Ultimate Destination: 5 Keys to Nourishing Your Body For Health

Mark Zollitsch, M.Ed
Wellness Consultant
Agenda

Four Guiding Principles:
1. Food is Medicine;
2. Level of Processing;
3. Variety;
4. How we eat is as important as What we eat;

Five Keys to Nourishing Your Body For Health
1. Hydration;
2. Vegetables & Fruits;
3. Starches, Sugars & Sweets;
4. Fats & Cholesterol; and
5. Healthy Strategies in Rural Areas.
Principle #1 - Food IS Medicine
Food and beverage intake influence you 24/7:

- Biochemistry
- Hormones
- Blood sugar
- Pain & Inflammation
- Building blocks available
- Coping skills
- Immune system
- Alertness & Mood
- Allergies & intolerances
- pH level (acid-base)
- Genetic expression
- Headaches
- Gut flora (microbiome)
- Energy level
Principle #2 – Whole Food in Original Form = Healthier

1. Could I have eaten this 500 years ago? God made or man made? Definition of Food;

2. Every Food is on a Continuum; and

3. Can I pronounce the ingredients? If it was manufactured in a factory, don’t eat it!
Principle #3 – Variety → Health

• Every food contains different nutrients – greater variety → more nourishment → better health;

• Most people eat same 12-15 foods over and over; many with close to zero nourishment value; and

• Higher variety of nutrients in greater variety of food.
Principle #4 – How We Eat can be as Important as What We Eat

• Chronically trim people eat differently than those of us who gain weight;
• Listen to natural hunger and fullness mechanisms;
• Pacing – are we eating slowly enough for our brain to register we are full;
• Eat when hungry or by the clock; and
• Focus of Naturally Slim program.
#1 - H2O for Health
Influences as Medicine

**Good Hydration**
- Alert & clear thinking
- Good temperature homeostasis
- Allows proper function of all body processes
- High energy

**Dehydration**
- Poor focus
- Tired/low energy/overheated
- Strain on heart/thick blood
- ↑ Risk heart attack & stroke
- Low physical performance
- Kidney stones
- Weight gain (hunger vs. thirst confusion)
H2O for Health

• Human Body 82% water;
• 70% Americans chronically dehydrated;
• No water for 72 hrs., life threatening; No food for weeks not life threatening.
# Water & Hydration Choices

<table>
<thead>
<tr>
<th>Healthy Hydration</th>
<th>Unhealthy Hydration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Sweet tea</td>
</tr>
<tr>
<td>Filtered water</td>
<td>Soda pop</td>
</tr>
<tr>
<td>Bottled water</td>
<td>“Smart” Water</td>
</tr>
<tr>
<td>Tea, iced tea</td>
<td>Gatorade, Powerade</td>
</tr>
<tr>
<td>Coffee</td>
<td>Sweetened coffee beverages</td>
</tr>
</tbody>
</table>
Tasty Ways to Increase Your Intake

• Carry a water bottle everywhere;
• Keep a journal of how much you drink and how you feel each day;
• Ice your water;
• Add sliced cucumber, melon or berries, herbs;
• Add lemon, lime or orange; and
• Brew your own tea.
#2 - Vegetables & Fruits for Health
Influences as Medicine

**Sufficient Fruits and Vegetables (5+ servings)**
- Nourishment needs met
- Building blocks for body
- Fiber and Regularity
- Cancer and CHD protection
- Higher pH (more basic)

**Inadequate Vegetables & Fruit**
- Poor Health
- Compromised immune system
- Lower pH (more acidic, better soil for disease)
- ↑Risk of cancer, heart disease, diabetes, Alzheimer’s, most diseases
Essential Nourishment in Produce

- Phytochemicals 50,000+;
- Vitamins & Minerals;
- Fiber;
- Antioxidants;
- Chlorophyll;
- Enzymes;
- Probiotic bacteria and HSO’s; and
- Unknown Factors and Compounds.
Lung Cancer & Vegetable Intake

Relative risk

-0.3
0
0.2
0.7
1.2
1.7
2.2
2.7

Vegetable intake grams/day

0
100
200
300
400
500
Stomach Cancer and Fruit Intake

![Graph showing the relationship between fruit intake (grams/day) and relative risk of stomach cancer. The graph indicates a downward trend as fruit intake increases, suggesting a decrease in risk.]
An Apple a Day (with the skin)

Cancer cell spreading vs. Concentration for peel, peel + flesh, and flesh.
Why Not Just Make A Pill?

