

We Are What We Eat

The importance of what we eat and the awe inspiring relevance of how what we eat influences our overall health, disease prevention, energy, mood and longevity

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“Let thy food be thy medicine and thy medicine
be thy food.”

-Hippocrates (460-377 B.C.)



strawberries can heal esophageal conditions and even reverse the development of esophageal cancer

A recent study showed that patients with precancerous lesions walked away without a trace of the disease after eating strawberries every day for 6 months.



FATS IN PROCESSED FOODS HELP SPREAD CANCER

Researchers found that the processed fats in the most common processed foods helped cancer cells metastasize or spread in the body, this was seen in both mice and humans, some forms of cancer like skin and breast cancer, the fat receptor has been identified and when scientists blocked that receptor the tumors stopped metastasizing.



The first wealth is
health.

— Ralph Waldo Emerson

WHY FOOD MATTERS?

Diet, not medicine, nor any other measures medical or lifestyle, plays the largest role in extending a person's life, preventing chronic disease and preventing early death concluded a massive 20 year study by JAMA, the Journal of American Medicine.

EATING FOR OVERALL HEALTH

HELPING Your Gut BACTERIA Can BOOST Your HEALTH



START WITH YOUR GUT AND WORK FROM THERE

Probiotic Foods

- Yogurt
- Kefir
- Buttermilk
- Crème Fraîche
- Miso
- Sauerkraut (fermented)
- Kombucha
- Kimchi
- Pickles (fermented)

Pro = supporting

bi-ot-ic - having to do with life or living organisms

Prebiotic Foods

- Tomatoes
- Artichokes
- Onions
- Chicory Root
- Asparagus
- Garlic
- Leeks

Pre = before

*Note: this is not a comprehensive list.

WANTED: GOOD BACTERIA

Want to look and feel your very best? Start enjoying more foods naturally high in probiotics — and in the fiber-rich prebiotics that help those good bugs thrive.

PROBIOTIC-RICH FOODS

DAIRY SOURCES

- Yogurt
- Kefir
- Buttermilk
- Crème fraîche
- Lassi, a drink made from yogurt and water
- Aged cheeses, such as bleu, Gouda and cheddar

FRUIT AND VEGETABLE SOURCES

- Brined pickles
- Tangy chutneys
- Brined olives
- Sauerkraut and its ethnic variations — kimchi (Korean), tsukemono (Japanese), choucroute (French)
- Sauerrubben (fermented sour turnips)
- Pickled beets

SOYBEAN SOURCES

- Miso
- Tempeh
- Natto
- Soy sauce
- Tamari

GRAIN SOURCES

- Traditional sourdough breads

NONDAIRY BEVERAGES

- Kombucha

PREBIOTIC-RICH FOODS

VEGGIES

- Tomatoes
- Artichokes
- Onions
- Chicory
- Greens (especially dandelion greens)
- Asparagus
- Garlic
- Leeks

FRUIT

- Berries
- Bananas

WHOLE GRAINS

- Oatmeal
- Barley
- Flaxseeds
- Wheat

LEGUMES

- Lentils
- Kidney beans
- Chickpeas
- Navy beans
- White beans
- Black beans



PROBIOTICS AFFECT EVERY PART OF YOUR HEALTH

- ▶ GASTROINTESTINAL HEALTH AND FUNCTION
- ▶ WEIGHT
- ▶ BRAIN HEALTH
- ▶ FOOD ALLERGIES
- ▶ IMMUNE RESPONSE
- ▶ BLOOD SUGAR HEALTH
- ▶ CARDIOVASCULAR HEALTH

ENCOURAGE THE GOOD BACTERIA AND DECREASE THE BAD BACTERIA

GOOD BACTERIA

- ▶ THRIVES ON PLANT FIBER,
LOTS OF FRUITS, VEGGIES
AND STARCHES

BAD BACTERIA

- ▶ THRIVES ON SUGARS,
SIMPLE
CARBOHYDRATES AND
ALCOHOL

Take away.....

For overall good health we want to eat 3 or more servings a week of probiotic foods, and eat several servings a day of prebiotic fruit, veggies, starches and legumes. Good overall health starts with the gut!

