

LIVING THE “WELLNESS” LIFE

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WHY DO WE “DO” WHAT WE “DO” ?



OBJECTIVES

- Evaluate the cause of sickness - stress and lifestyle
- Evaluate the state of readiness
- Body composition- check now and check often
- DNA- health/diet /sport
- Biomarkers of inflammation and biochemistry
- Hormone balance
- Nutrition- anti inflammatory plan to fit the patient
- 5 R's
- Exercise
- Equals success

OVER-EXPOSURE TO STRESS HORMONES

ACCOUNTS FOR 75%-90% OF ALL PRIMARY CARE VISITS IN THE U.S.

Almost all illness is stress-related

- Caused by stress
- Aggravated by stress
- Causes stress

Linked to the 6 leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide

#1 reason why people...

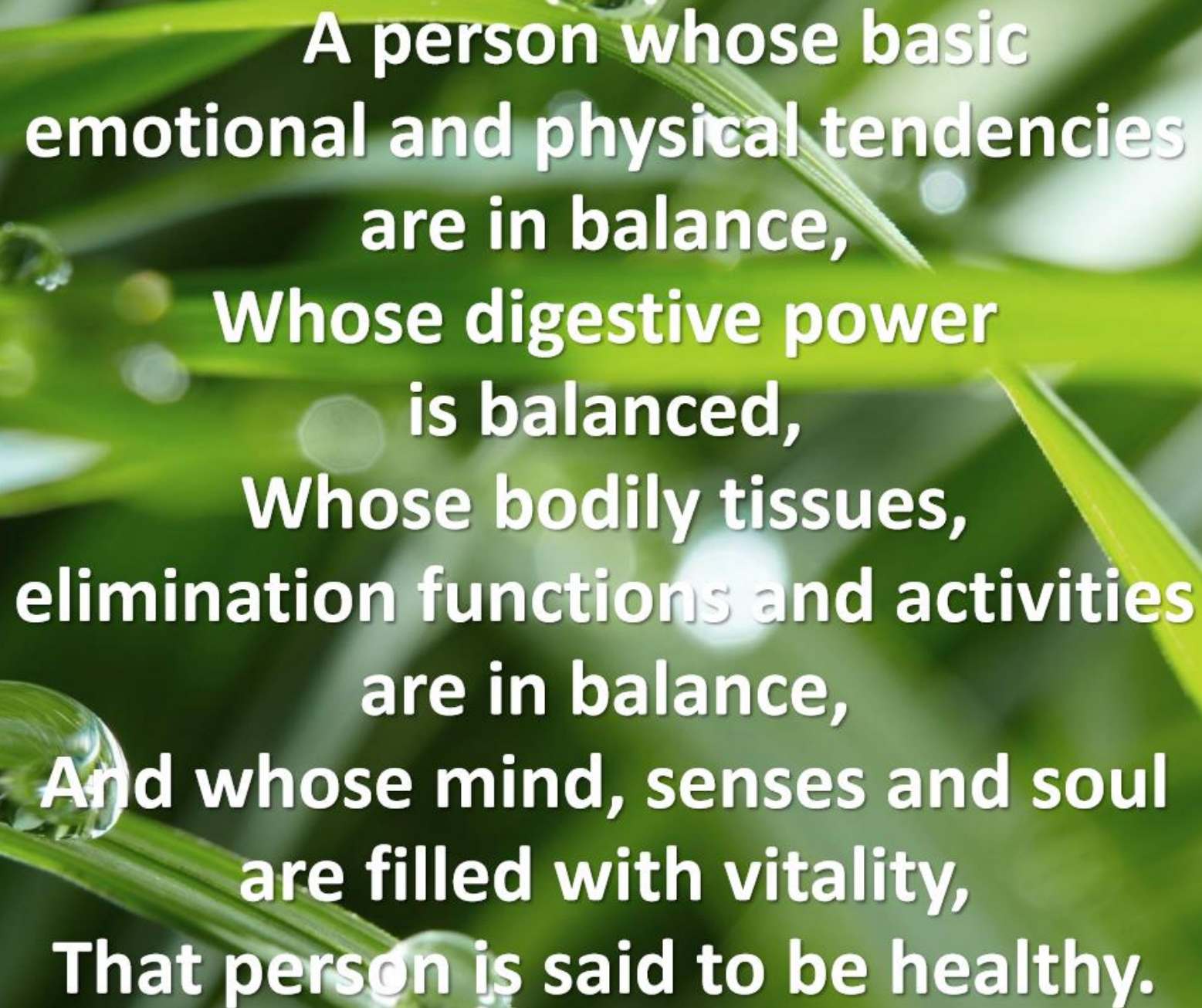
- Eat poorly
- Quit healthy lifestyle programs
- Practice substance abuse

