

The 5 Secrets to Better Nutrition and Better Health



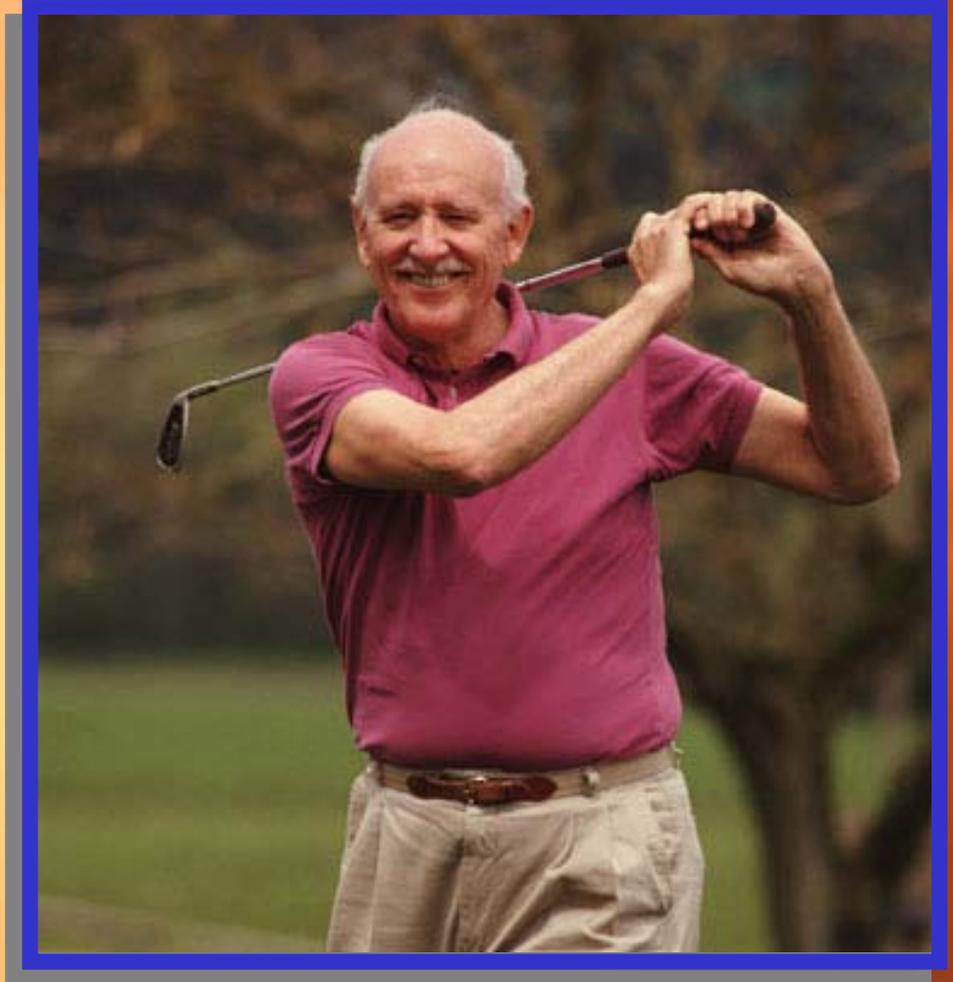
**Would you
rather be
healthy
or just not
sick?**



