing, uncomfortable, and occasionally dangerous consequences of incomplete food digestion
## Enzyme Guide

<table>
<thead>
<tr>
<th>ENZYME</th>
<th>WHAT IT DIGESTS</th>
<th>Notes</th>
<th>SOURCES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bromelain</td>
<td>Proteins</td>
<td>Take after meal</td>
<td>Pineapple, supplements</td>
</tr>
<tr>
<td>Cellulase</td>
<td>Fiber</td>
<td>Can’t be produced by the body</td>
<td>Raw foods, supplements</td>
</tr>
<tr>
<td>Invertase</td>
<td>Carbohydrates</td>
<td>Anti-oxidant/bacterial</td>
<td>Honey, asparagus, supplements</td>
</tr>
<tr>
<td>Lactase</td>
<td>Lactose (milk sugar)</td>
<td>Taken with dairy</td>
<td>Fortified dairy products, supplements</td>
</tr>
<tr>
<td>Lipase</td>
<td>Fats</td>
<td>Digestive aid</td>
<td>supplements</td>
</tr>
<tr>
<td>Pancreatin</td>
<td>Protein/Fats/Carbs</td>
<td>Of interest in cancer research -</td>
<td>Supplements</td>
</tr>
<tr>
<td>Papain</td>
<td>Protein/Fats/Carbs</td>
<td>Also used topically – sores and ulcers</td>
<td>Papaya, supplements</td>
</tr>
<tr>
<td>Trypsin</td>
<td>Protein</td>
<td>Useful w/ bromelain for Osteoarthritis</td>
<td>supplements</td>
</tr>
</tbody>
</table>
Probiotics
The Body’s Beneficial Bugs

Signs of Micro-Mutiny

- Bloating
- Constipation
- Diarrhea
- Fatigue
- Gas
- Bad breath
- Acne
- Autoimmune disease
- Yeast infections
Probiotics

How to: Buy-Store-Consum e

• Seek out fermented foods
• Store in glass jars or ceramic containers
• Chill for longevity
• Analyze your food and supplement choices
• Buy the best probiotic supplement you can afford
• Increase your fiber intake
• Minimize your exposure to environmental toxins, medications and alcohol
• Eat less junk
Probiotic and Prebiotic Rich Food

Probiotic

• Dairy (Yogurt, kefir, aged cheeses)
• Fruit & Vegetables (brined pickles and olives, sauerkraut)
• Soybean (miso, tempeh, tamari)
• Traditional sourdough breads
• kombucha

Prebiotic

• Veggies (tomatoes, artichokes, onions, greens, garlic, leeks)
• Berries and Bananas
• Whole grains (oatmeal, barley, flaxseed)
• Legumes (lentils and beans)
Probiotics

The Two Most Common Classes of Good Bacteria
*Lactobacillus* and *Bifidobacterium*

These two classes (80 recognized species) are proven to:

- Prevent or treat diarrhea
- Shorten the length of antibiotic-associated diarrhea
- Prevent or treat eczema linked to cow’s milk allergy
- Lower odds and shorten bouts of bacterial vaginosis
- Treat symptoms of irritable bowel syndrome
- Relieve symptoms of lactose intolerance
You Can Get all the **Vitamins and Minerals** You Need From Food..... Hmmmmmm?

Considerations:
- Individuals have unique and individual needs
- Changed farming practices
- Lack of organic matter in the soil
- Modern foods have been genetically altered
- Foods have been stored for prolonged periods before and during transportation
- Varying medications and over-the-counter remedies interfere with nutrient absorption
- The more you eat, the more vitamins you need
Essential Factors in Quality Vitamin and Mineral Supplements

- Binders
- Additives and Coloring
- Preservatives
- NSF International
- United States Pharmacopeia (USP)
- GMP (good manufacturing practices)
Vitamins and Minerals

New Trends:
- Neurological
- Cardiovascular system
- Vision
- Digestion
- Inflammation
- Anti-Oxidants

Liquid Nutrients:
- Multivitamin/Mineral
- Drinkable Omega-3
- Coconut Water
- Super fruits
- Green Drinks
Get to Know Your Own Body

A majority of my clients fall into one or more of these categories:

- Weight gain and/or Inability to lose weight
- Tired..... All the Time
- Digestive Challenges
- Stress
Finding the Source of Weight Gain.....

