

# North Florida Spine and Wellness Institute

**Finding Good Food in a Bad Food World**

**[www.HealthyTallahassee.com](http://www.HealthyTallahassee.com)**

# Goal of this lecture

- \* Educate on the state of our food quality
- \* What makes food good
- \* What to include and what to avoid in our diets
- \* Illustrate the effects of poor eating
- \* Provide strategies to healthier eating

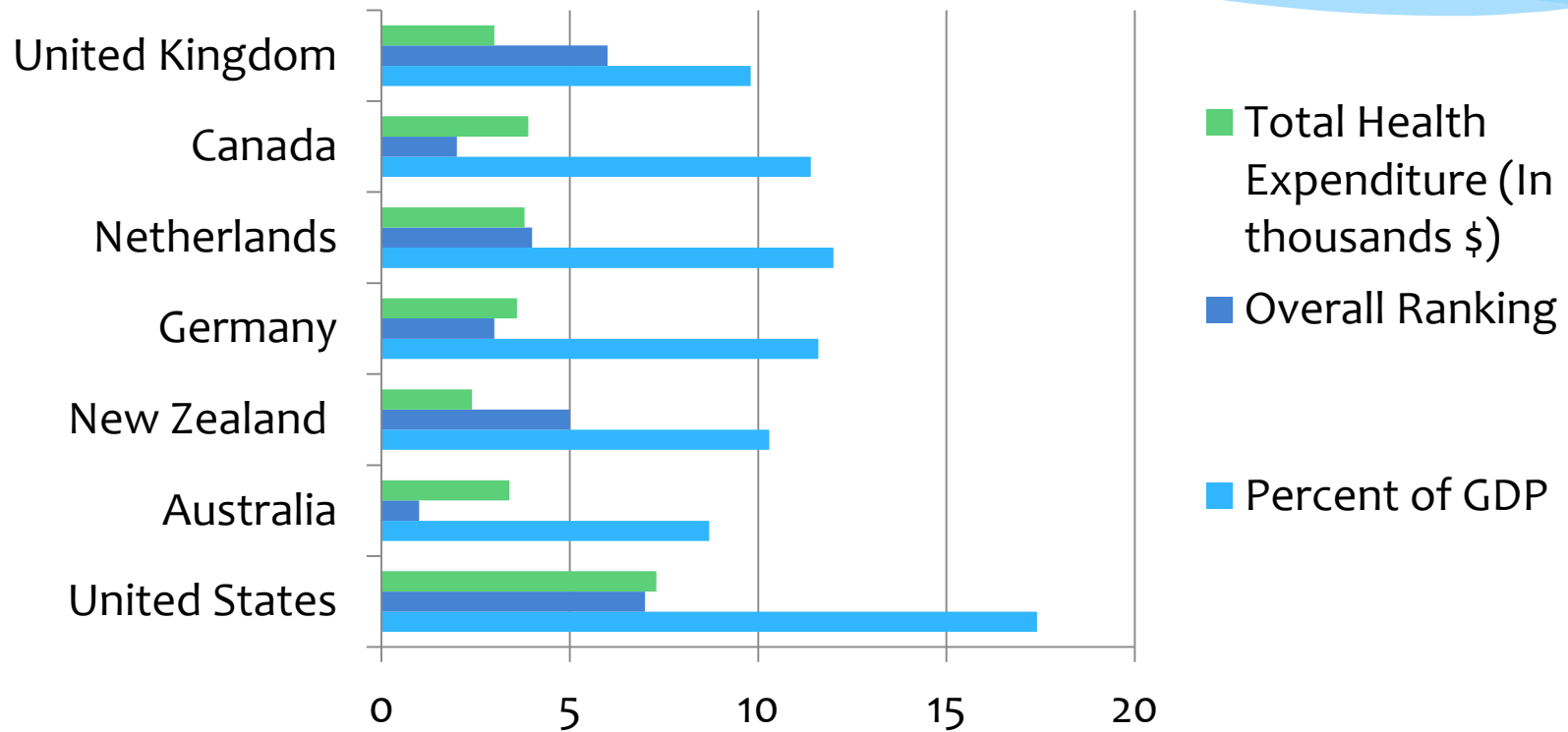
# Hippocrates

*“Our Food should be our medicine and our medicine should be our food”*

# Ralph Waldo Emerson

\**“Your first wealth is your health”*

# World Spending On Health Care



❖ Ranking and Expenditure: Commonwealth Fund 2010

❖ Percent of GDP: World Health Organization 2009

# Why is good food important?

- \* **1/3 Children in the U.S. are obese or overweight**
- \* Type 2 Diabetes among adolescents has skyrocketed
- \* Fast food epidemic
- \* Japan's obesity rate doubled in 1980 correlating with a **200%** increase in fast food sales

# Getting Back to the Basics

What did previous generations eat?

