Using Food in the Prevention of Disease

A Practical Approach
Icebreaker

Take the next 5 minutes to stand up, walk around and introduce yourself to at least 2 other participants
Topics

• Benefits of eating healthier
• Discussion on Cheat Sheet for Type 2 Diabetes and Hypertension
• Online resources to help stay on track
• Other things to consider besides a healthy diet
A Few Benefits of Eating Healthier

• Strengthens the immune system
• Natural antioxidants
• Main/only source for Essential nutrients (nutrients that the body can not produce)
• Loaded with vitamins and minerals
• Natural source of fiber
• Increased energy
• Decreased sugar and salt consumption
• Weight management
• Lowers bad cholesterol
• Promotes healthy aging
• And more!
Not to mention…it also helps with these health issues

- Cardiovascular disease (such as Coronary Artery Disease)
- Type 2 Diabetes
- Hypertension
- Arthritis
- Thyroid Issues
- Asthma
- Bronchitis
- Many types of Cancer
- Gout
- GERD
- Leaky Gut/SIBO

- Stroke
- Heart Attack
- Non-alcoholic Fatty Liver
- Obesity
- High Cholesterol
- Sleep Apnea
- Osteoporosis and Bone Fractures
- Depression
- Erectile Dysfunction
- IBS/IBD
- Crohn’s/Ulcerative Colitis
- Celiac Disease
- And MORE!

Decreases the risk of and/or aids in reversal/prevention
Disease Cheat Sheet

General Guidelines

**DIABETES – TYPE 2**

**DO EAT:**
- Low-fat, high fiber; nuts and seeds
- As much vegetables as possible, less fruits
- Vegetable juices
- Legumes, whole grains, wheat bran
- Proteins, fats (mainly from polyunsaturated)
- Carbs (from non-starchy vegetables)
- Drink lots of water

**AVOID or LIMIT SIGNIFICANTLY:**
- Starchy vegetables, pasta
- White rice, breads, flour products
- Processed/Fried/Refined foods
- Sugar; Sodas; Salts
- Saturated & Trans fats, hydrogenated oils

**HYPERTENSION**

**AVOID or LIMIT SIGNIFICANTLY:**
- Coffee or caffeinated drinks
- Alcohol
- Sugar; Sodas
- Red meats
- Processed/Fried/Refined foods
- White rice, breads, flour products
- Saturated & Trans fats, hydrogenated oils

**DO EAT:**
- Fresh vegetables and fruits
- Raw nuts (except peanuts), Whole grains
- Olive oil; Fish
- Beans and legumes
- Spices and herbs
- Drink lots of water

*If you take an anti-coagulant (blood thinner), limit your intake of foods high in Vitamin K as they can**
Resources to Help Stay on Track

• Chinese System of Food Cures: Prevention & Remedies - Author: Henry C. LU

• Chinese Natural Cures: Traditional Methods for Remedies & Prevention – Author: Henry C. Lu

• Chinese Foods for Longevity: The Art of Long Life – Author: Henry C. Lu

• Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles (with Action Guide, Worksheet, 10 Week Meal Plan to restore health, beauty and mind) – Author: Tracy Huang

• Healing with Whole Foods – Author: Paul Pitchford

• Prescription for Nutritional Healing – Author: Phyllis A. Balch

• You are What you Eat – Author: Gillian McKeith

• Your Guide to Health with Foods & Herbs: Using the Wisdom of Traditional Chinese Medicine – Author: Zhang Yifang

• **Helpful Note:** if you are looking at online resources, look at websites with a .org, .edu or .gov address – these websites tend to be more reliable and trustworthy (although not all of them, and there are plenty of other great websites with a .com address) – just be aware of who funds/supports the information and use critical thinking when applying information to your life!
Other Things to Consider

For a healthy lifestyle and disease prevention
Group Exercise
5-7 minutes
Conclusion + Q&A

Thank you for your interest!