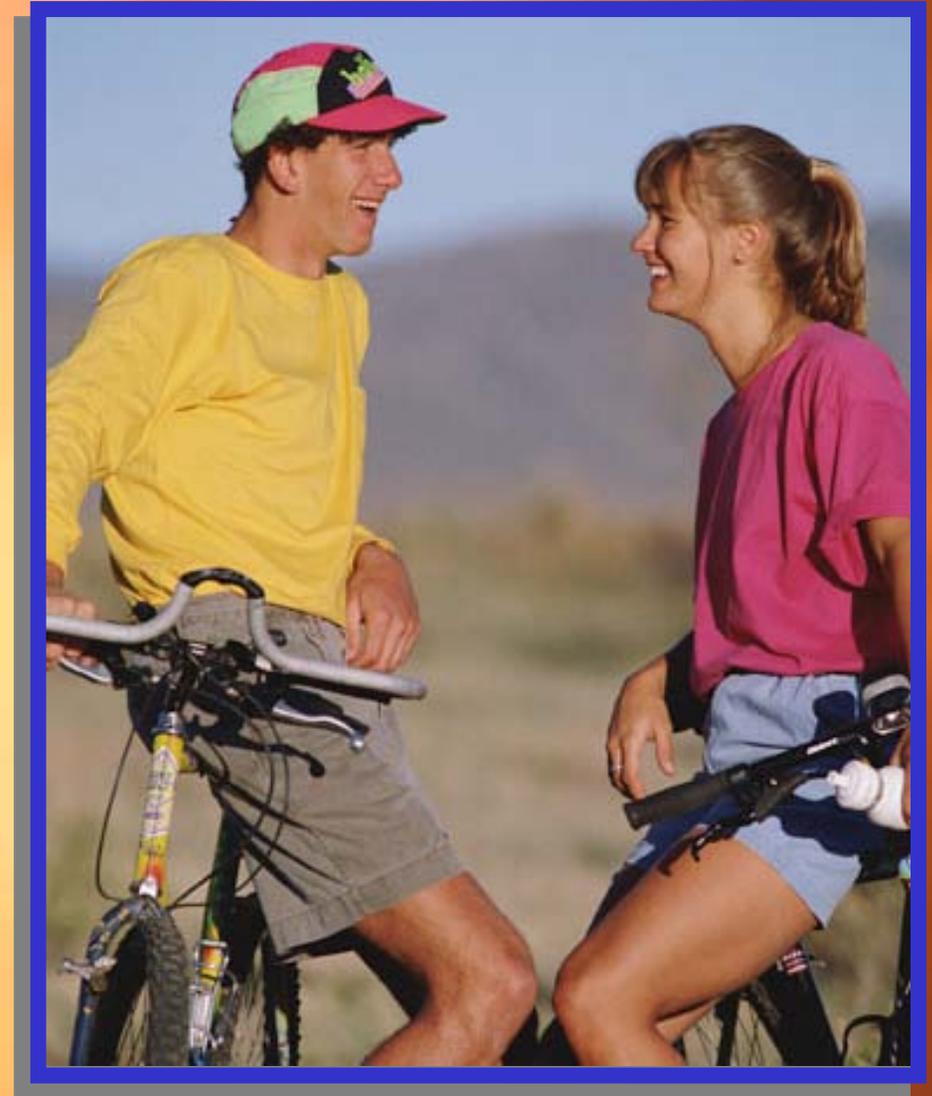
**Health is not
simply being
symptom free.**



**Health is
functioning at
100% of your
full potential.**



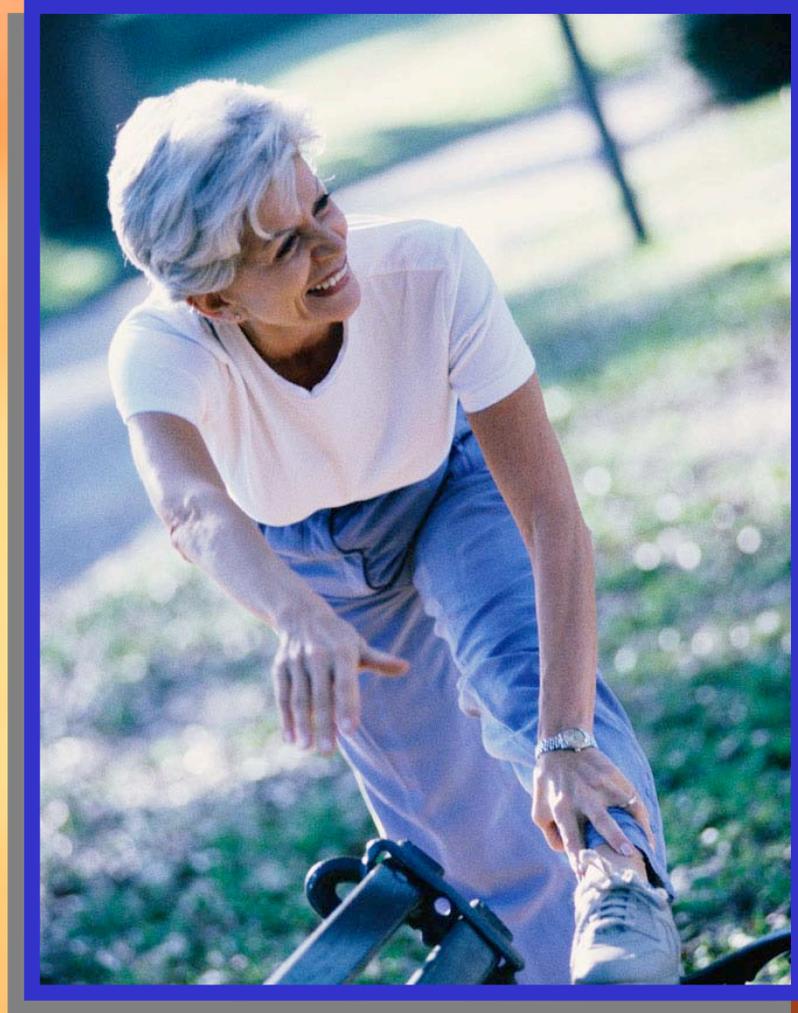
**Today, we will
review some
of the tools to
help you
reach your
full potential.**



