NUTRITIONAL SECRETS



DISCLAIMER:

This information is not intended to diagnose, treat, cure, or prevent any disease.

Suggestions and ideas presented in this presentation are for informational and educational purposes only and should not be interpreted as medical advice meant for diagnosing illness, treating disease or for prescriptive purposes.

The information in this presentation is not to be used to replace the services or instructions of a physician in the case of a healthcare emergency.

Information provided by Designed Healthy Living

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- Information gathered from multiple resources including but not limited to: Dr Sandra Bevacqua, Metabolic Balance ™, Dr. Dicquie Fuller, and Dr. Liski.



BE AWARE

"We recommend using the maps and cue sheets first for route following.

We have placed signs along the routes, but they can blow away, or be moved or taken.

Every year some people end up missing

don't let this happen to you!"

 "As a culture we seem to have arrived at a place where whatever native wisdom we may once have possessed about eating has been replaced by confusion and anxiety."
 Michael Pollan Omnivores Dilemma

 "It (national eating disorder) would have never happened in a culture in possession of *deeply rooted* traditions surrounding food and eating."

Michael Pollan Omnivore's Dilemma

"the lack of a steadying culture of food leaves us especially vulnerable to the blandishments of the food scientist and the marketer."

"It is very much in the interest of the food industry to exacerbate our anxieties about what to eat, the better to assuage (pacify) them with new products."



Cue Sheet

Ride begins October 18, 2014

Mile	Direction	Description
	Rt.	Turn right on <u>Life</u> Street

Diet & Microbiome

Diet has the most powerful influence on gut bacterial communities in healthy people.

• 75% Western diet is of **limited** or **no benefit**

to the gut.

 Most is refined carbs, limited value, small amounts vitamins/minerals necessary for health



Good Bacteria will Eliminate

- Rheumatoid Arthritis
- Irritable Bowel
- Ulcerative Colitis
- Migraines
- Depression
- Multiple Sclerosis
- Diabetes



Example: Greek Yogurt

"The absence of probiotic bacteria in the gut can have adverse effects not only locally in the gut, but has also been shown to affect central HPA and monoaminergic activity, features that have been implicated in the aetiology of depression."



Desbonnett L, et al, J. Psych Res. 2008 Dec.

Answer: PROBIOTICS

- Probiotics are critical for overall health through the life-cycle.
- Probably most critical during early and late in life.
- Protect immune, digestive, metabolic, nutritional, cardiovascular functions.
- Make vitamins
- Are easily available as supplements and in great tasting God-given foods.

Time to Repopulate

- Lactobacilli
- Bifidobacteria
- Saccharomyces if using antibiotics
- Cultured dairy products yogurt, kefir
- Fermented and real live foods

Key Shaklee product:

Optiflora



Polyphenols in Food Supply Prebiotics

- Green tea
- Red wine
- Apples
- Onions
- Chocolate
- Panax ginseng
- Jerusalem artichokes
- Chicory
- Garlic

- Leeks
- Bananas not overripe
- Soy beans
- Sugar maple
- Peas
- Legumes
- Asparagus

- Green tea extracts –
 found in 4 Shaklee
 products
- Mind Works
- Vivix
- Flavomax
- Zinc
- Osteomatrix

- EZ Gest
- Alfalfa
- Garlic
- Fiber Advantage Bar
- Protein all varieties
- Liver DTX
- CoQ Heart

Getting Back in Balance

- Fiber try for at least 35 gms per day.
- Fresh fruits and vegetables
- Remove dairy for 2 weeks 1 month
- Fish oils (either wild caught fish or Omega Guard)
- Ginger, chamomile, peppermint (Stomach Soothing Complex)
- Alfalfa with spearmint
- Calcium /magnesium
- Check for parasites (your doctor can order this test)
- Stress management (Stress Relief Complex)

Cue Sheet

Mile	Direction	Description
	Rt.	Turn right on <u>Life</u> Street
	Rt	Turn right on EZ Street

Energizing ENZYMES

Everyone can see improvement in their health by understanding the <u>benefits</u> of enzymes.

