OLI

Nutrition and Disease Prevention
Week 8

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Learning Objectives

- Cycle of Imbalance
- Cycle of Balance
- Taking Control
- Cleansing
- Nutritional Supplementation
- Foods to Focus on
- Why not these Foods
Cycle of Imbalance

- Negative thought, words, deeds
- Polluted Environment, Acid Diet
- Radiation
- Destructive Emotions

Debilitating Acids

Waste products from unhealthy cells
leads to more.....

Disorganization of cells, adapting to declining pH
creating more....

Compromised environment

- cells adapt to morbid terrain, becoming unhealthy ‘germs’
- Unhealthy gems/mold/fungus creates their own waste products, giving rise to poor digestion, low energy, aches/pains, major disorders
Cycle of Balance

Eliminate acid waste through superhydration
drinking greens, eating green foods.
To neutralize, it takes 20 part alkaline to 1 part acid

Provide vital nutrients the body needs
patterns: Water, Oxygen, minerals
Alkaline diet and lifestyle
Good nutritional supplements

Need to: Break negative/disturbing
Chemical exposure,
Recreation and prescription drugs
Negative thought, words and deeds
Taking Control of our Terrain

- Eliminate negative disturbing impressions such as:
  - Acid Diet
  - Acid Music
  - Acid Thoughts, Words and Deeds

- **Utilize good Nutritional Supplements**
  - It is necessary even with proper diet due to poor quality Agribusiness
  - We are physically assaulted by technology and poisonous effects
  - Average person is exposed to 500 chemicals a day
Important Ingredients in our daily food and their Functions

- Caprylic extract (Coconut) cause fungus to disappear and remission of symptoms in fungus-related health problems
- Oleuropein (Olive oil) has antibiotic properties, strong actions against morbid microforms, has cardiovascular benefits
- Allicin (Garlic) antifungal, antibacterial, affects cholesterol and lipid metabolism
- Bromelain (Pineapple and Papaya) beneficial enzyme in digestion of proteins; anti-inflammatory and improves cardiovascular health; removes dead bacteria and fungus
- Butyric Acid (Fruits and Vegetables, Whole grains) helps chelate mycotoxins that increases LDL; boosts immune system by helping lymphatic system detox
Important Nutrients and their Functions (Continued)

- Essential Fatty Acids (Fish Oils, Hemp, Flax, A=Walnuts, Soybean oil) required to help build cell membranes, strengthen immune cells, necessary for energy metabolism and cardiovascular health
- Organic Germanium (Garlic, Ginseng, Aloe, Comfrey) stimulates electrical impulses in the cellular level; effective in fighting cancer cells;
- Friendly Flora (Probiotics) maintains intestinal integrity; helps synthesize B Vitamins including B12 and Vitamin K.
Health Check List

- Your Environment
- Your Relationships
  - Self, Home, Work, Social Life
- Your Diet
- Weight and Lipid Levels
- Blood Pressure
- Your Activity
- Alcohol and other substance use
Environment

- Home and Work
  - Chemical free: lead, cleaning agents, soaps, shampoo
  - Pesticide and Herbicide free, use ‘green’ products
  - Mold free
  - Air and water purifier

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Respect the Sun

Sun elevates the mood

Creates Vitamin D (essential in bone and colon health)
Relationships

Self
- Positive Attitude
- Low Stress
- Sleep Well
- Meditate
- Relaxation
- Laugh

Social life
- Good balance
Balance

Work

Home

Play

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Food

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water
CARBOHYDRATES

- Main source of energy
- At least 50% of total calories
- Main source of FIBER

From these sources

Nope! Not these
Good protein

- Necessary for body cell building blocks
- Requirements: Adults 1 gm/kilo of weight

Good Variety

Oy, Vey!
Fats

Good Fats

Not so good Fats

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Vitamins

- 13 are essential
- Act synergistically
Minerals

Not too much from these,

Yes, from these!!
Water

- Regulates all bodily processes
- Regulates body temperature
- Lubricates joints
- Dissolves vitamins, minerals and other nutrients
- Carries oxygen to cells
Watch Calories

- Caloric requirements varies
- 500 calories = 1 pound

320 calories + 200 calories = 520 calories

70 + 120 + 80 = 270

62 calories
Use Unrefined Salt

- Celtic Sea Salt (Redmond’s Real Salt) has not been put through machines and harsh chemicals and refining process which removes minerals
Weight

- Try to maintain Ideal Weight for height
- If goal is weight loss: LOSE WEIGHT GRADUALLY
- When trying to lose weight, work with a “buddy”
## Waste to Hip Ratio

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- **Harmful**
- **Less Risk of Heart Disease/Diabetes**

Apple shape
- More visceral fat
- Higher risk of weight-related health issues

Pear shape
- Less visceral fat
- Lower risk of weight-related health issues
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Height = Feet and Inches - Weight = Pounds.

