



Nutrition & Lifestyle Tips for Wellness and Healthy Aging

Dr. Gary Ferguson, ND (Unangax)

**Institute for Research and Education to Advance Community Health
(IREACH)**

Elson S. Floyd College of Medicine

Washington State University

Faculty, Director of Outreach & Engagement

gary.ferguson@wsu.edu



Concept of Morbidity Line









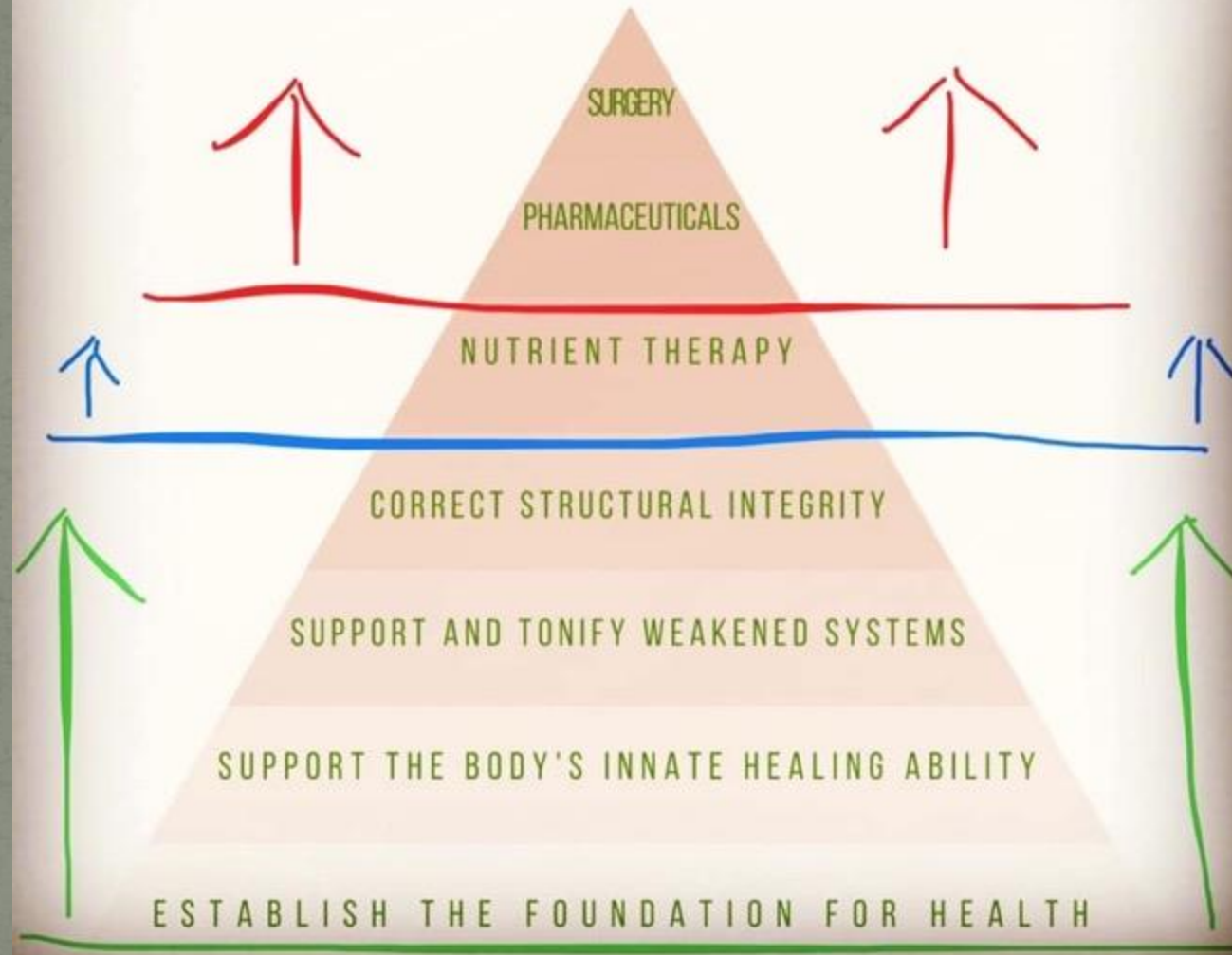
“First, remove obstacle to cure”