Notes complied from Dr. Dickie Fuller, Karen DeFelice, and Ellen Cutler DC.

Energizing ENZYMES

- Purify the blood
- Strengthen our immune system
- Breaks down fats
- Lower cholesterol and triglycerides
- Enhance our mental capacity
- Cleanse our colon
- Help us sleep
- Help us shed excess weight and fat
- Improve aging skin
- Maintain proper pH of our digestive system

ENZYMES SCIENCE

- 13,000 Enzymes required to create one human cell
- 20,000 enzymes required in each human cell for it to live
- Creating 150 different biochemical actions
- We product our metabolic enzymes from the essential amino acids we eat, properly digest and assimilate

ENZYMES SCIENCE

- Enzymes: necessary for every chemical action & reaction that occurs in our body
- Every organ, every tissue and 100 Trillion cells in our body depend upon enzymes
- Co-enzymes (vitamins and minerals) require enzymes in order to be absorbed & utilized
- Enzyme make it possible to see, hear, feel, move and think.

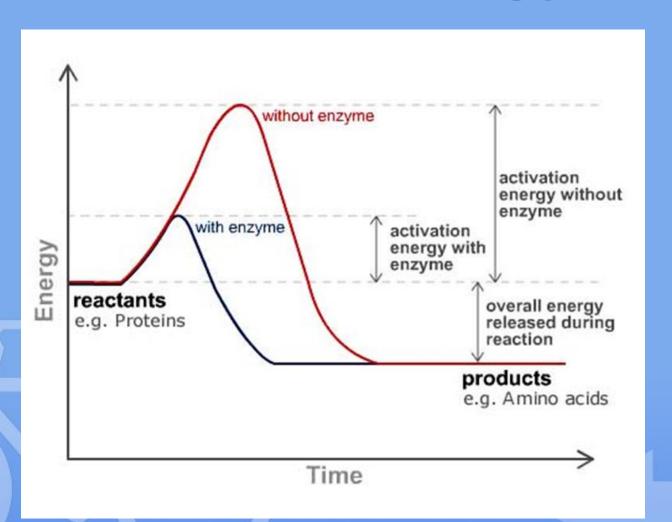
ENZYMES SCIENCE - Carbs

- Crave sweets, breads, pastries
- Bloating within 2 hours of a meal
- Excessive gas after eating raw foods or high fiber
- Diarrhea after dairy
- Acne, eczema, psoriasis
- Fatty liver
- Asthma
- Colitis
- Candida
- ADD, ADHD
- Emotional Stress

ENZYMES SCIENCE - Protein

- Crave fats, proteins, salt
- Bloating immediately after meals
- Chronic digestive problems, constipation
- Difficulty losing weight
- Chronic infections
- Low blood sugar
- osteoarthritis
- Gall-bladder disease
- Anxiety
- Menopausal discomforts, PMS, Fibrocystic issues