• The pill will never contain all the phytochemicals in produce – over 50,000;

• The phytochemicals only appear to work when they are in their natural form, not a pill;

• **Nutritional Complexes** - components complement each other in digestion, absorption and utilization; and

• Only available in whole foods.
### Vegetable and Fruit (Produce) Choices

<table>
<thead>
<tr>
<th>Healthy Produce</th>
<th>Less Healthy Produce</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Almost Everything</td>
<td>• Almost Nothing, except;</td>
</tr>
<tr>
<td></td>
<td>• Fruit juices;</td>
</tr>
<tr>
<td></td>
<td>• Can overdo starchy potatoes, corn;</td>
</tr>
<tr>
<td></td>
<td>• GMO products, debatably; and</td>
</tr>
<tr>
<td></td>
<td>• Refined or peeled produce.</td>
</tr>
</tbody>
</table>
Tasty Ways to Increase Your Intake

• Dinner salads *for* meals with fruits, nuts, fish or chicken, flax meal, olive oil;
• Veggie slaws, soups, Indian recipes, Vegan cookbooks;
• Green or blue smoothies;
• Double veggies, no starch; and
• Vegetable juicing at home.
#3 – Starches, Sugars and Sweets
## Influences as Medicine

<table>
<thead>
<tr>
<th>Healthy Complex Carbohydrates</th>
<th>Unhealthy Carbs and Sweets</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Sustained energy</td>
<td>• Pain &amp; inflammation</td>
</tr>
<tr>
<td>• Nourishment</td>
<td>• Insulin spike, weight gain &amp; diabetes</td>
</tr>
<tr>
<td>• Brain food</td>
<td>• Sugar crash, bad mood</td>
</tr>
<tr>
<td>• Bowel Regularity</td>
<td>• Neurotoxic</td>
</tr>
<tr>
<td></td>
<td>• Headaches</td>
</tr>
<tr>
<td></td>
<td>• Strokes, Alzheimer’s &amp; dementia</td>
</tr>
<tr>
<td></td>
<td>• ↑ Bad gut bacteria</td>
</tr>
<tr>
<td></td>
<td>• ↑ Cholesterol &amp; triglycerides</td>
</tr>
<tr>
<td></td>
<td>• ↓ HGH</td>
</tr>
<tr>
<td></td>
<td>• Speeds aging &amp; degeneration of cells</td>
</tr>
</tbody>
</table>
Sweets - Types

**Sweeteners:** Sucrose, fructose, high-fructose corn syrup, maltose, lactose, galactose, dextrose, glucose, honey, maple syrup, molasses, invert sugar, raw sugar, sorgum, agave;

**Artificial Sweeteners:** Aspartame, Equal, Nutra-sweet, sucralose, Splenda, Acesulfame-K, Sunett, Neotame, saccharin, sodium saccharin, Sweet ‘N Low, Mannitol, sorbitol, maltitol, erythritol, xylitol.
Sugars, Weight and Energy Management

- Sweet and starchy triggers insulin which stores (artificial sweeteners as well);
- Most people in storage mode most of the day;
- Body cannot burn fat when in storage mode; and
- Vegetables, protein and fat in moderation do not trigger much insulin.
## Sweets and Starch Choices