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Alcohol

Drink alcohol in MODERATION
Males: 2 drinks/day     Females: 1 drink/day

Moderate Drinkers

- Tend to live longer than abstainers or heavy drinkers*
- Related to lower heart disease mortality
- Tend to enjoy general health
- Less likely to have Type 2 Diabetes
- 75% lower risk for Dementia and Alzheimer’s
- DON’T SMOKE

- Fried Foods can be harmful

- Avoid PROCESSED foods
And These!!
Not These
Or These
Cleanse! Every now and then

- Drink lots of pure living water
- Sweat your way to health
  - Exercise
  - Radiant heat; infrared saunas
- Green drinks, green food, green tea
- Lots of soups
Eat more Fruits and Vegetables!

- Recommended Servings: was 5, then 7 now **11 servings a day!!**
- Why.....because the years of agriculture have bred out the healing and healthful compounds in our food
- It’s time to be extra mindful of what we are consuming
- We still can obtain our bodies’ needed nutrient amounts
- Let’s once again use food as our medicine!

HERE WE GO!
Potent Antioxidants: Our Protector

Protect us from free radicals that can:

- Inflame our artery lining
- Turn our normal cells into cancer cells
- Damage our eyesight
- Increase our risk of becoming diabetic
- Intensify the visible signs of aging (wrinkles, spots, etc.)
Phytonutrients as Antioxidants also:

- Enhance athletic performance
- Reduce risk of infections
- Lowers blood pressure
- Lowers LDL
- Protects the aging brain
- Improves mood
- Boost immune system
The Sad Loss of Phytonutrients

An apple a day no longer keeps the doctor away

Years of breeding to create more palatable fruits and vegetables resulted in produce stripped of fiber, protein, vitamins and minerals and phytonutrients.
Start with

- Adding more nutrient-rich dark green, red, purple, brown vegetables to diet
- Shop more at farmers market and natural food stores
- Learn vegetable varieties and proper selection
- Save seeds and start
- Growing your own!
If you don’t have much space try the Tower Garden
Cruciferous Vegetables

Arugula, Bokchoy, Broccoli, Brussel’s Sprouts, Cabbages, Cauliflower, Collard Greens, Kale, Kohlrabi, Mustard Greens, Radishes, Turnips

Good news: their nutrients have not been ‘watered down’ by agriculture; they offer more phytonutrients than all but a few fruits and vegetables. Higher in antioxidants than most common fruits and vegetables; the most healthful if freshly harvested.

Bad news: many of them are bitter and spicy, so few people eat them.

They contain glucosinolates, the main source of their health benefits and main source of bitter taste.

Buy today, eat today or tomorrow, then buy more or GROW them!
Lettuce: Selecting the most Nutritious

- As a rule: Whole heads are fresher than pre-cut packaged; but! all bags of mixed dark greens contain more phytonutrients than heads of iceberg or romaine.
- Color: choose the darkest purple or reddish brown and deep greens.
- Leaf arrangement: loosely wrapped leaves contain higher amounts of phytonutrients.
Other Salad Greens

- **Arugula or Rocket**: more peppery and bitter; higher in calcium, magnesium and folate than most salad greens
- **Radicchio**: its bitterness comes with rewards! Red has 10x more nutrients than white
- **Spinach**: rich in anti-oxidants plus anti-aging lutein; buy whole rather than packaged
Salad Dressing: Make your own!

