



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

- Keep in mind these are **GENERAL** guidelines, every individual with diabetes and hypertension should be consulting with their Primary Care Physician
- These are guidelines that may be tweaked and/or fine-tuned to fit your personal circumstance and needs
- These guidelines will not guarantee a cure to either issue
- These guidelines are not for use in place of necessary medicine but to work in conjunction with
- Consult with your practitioner on any concerns or issues
- Diet is part of a healthy lifestyle; other components include physical exercise, mental health, healthy relationships, community involvement, sleep patterns and work/life balance

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



Daily exercise and movement are major factors that contribute to a healthy lifestyle!

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*

Disease Cheat Sheet General Guidelines

A photograph of a stack of several books, with the spines visible. The books are of various colors, including yellow, brown, and red. The photo is set against a white background with a slight drop shadow.

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!