**There are too many people
counting calories
and not enough people
counting chemicals.**



THE THERAPEUTIC ORDER



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



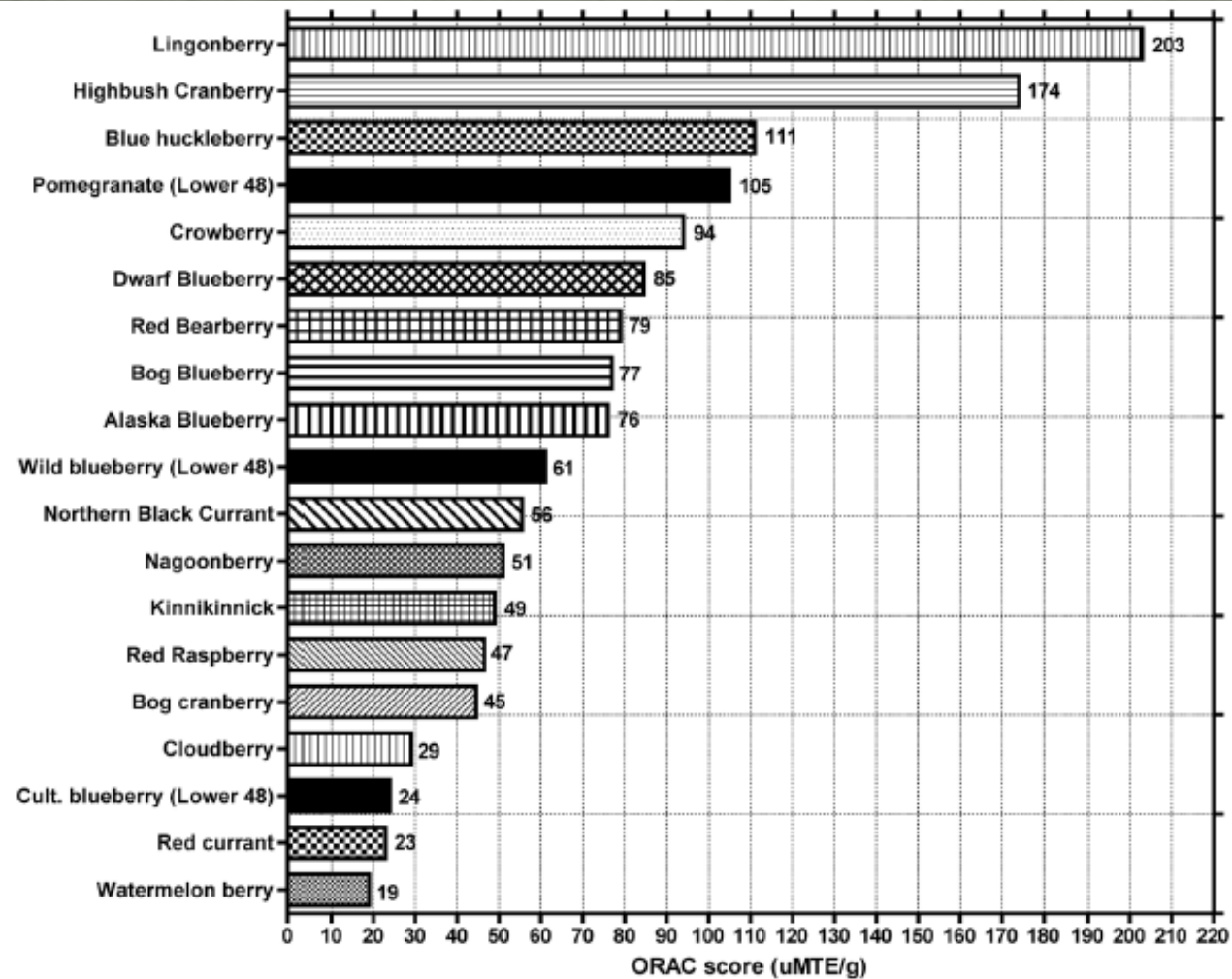








Comparison of berries













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](#)

Public Health Nutrition


THE NUTRITION SOCIETY
Advancing Nutritional Science

Search Public Health Nutrition






Article

First View

Get access

Declines in traditional marine food intake and vitamin D levels from the 1960s to present in young Alaska Native women

Diane M O'Brien ^(a1) ^(a2), Kenneth E Thummel ^(a3), Lisa R Bulkow ^(a4), Zhican Wang ^(a3) ... 