**Are you
healthier now
than you were
5 years ago?**



**In 5 years,
will you be
healthier than
you are
today?**



You can become healthier by using the
Secrets of Nutrition



SECRET # 1:

Stop Dieting!



**A breakthrough study by
Dr. P. Webb, published in
the *American Journal of
Clinical Nutrition*, revealed
that calorie intake alone
was *not sufficient to predict
weight loss.***

Source: Sugar Busters, H.L. Steward, M.C. Bethea, M.D., S.S. Andrews, M.D., L.A. Balart, M.D., Ballantine Books, 1998, pp. 29, 255.

Most people believe that you lose weight by cutting calories or fat, eating only one meal a day, or only certain foods, or by starving yourself.



Research findings published by Leibel, Rosenbaum, and Hirsch showed that the reason these diets do not lead to permanent weight loss is because *the body adjusts its energy requirements as it loses weight.*

**This results in a
resistance to maintaining
weight loss, even with a
low calorie
intake.**



The secret to weight loss and good nutrition is not dieting!

**The secret is in your metabolism,
or how your body converts food
into energy or fat.**

**Metabolism is dependent upon the
amount of muscle you have and the
balance of your hormones.**

Since metabolism occurs primarily in muscle tissue, the more muscle mass that you have, the greater chance you have of increasing your metabolism.



Women have a 10% slower metabolism than men, and that is why they have more of a problem with weight gain.



Source: WebMD December, 2008

Your ability to gain or lose weight, to have energy or be fatigued and to be healthier, is also dependent on the hormones secreted by your pancreas and thyroid.

Thyroid hormones speed up or slow down the conversion of sugar to energy in order to keep your body temperature at 98.6 degrees.