Stress and Inflammation

- **STRESS ALTERS THE GUT ECOLOGY VIA:**
- **NUTRIENT (PRE-BIOTIC) MODIFICATION OF GUT FLORA**
- **CHANGES IN INFLAMMATORY RESPONSE**
- **INCREASE IN INTESTINAL PERMEABILITY**







**A person whose basic
emotional and physical tendencies
are in balance,
Whose digestive power
is balanced,
Whose bodily tissues,
elimination functions and activities
are in balance,
And whose mind, senses and soul
are filled with vitality,
That person is said to be healthy.**

FANTASY CAR



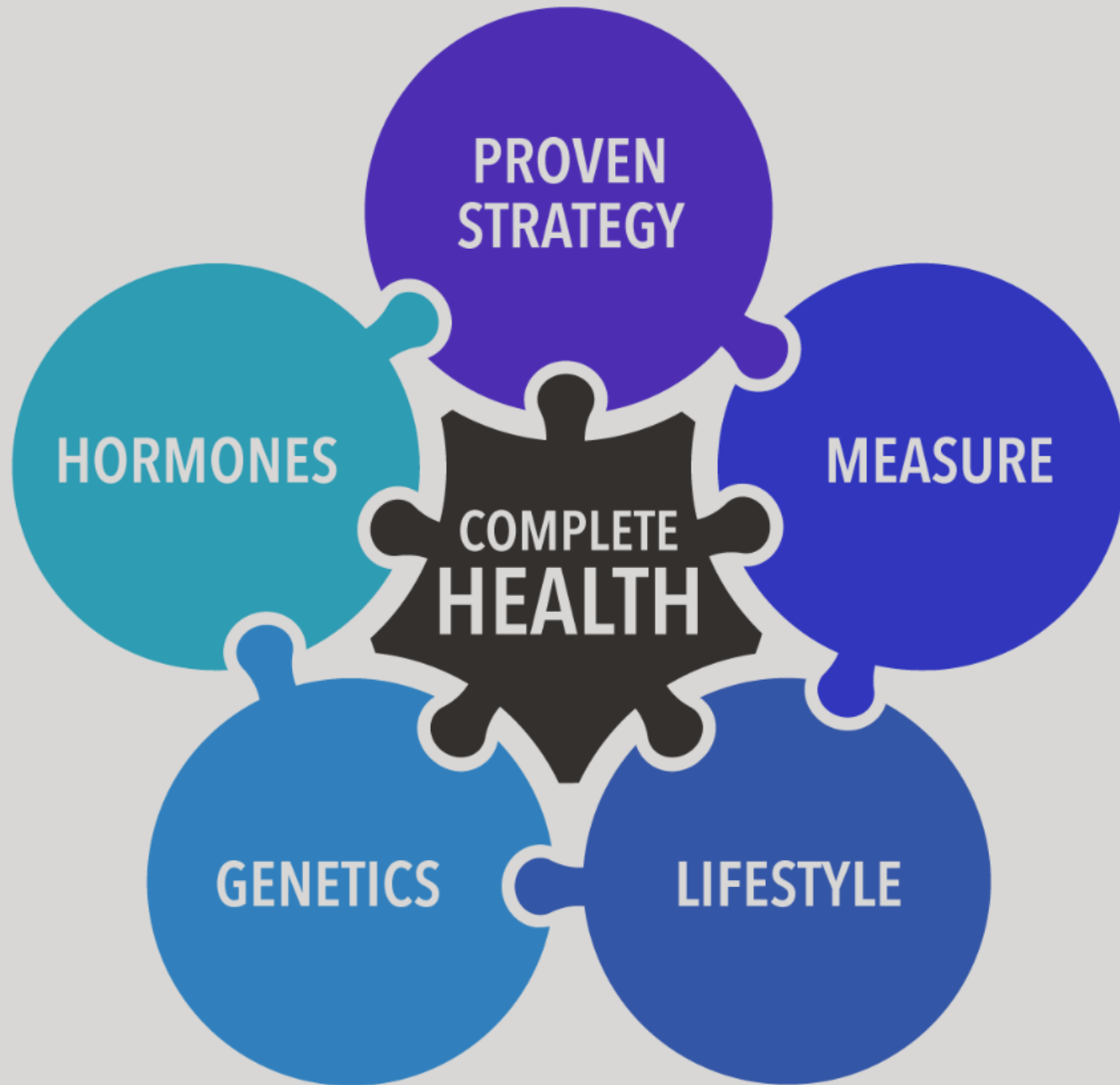
JALOPY



CHANGING FOR HEALTH — IDENTIFY THE STAGE

6 stages on the journey to successful lifestyle change

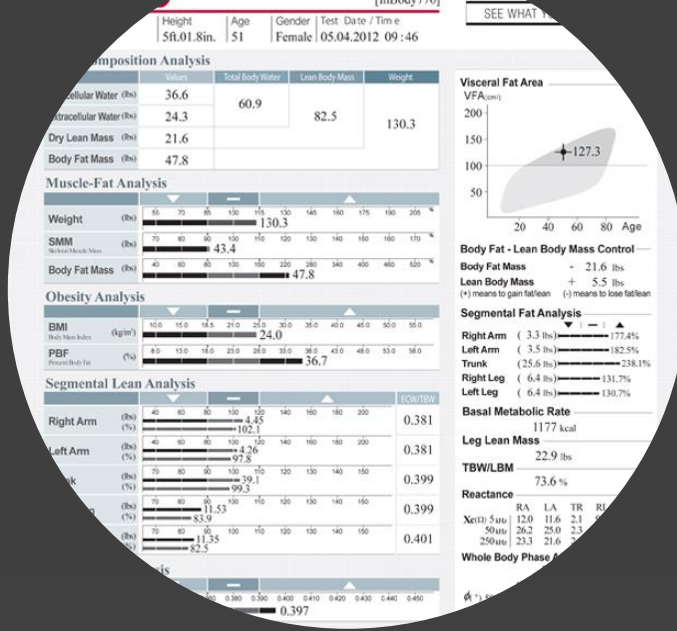
1. **Pre-contemplation:** participants at this level still don't recognize the need for change at an emotional committed level. Frequently, feel others have the problem, not them.
2. **Contemplation:** participants are not ready to make lifestyle changes but really are considering it. Weighing the pros and cons. Why are you stuck?
3. **Planning/Preparation:** commitment to change is made, planning to start happens now. Developing a plan and setting goals.
