**Pamela Smith, RDN presents:**

**GKDS January 6, 2017**

***Forever Young: Eat Well, Live Well, Age Well***

**Morning Session:**

**Building a Healthier You!
*An Insider’s Guide to Living Better Longer***

**Stop the Clock Destination**

* **Identify Where You Want to Live Life**
* **GPS your Current Location**
	+ **Assess how you feel**
	+ **Know your numbers**
	+ **Learn your genetics**
	+ **Listen to your Gut – and grow together**
* **Choose Your Best Route to Get From Here to There**

**Living Well Checklist**

* **Falling into Fatigue Ditches? Craving Sweets?**
* **Wake up tired, go to bed tired?**
* **Brain Fogging? Irritable and Edgy?**
* **Gaining Weight?** **Trouble Losing it? Sofa Spud?**
* **Picking up bugs?**
* **Depressed or Moody?** **No enthusiasm?** **Burned out?**

**Living Well**

* **High and Stabilized Energy**
* **Positive Mood and Attitude**
* **Stress Resiliency**
* **Optimized Memory and Maximized Brain Power**
* **Magnified Creativity and Heightened Concentration**
* **Endless enthusiasm**

**Know Your Numbers:**

* **Blood Pressure:**  **<120/80? < 139/89? >140/90?**
* **BMI: >26? >30? >40?**
* **Cholesterol Profile: LDL >100? HDL <50? Trigs >100?**
* **Blood Glucose and HbA1c: Fasting Glucose > 99? > 126? HbA1c > 6.5?**
* **Vitamin D 25 Hydroxy Levels > 20? >40?**
* **HS-CRP: >1.0? >3.0?**

**America’s Illness Care System**

* **Last year, $2.1 trillion was spent on medical care, or 16.5% of the GNP.**
* **95 cents of every dollar was spent to treat disease *after* it had already occurred. At least 75% of these costs were spent on treating chronic diseases, such as heart disease and diabetes, which are preventable or even reversible.**

**US Surgeon General’s “State of the Union”**

* **Dietary choices are a factor in 2/3 of all deaths in the U.S.**
* **75% of cardiovascular disease, 60% of women’s cancers and 40% of men’s cancers are directly related to nutrition and diet.**
* **The best medicine for preventing disease: *Eating Well and Exercise!***

**Obesity Crisis:**

* **66% of population are overweight/obese**
* **Obesity defined as a BMI over 30 (A measure of an adult’s weight in relation to his or her height, specifically the adult’s weight in kilograms divided by the square of his or her height in meters)**
* **On average, Americans gained 8 lbs. over last 10 years.**
* **Overweight reduces life expectancy and overall wellness more than smoking!!!**
* **Health Costs: 100 billion.**

**Wellness Vandalizers: The American “Weigh”**

* **Going Long Hours Without Eating**
* **Overeating/Junk Diets**
* **Little or No Exercise**
* **Too Little Rest**
* **Poor Hydration**
* **Unprocessed Stress**
* **All *Do-ing*, Little *Be-ing: use sugar & caffeine to “get us through”***
* **Constant Dieting**

**The Okinawan Story**

* **Longest *Disability-Free* Life Expectancy in the World**
* **34 out of 100,000 live to be 100 or older, contrasted to 10 in 100K Americans.**
* **Elder Okinawans have the lowest rates of Heart Disease, Obesity, Dementia, Breast and Prostate Cancers of any other country.**

**The Mediterranean Story**

* **Lyon Heart Study evaluated health impact of traditional Mediterranean diet.**
* **After only four years, Mediterranean diet followers rate of coronary events was reduced by 73% -- total deaths were reduced by 70%**
* **2006 study of 22,000 Greek adults: traditional diet followers had a significantly lower total death rate, fewer deaths from heart disease, all cancers & dementia**

**Centenarian Secrets**

* **Lifestyle, Lifestyle, Lifestyle…**
* **Although Genetics (unchangeable) contribute to longevity, lifestyle factors (changeable!) can determine how WELL people age and prevent premature aging.**
* **Most vivid difference: *How* and *What* They Eat…**