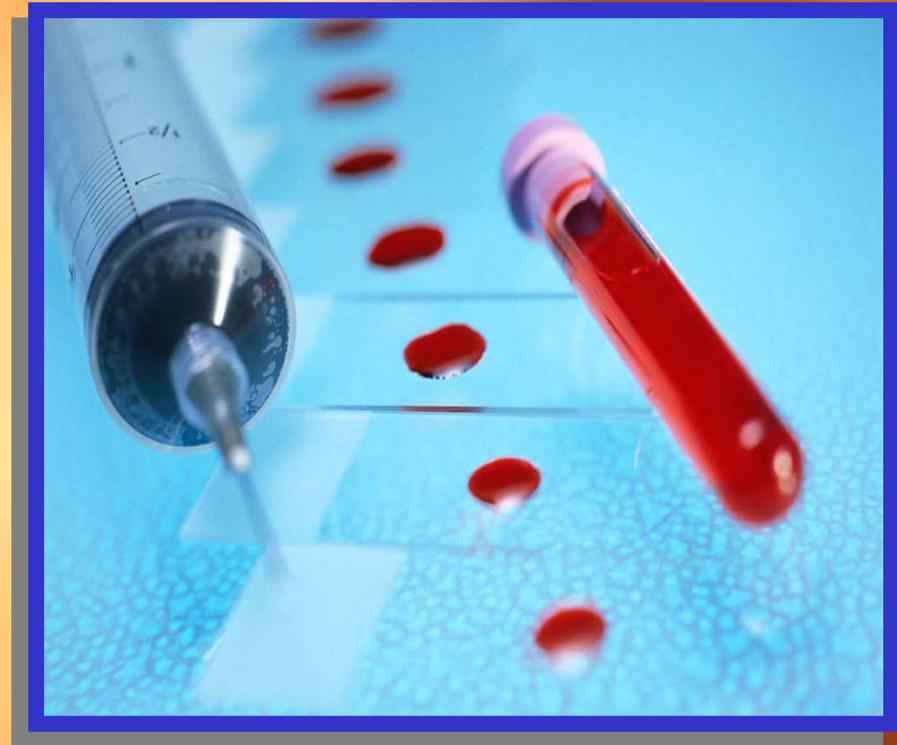


**People with
slow thyroids
have trouble
losing weight,
get cold easily,
and are
fatigued.**



Thyroid problems may not always show up in blood tests

There is considerable evidence that blood tests fail to detect many cases of underactive thyroid (hypothyroidism). It appears that "tissue resistance" to thyroid hormone is common. Therefore, the body may need more thyroid hormone, even though the amount in the blood is normal (or even on the high side of normal).



Basal Temperature Test

A simple test for thyroid function is to take your temperature at the arm pit for two minutes upon awakening 4 mornings in a row

*It should be
97.6 degrees or
higher.*

Tired of Being Tired. Micheal A Shmidt, MD



The second group of hormones most related to metabolism are those secreted by the pancreas (pancreatic Endocrine Hormones)

One is *insulin*, which either takes the sugar from the blood stream and puts it into the cells, or stores it as fat resulting in weight gain.

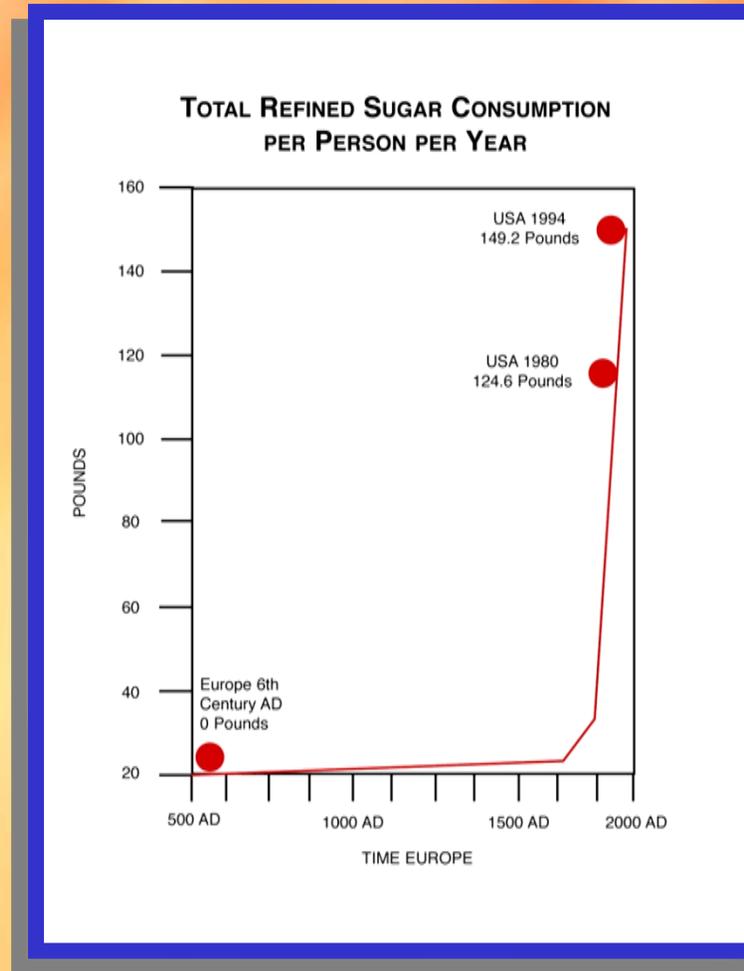
The other is *glucagon*, which takes fat from the body and breaks it down to be used for energy which results in weight loss.