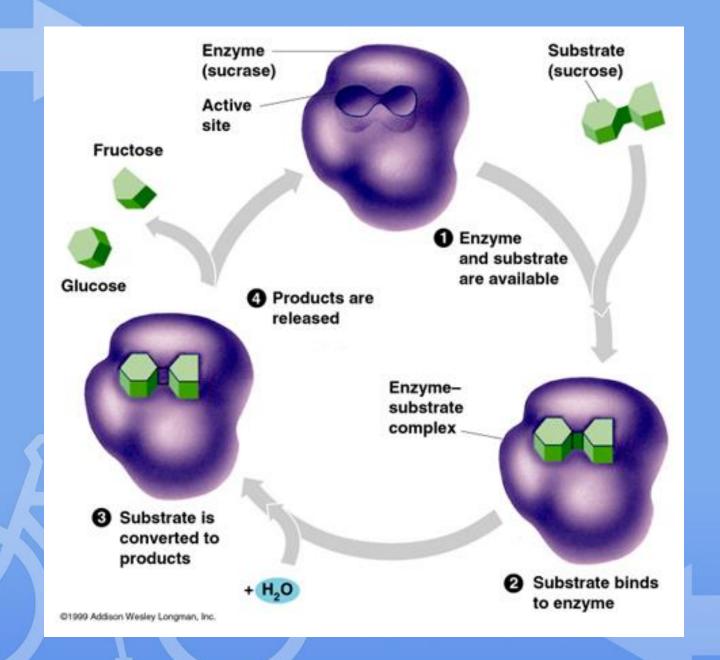
ENZYME Energy



Are you drinking enough water?

Every enzyme -metabolic and/or
supplemental require
water to work!





When Do We Produce Digestive Enzymes?

- During the 9th-12th week of gestation
- Dependent on mother's overall health
- Everyone's DNA holds the code when to turn them on





At the age of 3 – they can have birthday cake!

Their intestines can now handle some natural sugar because of the healthy microorganism balance.

ENZYME TIMES



Fermented Foods - Also

Man's Alterations Limit Enzymes

Viruses, Bacteria, Insects, Animals & Human Genes Have Been Engineered into our Seeds & Food

Soy - 91% GMO

Corn - 95% GMO

Canola – 85% GMO

Dairy - rBGH GM Hormone

Sugar Beets – 90% GMO

The organisms are in all food made with or from these ingredients and they are in everyone that eat them.

Why are GMOs In Our Food a Problem?

- Genetically modifying food-----changes the protein
- Foreign to the body
- Confusion leads to attack
- Attack leads to autoimmune disorders

Kenneth A Bock MD, FAAFP, FACN, CNS

What is the Cost of Adaptation?

- 80% Immune in Digestive System
- GMO Proteins Changed Our Food
- Food not recognized
- Nutrition is no longer Nutritious
- Poor Digestion Leads to Disorders
- Inflammation
- 60% Obese or malnourished

Why do we Require Digestive Enzymes?

- Children's systems are not finished till 16
- Proper Digestion at all ages
- Loss of Enzymes due to aging
- Stress hinders enzymes
- Medicines hinder digestion
- Imbalance of microorganisms hinder digestion

Results from Increasing Enzymes

- Lose weight one client lost 30#
- Improved immune system WBC increase activity with enzymes
- Better mental focus
- Less need for medication enzymes help Rx work better
- Improved performance of vitamins less supplements needed and better utilization
- Less 'problems'
- Improved digestion able to eat problem foods

Steps to Improve ENZYME Energy

- Take a probiotic creates a healthy 'atmosphere' for digestion and enzyme activity ~ Power 5 Salad
- Take digestive enzymes with each meal
- If necessary take a protein enzyme Protease between meals.
- Add Milk Thistle herb helps the liver break down toxins and fat.
- Drink Apple Cider Tonic before each meal

Shaklee products to increase ENZYME Energy

- Optiflora
- Liver Dtx
- EZ Gest
- Alfalfa
- Zinc
- Magnesium
- CoQ10

What is 1 thing you can do today with what you have just learned?



Cue Sheet

Mile	Direction	Description
	Rt.	Turn right on <u>LIFE</u> Street
	Rt.	Turn right at <u>EZ Street</u>
	Rt.	Turn right Radical Junction onto Antiox Road

Free Radical Harm Contributes to:

- Changing Proteins
- DNA injury
- Inflammation
- Tissue damage
- Subsequent cellular apoptosis (death of a cell).