**The Okinawan Diet DAILY:**

* **7+ servings of vegetables and 2-4 servings of fruit**
* **7+ servings whole grains**
* **2+ servings of soy foods**
* **Several cups of Green Tea**
* **Average of two alcoholic drinks**
* **Low to no sweets**
* **AT LEAST THREE TIMES A WEEK:** **Fish rich in omega-3 fatty acids**

**The Mediterranean Diet**

* **Abundance of plant foods (fruits, vegetables, whole grains, nuts and legumes), which are *minimally processed, seasonally fresh and grown locally…***
* **HIGH in beneficial fats (30-45% of calories); Olive oil top fat source; LOW in detrimental fats**
* **Fish and poultry consumed in low to moderate amounts; Red meat in small amounts**
* **Cheese and yogurt consumed daily in low to moderate amounts**
* **Fresh fruit typical daily dessert; sweets containing sugars/honey 2 times/week.**
* **Wine consumed with meals -- generally EVERY meal ☺**
* **Dining is a savoring experience – at every meal – love food and love to eat it.**

**“Aging”**

* **Chronological Age – How long have you lived**
* **Biological Age – How old is your body (“Real Age”)**

**Major Agers**

* **The real culprits of the decline of aging aren't the SYMPTOMS; it’s the biological mechanisms that cause them in the first place.**

**Learn your Genetics**

* **Genes are key in determining how you age -- and what conditions and diseases you're most vulnerable to getting. You can’t control them, but you can impact their expression.**
* **Heredity is vital – but not destiny**

**Listen to your Gut aka your Second Genome**

* **To the extent that we are bearers of genetic information, more than 99 percent of it is microbial**

**Your Second Genome**

* **This “second genome,” exerts an influence on our health as great and possibly even greater than the genes we inherit from our parents.**
* **BUT… while your inherited genes are more or less fixed, it may be possible to reshape, even cultivate, your second genome.**

**Top Ten Major Agers**

**1. Bad Genes and Short Telomeres**

**2. Chronic Inflammation**

**3. Oxidation and Inefficient Mitochondria
4. Declining Defenses
5. Toxins
6. Neurotransmitter Imbalance
7. Hormones Gone Haywire**

**8. Not Enough Nitric Oxide**

**9. UV Radiation**

**10. Disuse Atrophy**

**Major Ager: Oxidation & Inefficient Mitochondria**

* **When mitochondria -- the parts of your cells that turn food into energy -- do their job, they produce oxygen-free radicals that cause dangerous inflammation.**

**“Radical “Aging**

* **The buildup of free radicals contributes to the aging process and to the development of a number of age-related chronic inflammatory diseases**
* **In addition, the older we get, the more *free radicals* are released. Free radicals destroy inflamed tissue through oxidation.**
* **Free radicals stimulate inflammation; perpetuate the inflammatory cycle.**

**Winning the War against INFLAMMATION**

***Chronic Inflammation contributes to illnesses that are chronic, costly and corrode our quality of life:***

* **Cancer: If a healthy cell’s DNA is damaged by free radicals, it may mutate -- setting the stage for a cancerous tumor or proliferation.**
* **Insulin Resistance, Heart disease and High blood pressure**
* **Alzheimer's and Premature Aging**
* **Arthritis**
* ***Periodontal Disease***

**Inflammation at Work**

* **It’s your natural defense against disease-causing microbes -- your body's way of fighting infection, and it's a lifesaver.**
* **Once healing begins, inflammation ceases -- the body resumes normal functioning.**
* **But the immune response (Your Personal Border Patrol) sometimes doesn't shut down, and inflammation becomes chronic.**

**Aging and the Inflammatory Cycle**

* **The aging body is less able to turn off the immune response – in addition to age related increases in Free Radical production**
* **Free radicals stimulate inflammation and perpetuate the inflammatory cycle.**

**Periodontal Disease: The Chicken or the Egg? …or Another Cycle?**

**Inflammation may contribute to periodontal disease risk and progression:**

* **Tissue is more susceptible to attack**

**…OR…Periodontal disease may contribute to inflammation and disease progression:**

* **Oral bacterial components enter the bloodstream triggering the liver to make C-reactive proteins.**

**How do you know if you have chronic inflammation?**

* **“Biomarkers" in the blood are biological signs indicating the presence of inflammation and suggest increased disease risk.**
* **One of the most well known is C-reactive protein (hs-CRP), which correlates with heart attack risk. Concerning when over 1.0; High when over 3.0**