EATING FOR DISEASE PREVENTION



**"I REALLY REGRET EATING
HEALTHY TODAY."**

-said no one ever

FOOD IS FIRST LINE DEFENSE IN CANCER PREVENTION

Harvard Study concludes at least 60% of cancers
can be entirely prevented through diet

THE LONDON STUDY

Eating up to ten portions of fruit and vegetables a day may prevent 7.8 million premature deaths from disease worldwide

Significant benefits at 5 a day, optimal benefits at 10 a day

<https://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2017-02-23-five-a-day-of-fruit-and-veg-is-good-but-10-is-better/>

THE LONDON STUDY

5 a day significant prevention

10 a day dramatic disease prevention and dramatic life extension

- ◀ **coronary heart disease** - apples or pears, citrus fruit, fruit juices, green leafy vegetables, beta carotene-rich vegetables such as carrots and sweet potato, and vitamin C-rich fruit and vegetables
- ◀ **stroke** - apples or pears, citrus fruit, green leafy vegetables and pickled vegetables
- ◀ **cardiovascular disease** - apples or pears, citrus fruit, carrots, green leafy vegetables and non-cruciferous vegetables such as butternut squash
- ◀ **total cancer** - cruciferous vegetables such as cauliflower and broccoli
- ◀ **all cause of death** - apples or pears, berries, citrus fruit, cooked or raw vegetables, cruciferous vegetables, potatoes and green leafy vegetables or salads



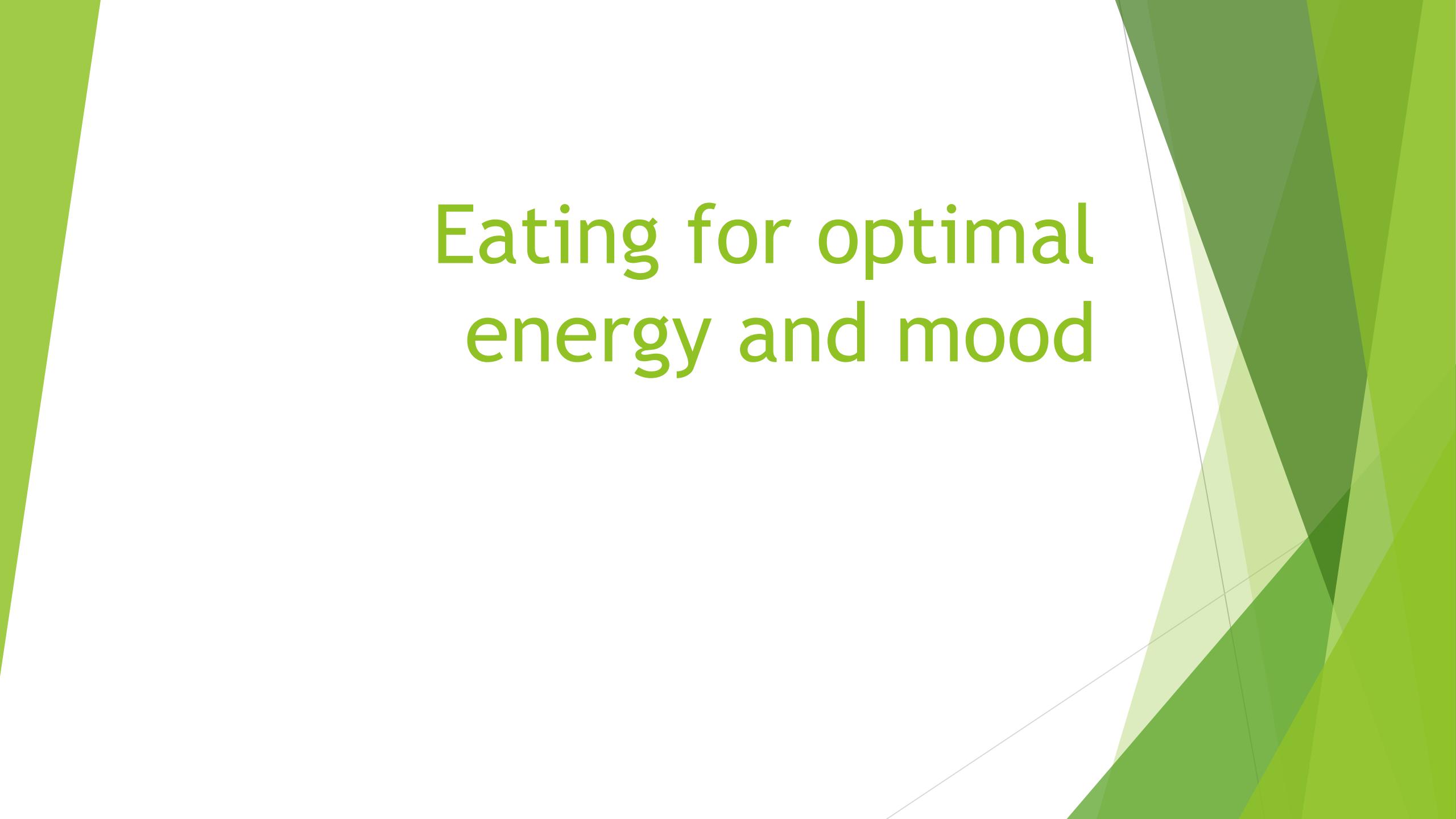
Eat your beta glucans!?