Free Radical Damage

- Brain results in
 - -Alzheimer's
 - Parkinson's
 - -Cancer
 - -Lou Gehrig's
 - Multiple Sclerosis

Best Defense against Free Radicals Antioxidants

- Natural foods that include enzymes, probiotics, vitamins, minerals, protein
- Nutritional Supplementation
 - Vivix
 - Mind Works
 - DTX
 - Zinc
 - Selenium/E

MindWorks

The combination of ingredients causes an increase to the connections within the brain

- B6, B12 Folate
- Calcium (75mg)
- Chardonnay Grape Seed Extract
- Guarana Extract
- Blueberry Powder
- Green Coffee Extract

Chardonnay Grape Seed Extract

- Mix of Polyphenols
- More powerful than Vit C and a mix of Vitamin E
- Oligomeric Proanthocyanidins (OPCs)



What can OPCs Do for You?

- Acts as a free radical scavenging agent
- Prevents metals (iron and copper) from reacting with other substances and forming harmful OH-radicals.
- Blocks some of the damaging effects of high blood sugar
- Inhibits the growth of certain cancer cells
- Inhibits of enzymes that form free radicals
- Inhibits Alzheimer's Disease

OPCs Improve Blood Flow

- The action of OPC the active ingredients of Grape Seed Extract, serves to increase blood flow to all areas of the body
- OPCs improve:
 - Microcirculation by strengthening capillary walls.
 - Results in circulation to eyes, brain, lungs, etc.
 - Capable of crossing BBB.
 - Used more effectively than other anti-oxidants

While these transition metals play essential roles in neural functions, their levels and transport are strictly regulated, as aberrant metal homeostasis can result in neurotoxic free-radical production. For example, excess Fe or Cu can directly interact with oxygen to produce superoxide ion, hydrogen peroxide, and hydroxyl radical, which may lead to oxidative stress and a cascade of biochemical alterations that eventually cause neuronal cell death [86]. In fact, growing evidence has shown that there is a close relationship between the disruption of metal homeostasis and AD [86]. Abnormal levels of Cu, Zn, and Fe have been observed in AD hippocampus and amygdala, areas showing severe histopathologic alterations [87]. Moreover, these transition metals have been detected within the amyloid deposits in AD patients as well as transgenic mouse models [88–90].

Research on GSE

- Alzheimer's Disease: neuro-protective effects that help prevent AD
- Cancer: GSE exhibits cancer chemopreventive activity, contributes to death of prostate, bladder and non-small cell lung cancer
- Obesity: study in rats helped with insulin resistance, high blood glucose, abd fat
- HIV, Liver Health, Oral Health, and RA

Guarana Extract

- Enhances memory
- Increased focus
- Decreased Reaction Time 3x better than control group
- Low caffeine content

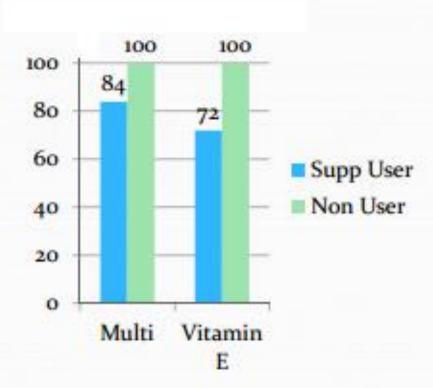




New Antioxidant Research

Supplement Use and Mortality Risk

- 10 year study of multi, C & E use, and 5 year mortality, in 77,000 adults ages 50-76.
- Results: Vitamin C and E usage were associated with decreases in mortality risk.
 - Vitamin E users of >215 mg/day (321 IU) were 28% more likely to survive than nonusers.



Am J Epidmiol. 2009 Japhyjght 2014 Designed Healthy Living

Glutathione

 Glutathione is made in our body from the highest quality foods: cruciferous vegetables, garlic, onions, amino acids, + B Complex = Healing



Write 5 names who you can share this information with.

"If I would you?"