DOI: <https://doi.org/10.1017/S1368980016001853> Published online: 28 July 2016

Abstract

To measure the trends in traditional marine food intake and serum vitamin D levels in Alaska Native women of childbearing age (20–29 years old) from the 1960s to the present. We measured a biomarker of traditional food intake, the $\delta^{15}\text{N}$ value, and vitamin D level, as 25-hydroxycholecalciferol (25(OH)D₃) concentration, in 100 serum samples from 20–29-year-old women archived in the Alaska Area Specimen Bank, selecting twenty-five per decade from the 1960s to the 1990s. We compared these with measurements of red-blood-cell $\delta^{15}\text{N}$ values and serum 25(OH)D₃ concentrations from 20–29-year-old women from the same region collected during the 2000s and 2010s in a Center for Alaska Native Health Research study. The Yukon Kuskokwim Delta region of south-west Alaska. Alaska Native women (*n* 319) aged 20–29 years at the time of specimen collection. Intake of traditional marine foods, as measured by serum $\delta^{15}\text{N}$ values, decreased significantly each decade from the 1960s through the 1990s, then remained constant from the 1990s through the present ($F_{3,306}=77.4$, $P<0.0001$). Serum vitamin D concentrations also decreased from the 1960s to the present ($F_{4,162}=26.1$, $P<0.0001$). Consumption of traditional marine foods by young Alaska Native women dropped significantly between the 1960s and the 1990s and was associated with a significant decline in serum vitamin D concentrations. Studies are needed to evaluate the promotion of traditional marine foods and routine vitamin D supplementation during pregnancy for this population.