4. **Action:** put your plan in motion and "just do it."
5. **Maintenance:** work out the kinks and learn from your mistakes.
6. **Transformation:** Pat yourself on the back.



DETERMINING OPTIMIZATION

Measurables





GETTING YOUR COMPOSITION BACK



BIO-IMPEDENCE ANALYSIS (RECOMMENDED RANGES)

WOMEN – 18%-28%

MEN – 10%-20%

IT'S NOT A DIET A ITS LIFESTYLE CHANGE



**Positive Body
Composition
Change (BCC)**


**Fad diets or 'quick
fix' diet are
dangerous!!**

**Size of 5 lbs. fat vs.
5 lbs. muscle**

**The goal should be
a complete lifestyle
change, not a quick
weight/size
reduction**

**DNA Optimization
for life**

MEASURING INFLAMMATORY MARKERS AND BIOCHEMICAL BASELINE

- HgA1c
 - Cortisol
 - Magnesium
 - CBC
 - Body Composition
 - Hormones
 - Growth hormone
 - MICRONUTRIENTS
 - Insulin-fasting
 - Hs-CRP
 - Ferritin
 - Blood glucose
 - Lipids
 - Vitamin -D
 - BLOOD PRESSURE
 - Homocysteine
- 

BALANCE HORMONES

Estrogen	Progesterone	Testosterone	Thyroid
Cortisol	Insulin	Leptin	DHEA

➤ BALANCE IS THE KEY ◀



DNA



HOW DOES DNA-THE BLUE PRINT HELP?