Beta Glucan rich foods are a MAJOR key to disease prevention

- ▶ Culinary mushrooms, maitake, shitake, oyster varieties, reishi
- ▶ Nutritional yeast
- ▶ Algae, seaweed
- ▶ Oats
- ▶ Barley
- ▶ Fight infections that can lead to chronic diseases
- ▶ Fights precancerous cells and cancer from developing
- ▶ Prevents tumor growth
- ▶ Supports heart and lowers LDL

Take away.....

For disease prevention aim to intake a minimum of 5 fruits and veggies a day with the ultimate goal of 10! Also include the radically protective benefits of beta glucan foods, aim for three servings a week of beta glucan rich foods or superfoods/supplements.

The background features a large, abstract graphic element in the upper right corner composed of several overlapping triangles in various shades of green. The triangles are oriented diagonally, creating a sense of depth and movement.

Eating for optimal energy and mood

STEPS AND FOODS THAT SUPPORT MOOD AND ENERGY

- ▶ Eat within 30 minutes of waking, don't go longer than 4 hours without eating
- ▶ Eat "slow carbs" like brown rice, quinoa, millet, buckwheat, yams, sweet potatoes, squashes
- ▶ Mood killers: alcohol, white sugar and white flour, artificial sweeteners, under eating protein and fats.
- ▶ Eat foods rich in b vitamins and magnesium
- ▶ Tend to your gut, 90% of serotonin is made in a healthy gut
- ▶ Wild salmon
- ▶ Avocado
- ▶ Pasture eggs
- ▶ Turkey
- ▶ Banana
- ▶ Cherries
- ▶ Dark chocolate
- ▶ Matcha green tea
- ▶ Peppermint tea
- ▶ Saffron
- ▶ "super" Superfoods and Adaptogenic herbs



Spirulina, Ashwagandha, Maca, Wheatgrass,
Eleuthero, Moringa, Camu Berry, Rhodiola,
Cordyceps, Eleuthero, Bee pollen, propolis and royal
jelly, and many more....

Take away.....

Eating for energy and mood is about teaching your body to use protein and fat calories for sustained energy, avoiding quick sources of energy from white flour and white sugar. Indulge in delicious mood foods and incorporate a "super" superfood or Adaptogenic herb for optimal energy support.

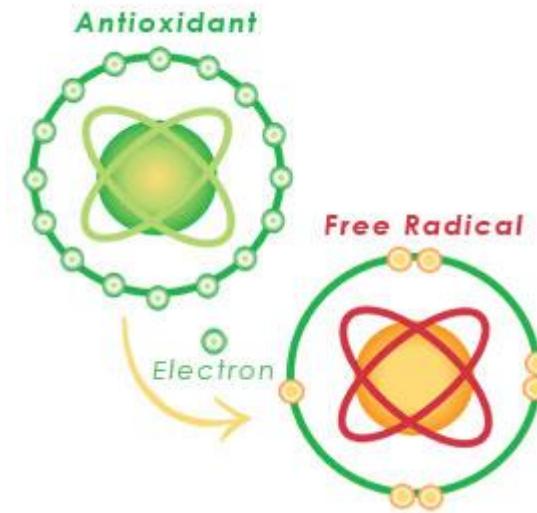
And...DONT ignore underlying possible nutritional, hormonal or biochemical deficiencies that need to be addressed and supported.