“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

- Eat Less + Exercise More
- Stay Hydrated
- The Fiber Factor
- Food Sensitivities and Allergies
- Yeast infections
- Hormonal Challenges
- Sleep deprivation
- Stress
Suggested Supplementation For Weight Loss

- **B Vitamins** – metabolize carbs and proteins
- **Coenzyme Q10 (CoQ10)** - metabolic stimulant
- **Digestive Enzymes** – aids in nutrient uptake and helps suppress appetite
- **Essential Fatty Acids** – turns on receptors that are critical in controlling insulin sensitivity, fat burning, and anti-inflammatory
- **Chromium** – to regulate blood sugar
- **Chickweed (tea)** – helps break down fat
- **Kelp** – supports the thyroid gland
- **Fiber (psyllium husks)** with a lot of water
Avoid the Afternoon Energy Slump

- Reduce your intake of sugar, caffeine and dairy foods at lunch and opt instead for brown rice, legumes, and yams.
- Snack on sunflower seeds - packed with **essential fatty acids** which are involved in energy production and energy transfer.
- Take **B Vitamins** at lunch time
- Drink herbal tea using ginseng or astragalus for an afternoon lift, a natural source of **B Vitamins**.
- Broccoli is a good source of **CoQ10**, a critical nutrient for energy production at a cellular level.
- Sea vegetables, or sea weeds, are the highest digestible source of all minerals as well as energy-boosting **vitamins B and C**.
Digestion is the Key... Without the digestive system completely “on line” all other systems are doomed to break down.

Dr. Theodore A. Baroody

Strategic Wellness, LLC
Digestive Challenges

STEP 1: Identify and Eliminate the Cause(s)
- Causes vary from person to person – what affects one individual may not bother another – keeping a food log – tracking signs and symptoms

STEP 2: Bitters to Stimulate the Stomach
- natural safe approach to stimulating the stomach to work on its own – Barberry Bark, Caraway, Dandelion, Fennel, Gentian root, Ginger, Clove artichoke, Goldenseal root, Hops flowers, Milk Thistle, Peppermint, Wormwood, Yellow dock

STEP 3: Vinegar or Lemon Juice
- 1 to 2 Tbls of cider vinegar or lemon juice in as little water as possible during the early art of a meal

STEP 4: Digestive Enzymes
- Comprehensive “plant enzymes” taken with meals may help relieve indigestion but it is important to understand that by relieving symptoms due to the lack of acid by taking alkalizing enzymes is not “fixing” the problem of restoring normal digestive function.
**STRESS**

### Foods That Stress
- Caffeine
- Alcohol
- Sweets
- Salty Foods
- Fatty foods
- Cow’s milk/Dairy products
- Refined and processed foods
- Processed vegetable oils (margarines)
- Additives, preservatives, and other chemicals

### Foods That De-Stress
- Celery
- Seeds (sunflower/sesame)
- Brown Rice
- Algae
- Cabbage
- Almonds
- Berries
- Cucumbers
- Asparagus
- Garlic
- Avocados
Suggested Supplementation To Help You Cope

**Herbals and Teas for Tension**

- Chamomile, lemon balm, Valerian, and Passionflower Teas
- Siberian Ginseng or Panax ginseng*
- Licorice root
- Rhodiola
- Astragalus

* Do not use extracts of ginseng if you have high blood pressure

**Vitamins and Minerals**

- Vitamin C
- Calcium and Magnesium
- Vitamin B Complex
- Antioxidant Supplement
Questions?