

Nutrition

Warren Buffet – if you could only buy one car in your lifetime...

Disease processes – root causes of chronic degenerative diseases

- oxidative stress – a normal by-product of digestion and increased by
 - toxic environment
 - stress
 - inflammation
- inflammation – caused by blood sugar spikes

1 in 3 children born in America today will get diabetes in their lifetime. For African and Hispanic American children the number jumps to 1 in 2.

Ignored diabetes can lead to **blindness, kidney failure, heart disease, nerve damage, limb amputations** and even **death**.

On top of all that, prescriptive medications can have **toxic side effects** including, but not limited to, *nausea, diarrhea, skin rash, weight gain, respiratory infections, liver damage, and headaches*

Melanesian natives & airports/radio control towers built by modern visitors -- if you don't understand basic concepts you cannot apply them properly.

Macro nutrition

- proteins
- carbohydrates
- fats

Zone Diet example

- 30% of calories from fat
- 30% of calories from protein
- 40% of calories from carbohydrates

Glycemic index

In 1900 nutritionists theorized that carbohydrates could be classified as

- simple sugars or
- complex carbohydrates
- based on their chemical structure

In 1981 Dr. David J. Jenkins was doing research related to diabetes at the University of Toronto when he invented the glycemic index.

- high glycemic carbohydrates spike insulin
- causes inflammation
- causes weight gain
- makes weight loss difficult
- eventually causes diabetes

Calorie Restriction increases lifespan

- eat less and lower your metabolism vs eat more and exercise to raise your metabolism
- eat using the Zone diet and use high quality supplements to make up for nutrients missing from your diet.

Let's look at what happens in your body when you eat.

Draw sin waves

- Blood sugar levels critical to life
 - at the low end you're hungry
 - too low and you go into a coma and die
- too high
 - inflammation occurs – starts disease processes
 - pancreas goes into overdrive to pump insulin into your bloodstream to lower the blood sugar levels
 - oops – it overshoots and too much insulin drives your meal into fat cells, but WAIT – it also drives your blood sugar below a life sustaining level
 - now you're ravenous and you need to eat RIGHT NOW – whatever you can find, and you especially crave foods that will get your blood sugar up fast.
 - Oops – we're in a vicious eating loop here!
 - We are in a feeding frenzy that would make sharks look tame.

Keep up this vicious cycle and you get

- inflammation at the top of each cycle
- your cells become resistant to your own insulin so your pancreas has to work harder as the years go by – you start gaining weight, blood pressure goes up, arteries noticeably harden, plaque builds up in your arteries – risk of stroke goes up
- eventually your pancreas wears out – it stops producing insulin, and you now have diabetes.

How do we get out of this cycle and stay out?!

- Proper nutrition – eating was not a social activity in the evolutionary scheme of things
- Proteins and fats tend to limit the spikes caused by certain carbohydrates.
- Proper exercise – use it or lose it

Micro nutrition

A clean bill of health from your doctor is no guarantee that death is not imminent -- my stepfather died suddenly a few weeks after receiving a clean bill of health from his doctor.

• Nutritional Supplements

- explain the role of the FDA in regulating supplements
- show the wide disparity in quality among supplements on the market
- use the Comparative Guide to select a high quality supplement

Cellular nutrition

- adds to our understanding of our bodies
 - is not a replacement for traditional balanced nutrition
 - explain cellular nutrition
 - show photos of three cell cultures
 - healthy
 - after fatty meal
 - after fatty meal with antioxidants
 - explain the underlying cause of most diseases (free radicals)
 - many of these diseases can be reversed or progression slowed by adding antioxidants to your diet
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- RDA's vs optimal amounts -- see handout

Sodas and Artificial sweeteners

- carbonic acid in sodas attacks tooth enamel, allowing sugar to quickly rot your teeth. My dentist told me that soda is worse than candy because of the acid in the soda.
- carbonation in other beverages such as high-end water, creates acid in your system.
- high acid levels in your bloodstream are linked to disease processes such as inflammation and oxidative stress.
- artificial sweeteners have known and possibly unknown side effects that contribute to disease processes.

Living a new, healthier lifestyle

Rewiring your brain takes 25-26 days -- NASA experiment proves that consistent change is required to rewire your brain. Interrupting the process only prolongs it.

- Apply what you learn here today
 - Use the glycemic index when planning your menus
 - Shop on the perimeter of the grocery store
 - Eat in technicolor
 - Supplement your diet with high quality nutritional supplements
- Healthy Lifestyle Journal
 - Journaling helps people make lasting changes in their life.
 - Just the act of thinking about choices you make throughout your day will help you lose weight and live a healthier lifestyle, even if the changes you are trying to make have nothing to do with losing weight.