- Locally Grown
- Not Heavily Preserved
- No GMOs

# Think about live vs. dead food

## Fresh Food



VS

## Canned Food

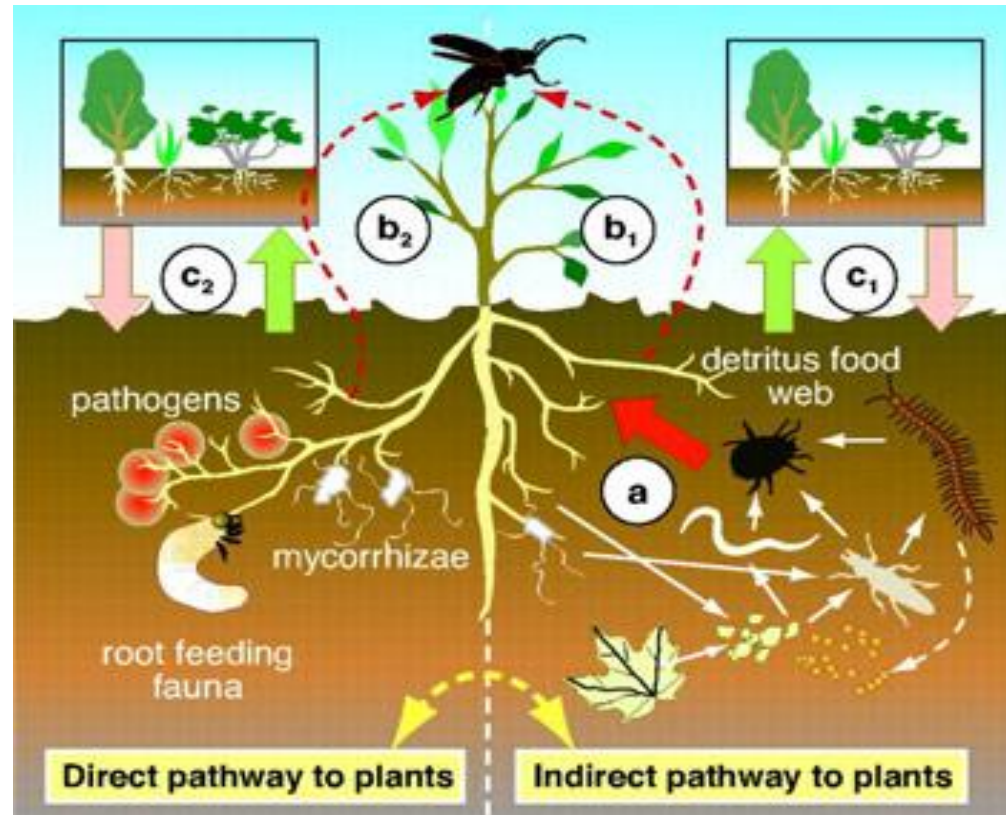




# The food crisis starts with the soil

- \* Decreasing top soil
- \* Mineral deficiencies cause plants to be vulnerable to pest and disease
- \* Vegetables and plants absorb nutrients from the soil, they do not produce them

