CONNECTING THE PIECES

HEALTHY COUNTY BOOT CAMP

Jan. 31-Feb. 2, 2018 • Horseshoe Bay Resort, Horseshoe Bay
Nourishment:

5 Keys to Nourishing Your Body for Health

Mark Zollitsch, M.Ed.
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
- Alertness & Mood
- Allergies & intolerances
- pH level (acid-base)
- Genetic expression
- Headaches
- Gut flora (microbiome)
- Immune system
- 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)

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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.
Zeaxanthin
Lung Cancer & Vegetable Intake

Vegetable intake grams/day

Relative risk

-0.3 0 100 200 300 400 500

0 0.2 0.4 0.6 0.8 1 1.2 1.4 1.6 1.8 2 2.2 2.4 2.6 2.8 3 3.2 3.4 3.6 3.8
Stomach Cancer and Fruit Intake

![Graph showing the relationship between fruit intake (grams/day) and relative risk of stomach cancer.](image)
An Apple a Day (with the skin)

Cancer cell spreading vs. Concentration

- Peel
- Peel + Flesh
- Flesh

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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

Healthy Complex Carbohydrates

• Sustained energy
• Nourishment
• Brain food
• Bowel Regularity

Unhealthy Carbs and Sweets

• Pain & inflammation
• Insulin spike, weight gain & diabetes
• Sugar crash, bad mood
• Neurotoxic
• Headaches
• Strokes, Alzheimer’s & dementia
• ↑ Bad gut bacteria
• ↑Cholesterol & triglycerides
• ↓HGH
• Speeds aging & degeneration of cells
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>

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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>
<tr>
<td>Nuts and seeds</td>
<td></td>
</tr>
<tr>
<td>Grass fed dairy, meat &amp; eggs</td>
<td></td>
</tr>
<tr>
<td>Grass fed butter</td>
<td></td>
</tr>
</tbody>
</table>

- Corn, soybean, peanut, Sunflower and canola oil
- Shortening
- Margarine
- Partially hydrogenated oils
- Processed foods, fried foods and products made with these oils
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

- 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 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 rather than sweet tea

• Skip desert or split with dining companion on special occasions.
Questions?

Thank you!