**Our early
ancestors
consumed less
sugar in a year
than we now
consume in a
day.**



Source: Sugar Busters, H.L. Steward, M.C. Bethea, M.D., S.S. Andrews, M.D., L.A. Balart, M.D., Ballantine Books, 1998, p.19; U.S. Department of Agriculture.

SUGAR INTAKE CHART



Source: Sugar Busters, H.L. Steward, M.C. Bethea, M.D., S.S. Andrews, M.D., L.A. Balart, M.D., Ballantine Books, 1998, p.19; U.S. Department of Agriculture.

Sugar Consumption Habits of the Average American

- **638 cans of soda per year for people ages 12-29**
- **200 Sticks of gum**
- **22 pounds of candy**
- **63 dozen donuts**
- **60 pounds of cake and cookies**
- **23 gallons of ice cream**
- **Tired of Being Tired. Micheal A Shmidt, MD.**

Because of the large amounts of sugars we consume, the pancreas produces more and more insulin.

Remember, insulin is the key that opens the doors to cells, allowing sugar to move from the bloodstream to the cells to be used as energy.

At some point, the cells close their doors and stop allowing insulin to do its job.

***Insulin Resistance* occurs when the normal amount of insulin secreted by the pancreas is not able to unlock the doors to the cells.**

**As a result,
insulin builds
up in the
blood, and this
can lead to
*Type II
Diabetes.***



Recent studies have found that some 57 million Americans may suffer from the condition “*Pre-Diabetes.*” This condition of high blood sugar levels is the precursor to Type II Diabetes.

**Even a minor elevation
in the level of insulin in
the blood will block
glucagon from breaking
down fat.**

Source: Sugar Busters, H.L. Steward, M.C. Bethea, M.D., S.S. Andrews, M.D., L.A. Balart, M.D., Ballantine Books, 1998.

Diets won't work if fat can't break down due to elevated insulin levels.



Ideally, you should eat many small meals a day made up of foods that will nourish your body and help maintain and control your insulin and glucagon levels.



Source: Enter the Zone, Barry Sears, Ph.D., Regab Books, 1995, p. 52.

- **SECRET # 2:**
- **Consume only those things that are healthy for your body!**



**Try Shopping Only the
Perimeter of your Grocery
Store!**

A balanced diet consists of 3 constituents:

Protein→20-30% of daily caloric intake

Fat→20-30% of daily caloric intake

Carbohydrates→50-60% of daily caloric intake

Protein

Eating good quality, lean protein, especially at breakfast, helps maintain healthy sugar levels, thus creating a steady supply of energy. This avoids the highs and lows of blood sugar created from meals high in carbs, without protein to balance it out.

A high protein meal decreases insulin and increases glucagon levels, thus reducing stored fat and also helping with weight loss.



Source: Sugar Busters, H.L. Steward, M.C. Bethea, M.D., S.S. Andrews, M.D., L.A. Balart, M.D., Ballantine Books, 1998, p. 116.

Examples of Good, Lean Proteins

- **Nuts**
- **Seeds**
- **Legumes (beans)**
- **Fermented soy** (miso, tempeh) offer more anti-oxidants than non fermented(soy beans, tofu, soy milk)
- **Eggs** (free range, hormone free chickens produce 1/3 the amount of cholesterol and 3x the omega 3 fatty acids in their eggs)
- **Organic, grass fed beef** (1-2x per week)
- **Free range, hormone free turkey or chicken** (not fried, skin removed)
- **Lamb**
- **Wild Game** (buffalo, elk, venison)
- **Wild caught fish** (salmon, sardines, mackerel, herring, tilapia-3x per week, tuna 1-2x per month, not at all if pregnant or lactating)

FAT

- **For good health, you should avoid bad fats, but not all fats.**

3 Different types of fat

Saturated

Monounsaturated

Polyunsaturated

Saturated Fats

- **Solid at room temperature.**
- **Needed to provide cholesterol (the precursor to hormones)**
- **Found in butter, coconut oil, red meat, and processed food.**
- **coconut oil is fairly stable at higher temperatures, making it an excellent choice for high heat cooking. It is easier for the body to metabolize than other saturated fats and has been shown to improve cholesterol levels)**

Monounsaturated Fats

Often called the good fat

Found in oils that are liquid at room temperature ex: olive oil

Polyunsaturated Fats

Made up of the omega fatty acids (Omega 3 & Omega 6...essential fatty acids)

Signs of Omega 3 fatty acid deficiency include allergies, inflammatory conditions, dry hair and skin, brittle nails, eczema and other skin conditions.