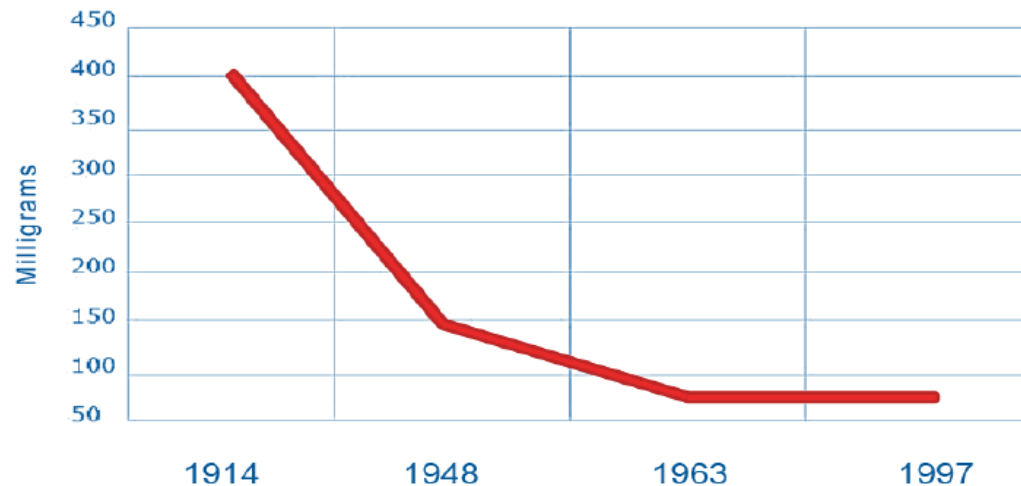
# Healthy Soil and Nutrient Absorption



# Declining Mineral Levels

## Lower Mineral Content in US Vegetables

Average Mineral Content in Selected Vegetables, 1914 - 1997  
Sums of Averages of Calcium, Magnesium, and Iron in Cabbage, Lettuce, Tomatoes and Spinach



Source: Lindlahr, 1914; Hamaker, 1982; US Department of Agriculture, 1963 & 1997

# Nutrient Deficiency

- \* Lack of **Cobalt** leads to decrease in B12 production
- \* Lack of **Potassium** decreases heart function
- \* **Zinc, selenium, sulfur and iron** are crucial for liver function and its ability to detoxify

# Rethinking the Food Pyramid



High  
Quality Oils

Dairy and  
Carbs

Veggies and Fruit

Lean Meats and Protein

# Meats and Proteins

## 1. Fish

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- Halibut, Mackerel, Salmon, *Fresh Tuna*

## 2. Chicken

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- Free range, organic, antibiotic and hormone free.

## 3. Beef and Pork

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- Grass fed, antibiotic and hormone free
- Nitrate free!

# Meats and Protein Cont.

## Eggs

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- Free range, organic, no hormones or antibiotics

## Legumes

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- Beans, Lentils

## Dairy Sources

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- Greek Yogurt, cheeses, milks
- Moderation!

# Meats/Proteins to avoid

- \* **Heavily preserved or processed lunch meats**
- \* **Hot Dogs**
- \* **Processed cheeses**



# Vegetables and Fruits

- \* Should be a 2:1 Vegetable to Fruit ratio
- \* Variety is the spice of life!
  - \* **Broccoli, Brussel Sprouts, Kale** help the liver detoxify
  - \* Beets help flush and maintain the Gall Bladder
  - \* **Carrot** a day keeps the doctor away!
- \* Organic is preferred

# Toxicity in Conventional Fruits and Vegetables

- \* Sprayed with toxic pesticides
- \* Chemicals adhere to DNA causing mutations
- \* Chemicals get into joints and organs, and create autoimmune reactions

# Canadian Toxicity Research Study

- \* Discovered that 93% of pregnant women tested had pesticides in their blood
- \* 80% of the umbilical blood also tested positive for pesticides
- \* Demonstrates the importance of custom, individualized detoxification.

# Dairy and Carbohydrates

- \* Moderation is key!!
- \* Organic, non-GMO if possible
- \* Avoid processed and refined products

# Dairy

- \* **Quality and moderation!**
- \* **Organic, non-processed**
- \* **High protein sources: Greek Yogurt**
- \* **Dairy alternatives: Goat cheese, Coconut milk, rice milk, almond milk**

# Complex Carbohydrates

- \* Take longer to be broken down into sugar, avoiding sharp blood sugar spikes
  - \* Sweet Potatoes, Quinoa, Legumes, etc.



# Gluten Allergy Alternatives

- \* Use Rice Pastas
- \* Udi's bread products available at Publix



# Simple Carbohydrates

- \* Rapidly break down into sugar causing spikes in blood sugar
- \* Leads to Insulin resistance and diabetes
- \* Increases inflammation
- \* **Addictive!!**