**Causes of Inflammation *Is it Genetic or Environmental?***

**Inflammatory biomarkers increase with:**

* **Periodontal Disease and High blood pressure**
* **Smoking**
* **Excess body fat OR Chronic dieting**
* **Sleep deprivation**
* **Sedentary lifestyle**
* **Unprocessed Stress**
* **Inflammatory Eating**

**Inflammatory Eating**

* **Sporadic Eating/Nutrient Overload**
* **Excess Saturated Animal Fat**
* **Overloads of omega-6 vegetable oils**
* **Foods virtually unrecognizable to the Human Body:**
* **High Fructose Corn Syrup**
* **Synthesized Chemicals**
* **Hydrogenated Fats/TRANS FAT!!!**

**Wellness Busting Inflammatory Fats:**

* **Saturated Animal Fat**
* **Solid at room temperature**
* **Primarily found in animal fats – also in coconut and palm oil**
* **Negative effects on heart health**

**Wellness Busting Inflammatory Fats:**

* **Hydrogenated vegetables oils and Trans Fatty Acids**
* **Altered form of unsaturated fat (hydrogen added)**
* **Associated with unhealthy changes in cell membranes**
* **Raises levels of “bad” cholesterol and lowers levels of “good” cholesterol**
* **Overloads of omega-6 vegetable oils from processed foods batter the brain and may cause persistent inflammation**

**We are living in our Ancestor’s Bodies*: Same Bodies, Wrong Fuel***

* **Thousands of generations of our ancestors survived on “original foods” (fish, seafood, wild game, greens, fruits, berries, nuts, roots) before facing the “modern” diet.**
* **About 80 years ago (around 1930), it all changed --man began eating processed foods…**

**Seriously, Moonpies?**

**We are now eating foods that are virtually unrecognizable to a body that was designed for a different way of eating and living...**

**Same Bodies; New Fuel**

**Ancestor’s Modern**

 **65% Fruits, vegetables, nuts, legumes, honey 17%**

 **35% Lean game, wild fowl, eggs, fish/seafood 10%**

 **-- Fatty Meat and poultry 18%**

 **-- “New” Foods: Refined cereals/grains,**

 **sugar, separated fats, alcohol 55%**

**Modern Diet Deficiencies**

* **We go long periods of time without eating: *Fuels desire for fat***
* **Dropping Blood Sugars:** ***Stimulates desire for sweets***
* **Fluid Imbalances:** ***Drives desire for fluid and sodium-rich foods.***

**Results?**

* **Chronically excessive intake of saturated fat, cholesterol, salt and refined carbs!**
* **Decreased intake of fiber, nutrients and phytochemicals.**

**Modern Day Consequences**

* **We live LARGE – XL!**
* **We get sick**
* **We live tired!**
* **We age prematurely**
* **We stay stressed**

**Stress: The Log Jam to Brain Power and Energy**

* **Stress is an *Inside Out Job*** -- **a *Chemical* Response*.***
* **Stress that is *chronic* is most robbing of energy and wellbeing; temporary is just that**

**Stress Wreaks Havoc in the Peacekeeping Force:**

* ***Cortisol* perks up brain cells -- floods the system – chemically taking over responses**
* **Meant to be temporary – not a state of life…**

**Cortisol: Our Loose Cannon**

* **Cortisol is secreted when the body is under “attack” -- putting it into an alert, aroused “get things done” state**
* **Chronically high levels of cortisol results in higher blood pressure, heart rate, aging, weight gain and decreased immunes -- and loss of memory and cognitive functions**

**Body and Brain Power: Chemical Neurotransmitters**

**Energy, Learning, Memory, Moods, Sleep, Appetite and Sex Drive are all controlled by neurotransmitters – we literally can’t make a move without them!**

**Neurotransmitters: Peacekeepers?**

* **When serotonin is high, you are more relaxed and content -- you think more clearly and see life through a brighter lens.**
* **When serotonin is low, energy will be low and you are apt to be immobilized with depression and bad moods.**

**…Or Terrorists?**

* **A high level of dopamine brings high levels of energy, but in an alert, aroused “get things done” state. Floods forth in stress….**
* **Abnormally high dopamine: high anxiety, aggressiveness and paranoia.**