Eating for Beauty



antioxidants

anti-aging skin savior



FREE RADICAL DAMAGE AND ANTIOXIDANTS

The Environmental Working Group's
2017 Dirty Dozen List

The Top Fruits And Veggies That Have The Most Pesticides



1. Strawberries



2. Spinach



3. Nectarines



4. Apples



5. Peaches



6. Pears



7. Cherries



8. Grapes



9. Celery



10. Tomatoes



11. Sweet bell peppers



12. Potatoes



More than 98 percent of samples of strawberries, spinach, peaches, nectarines, cherries and apples tested positive for residue of at least one pesticide.

20

A single sample of strawberries showed 20 different pesticides.

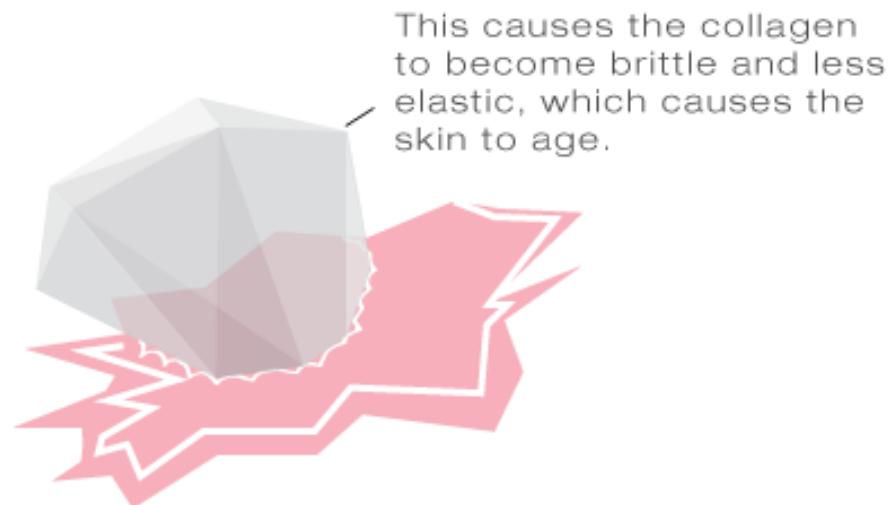
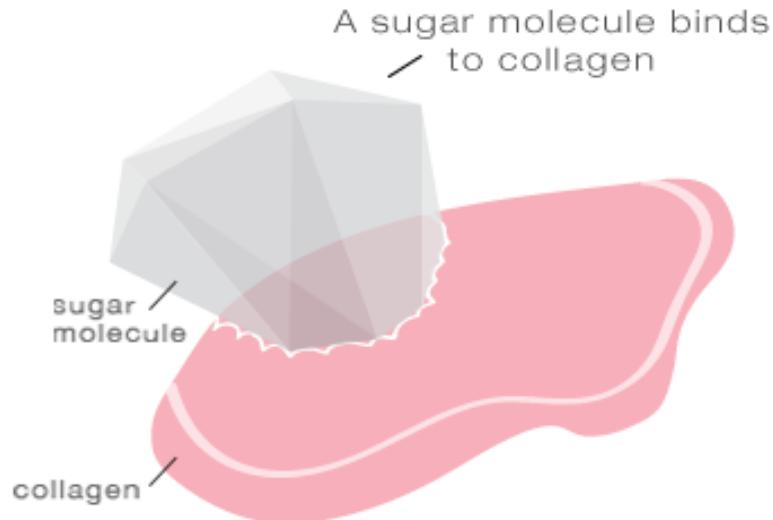
2X

Spinach samples had, on average, twice as much pesticide residue by weight than any other crop.

REDUCE YOUR TOXIC LOAD

By simply always buying/eating these 12 foods **ALWAYS** organic you will reduce your overall exposure to pesticide toxins by **80%!!!**

GLYCATION



JUST SAY NO TO GLYCATION!



Eating for Longevity



AGING IS NOT ALWAYS LINEAR AND AGING IS NOT A DISEASE!!



