Nutrition & Lifestyle Tips for Wellness and Healthy Aging

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Concept of Morbidity Line
“First, remove obstacle to cure”
There are too many people counting calories and not enough people counting chemicals.
THE THERAPEUTIC ORDER

SURGERY

PHARMACEUTICALS

NUTRIENT THERAPY

CORRECT STRUCTURAL INTEGRITY

SUPPORT AND TONIFY WEAKENED SYSTEMS

SUPPORT THE BODY’S INNATE HEALING ABILITY

ESTABLISH THE FOUNDATION FOR HEALTH
We need to stop just pulling people out of the river.

We need to go upstream and find out why they're falling in.

- Desmond Tutu
“Let foods be your medicine”

-Hippocrates
Comparison of berries

![Graph comparing ORAC scores of various berries.](image-url)
Lower Prevalence of Impaired Glucose Tolerance and Diabetes Associated With Daily Seal Oil or Salmon Consumption among Alaska Natives

1. Amanda I Adler, MD, PHD,
2. Edward J Boyko, MD, MPH,
3. Cynthia D Schraer, MD and
4. Neil J Murphy, MD
Serum Vitamin D and $\delta^{15}$N values, YK Women, 1960s to 1990s
1991: Walanae Diet promotes Native Hawaiian culture, well-being

The Waianae Diet is based on the traditional Hawaiian diet, which is high in complex carbohydrates and fiber and low in fat. A study published in the *American Journal of Clinical Nutrition* in 1999 involves 19 Native Hawaiians, who had an average weight loss of 17 pounds after three weeks on the diet. Other benefits noted in the study include decreases in cholesterol and blood sugar after using Native Hawaiian foods and ancient Hawaiian cooking methods. Participants are taught by Native Hawaiian healers about practices that promote well-being.

The principle foods in the diet are taro, poi, sweet potatoes, yams, breadfruit, greens, seaweed, fruit, and small amounts of fish cooked using ancient cooking methods. Cooking includes steaming, though most foods are served raw. A major motivation for people who use this diet is the renewal of Native Hawaiian culture.
Food for thought: A traditional Okinawan diet may help prolong life
Tumeric

Tumeric is widely used in Ayurvedic medicine and is thought to help repair damaged brain cells, boost memory and improve mood. A 2018 study published in The American Journal of Geriatric Psychiatry studied the effects of curcumin (the main constituent of turmeric) on cognition of non-demented adults. This 18-month study found that daily doses of curcumin led to significant benefits for both memory and attention. Those who took curcumin exhibited a 28% improvement in memory tests over the course of the study, compared to those in the placebo group.

Melissa officinalis (Lemon Balm)

In a study published in the Journal of Neurology, Neurosurgery, and Psychiatry in 2003, Alzheimer’s patients took lemon balm extract or a placebo for four months. The results of the study showed that those who were given the lemon balm extract showed a significantly greater improvement in overall cognitive function than those given the placebo.

Gotu Kola (Centella asiatica)

In a 2008 study published in the Journal of Ethnopharmacology, the effects of gotu kola were tested on 28 healthy elderly volunteers. The results showed that those who received the extract of gotu kola exhibited an improvement in both working memory and mood.
Vis Medicatrix Naturae
Accusplit Eagle 120
Step Counter

Eagle 120XL

Functions and Features:

• Steps only, not distance or calories
• ~2000 steps/mile walked
• ~1500 steps/mile jogged
• Minimum goal: 20,000 steps/wk
  Optimal goal: 50,000 +

www.accusplit.com

Metabolic Syndrome Initiative discount for providers
How much is 2000 steps worth?

2000 Steps a day

= ~100 kcal

x 365 days/year

= 36,500 kcal

= ~10 lbs fat
First you make your Habits

Then your Habits make YOU
Sleep and Health Problems

- People with chronically poor sleep also have more car accidents
- Among people with chronic conditions, lack of sleep predicts greater functional disability and decreased quality of life
- People with poor sleep use more medical devices than their non-sleep deprived counterparts

(Stepanski et al., 2003)
“steering” the body...

- Small changes make a HUGE difference
The doctor of the future will give no medicine,  
But will interest his patient in the care of the human frame,  
In diet, and in the cause  
And prevention  
Of disease.  
THOMAS EDISON
A physician once said, "The best medicine for humans is love." Someone asked, "What if it doesn't work?" He smiled and said, "Increase the dose."
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