**Fight or Flight Response**

* **Metabolic Slowdown**
* **Blood Sugar Fluctuations**
* **Excessive Fluid Retention**
* **Neurotransmitter and Hormones go Haywire**
* **Immunes are Compromised**

**Defusing Life’s Stressors**

* **The Eat Right Prescription:**
	+ **Right Foods, Right Times, Right Balance, Right Color, Right Amount Water**
* **Exercise to Cut the Stress Mechanism**
* **(Live AKA Move!, Laugh, Love)**
* **Proper Breathing and Sunlight**
* **Adequate Rest and Self Care**

**The Typical Diet:**

* **Erratic Eating/Overeating**
* **Excess Fats, Excess Sugars**
* **Too few Fruits & Vegetables**
* **Dehydrating**
* **Energy Robbing and Stress Fueling**

**S.M.A.R.T. Energy Plan**

* **Strategic Eating & Drinking**
* **Movement**
* **Air and Light**
* **Rest**
* **Treat Yourself Well: De-Stress!**

**The S.M.A.R.T. Energy Plan: S=Strategic Eating and Drinking**

* **Eat Early**
* **Eat Often**
* **Eat Balanced**
* **Eat Smart Fats**
* **Eat Bright!**
* ***Drink LOTS of water***

**Energy Busters:**

* **Dehydration**
* **Refined Carbs and Sugar.**
* **Processed foods.**
* **Excessive Caffeine.**
* **Erratic eating or over-eating.**

**Drink Water**

* **Fights fatigue**
* **Makes the skin wrinkle-resistant**
* **Maintains proper muscle tone**
* **Prevents fluid retention**
* **Enhances proper GI function**
* **Rids the body of waste**
* **Allows appetite/salt craving control**
* **Proper hydration boosts cognitive function**

**S = Strategic Drinking: How Much?**

**1/2 ounce per pound of body weight -- more when you exercise or travel by air**

**Energy for the Body:**

* **The body is fueled by ATP -- the major form of energy used for cellular metabolism.**
* **We get energy to perform body functions and life from carbs, protein, fat & alcohol**.
* **The body transforms the energy (calories) trapped in food to usable energy.**

**Feeding the War Effort**

* **Not eating starves the brain: resulting drop in blood sugar results in "brain alert. “**
* **Bad news for neurotransmitters, your energy and brainpower.**
* **Solution: *Eat well and Eat often!***

 **Calories do Count: *How much is enough?***

* **For the approximate number of calories you burn in a day: Multiply current weight by 16 if active, 14 if somewhat, 12 if not at all**

**The Energy Nutrients:**

* **FATS: 9 kcal/gm**
* **PROTEIN: 4 kcal/gm**
* **CARBOHYDRATE: 4 kcal/gm**
* **Alcohol is NOT a nutrient, but nonetheless supplies 7 kcal/gm**

**Fat Chance -- Habits that change risk of Obesity:**

* **Eat at least one midday snack: -39%**
* **Big Dinner: +26%**
* **Waiting more than 3 hours to eat breakfast: +43%**
* **Eating 1/3rd of meals out: +69%**
* **Going to bed hungry: 101%**
* **Not eating breakfast: +450%**

**Eat Early**

* **Within 1/2 hour of arising. If exercising first, juice first.**
* **Have both whole carbohydrates and low fat proteins.**
* **Make it quick, but make it happen!**

**Eat Often**: **Every 2 1/2 to 3 hours**

* ***It fuels the brain***
* ***It stabilizes blood sugars; inhibiting appetite.***
* ***Minimizes fat storage.***
* ***Prevents glycemic spikes and oxidative stress***

**Eat Often**

* **Keep *Power Snacks* wherever you are**
* **Power with carbs AND proteins**

**Eat Often:**

* **Examples:**
	+ **Fruit and low-fat cheese**
	+ **1/2 turkey sandwich**
	+ **Four Hour Power (peanuts/soynuts, sunflower/pumpkin seeds, dried fruit)**
	+ **Power shake**
	+ **Hummus and Whole Grain Crackers**