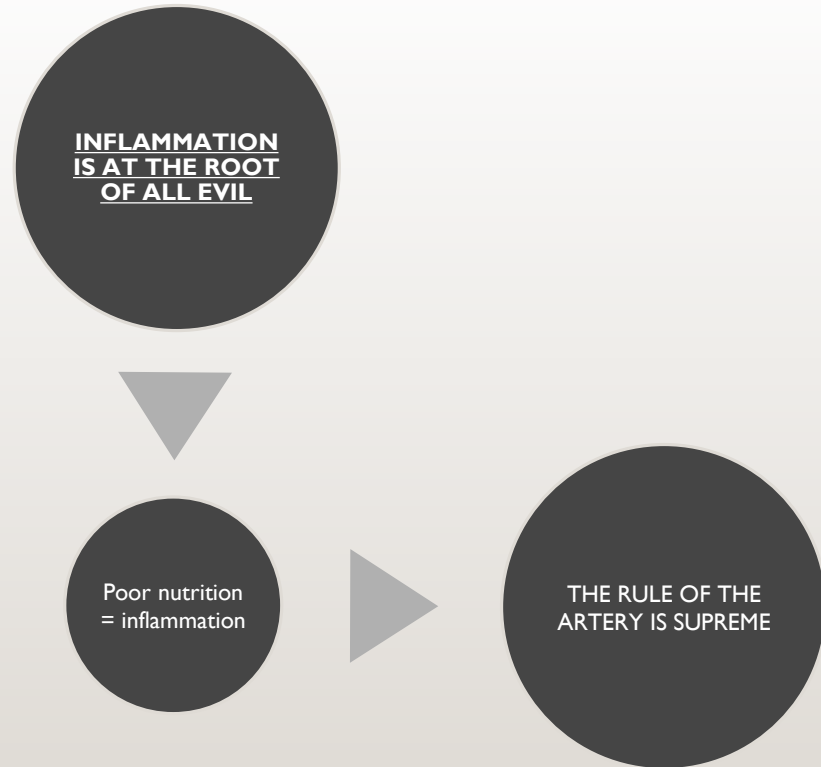
Biological Area	Priority
Lipid metabolism	HIGH
Methylation	HIGH
Detoxification	LOW
Inflammation	HIGH
Oxidative Stress	MODERATE
Bone Health	LOW
Insulin Sensitivity	LOW

A IMPORTANT NOTE ON DNA



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Methylation	HIGH
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DNA



“LET FOOD BE THY MEDICINE”