- Unfiltered extra virgin olive oil
- Any type of vinegar
- Fresh or dried herbs
- Sea salt and sweetener

To make variations, add:
- Crushed berries
- Citrus
- Shallots
- Ginger
- Mustard
- Mayonnaise
- Milk
- Yogurt
- Cheese
- Anchovies
- Chilies
- Tomatoes
Legumes
Beans, Peas and Lentils

- Legumes are high in protein but also easily digested and processed by the body; high in soluble and insoluble fiber; lowers risks for most major diseases
- To get the bang for the buck, buy organic peas in the pods (sugar snap peas); the pods are higher in antioxidants than the peas
- Freezing and canning destroys up to 50% of antioxidants
- Dried beans when canned become more nutritious!
- Look for darker colored beans and purple peas
Alliums: Garlic, Onions, Chives, Leeks, Shallots

- Hunter-gatherers & natives use alliums as medicine for thousands of years
- Used to fend off horrific diseases
- Important part of diet of Union troops in civil war
- Referred to as ‘Russian penicillin’ by English military
- Republic of Moldova used onions and garlic to protect its army from H1N1 flu
- 1 mg allicin = 15 IU penicillin
Garlic

- Buy or grow greens and uses on soups, sauté, stir fry
- Stays fresh longer in fridge than room temperature
- Stores up to 2 months away from humidity
- Best is fresh, next is freeze dried, jarred, dried

**Storing increases its pungency and allicin content up to 10 fold!**
Onions and Shallots

- Sweet onions are more nutritious
- Shallots are more nutritious than onions; more expensive also
- Store in refrigerator shelves for longer life up to 1 month or more or in paper bags in cool place
- Red onions are higher in phytonutrients; but do not keep well, use ASAP!
- Use skins on stock and soups
Planting Onions for forever greens!
Add to salads, soups and any dish
Tomatoes

- Tomatoes are considered berries; a fruit not a vegetable
- Tomato industry is highly industrialized; ripening process is an exact science
- Choose darkest red for more lycopene
- Shop by size: ‘Smaller is better’. More nutritious and flavorful
- Cooking intensifies the lycopene content
- Don’t store in refrigerator; keep in temp 55-70 degrees
- Don’t remove the pulp, seeds or juice
- Homegrown is best for flavor
- Surprise! Canned is the most nutritious; BPA free cans or in glass
My Tomatoes
Sweet Potatoes

- Lower glycemic index than regular potatoes
- Deeper flesh color, the greater the antioxidants
- Do not refrigerate; can be stored for a week at room temperature
- Cooking can double the antioxidant content
- Skin is more nutritious than the flesh
- The deeper the color, the higher the antioxidant content
- Can be stored for a week at room temperature
Potatoes

- New potatoes are more nutritious than old potatoes; cause lower rise in blood sugar
- Purple Peruvian are highest in phytonutrients (28x more) next red and yellow
- To lower the glycemic index of potatoes: Cook and cool overnight
- Americans eat 130 lbs potatoes per person a year; Together we eat 7.5 billion lbs French fries
- Highly sprayed, tops the Dirty dozen; buy organic
- Store in a bag in a cool dry place like garage, up to a month
Beets

- One of the most nutritious products we can consume; high in fiber, folate, potassium
- Low glycemic index; Beet eater have lowest incidence of heart disease, diabetes, cancer and obesity
- Beet greens are the most nutritious part
- Choose darkest red beets with fresh looking greens
- Contains Betalain (cancer fighter phytonutrient)
- Canned or jarred beets are less flavorful but higher in anti oxidant content
- Spoils rapidly; eat within a few days
- 2009 test tube study and cancer proliferation
Mushrooms

- DNA in Mitochondria is most vulnerable to oxidative stress
- Mitochondria is difficult to penetrate for most antioxidants
- **Ergothioneine** - A sulfur-containing amino acid; Potent intramitochondrial anti-oxidant (a cell protector) can penetrate the cell and protect it from oxidative stress!
- Depriving human cells of this amino acid leads to DNA damage, cell death (**AGING**)
- Ergothioneine is heat stable,

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Carrots

- Choose purple and purple-yellow carrots over white or orange; cooked carrots contain 25% more falcarinol (cancer-fighting compound)
- Cook carrots whole then cut up for higher nutrient content
- Carrots are best for you when cooked with some oil or fat. Beta-carotene needs to be coated with fat for better absorption
- Eat the skin where most nutrients are concentrated. Baby Baby carrots are cut from the inside of large carrots (think twice)
- Can be stored in plastic bags in crisper drawer, lasts for a week
Ginger and Turmeric

- **Ginger**: historically known to be very effective in alleviating symptoms of gastrointestinal distress; Modern scientific research has revealed it possesses numerous therapeutic properties: antioxidant effects, contains anti-inflammatory compounds; protects against colorectal cancer; induces cell death in ovarian cancer; immune system booster. Place unused ginger in Ziploc bag and store in crisper drawer of fridge. Add to soups and brewed tea.