**Eat Balanced**

***Building Proteins***

* **Lean meats, seafood and dairy**
* **Legumes (beans and peanuts)**

***Energy Giving Carbs***

* **Fruits and Veggies**
* **Grains & Starchy Vegetables**

**Energy Busters:**

* **Dehydration**
* ***Refined Carbs and Sugar***
* **Processed foods**.
* **Excessive Caffeine.**
* **Erratic eating or over-eating.**

**Choose the Right Carbs**

* ***Those found in their natural state -- remember the garden!***
* ***Contain essential fibers.***
* ***Low-glycemic.***
* ***Not fat-laden.***

**Choose WHOLE Grains**

* **Whole grains retain more of their natural nutrients, particularly vitamin E, fiber, and B vitamins, than refined varieties.**
* **They are low glycemic**
* **Packed with antioxidants**
* ***Top picks:* Barley, oatmeal, cracked wheat, spelt, farro, brown and wild rice, quinoa, millet,**

**Protein:**

* **Don’t need much: .8 grams/2.2 pounds, but need it often …**
* **Body doesn’t store essential aminos -- have to be consumed every 4 waking hours for best protein utilization.**
* **Eating infrequently -- or *not enough* protein -- slows down metabolic & building processes.**

**Smart Fats?**

* **Fats are calorie dense -- and consumption of certain fats ups the risk of disease.**
* **However, fat also plays a vital role in the body (particularly the brain) and in foods -- and are not to be avoided.**
* **But, not all fat is created equal; important to know which are vital, which are not.**

**Beneficial Fats:**

* **DHA: Top gun Omega-3 Fat (fish)**
* **EPA: Other high potency Omega 3 (fish)**
* **Linoleic Acid: short chain Omega 3 (flaxseed, green leafys, nuts)**
* **Monounsaturated Fats: Olive Oil, avocado, nuts**

**S = Strategic Eating & Drinking “*Eat Right Prescription”***

1. **Drink LOTS of water**
2. **Eat Early**
3. **Eat Often**
4. **Eat Balanced**
5. **Eat Beneficial Fats**
6. **Eat Bright**

**Nutraceuticals: The Color of Health**

* ***The more vivid the color -- the higher in nutrients it will be!***
* ***Choose Reds, Blues, Greens Purples, Yellows, Oranges & Brown***

**Strategic Eating Summary:**

* **Forget Dieting!**  **Focus on Eating WELL and Eating Often!**

**Power Points of The S.M.A.R.T. Plan**

* **Strategic Eating and Drinking**
* **Movement**
* **AIR AND LIGHT (*Just get outside and Breathe!)***
* **REST**
* **Treat Yourself Well**

**M = Movement** (***Exercise!)***

* **It’s the quickest way to defuse stress, balance hormones and release energy.**
* **Increases oxygen to the brain and body cells, boosts energy production and release**
* **Your Stress Fighting Arsenal -- Eating Well: *The Shield* Exercise: *The Sword***

**Get into the Light!**

* **Most of us get less than 10 minutes of fresh air and sunshine daily**
* **Natural light deprivation disrupts the function of our brain’s suprachiasmatic nucleus (SCN), a cluster of nerves controlling the body’s hormone production/use.**
* **Raises risk of viral infections 38%, doubles risk of insomnia, depression and obesity.**
* **Fix: Spend at least 10 minutes relaxing outside daily.**

**Restless Nights**

* **Poor Sleep ups Cortisol**
* **Get 7 ½ to 8 hours of Deep Sleep**
* **Take Power Naps**
* **Give yourself a break!**
* **Live your day for the night**
* **Use the Calcium Cure**

**T = Treat Yourself Well: DE-STRESS**

**Treating yourself well is a simple truth, yet difficult to enact in today’s frenzy of too much to do and too little time...**

**Afternoon Session:**

**Listen to Your Gut:**

***What is it Saying about Your Health?***

**You Simply Can’t Ignore Being Sick and Tired:**

* **Consider a lack of well-being as your body’s signal to change your level of self-care.**
* **Address your changing body to provide well-being and protect against disease**
* **Make a Healthy Lifestyle the foundation to treat yourself well!**
* **Focus on your Destination**
* ***Focus on how you want to feel.***