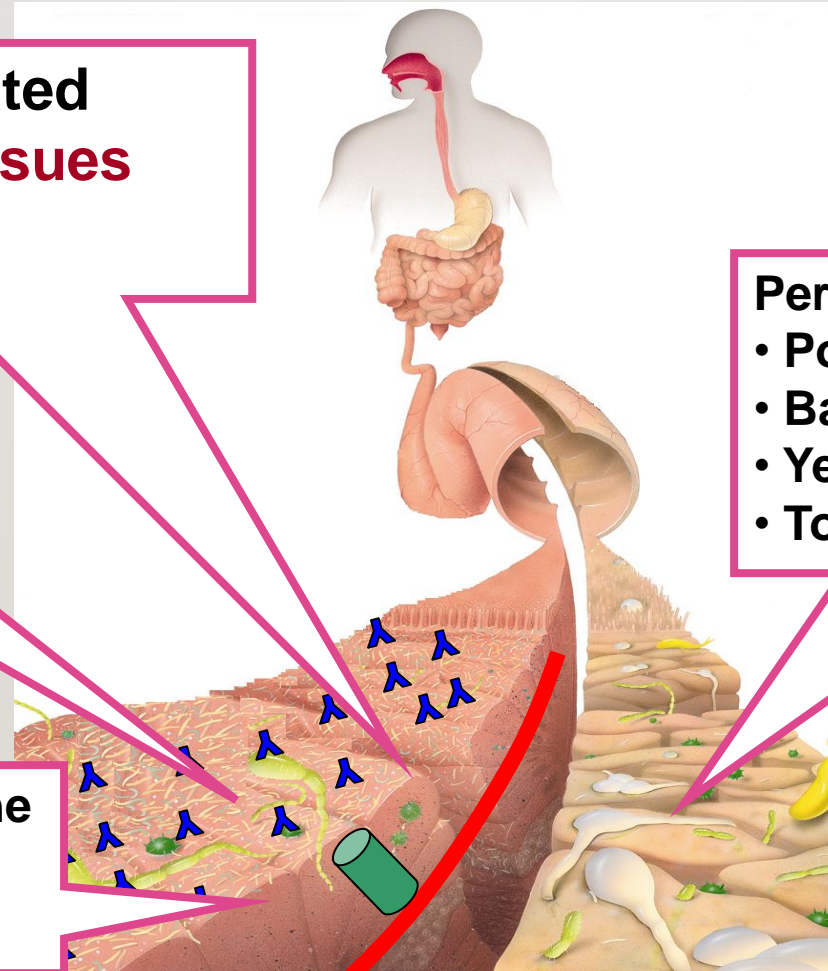
Hippocrates

60%-80% OF YOUR IMMUNE SYSTEM LINES YOUR GI TRACT

**Gut Associated
Lymphoid **Tissues**