Balanced intake of EFA's promote healthy mood, better brain function and memory, nerve conduction, healthier lipid profiles, healthy skin, proper immune function, and are anti-atherosclerotic.

Omega 3 EFA's: cold water fish, flax seeds, some nuts, seeds and legumes

Omega 6 EFA's: borage oil, evening primrose oil

Beware hydrogenated oils...

- **Hydrogenated oils are manufactured to make liquid oils, solids at room temperature. This gives baked goods and processed foods a longer shelf life.**
- **The body has a hard time recognizing, breaking down, or using hydrogenated fats.**
- **In 1977, the World Health Organization released an alert to all countries stating that the continued use of hydrogenated oils would have detrimental effects in the future.**
- *Donald Yance in herbal medicine, healing, and Cancer*

Hydrogenated oils→Trans Fatty Acids

- A trans-fatty acid is created during the process of hydrogenating some oils. The human body cannot recognize or break down the trans-fats.
- Trans fats have the ability to replace healthy fats in our cell membranes, which changes body systems.
- There has been a documented increase in cancer, cardiovascular disease, and auto immune diseases since the development and widespread use of hydrogenated oils in processed food,

Therefore, in order to be healthier, you should avoid bad fats, but not all fats. Avoid trans-fatty acids, hydrogenated and oxidized fats found in deep fried foods, low fat/fat free half-and-half, imitation mayonnaise, imitation sour cream, shortening, margarine, and non-dairy creamers.

Remember, processed foods and fast foods use hydrogenated oils.

**According to Walter Willet, M.D., of the
Harvard School of Public Health:
*“Eating trans-fatty acids, particularly
margarine, kills from 30,000 to 100,000
every year from heart disease.”***

Source: Willett WC, Ascherio A., Trans Fatty Acids and Coronary Heart Disease: Are the effects only marginal? Am

Carbohydrates

- **Carbohydrates are foods that your body breaks down into sugar.**
- **Made up of simple and complex carbohydrates**



- **For optimal health, consume mostly complex carbohydrates that are unprocessed, unrefined and as close to the natural state as possible.**
- **The body has to work harder and longer to break complex carbs down...slower, more gradual conversion to sugar**

Complex VS. Simple Carbs

- **Fresh vegetables**
- **Oats**
- **Rye**
- **Whole Wheat**
- **Millet**
- **Quinoa (complete protein)**
- **Bulgur**
- **Barley**
- **Brown rice**
- **Sweet potatoes**
- **Yams(also high in boron)**
- **Winter Squash**
- **Beans and legumes (complete protein when combined)**
- **Dark leafy veggies**
- **Sugars**
- **Fruits**
- **White flour**
- **Pastries**
- **Cookies**
- **Soda(excretion of calcium & retention of phosphoric acid...young dancer study)**
- **White rice**
- **Cereals**
- **White bread**
- **White potatoes**

- **Simple carbs raise blood sugar levels quickly and therefore can lead to obesity, diabetes and higher cholesterol (rapid insulin release affects cholesterol synthesis)**

White flour, white rice, and white sugar are highly processed, and contain no vitamins or minerals.

The disease Beriberi is caused by lack of vitamin B1. It only became common in the Japanese population after they began to eat white rice.

Brown rice and whole wheat contain the natural vitamins and minerals found in nature.

Secret # 3

Drink Filtered Water!

The recommended amount of water that you should consume in a day can be determined by taking your weight and dividing it in half.

This is the number of ounces of water that you should be drinking on a daily basis.

Caffeine and Alcohol...basic calculation...



In a study published in *Environmental Science and Technology*, such drugs as antibiotics, hormones, strong pain killers, tranquilizers, and chemotherapy drugs have been measured in surface, ground, and tap water.

The U.S. water supply has 10 times the antibiotics as the German water supply.

Source: USA Today Health, November 8, 2000, www.usatoday.com; Environmental Research Foundation, #614 “Drugs in Tap Water, September 3, 1998”, www.rachel.org.