Export citation

Request permission

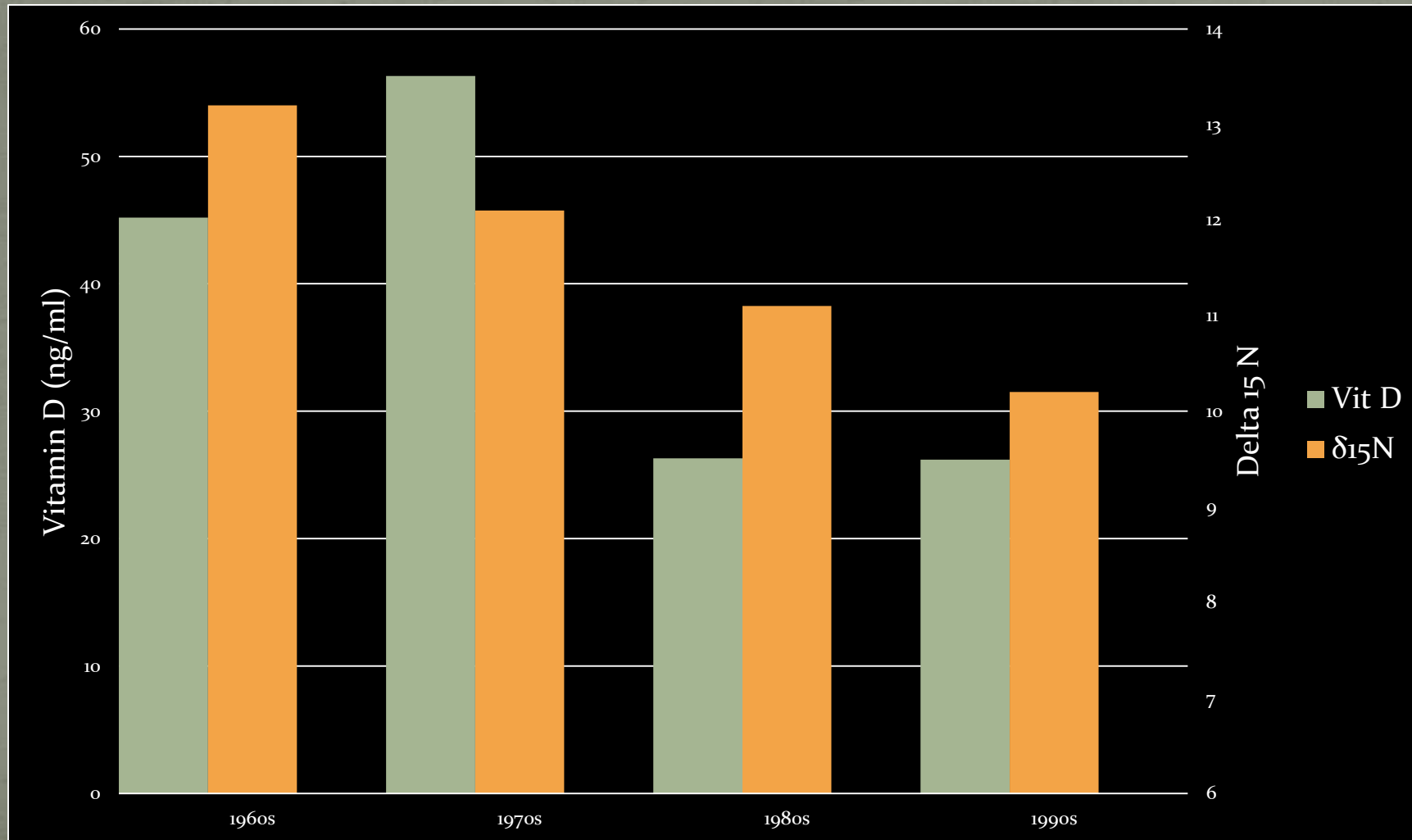
Aa Aa 

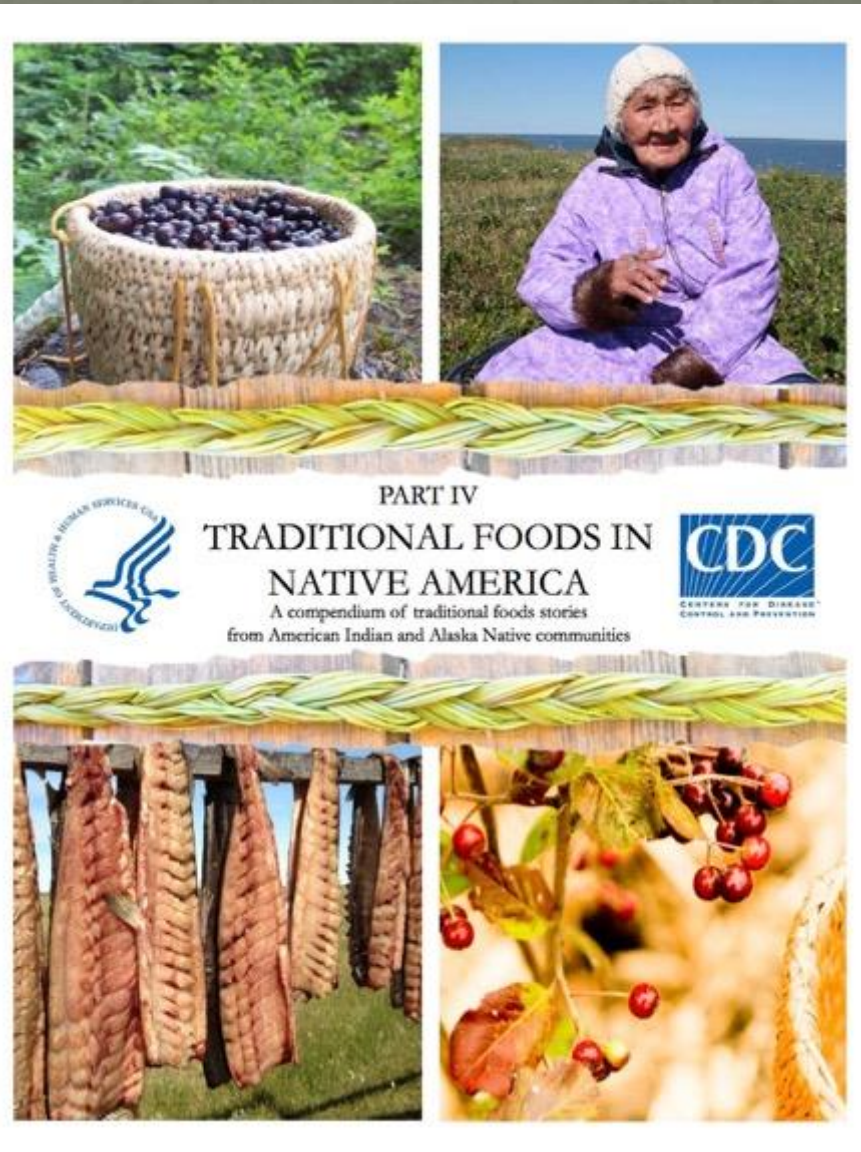
Keywords:

Nutrition transition
Rickets
25-Hydroxycholecalciferol concentration
 $\delta^{15}\text{N}$ value
Stable isotope ratios
Arctic health
Circumpolar health

O'Brien, D.M., Thummel, K.E., Bulkow, L.R., Wang, Z., Corbin, B., Klejka, J., Hopkins, S.E., Boyer, B.B., Hennessy, T.W. and Singleton, R. (2016) 'Declines in traditional marine food intake and vitamin D levels from the 1960s to present in young Alaska Native women', *Public Health Nutrition*, , pp. 1–8. doi: 10.1017/S1368980016001853.