(GALT)**

**Peyer's Patch,
Mesocolic Lymph
Nodes**

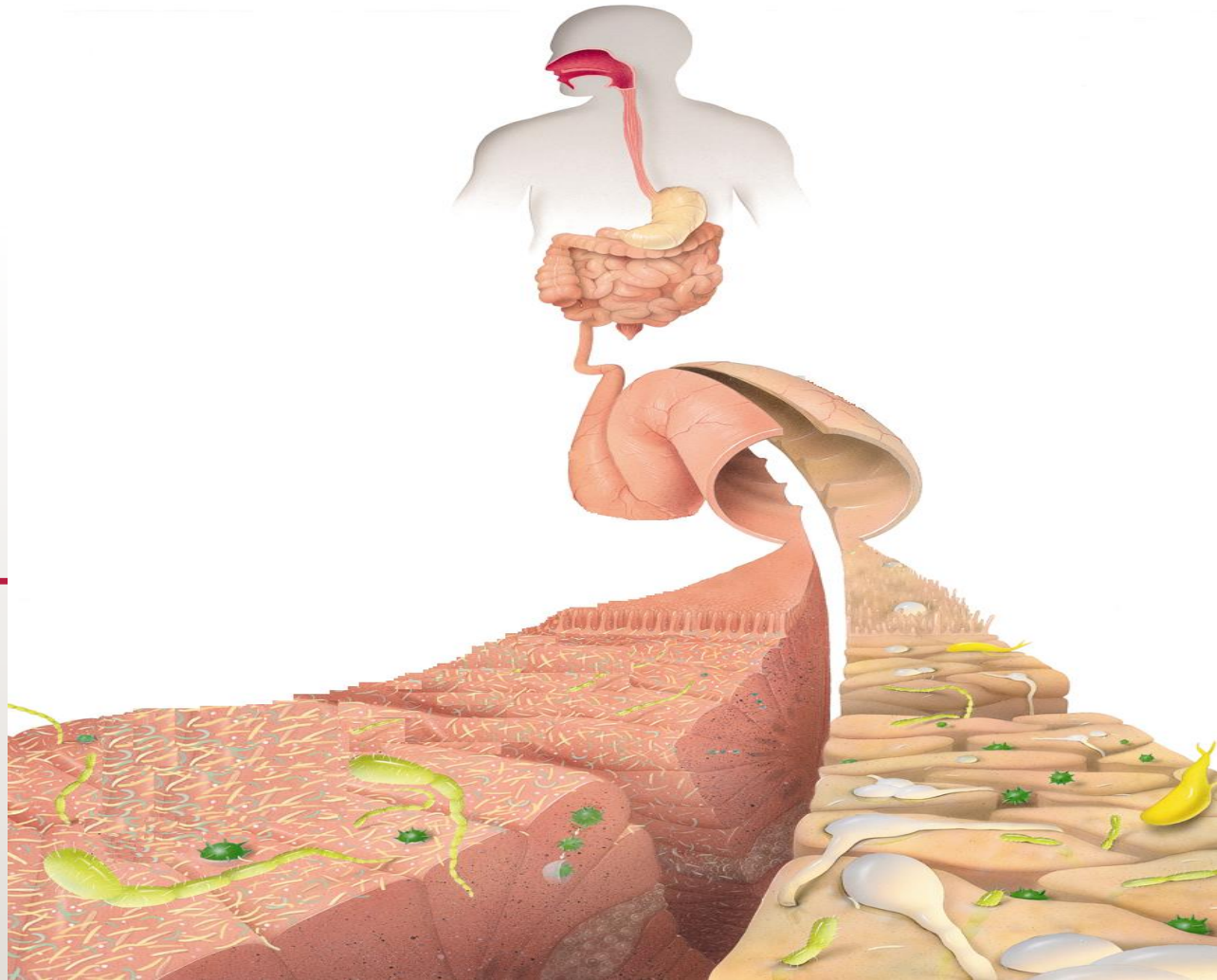
**Antibodies line the
GI tract
(IGA, IGG)**



