

Nutrition Issues



Obesity on Track as No.1 Killer

Source: USA Today Wed. 3/10/04

- “Inactivity, poor diet may overtake tobacco.”
- “Poor diet and lack of exercise might end up killing more people than tobacco use and become the leading cause of preventable deaths in the USA by as early as next year, a new study says.”



From the Junk Food category...

Quote: Tennis star Serena Williams.

**“I advise everyone to eat your
McDonald’s---before you play me
especially.”**

Source: World; 11/16/2002



Nutritional Concepts...

- Remember: You are what you eat!
- Either you filter water, or you ARE the filter.
- It's not what you eat between Christmas and New Year's...It's what you eat between New Year's and Christmas that counts.
- Think long term...
- Become familiar with the top ten bad foods...which do not include red meat, eggs, and sugar!!!!



Time . . . February 23, 2004

Front cover:

“The Secret Killer”

“The surprising link between INFLAMMATION and heart attacks, cancer, Alzheimer’s and other diseases. What you can do to fight it?”



Anti-inflammatory Diet

(Adopted from Dr. Dan Murphy, faculty Life West Chiropractic College)

- Omega III EFAs: DHA/EPA, 1000-4000 mg/day
- Antioxidants: ACES
- Ice: 1-4 times per day, 10-20 minutes each.
- Breathing Exercises: In nose 7 secs, hold 8 secs, out mouth 4 secs: 4 in a row, 4x/day.



Anti-inflammatory Diet

- Increase aerobic fitness: walking.
- Reduce TFAs (hydrogenated vegetable oil) and SFs: they are pro-inflammatory.
- 5-9 Fresh fruits and vegetables per day.
- Reduce or stop smoking.



Anti-inflammatory Diet

- Avoid excitotoxins:

- Glutamate
- Aspartate
- Cysteine

(these are often disguised as “Natural Flavors” or “Yeast extract”)

- Hydrolyzed vegetable protein

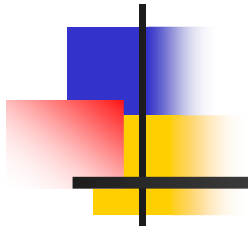


What you can do.....

- Exercise
- Low fat diet
- Eat fruits and vegetables..antioxidants
- Oral Hygiene....floss

- Drugs...very controversial

The Top Ten Bad Foods!



*Doesn't include Red
meat, eggs, and
sugar!!!!*



Kevorkian Four: “Suicide on the installment plan!”

1. Pork Products: Bacon, Sausage, Ham, and Pepperoni.
2. Shell Fish: Coach Roaches of the Sea: Lobster, Scallops, Shrimp, Crabs
3. Margarine Products: Crisco, Peanut Butter, hydrogenated oil.
4. Nutrasweet/Aspartame/Equal: Found in diet sodas



Top Ten Bad Foods.....

5. Junk Foods: They have no nutritive value and contain a lot of chemical: MSG, Suicide on the installment plan.
6. Mayonnaise
7. Caffeine Products: Coffee, Ice Tea, and Chocolate. Just two cups of coffee per day increases the risk of heart disease by 50% in a man.



Top Ten Bad Foods.....

8. Tap Water because of the chemicals and organisms: Fluoride-Rat Poison, Chlorine causes Cancer and leads to increase in arterial plugging.
9. High Fat Dairy Products: Cheese, milk, whole fat.
10. Alcohol products.



Wheel of health: A balance of...

- Mental
- Physical
- Spiritual well being.
- Diet
- Exercise
- Rest
- Stress Reduction