Serum Vitamin D and $\delta^{15}\text{N}$ values, YK Women, 1960s to 1990s





<https://www.cdc.gov/diabetes/ndwp/pdf/part-iv---traditional-foods-in-native-america.pdf>



EXHIBITION

INTERVIEWS

TIMELINE

RESOURCES

VISIT

Search...



Timeline / Renewing Native Ways / 1991: Waianae Diet promotes Native Hawaiian culture, well-being



Gathering taro and taro leaves in the Waipo Valley on the Big Island, Hawaii. Taro is a staple of the traditional Hawaiian diet.

Courtesy Karen Kasmauski/Science Faction/Corbis

1991: Waianae 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 1991 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 revival of Native Hawaiian culture.



Emi-no-Mise's choju-zen (longevity dish) | STEPHEN MANSFIELD

LIFESTYLE

Food for thought: A traditional Okinawan diet may help prolong life

BY STEPHEN MANSFIELD

SPECIAL TO THE JAPAN TIMES

Herbs & Spices for Memory

- 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.*

Herbs & Spices for Memory

- 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





www.accusplit.com

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 +

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)

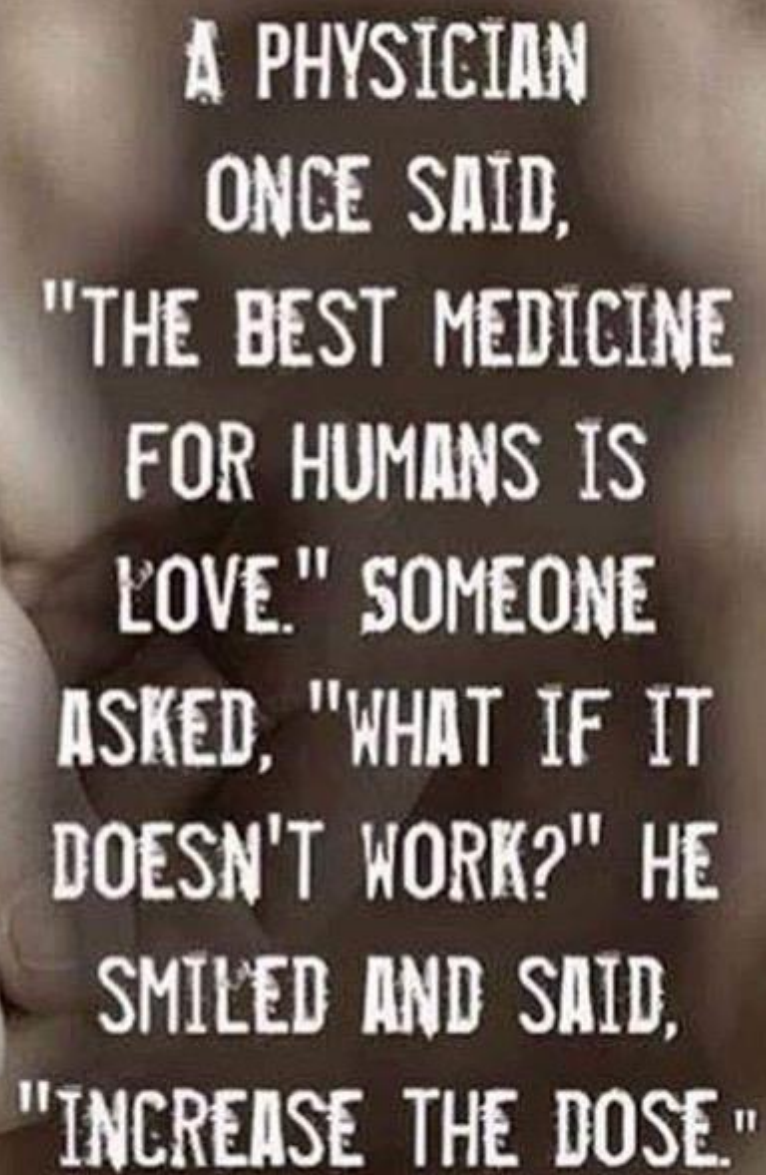
“steering” the body...



- 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."



Nutrition & Lifestyle Tips for Wellness and Healthy Aging

Dr. Gary Ferguson, ND

**Institute for Research and Education to Advance Community Health
(IREACH)**

Elson S. Floyd College of Medicine

Washington State University

Faculty, Director of Outreach & Engagement

gary.ferguson@wsu.edu