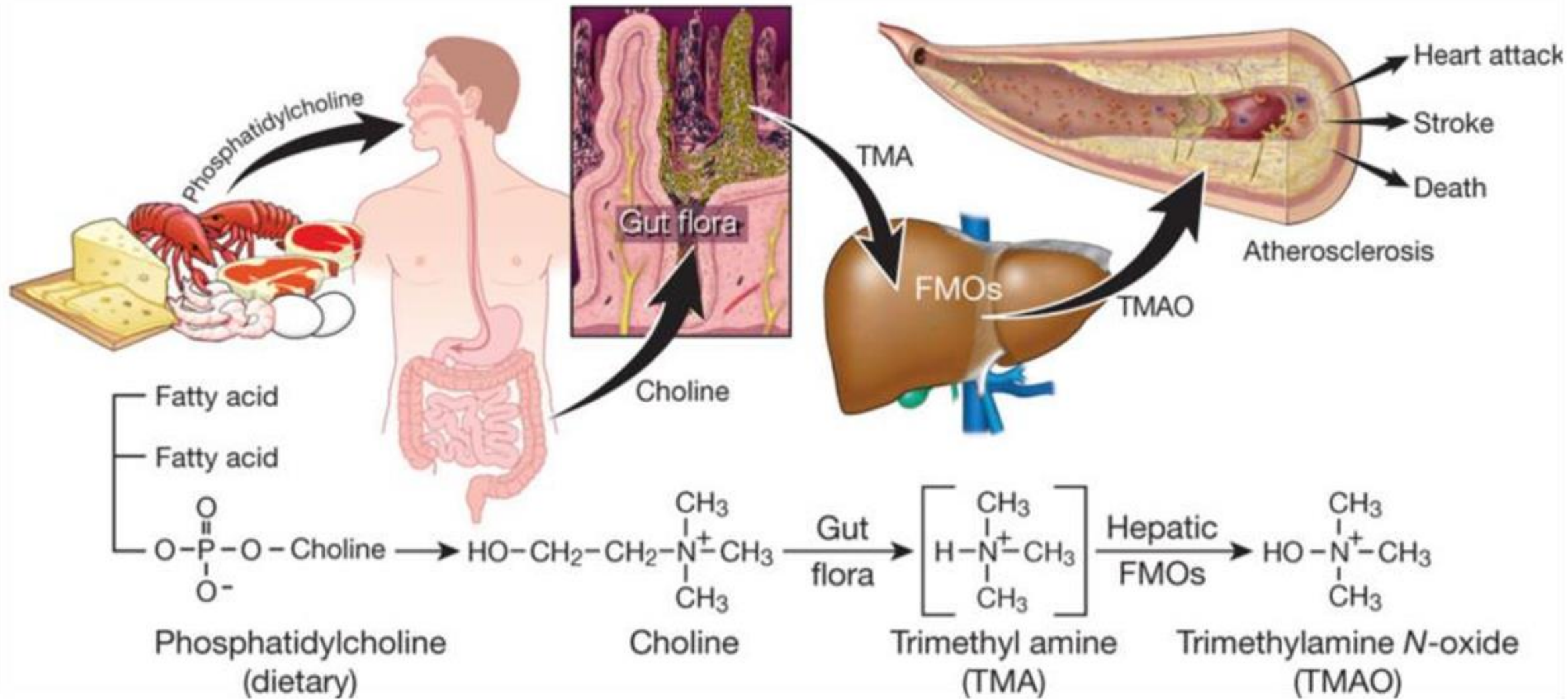
Permeability and Damage

- Poor Nutrition
- Bad bacteria
- Yeast
- Toxins

- Toxic
 - Leaky gut
 - Immune function
 - GUT dysbiosis
 - Weight gain
-



Dysbiosis and CVD



Support detoxification

Optimize hormone
balance

Muscle retention

Optimize biomarkers and
DNA tendencies

Decrease inflammation

Speed yellow fat usage
and loss

Accountability IS KEY

-partner
somehow

**ANTI-
INFLAMMATORY
PROTOCOL
SPECIFICS – NOT A
DIET BUT A
COMPLETE
LIFESTYLE CHANGE**

Expected results:

**Women – 2-3% body fat
reduction in 30 days**

**Men – 3-4% body fat
reduction in 30 days**

**Weight reduction is
significant and can vary
from person to person.**

**Keep in mind that positive
body composition change
is the goal.**

Long term Quality of Life

Biomarker optimization

Optimal DNA expression

ANTI- INFLAMMATORY PROTOCOL SPECIFICS

Nutrition (one **MUST** start here)

- ▶ **Anti-Inflammatory protocol – general guidelines**
- ▶ **At least 2 Fruits from the following choices (low glycemic choices): e.g. Berries. Apples, oranges – when body composition normalizes, other fruits can be added**
- ▶ **Appropriate healthy fats (e.g. avocado, olive oils, omega 3 fish oil)**
- ▶ **At least 4-5 cups vegetables:**
- ▶ **Make sure they are NOT root vegetables (e.g. potatoes, beets, carrots) – when body composition normalizes, root vegetables can be added**
- ▶ **At least 8-12 ounces protein**
- ▶ **No fried or battered (only grilled or baked if meat)**

Unfoods to avoid

- ▶ **Avoid:**

- ▶ **All sugars, sweeteners, sodas, breads, grains, fast food, fried food, MSG, processed food and meats, corn, soy, and yeast.**

- ▶ **These are ALL inflammatory foods to everyone all of the time**

THINGS THAT CAUSE SYSTEMIC INFLAMMATION



20 Ingredients To Memorize and Avoid In Any Food You Consume

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Hydrogenated or Fractionated Oils

Corn

Potassium Benzoate and Sodium Benzoate

Monosodium Glutamate (MSG)