**Living Well, Aging Well takes Eating Well!**

* **Minimizing detrimental substances: saturated/trans fats; refined sugars & carb**
* **Optimizing a myriad of beneficial nutrients, including:**
* **Nutraceuticals**
* **Adequate whole food carbohydrate and B vitamins (esp. B6 & Riboflavin)**
* **Protein and Calcium**
* **Omega 3’s**
* **Vitamin D3 (cholecalciferol): not "just" a vitamin; it's a neuroregulatory steroidal hormone influencing 3,000 different genes in your body.**
* **Synbiotics, Prebiotics and Probiotics**

**Vitamin D: Key player in your overall health**

* **Receptors that respond to vitamin D have been found in almost every type of human cell, from your brain to your bones.**
* **It up-regulates your ability to fight infections and chronic inflammation, reduces over 200 antimicrobial peptides, such as cathelicidin, a naturally occurring broad-spectrum antibiotic.**

**Probiotics 1.0: Greek Yogurt or Kefir**

* **Ancient cultured foods rich in probiotics with great promise for living better longer!**
* **Excellent source of calcium and protein**
* **Thwarts Bad Breath**
* **Boost gastrointestinal health and immune function – and decrease oxidative stress.**

**Probiotics 2.0 – Nourishing the Westernized Microbiome**

* **Researchers now speak of an impoverished “Westernized microbiome” and ask whether the time has come to embark on a project of “restoration ecology” — not in the rain forest or on the prairie but right here at home, in the human gut.**
* **The “Westernized Microbiome is impoverished by:**
	+ **Prolific use of antibiotics (in health care as well as the food system)**
	+ **our diet of processed food (which has generally been cleansed of all bacteria, the good and the bad)**
	+ **environmental toxins**
	+ **less “microbial pressure” — i.e., exposure to bacteria — in everyday life.**
* **All of this may help explain why, though these rural populations tend to have greater exposure to infectious diseases and lower life expectancies than those in the West, they also have lower rates of chronic disorders like allergies, asthma, Type 2 Diabetes and cardiovascular disease.**

**But Wait… there’s More! Synbiotics and Prebiotics**

**And Even More… Healthy Eating 2017**

* **Foods make a health difference at the cellular level -- good and bad.**
* **Foods are full of pharmacological agents that serve as protectors against disease and promoters of wellness.**
* **The right foods and phytonutrients they contain, release energy and healing**
* **What we eat--or don't eat -- can have a profound effect on our energy, mood, appetite, cognitive functions, hormones and immune system**

**Nutritional Top Ten**

* **Low-Fat Yogurt/Kefir**
* **Tomatoes**
* **Blueberries**
* **Red Grapes**
* **Sweet Potatoes**
* **Broccoli**
* **Oats**
* **Legumes**
* **Flaxseed and Chia**
* **Salmon**

**TOMATOES: *LYCOPENE***

***WATERMELON, PINK GRAPEFRUIT, RED PEPPERS, GUAVA***

* **Fights cell growth into tumors**
* **Give reduced risk of cancer of colon, bladder, pancreas, lung, breast and PROSTATE.**
* **Men: Have 10 svgs./wk.**

**Blueberries!**

* **Starring Anthocyanin -- the pigment that makes blueberries blue and cabbage red -- an extremely potent antioxidant.**
* **Blueberries higher than super vegetables in antioxidants, i.e. kale, spinach, broccoli**
* **Eat one-half cup of blueberries/day. Average American eats just 2.5 cups/year.**

**RED/PURPLE: Anthocyanins**

* **All Berries (also contain ellagic and malic acid – natural tooth brightener?)**
* **Red Grapes, Cherries, Plums. Pomegranates, Cranberries**
* **Beets, Red Cabbage and Radicchio**

**Red Grapes: Have every day on plate or in a glass!**

* **Starring *Resveratrol and Oleanolic Acid***
* **Deter coronary artery plaque formation; raises HDL cholesterol**
* **Inhibit clot formation**
* **Block tumor formation and growth**
* **Inactivate viruses and Antibacterial; may thwart tooth decay & periodontal disease**

**What about Wine?**

* **A good thing –for some, a very good thing ☺ Is excess a problem? For some, YES.**
* **Yet, Study after study shows that 1-3 glasses makes people healthier/happier *for longer* compared to those who drink none.**

**Wine’s Upside:**

* **Healthier Heart: Dilates arteries and increases blood flow -- inhibiting clot formation**
* **Balancing HDL’s and LDL’s and reducing glucose and insulin rise after meals**
* **Shields against Cancer, Dementia, Ulcers and Osteoporosis**