Ernestine Shepherd, 77
Competitive bodybuilder



Deborah Szekely, 95
"Godmother of Wellness"



**YOUR DIET IS AN ANT-AGING TOOL! COLORFUL FOODS GROW
TELOMERES!!!**

**Eating foods highest in antioxidants actually grows
telomeres which controls how we age and if we get
chronic diseases as we age.**

- ▶ Tiny units of DNA at the very end of each chromosome—the telomere—shorten with time because they cannot replicate completely each time the cell divides and they may be the most powerful biological clock that has yet to be identified.
- ▶ Hence, as you get older, your telomeres get shorter and shorter. Eventually, DNA replication and cell division ceases completely.
- ▶ However, a growing body of research is showing that certain components of our diet, namely the highest antioxidant foods can lengthen our telomeres and thereby not only extending our life but preventing chronic diseases.

How do the healthiest and longest living people in the world eat???

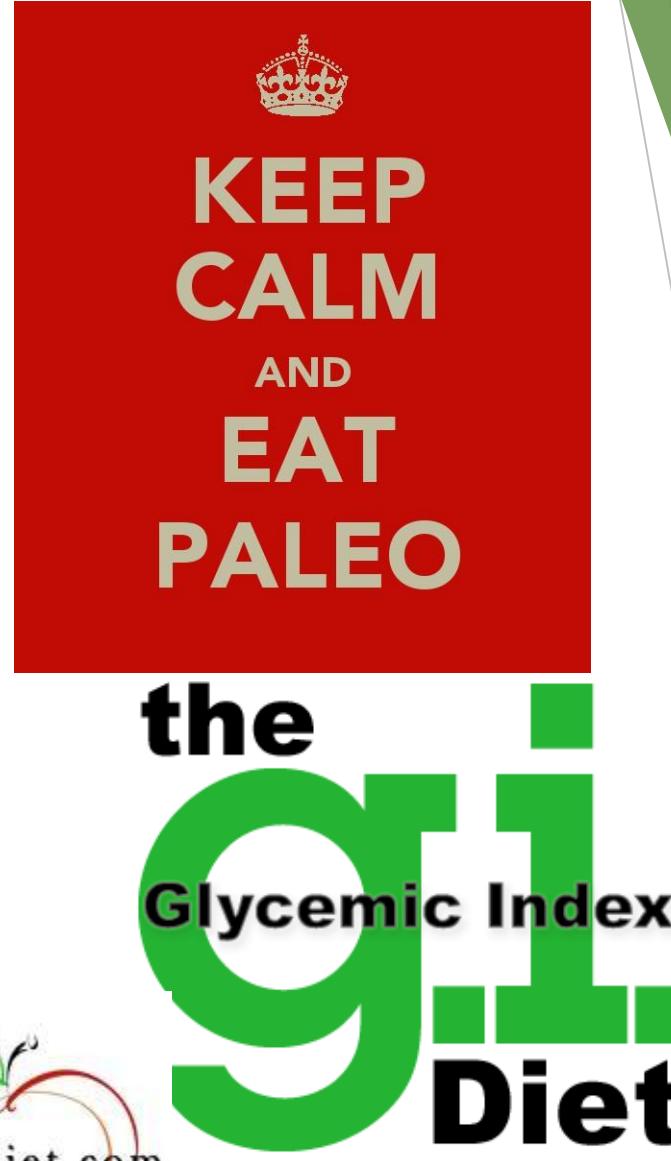
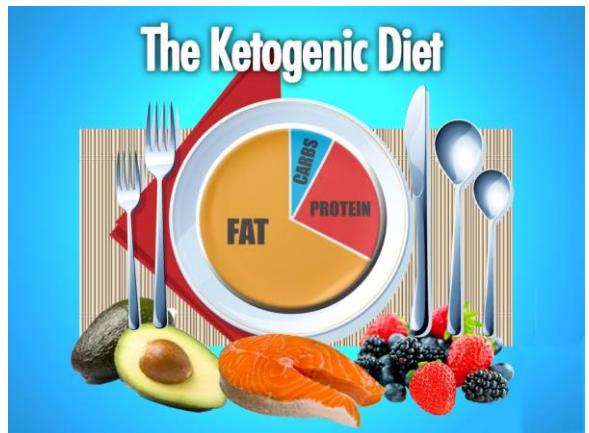
- ▶ The longest living people in the world now and in the past were not “Paleo or Vegan”
- ▶ The longest living people in the world on average eat unprocessed meats once to twice a week and the rest of the week get their protein from plant sources.
- ▶ Also, people who do not drink at all along with people who had more than 2 glasses of alcohol a day lived shorter lives than people who on average consumed around 3-4 servings of alcohol per week
- ▶ The foods most in common with the longest living people in the world are:

all berries, spices like oregano, thyme, turmeric, artichoke, peppers, chocolate, most leafy greens, pecans, walnuts, beans and green tea.