Cue Sheet

Mile	Direction	Description
	Rt.	Turn right on <u>LIFE</u> Street
	Rt.	Turn right at <u>EZ Street</u>
	Rt.	Turn right Radical Junction onto Antiox Road
	Stop	Stop at Feed Lot or the <i>Procruve</i> Restaurant



Cue Sheet

Mile	Direction	Description
	Rt.	Turn right on <u>LIFE</u> Street
	Rt.	Turn right at <u>EZ Street</u>
	Rt.	Turn right Radical Junction onto Antiox Road
	RT	Avoid Insulin Curve & Veer RT at Ellagic Drive

Carbs, Fats, and Proteins

- Good
- Bad
- Ugly
- Confusing
 - Which is the truth?

Three Stages of Inflammation

Wellness

Silent Inflammation

Chronic Illness





Which diet would you suggest in overweight people?

Fat

Sat.

Cholesterol

59%

22%

600 mg

24%

7%

140 mg

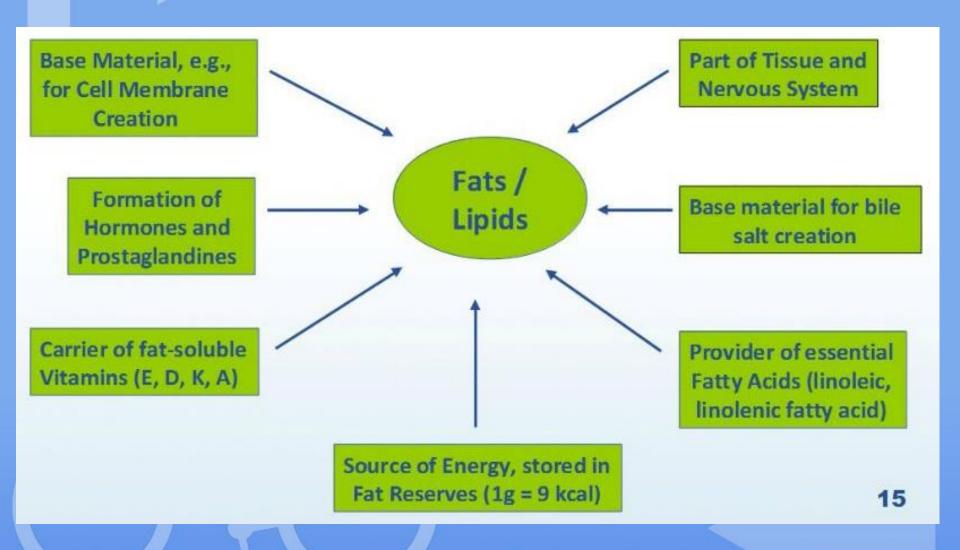
Results after 12 weeks

Body Glucose Trigl. **HDL Body Fat** Weight -12% -51% -10.1 +13% 6.4% -19% -5 -2% -1% -4%

Consumption of Fat/Obesity (BMI >30)

	Fat Consumption	Men	Women
Denmark	44%	11.8%	12.5%
France	42%	16.1%	17.6%
Germany	38%	22.5%	23.3%
Czech Rep.	34%	24.7%	26.5%

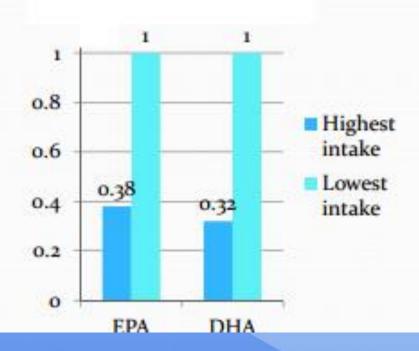
Functions of Fat



New Omega 3 Fatty Acid Research

Breast Cancer Risk and Omega-3 Fatty Acid Intake

- Study of 358 Korean postmenopausal breast cancer patients and 360 controls.
- Results:
 - 62% to 68% reduced breast cancer risk in subjects consuming >101 mg EPA or 213 mg DHA from fish per day compared to the reference group intake (<14 mg EPA, <37 mg DHA)





