

THE HEALTHY DENTIST

Your biggest health priorities are the prevention of Heart Attack, Stroke, and Cancer

GENETICS & YOUR HEALTH

GENOTYPE	Apo E2 — 2/2 & 2/3	Apo E3 — 3/3 & 2/4	Apo E4 — 3/4 & 4/4
Population Prevalence Estimate	10%	65%	25%
Cardiovascular Lifetime Risk	Lowest	Intermediate	Highest
Higher Complex Carbohydrate Diet	May Worsen Lipids	Neutral	May Help Lipids
Higher Fat Diet <i>(always healthy fats like Omega 3's and olive oil)</i>	May Help Lipids	Neutral	May Worsen Lipids
Exercise effect on cholesterol surge after meal	Extra Benefit	Moderate	Neutral
Daily Moderate Alcohol Intake	May Help Lipids	Neutral	May Worsen Lipids
Dietary Healthy Fat Percentage Goal	35% of Calories	25% of Calories	20% of Calories

REMEMBER: Genetics is Your Tendency, It is NOT Your Destiny; IF You Take The Appropriate Action

SUPPLEMENTS TO CONSIDER

MULTIPLE VITAMIN/MINERAL: Based on Age and Sex

CALCIUM: Up to Age 50: 1000mg/day
OR Above Age 50: 1200 mg/day

VITAMIN D3: 5000 IU/day

VITAMIN K1: 1500 mcg/day and **VITAMIN K2:** 1200 mcg/day

MAGNESIUM: 400mg/day

OMEGA-3's: EPA: 700 mg/day + DHA: 500 mg/day

HOW SWEET IT IS

Daily recommendations: no more than 6 tsp for women; 9 tsp for men. Remember, on a nutrition label 4 grams of sugar = 1 tsp (teaspoon).

COCA-COLA	20 oz.	=	16 tsp
SWEETENED ICE TEA	20 oz.	=	15 tsp
ORANGE SODA	12 oz.	=	13 tsp
PANCAKE SYRUP	1/4 cup	=	10 tsp
FRUIT YOGURT	1 cup	=	7 tsp
SNICKERS BAR	2.1 oz.	=	6 tsp
OREOS, REDUCED-FAT	6 cookies	=	6 tsp

For Healthy Plant-Based Food Ideas: www.PlantBasedCooking.com

Integrate Wellness Into Your Dental Practice: www.TotalPatientCare.com/wellness

TO TAKE CHARGE OF YOUR HEALTH, PLAN ON ATTENDING

THE HEALTHY DENTIST SUMMIT

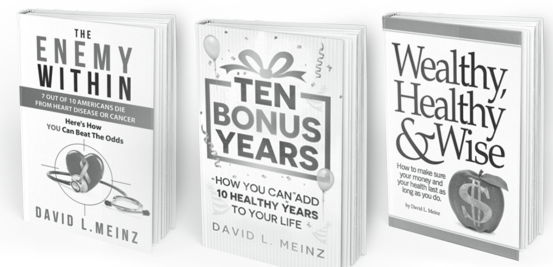
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For over twenty-five years, David Mainz has been helping people enhance both their personal and professional lives. As an award-winning international speaker, author, and frequent radio and television guest, he presents his inspirational and content-rich keynotes to groups worldwide.

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