**Americans take more medications
than any other nation in the world.**

**Americans spend more money on
health care than any of the 29 major
industrial countries**

**Yet, we rank near the bottom for
quality of health.**

SECRET # 4:

**Avoid
Unnecessary
Drugs!**

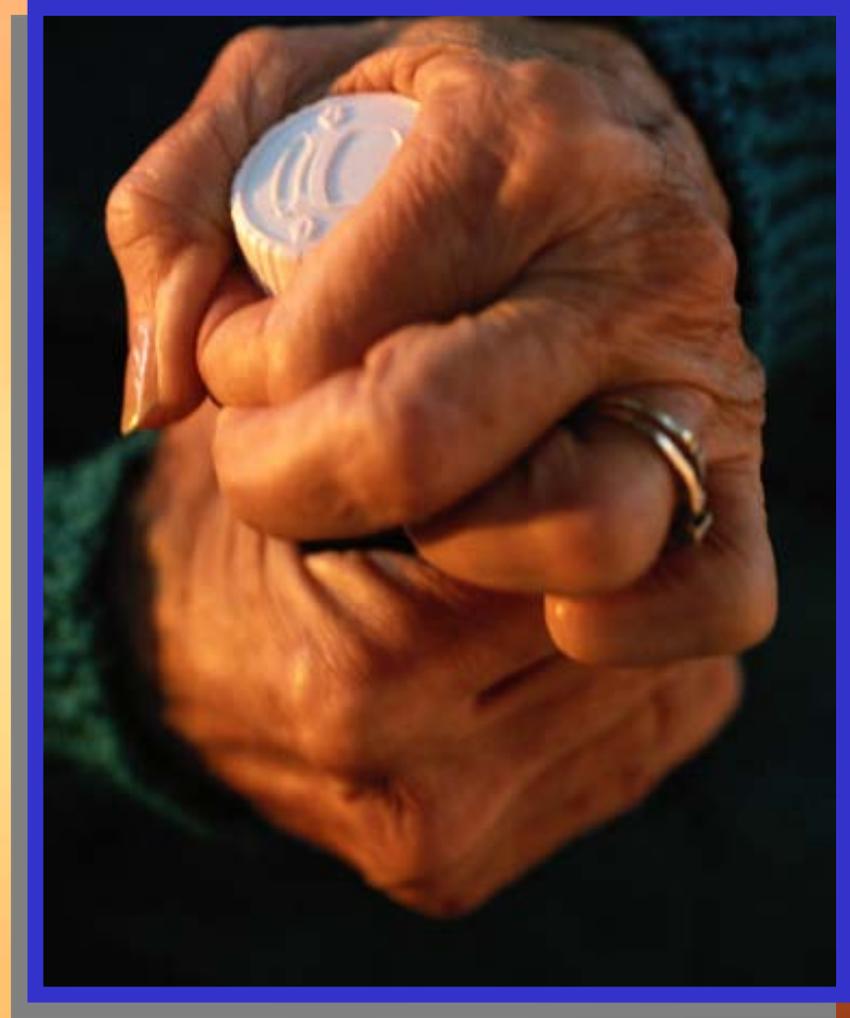


All Drugs, including over the counter and prescription medications are man made in a laboratory, entirely from chemicals.

If the logic of good nutrition is to supply the body with natural foods that contain few chemicals and are not chemically altered...that the fewer chemical we ingest, the better we will function.

Is it not counterproductive to ingest chemicals in the form of medications as a means to better health???

All medications have side effects, but some of the most damaging are those for pain.



All-American defensive back, Kenny Easley, was permanently side-lined from his potential pro football career after taking Ibuprofen for an ankle injury that led to the destruction of his kidneys. Dr. William Bennett, of the Oregon Health Sciences University, estimates that drugs like Ibuprofen are responsible for as much as 20% of all end-stage kidney disease cases in the U.S.

The common over-the-counter drug acetaminophen, found in Tylenol® and many other pain reducing medications, can have disastrous effects on the liver.



Source: UMHS News Release, June 18, 2001, www.med.umich.edu; UC Davis Health System, “Painkillers and Liver Damage”, 2000, UC Regents.