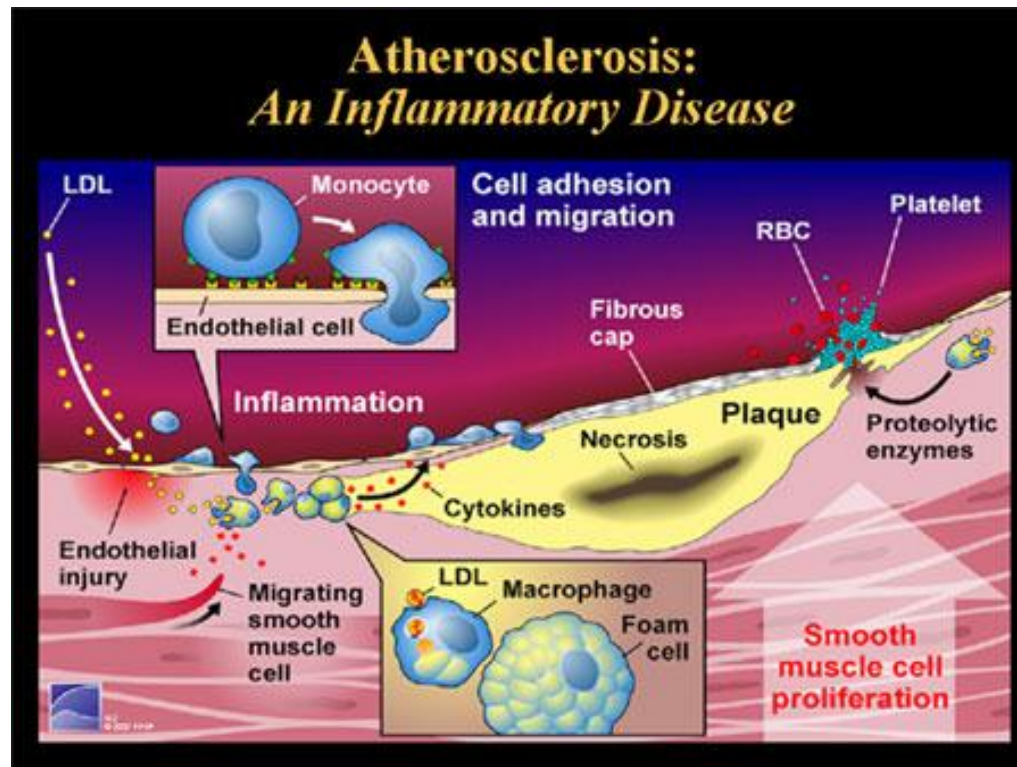




# Sugar, Inflammation, and Heart Disease

- \* Cholesterol is a small part of the problem
- \* **50%** of heart attack victims have **normal** cholesterol
- \* Inflammation causes damage to the blood vessel walls that allow cholesterol plaques to form
- \* Spikes in blood sugar from too much sugar intake creates an inflammatory response in the blood vessels, allowing plaques to form

# Inflammatory Atherosclerosis



# Sugar Alternatives

- \* **Honey**
- \* **Coconut Sugar**
- \* **Agave...sometimes**
- \* **Succinate**
- \* **Stevia...sometimes**

# Oils

- \* **High Quality Oils**

- \* Olive Oil: First Cold Pressed, dark colored bottles
- \* Coconut Oil
- \* Grape Seed Oil
- \* Organic Butter



# Oils Cont.

- \* **Low Quality Oils**

- \* Margarines
- \* Canola Oil
- \* Cottonseed Oil
- \* Processed butter



# Drinks

- \* Avoid soft drinks, both regular and diet
  - \* Study showed obesity probability increased **47.2%** for people who drank more than 2 cans/day of regular soda
  - \* Obesity probability increased **57.2%** for people who drank 2 or more cans of diet soda
    - \* WebMD

# Drinks Cont.

- \* **Fruit Drinks** should also be avoided due to high sugar content
  - \* High sugar content creates inflammatory response
  - \* Takes a lot of fruit to make a glass of juice
- \* Avoid artificial sweeteners like **Aspartame** and **Splenda**.
  - \* Linked to cancers and other side effects like migraines, heart palpitations and neurological problems

# What can you drink?!

- \* **Water is optimal**
  - \* Preferably filtered water
  - \* At least 8, 8oz glasses per day
  - \* Coffee and Teas in moderation
    - \* Watch the Sugar and Creams!!
- \* Ok to add lemon, lime or honey for some flavor
  - \* Moderate amounts of Carbonated water to get the fizz fix!