- **Turmeric**: Provides anti-inflammatory benefits, decreased cancer risk, and support of detoxification; Newer studies on turmeric intake now include its potential for improving cognitive function, blood sugar balance, and kidney function, lessening the degree of severity associated with certain forms of arthritis and digestive disorders.
Cook with Fresh or Dried Herbs
Basil, Oregano, Thyme, Rosemary, Dill, Parsley, Sage

Basil: Contains high amounts disease-fighting antioxidants; Acts as an Anti-Inflammatory; Fights cancer, contains antibacterial, antimicrobial properties that fight viruses and infections, combats stress by acting as an ‘Adaptogen’, promotes cardiovascular health, rich in vitamins and minerals

Oregano: Antioxidants for immune system support; Antifungal, antibacterial, and may even kill MRSA; Anti-inflammatory properties, useful for upper respiratory infections, Cancer-Fighting Effects.

Thyme: Thymol—named after the herb itself—is the primary volatile oil constituent of thyme, and its health-supporting effects are well documented. In studies on aging in rats, thymol has been found to protect and the brain by increasing Omega 3 fats around
- **Rosemary**: contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion; contains anti-inflammatory compounds useful for reducing the severity of asthma attacks; shown to increase the blood flow to the head and brain, improving concentration.

- **Dill**: monoterpene components of dill have been shown to activate the enzyme glutathione-S-transferase, which helps attach the anti-oxidant molecule glutathione to oxidized molecules that would otherwise do damage in the body. It is a chemoprotective food (much like parsley) that can help neutralize particular types of carcinogens, such as the benzopyrenes that are part of cigarette smoke, charcoal grill smoke, and the smoke produced by trash incinerators.

- **Parsley**: another chemoprotective food; its volatile oils—particularly myristicin—have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. High in vitamin and other minerals; protective against rheumatoid arthritis.

- **Sage**: like rosemary; high in antioxidants; anti-inflammatory; boost brain function and cognition.
Chocolates???

- Dark chocolate is high in minerals: Magnesium, copper, manganese, potassium, phosphorus, zinc, selenium and iron
- Mars, Hershey's, Nestlé's are questionable
- Good brands: Belgian dark chocolates but costly
Nutritional Supplements
What I take

- Juice Plus: Powdered Mixed vegetables, Mixed Fruits and Mixed Berries
- Juvenon Pro: for cognitive help
- Green Food Supplement
- Ultra Preventive X- Complete vitamins and minerals
- Ultra Joint Forte- Bone and joint health
- Quell Fish oil
- Resveratrol
- Turmeric
- CoQ 10
- Hair Skin and Nails
- Brain Memory
- Conjugated Linoleic Acid
Importance of Sleep

- "Sleep is fundamental, as it allows memories to consolidate. It's a good idea to learn something just before going to bed, and then let your brain do the work."

- "Sleep is probably one of the most under-appreciated factors related to memory,"

- It's only during sleep that all that information gets neatly filed away, and our memories are stored.

- "During all the stages of sleep, is when we finally solidify the memory process,"

Dr Shaz, brain expert, Henry Ford Hospital
Meditation yields a surprising number of health benefits:
- Stress reduction
- Improved attention
- Better memory
- Increased creativity and feelings of compassion.
HOW HEALTHY ARE YOU??
You can rate your HEALTH QUOTIENT

- How comfortable with current weight
- What is your WAIST:HIP Ratio
- WAIST: HEIGHT ratio?
- Blood lipid levels good?
- Blood pressure normal?
- EATING HABITS good?
- How often do you exercise? 3-4 x/week
- How is your alcohol intake? Very moderate?
- Smoke?
- Not too Stressed?
- Happy?
Negative Answers

Health Issues!!
Positive answers

THAT'S YOU!!
Email me at: peachyseiden@gmail.com

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