PROTEINS



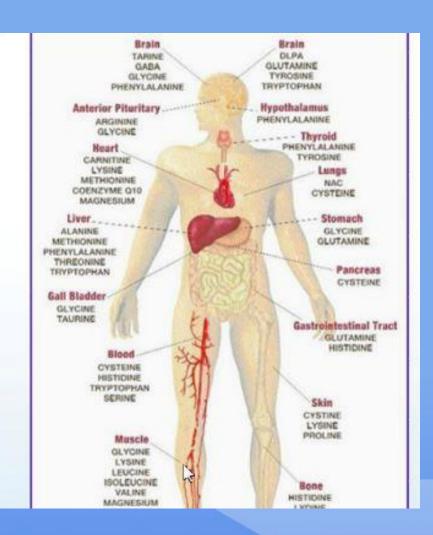
Amino Acids ... in the Human Body

Προτεοσ = Proteos
[Greek: the first and most important]

The building substances in the human body.

Every bodily change, be it growth or learning is related to changes in sequences of amino acids.

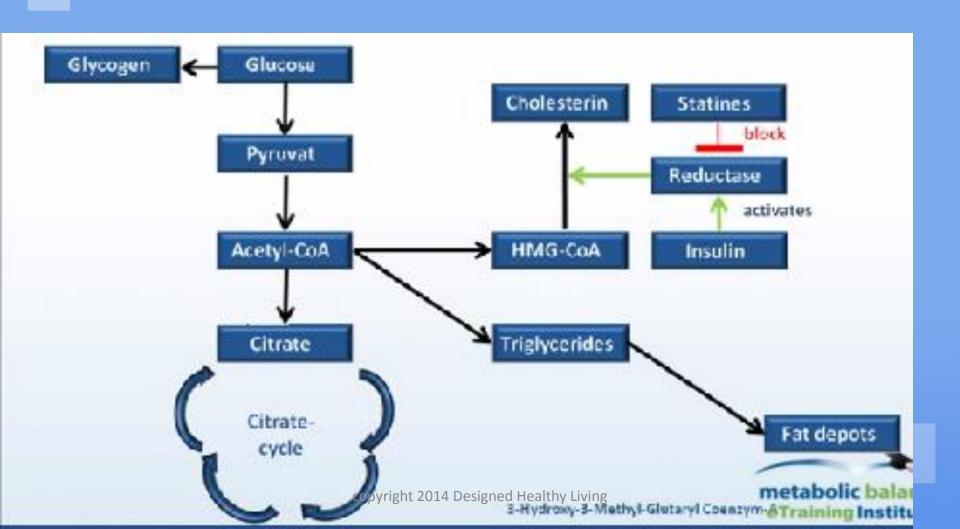
DNA genes are determined



Dietary Eggs and Hypercholesterolaemia

Group	1	2	3	4	5
Fgg√ week	ा	4	2-4	5-6	+7
Number of subjects	4.564	6.627	6.983	1.421	1.732
Hypercholesterolaemia	13,6%	12,2%	11,3%	10,8%	10,5%
Cereals at breakfast	24,1%	24,0%	15,9%	10.8%	11,8%
Smokers	8,0%	9,8%	12,0%	14,9%	16,7%