# Identifying Organic and GMO foods

**BE A STICKLER**  
PRODUCE CODES DEMYSTIFIED

<b>4 DIGIT CODE</b> STARTING WITH 3 OR 4	<b>5 DIGIT CODE</b> STARTING WITH 9	<b>5 DIGIT CODE</b> STARTING WITH 8
↓	↓	↓
<b>CONVENTIONALLY GROWN</b>	<b>ORGANIC</b>	<b>GENETICALLY MODIFIED</b>
		

**PACT** #imPACTfact @wearPACT SOURCE: WWW.PLUCODES.COM

# Dirty Dozen and Clean 15

The infographic is divided into two vertical panels. The left panel features a red apple at the top, with a green banner that reads "Dirty Dozen™ buy these organic." Below the apple is the text "foodnews.org". A small orange box contains the letters "I" for Imported and "D" for Domestic. The list of 12 items is titled "WORST" and includes: 1. Apples, 2. Celery, 3. Strawberries, 4. Peaches, 5. Spinach, 6. Nectarines (I), 7. Grapes (I), 8. Sweet bell peppers, 9. Potatoes, 10. Blueberries (D), 11. Lettuce, and 12. Kale/collard greens. The right panel features a yellow onion at the top, with a green banner that reads "Clean 15™ Lowest in Pesticides." Below the onion is the text "foodnews.org". A QR code is located at the bottom left of this panel, with the text "Scan to see more! Get a QR app from www.i-nigma.mobi" next to it. The list of 15 items is titled "BEST" and includes: 1. Onions, 2. Corn, 3. Pineapples, 4. Avocado, 5. Asparagus, 6. Sweet peas, 7. Mangoes, 8. Eggplant, 9. Cantaloupe (D), 10. Kiwi, 11. Cabbage, 12. Watermelon, 13. Sweet potatoes, 14. Grapefruit, and 15. Mushrooms. On the far left of the infographic, there is a vertical logo for "EWG's 2011 Shopper's Guide to Pesticides in Produce™" with a shopping cart icon.

**Dirty Dozen™**  
buy these organic.

foodnews.org

I Imported  
D Domestic

**EWG's 2011 Shopper's Guide**  
to Pesticides in Produce™

**WORST**

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines **I**
7. Grapes **I**
8. Sweet bell peppers
9. Potatoes
10. Blueberries **D**
11. Lettuce
12. Kale/collard greens

**Clean 15™**  
Lowest in Pesticides.

foodnews.org

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**BEST**

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# Read labels !

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)	<b>Total Fat</b> 12g	<b>18%</b>	<b>Sodium</b> 940mg	<b>39%</b>
Servings About 2	Sat. Fat 6g	<b>30%</b>	<b>Total Carb.</b> 24g	<b>8%</b>
<b>Calories</b> 250	Polyunsat. Fat 1.5g		Dietary Fiber 1g	<b>4%</b>
Fat Cal. 110	Monounsat. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	<b>Cholest.</b> 60mg	<b>20%</b>	<b>Protein</b> 10g	<b>20%</b>
	Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%			

WHEAT FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID (VITAMIN B9), CREAM (DERIVED FROM MILK), CHICKEN, CONTAINS LESS THAN 2% OF CHEESES (GRANULAR, PARMESAN AND ROMANO PASTE (PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES), WATER, SALT, LACTIC ACID (CITRIC ACID AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEETENED CREAM (DERIVED FROM MILK) AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, DATEM, RICE STARCH, GARLIC, SPICE (CANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATE (WHEY PROTEIN AND CARBON DIOXIDE).

# General Eating Strategies

- \* **Eat Breakfast!**

- \* Should be a protein based meal
- \* Eating carbs after fasting all night promotes fat storage
- \* Eggs, Yogurts, Protein drinks

- \* **Cook at home!**

- \* Sauté with olive oil and butter instead of frying
- \* Plan ahead!
- \* NO Microwaving!!

# Eating Strategies Cont.

- \* **Get creative**
  - \* Look for healthy replacements
  - \* Grape seed oil instead of mayo
  - \* Make your own salad dressings
  - \* Protein and veggie snacks instead of carbs
- \* **Constantly rotate different vegetables to ensure a wide variety of nutrients**
  - \* Eat Seasonally

# Supplementation

- \* **Whole food vitamins**
  - \* Contain Co-factors and enzymes
  - \* Organic, nutrient rich soils
  - \* Better absorption and utilization



# What We Do

- \* Heart Rate Variability Test
  - \* Revelar Score
  - \* Doppler Pulse Analysis
  - \* Full Body Neuromuscular Nutrition Based Exam
  - \* Bloodwork (if needed)
  - \* Custom Designed Clinical Nutrition Program Review of Findings
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- \* Full workup is done for \$60 (normally \$120) for attending this lecture or attending a free workshop in our office. See our website [www.healthytallahassee.com](http://www.healthytallahassee.com) or call us for more information 850-877-6790

# Questions?