Sugar

Artificial Coloring

Canola oil

Enriched Wheat

Soy

Acesulfame-K

Polysorbate 80

High Fructose Corn Syrup

Artificial Flavors

Aspartame

Propyl Gallate

BHA and BHT

Sodium Chloride

Potassium Sorbate

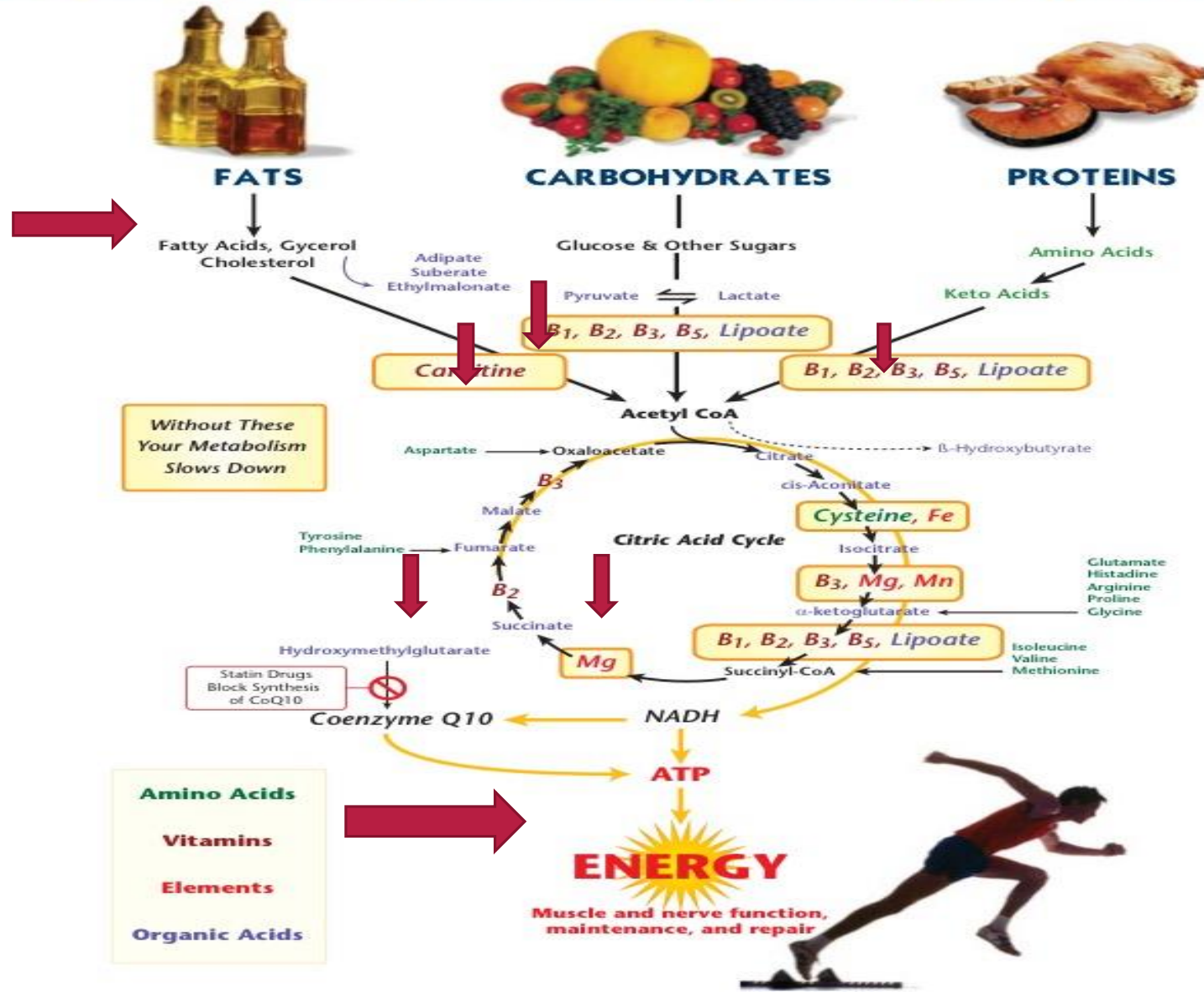
Soy Lecithin

Sucralose

CHRONIC “FAT BURNER” AND STAYING THERE



ENERGY FROM FOOD: THE CITRIC ACID CYCLE





**FOOD INTAKE IS THE
DRIVING FORCE TO
EFFECTIVE WEIGHT
MANAGEMENT AND
LONG TERM HEALTH**

A PROCESS MADE SIMPLE

- Remove
- Replace
- Re-inoculate
- Repair
- rebalance

REMOVE

- SAD diets
- Pathogenic organisms
- Allergenic foods
- Detox
- Remove the source of the imbalance. The solution to pollution is dilution

REPLACE

- Whole and real foods – If you can't hunt it, catch it, kill it, pluck it, or pull it...DON'T eat it.
- Replace necessary nutrients -
 - Hydrochloric acid
 - Digestive enzymes
 - Herbal support
 - Lipotropic factors

REPOPULATE

- Lactobacilli
- Bifidobacterium
- Saccharomyces boulardii
- Prebiotics
- Dietary change

REPAIR

- Small intestines : glutamine, colostrum
- Large intestines: fiber, butyrate, aloe, EPA/DHA, amino acids
- both benefit from short intermittent fasting

REBALANCE

- Modify attitude
- Modify nutritional habits for life
- Yoga
- Tai chi
- Meditation
- Walking in nature

PULL IT ALL TOGETHER

- Evaluate the cause - stress and lifestyle
- Evaluate the state of readiness
- Body composition- check now and check often
- Balancing hormones
- DNA- health/diet /sport
- Biomarkers of inflammation and biochemistry
- Nutrition- anti inflammatory plan to fit the patient
- 5 R's
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“Be open-minded,
but not so open-minded
that your brains fall out.



Groucho Marx