Tea drinking reduces the risk of Alzheimer's, Dementia and overall cognitive reduction in older persons by 50 percent and as much as 86 percent for those who are genetically at risk of Alzheimer's, new research shows. Green, Black and Oolong.

All types of diets.?!!?!. . . .





Herbal medicine &
Phytochemicals

Nutrition for
Mental & Physical
Wellness



Functional foods
Nutraceuticals

Dietary
Supplement



Nutrition in
weight
management
and metabolic
syndrome

Nutrition in
Regenerative
Medicine

Nutrition and
detoxification



Preventive
Nutrition

Nutritional
Immunology



Personalized
Nutrition and
Nutrigenomics



FUNCTIONAL NUTRITION



Eating in the Real World

Tips for making it work

- ▶ No all or nothing!!!
- ▶ See the value in the every day foods you are already eating, *they are food as medicine*
- ▶ Make whole food blends / smoothies (can easily pack in 3 to 5 servings of fruits and veggies in one)
- ▶ Add veggies and herbs and spices to everything, 2 Tb of parsley for garnish provides 40% of vitamin A and 20% of vitamin C for the day and counts towards the 5 to 10 a day
- ▶ Shopping with the blinders off and eating in color (family color chart game)
 - ◀ 1 new food a week, 1 new recipe a week
- ▶ Have a plan or.... atleast a semi-plan daily and weekly
- ▶ Make it easy, plan ahead, batch cook, master shopping list, master recipe list
- ▶ Take shortcuts: precooked beans and rice, prewashed and cut veggies, use healthy meal delivery or meal prep delivery

A Woman's healthy and beautiful ultimate shopping list

1. Seaweed, sea veggies (hijiki, arame, wakame, dulse, kelp, nori)
2. Wild salmon
3. Mushrooms (shitake, maitake, oyster, crimini)
4. Sauerkraut (raw)
5. Turmeric powder (just sprinkle in to anything) (don't forget dried ginger powder and fresh or dried oregano too!)
6. Dandelion leaves (salad, green blends, smoothies) (also dandelion tea)
7. Spinach
8. Garlic
9. Organic berries
10. Broccoli
11. Beans
12. Matcha green tea

And dark chocolate!

OK, WHAT SHOULD I REMEMBER....

- ▶ AIM FOR 5 TO 10 SERVINGS OF FRUITS AND VEGGIES A DAY
- ▶ LIMIT PROCESSED FOODS, ESPECIALLY PROCESSED MEATS (LUNCH MEAT, BACON, SAUSAGE)
- ▶ EAT YOUR PROBIOTICS
- ▶ EAT BETA GLUCANS FOR OPTIMAL IMMUNITY
- ▶ BE PLANT CENTERED
- ▶ PICK A "SUPER" SUPERFOOD
- ▶ EAT THE FOODS ON THE DIRTY DOZEN LIST ONLY ORGANIC
- ▶ MAKE A PLAN AROUND FOOD DAILY AND WEEKLY
- ▶ EAT ONLY HEALTHY FOODS THAT YOU ENJOY
- ▶ LET FOOD INSPIRE YOU (VISIT THE FARMER'S MARKET, SUBSCRIBE TO HEALTH FOODIE BLOGS)
- ▶ DON'T BE PERFECT ABOUT IT! JUST MAKE AS MANY CHANGES AS YOU CAN AND LET THEM ACCUMULATE OVER TIME WHILE YOUR PREFERENCES NATURALLY CHANGE
- ▶ LEARN MORE ABOUT YOUR BODY AND FOOD! HEALTH IS OUR FIRST WEALTH!!



“If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow”

.Rockefeller Institute of Medical Research