Doctors have known for years that chronic pain sufferers who regularly take NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) like Ibuprofen to ease their symptoms are prone to gastric disorders.

“There’s an epidemic of adverse drug reactions to NSAIDs,” says Dr. James F. Fries, one of the country’s leading arthritis experts and a professor of medicine at Stanford University School of Medicine.

“The FDA believes anywhere from 10,000 to 20,000 deaths each year are the result of severe bleeding caused by NSAIDs. It’s a big problem.”

Since metabolism and the conversion of food to energy are dependent on a properly functioning body, one should try to avoid the consumption of unnecessary drugs.



The primary barrier to avoiding drugs is pain. Since pain and stress have a negative affect on one's ability to have better health, one must address these issues as part of the comprehensive program.

Secret #5
**Get Out of
Pain!**



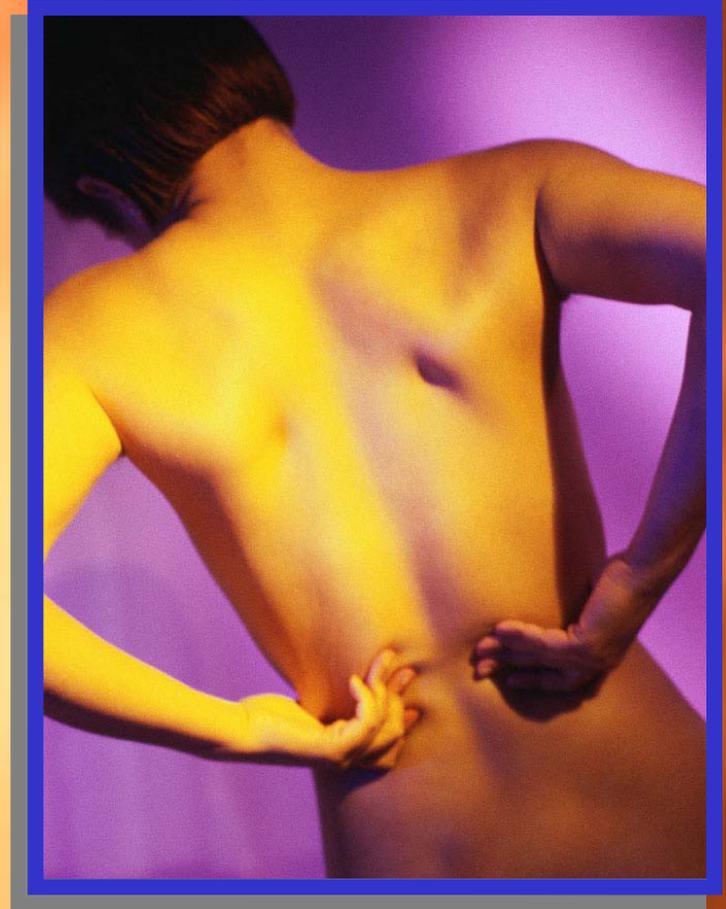
**The cost to
treat chronic
pain in the U.S.
is estimated at
\$470 billion a
year.**



**Pain makes one
feel old.
Pain makes one
not want to move.
Pain makes one
take unnecessary
drugs.**



**The primary
cause of
pain is
physical
damage to
muscles and
nerves.**



Chiropractic

- Reduces interference to the nervous system. This enables for reduced inflammation, better whole body function, fewer symptoms.

Physical damage to nerves and muscles leads to Inflammation

- Inflammation causes pain**
- Inflammation in the body can be reduced with chiropractic care and by avoiding the pro inflammatory foods.**

Inflammatory Foods

- **Sugar**
 - **White Flour**
 - **Hydrogenated oils**
 - **Eggplant**
 - **White Potatoes**
 - **Paprika**
 - **Processed foods**
 - **Peppers**
 - **Tomatoes**
- **note: the bromelain, found in fresh pineapple, has wonderful anti-inflammatory properties. Great to remember when healing from an acute injury**

The Health Triad

There are 3 ways the body can get sick or be kept from healing:

- 1. Physical Stress**
- 2. Emotional Stress**
- 3. Chemical Stress**

Addressing all 3 of these will lead to better function AND Better health.

Nutrition is a great place to Start.

Purpose