**How and Why?**

* **Is it the Lifestyle choices of Wine Drinkers?**
* **Is it the Alcohol? Is it the flavonoids: Anthocyanins, Quercetin, Resveratrol, other?**
* **A combo?**

**Wine’s Downside:**

* **Calories, Calories, Calories; No protection to women in 20’s and 30’s.**
* **Excess can thin bones, raise blood pressure, give irregular heartbeat, destroy liver/brain cells.**
* **Heavy Drinkers die two years earlier than moderate drinkers.**

**Sweet Potato: The Power of Vivid Orange**

* **Protect against free-radicals**
* **Decrease risk of larynx, esophagus and lung cancer**
* **Lower blood cholesterol**
* **Prevent constipation and nausea**
* **Have a serving of ORANGE daily!**

**Carotene and Carotenoid Rich Foods:**

* **Sweet Potato, Carrots, Pumpkin, Winter Squash**
* **Cantaloupe, Papaya, Mango, Peaches, Nectarines**
* **Even Tomatoes and Dark Greens**
* **Have a serving of ORANGE daily!**

**Broccoli: Cruciferous Vegetables**

* **Starring indoles and sulforaphane**
* **Sulforaphane protects cells from carcinogenic damage by promoting production of cancer stopping enzymes**
* **Indoles fight estrogen-like substances that promote breast cancer**
* **Inhibit cancer, particularly colon and stomach**
* **Stimulate immune system**; **Anti-bacterial and anti-viral**

**The Cruciferous Family: Have a serving every day!**

* **Broccoli, Broccolini, Broccoli Sprouts, Cabbage, Brussels sprouts; Cauliflower**
* **Arugula, Bok Choy Kale; Collard, Turnipa, Mustards, Kohlrabi and Watercress**
* **Horseradish and Wasabi**

**Tips to Retain Nutrients**

* **Buy Fresh or Frozen; Keep airtight**
* **Wash or peel before using**
* **Cook at high temperature, for shortest time possible, in least water possible.**
* **Cook till crisp-tender, not mush!**

**The Spice Road to Health**

* **CINNAMON:** Insulin for the cells and Brain!
* **CUMIN:** Super Antioxidant &Immune Booster
* **CHILE & CAYENNE:** Up Fat-Burning & Immune Function
* **CORIANDER:** Eases anxiety & Aids Sleep
* **PAPRIKA:** Anti-Inflammatory
* **GINGER:** Universal Medicine
* **TURMERIC (Curcumin):** Super Hero! Anti-inflammatory, anti cancer; Anti-Diabetes
* **BLACK PEPPER:** Antioxidant and Antibacterial; Digestive Aid
* **MUSTARD:** Anti-fungal and Antiseptic; Boosts Muscle

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**Your Brain on Smart Fats:**

* **Brain’s dry weight is 60 % fat, 25% of that is omega-3 derived fatty acids**
* **Omega-3s are essential for proper brain-cell function & balance of all the neurotransmitters that regulate mood, including dopamine/serotonin.**
* **Researched as a treatment for everything from depression and attention deficit disorder to bipolar disorder and schizophrenia**

**Olive Oil**

* **Extra Virgin Olive oil is rich in heart-healthy monounsaturated fats and beneficial plant compounds -- increases the high-density (HDL) lipoprotein levels.**
* **EVOO offers beneficial levels of oleocanthal, mimics the effects of anti-inflammatory medications including aspirin and ibuprofen.**

**Flaxseed and Chia**

* **Unique source of lignans (blocks cancer promotion) and the essential fatty acid: alpha-linolenic acid (ALA)**
* **Used to create byproducts that regulate metabolism, blood pressure and cholesterol levels, and immune & inflammatory response.**
* **Daily: Have 2 Tbs. freshly ground flaxseed or whole chia in liquid**

**Seafood’s Omega-3**

* **Thins the blood/inhibits blood clots**
* **Protects arteries from damage**
* **Reduces triglycerides and LDL-cholesterol; raises HDL cholesterol**
* **Lowers blood pressure**
* **Protects against CHD and cancer**
* **Serves as anti-inflammatory agent and protects against degenerative changes**