Carbs converting into fats



Cue Sheet

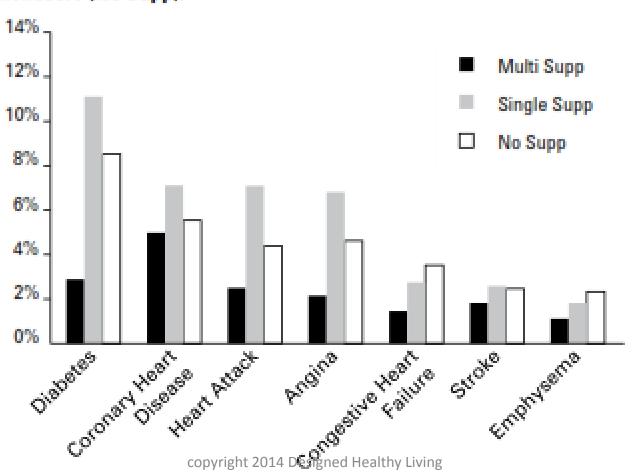
Mile	Direction	Description
	Rt.	Turn right on <u>LIFE</u> Street
	Rt.	Turn right at <u>EZ Street</u>
	Rt.	Turn right Radical Junction onto Antiox Road
	RT	Avoid Insulin Curve & Veer RT at Ellagic Drive
	RT	Turn right on Homestead Acres Road

Homestead Acres



Landmark Study

Graph 1. Disease prevalence in long-term users of multiple dietary supplements (Multi Supp), multivitamin users (Single Supp), and nonusers (No Supp).



Be Aware

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or be moved or taken.

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Mile	Direction	Description
	Finish	Do a Victory Lap at the ProViviam Fountain

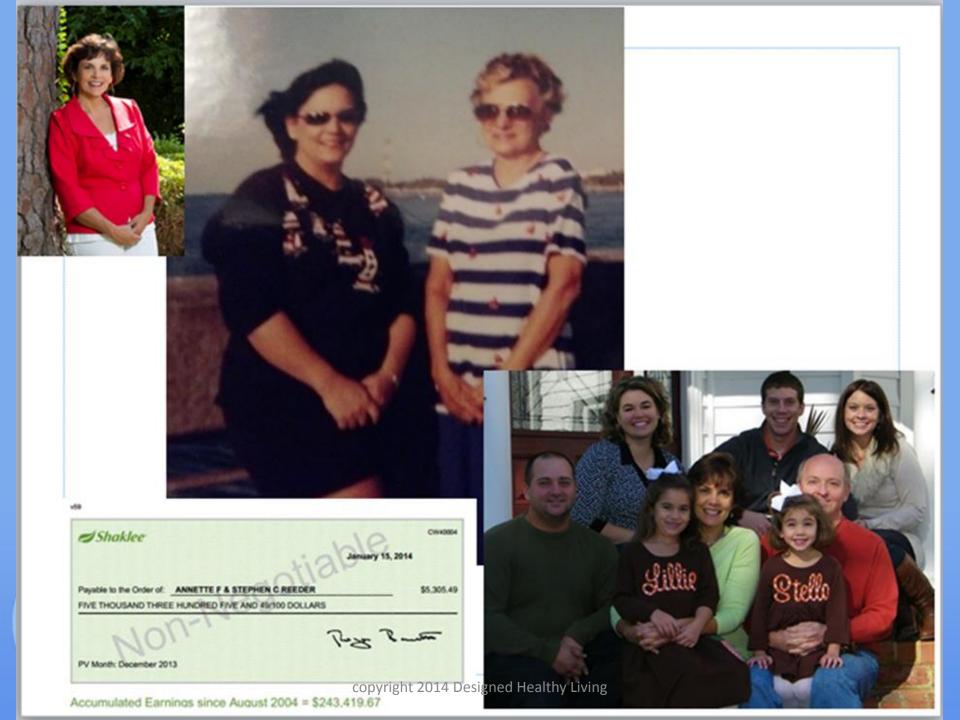
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Tools for success

- Treasures of Healthy Living Bible Study
- Leader Guide + DVDs
- Direct Labs order your own blood work without the need of a doctor
- www.DirectLabs.com
- Wellness Profile -<u>http://software.healthtrains.net/</u>
- Rx for Healthier Life
- Alfalfa & Mindworks

Share Your Story with 20 people and it is worth \$36,000 over 5 years!





You are I decision away from a New You

You are I decision away from financial success

Decide which route you will take.