<table>
<thead>
<tr>
<th>Healthy Sweets and Starches</th>
<th>Less Healthy Sweets and Starches</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Vegetables</td>
<td>• White flour products: bread, bagels, tortillas</td>
</tr>
<tr>
<td>• Yams &amp; sweet potatoes</td>
<td>• White rice, potatoes</td>
</tr>
<tr>
<td>• Brown rice</td>
<td>• Boxed cereals</td>
</tr>
<tr>
<td>• 100% Whole grain bread</td>
<td>• Sugar, corn syrup, honey, sweeteners (see list)</td>
</tr>
<tr>
<td>• Whole or rolled oats</td>
<td>• Artificial sweeteners</td>
</tr>
<tr>
<td>• Whole fruit – your sweet</td>
<td></td>
</tr>
<tr>
<td>• Stevia</td>
<td></td>
</tr>
</tbody>
</table>
Easy & Healthy Starch Exchanges

• Spaghetti squash or spiralized zucchini for pasta;
• Cauli-rice for white rice;
• Cauli-mash or butternut squash for mashed potatoes;
• Brown rice for white rice
• 100% whole grain bread for white or wheat
• Oven roasted sweet potatoes for French fries.
#4 - Fats & Cholesterol for Health
Influences as Medicine

**Healthy Fats**
- ↑ Brain and nervous system function & health
- ↑ Hormone production & balance
- Cell walls
- Most efficient energy source
- Balances blood sugar

**Unhealthy Fats**
- ↑ Inflammation
- ↑ Heart Disease arteriosclerosis
- ↑ Weight gain & diabetes
- ↑ Cancer
- ↑ High Blood Pressure
- ↑ Hormonal problems
- Gender bending issues
- Developmental issues
- Lower IQ
# Fats and Oils Choices

<table>
<thead>
<tr>
<th>Healthy Fats and Oils</th>
<th>Less Healthy Fats and Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olives and olive oil</td>
<td>Corn, soybean, peanut, Sunflower and canola oil</td>
</tr>
<tr>
<td>Fish &amp; fish oil</td>
<td>Shortening</td>
</tr>
<tr>
<td>Flax seeds &amp; oil</td>
<td>Margarine</td>
</tr>
<tr>
<td>Avocados</td>
<td>Partially hydrogenated oils</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>Processed foods, fried foods and products made with these oils</td>
</tr>
<tr>
<td>Walnuts, pumpkin seeds</td>
<td></td>
</tr>
</tbody>
</table>
Tasty Ways to Increase Your Intake

- Avocados on eggs, salads, grilled chicken;
- Coconut oil for cooking, baking, salad dressings, mixed in green smoothie, a spoonful;
- Olive oil on salad, marinades, low heat stir fry;
- Ground flax seeds/nuts on salad, smoothie, on oats;
- Fish and fish oil supplement; and
- Nut butters in recipes, a spoonful, in a smoothie, on a banana or apple.
#5 - Healthy Strategies in Rural Areas
Strategies for Obtaining Food

- Plan! Go to a bigger city with Costco, Sams, United, Walmart or HEB every other week, or once a month;
- Stock up on about 1 week’s worth of fresh produce for your family size, the amount that will stay fresh;
- Stock up on as much frozen produce as you can fit in your freezer;
- Farmer’s markets or produce stands – use them if affordable;
- Go hunting if you can, wild game is healthier; and
- Start gardening! Good exercise, more economical use of land and resources.
Strategies for Extra Food Storage

• Obtain a chest freezer;
• Dig a root cellar, they still work;
• Dry or smoke meats;
• Ferment your vegetables – Very simple, most of us need it to improve gut health; just need mason jars - kits available to get started, You-tube fermenting videos; and
• Home canning (jars).
Strategies for Dining Out

- What’s Your Equation?
  - Amount Food / $ Spent, or
  - Nourishment and Health / $ Spent
- Skip the rolls or bread;
- Double portion of vegetables instead of potato or rice;
- Avoid deep fried options;
- Eat ½ and get doggy bag for lunch next day
- Unsweet tea with a packet or two of sugar
- Skip desert or split with dining companion on special occasions.
Thank You

TAC Health Employee Benefits Pool
(512)478-8753 ● (800)456-5974
http://www.county.org/healthbenefitservices

TAC Healthy County
(512)478-8753 ● (800)456-5974
www.county.org/healthycounty

Follow us on Facebook!
www.facebook.com/TACHealthyCounty