**Healthy Omega 3’s** **Highest in Cold Water Fish/Seafood:**

* **Salmon, herring, rainbow trout, tuna, sardines, Artic char, striped bass, Alaskan Black Cod, hard shellfish**
* **Have at least 12 ounces a week!**

**Danger Fish (Highest in Methyl Mercury)**

* **Shark, King Mackerel**, **Swordfish**, **Golden bass or Tilefish**

**$64,000 Question:** **Do you need to *supplement* a healthy diet?**

* **Food is better than supplements because it contains hundreds of additional nutrients, including *PHYTOCHEMICALS***
* **Most supplements serve as catalysts -- only able to work if the energy nutrients are present to work with.**
* **Data doesn’t support.**

**Supplement Sense**

* **Broad-range balanced multiple vitamin and mineral supplement with no more than 150% of RDA for nutrients**
* **1000 mg Omega 3’s EPA and DHA; consider Krill oil**
* **500 mg Vitamin C twice/day**
* **200-400 IU natural Vitamin E once/day if no hx of CAD**
* **200 mcg Selenium or 2 Brazil Nuts/day**
* **Calcium/magnesium and Vitamin D3 at bedtime**

**The Bottom Line for Living Forever Young?**

**Eat Well, Eat Often; Move, Laugh and Love; Play outdoors; Sleep; Res**

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| health and nutrition books by Pam Smith |
| **Power Fueling Tips****Instead of waiting for energy and moods to drop --and your appetite to soar -- you can call off the alert, and even prevent it, by eating the mini-meals suggested in all of my books. "Power snacking" is also a valuable tool for equalizing brain chemistry because it gives you an immediate supply to meet the demand. Remember the eat-right prescription: Eat early, eat often, eat balanced, eat lean, eat bright and drink LOTS of water! Overcoming dehydration will improve your blood circulation, which in turn will take your brain's feel-good chemicals throughout your body more efficiently.****Power Shake****1 cup Greek yogurt****1/4 cup pasteurized egg whites (or 2 fresh egg whites)****1 tbsp. Honey****1/2 cup frozen fruit (Blueberries, strawberries, peaches)****1 tsp. Vanilla****1 tbsp. each Wheat germ and Ground Flaxseed** Put all ingredients in a blender, and blend until smooth and frothy.**Four Hour Power****1 cup dry roasted peanuts or soy nuts****1 cup dry roasted unsalted sunflower or pumpkin seeds****2 cups dried fruit (dark or golden raisins, blueberries, cranberries)**Mix up and bag up ¼ to ½ cup portions for a power snack. **Power Snacks*** **Whole grain crackers or bread with low fat cheese**
* **Fresh fruit or raisins with low fat cheese**
* **Lean turkey or chicken on whole wheat bread or tortilla**
* **Plain, nonfat Greek yogurt blended with fruit or all fruit jam**
* **Whole grain cereal with skim milk**
* **Baked low-fat tortilla chips with fat-free bean dip and salsa**
* **Light popcorn sprinkled with parmesan cheese**
* **Low fat bran muffin with skim milk**
* **Tortilla with turkey and Dijon mustard**
* **Water packed tuna or salmon with whole grain crackers**
 |
| health and nutrition books by Pam Smith |
| Sensational Breakfasts **• Oatmeal cooked in lowfat or soy milk, with cinnamon, vanilla,**  **and golden raisins or dried blueberries** **• Low-fat or fat-free cottage or ricotta cheese with sliced berries**  **and whole grain cereal** **• Two egg-white omelet with salsa and whole grain toast** **or whole wheat tortilla** **• Open-faced toasted cheese sandwich with sliced apples or pears** **• Yogurt parfait with berries and whole grain cereal** **• Smoked salmon on toast with sliced tomatoes** **• Whole grain toast with peanut butter (or soy butter) and banana** **• Power shake with skim or soy milk, frozen berries, vanilla, and flaxseed** **• Breakfast burrito with scrambled eggs and salsa** **• Whole wheat French toast topped with yogurt and fruit** **• Black beans and brown rice with grated cheese and salsa** **• Peanut or soy nut butter and all-fruit jam tortilla roll-up** **• Pita pizza (pita with tomato sauce and mozzarella, top browned)****From the ENERGY EDGE by Pamela M. Smith, RDN** |