



Lifestyle Nutrition Inc.

“A Non Dieting Approach To Weight Management, Anti-Aging, Disease Management and Prevention”

By

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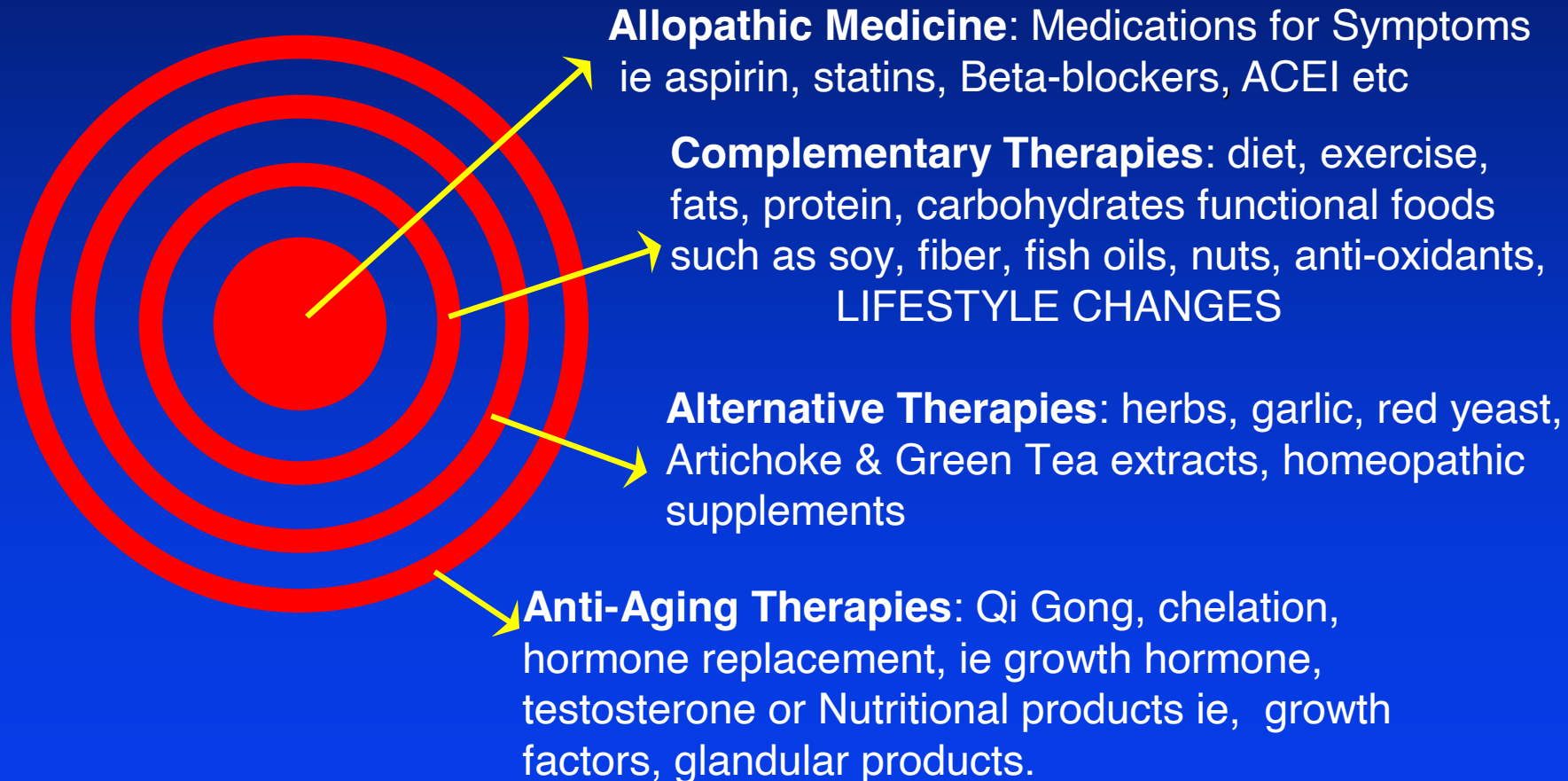
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Levels of Alternative Therapies For Anti-Aging



What is Anti - Aging from a Dietetics Standpoint?

- Fitness, Wellness and Lifestyle Management - Motivation
- Understanding Relationship of Aging & Diseases
- Nutrition, Exercise, Stress Reduction
- Body Composition Analysis
- Nutritional Supplements

It's A Lifestyle..Not A Diet! TM





Lifestyle Nutrition's
Ant-Aging Program

We will Develop Your Program Based on:

- LBM , % Body Fat
- Your Metabolic Rate
- Age, Sex, Activity Level
- Blood Labs – Thyroid, Lipids, FBG, CRP, Homocystein
- Your Medical or Nutritional Goals
- Your Lifestyle & Preferences

- **No Food Restrictions, No Food Weighing,
No Counting Points**



Lifestyle Nutrition's Anti-Aging Program

We will Focus on:

- Blood Sugar Mgt. – Digestion & Absorption Time
- Animal vs Plant Protein
- Type & Amount CHO
- Sat. vs Unsat. Fats
- Cis vs Trans Fats
- Soluble vs Insoluble Fiber
- Restaurant & Travel Eating
- Realistic Exercise Program
- Stress Reduction



Goal of the Lifestyle Nutrition Program

- Improve Hair Skin & Nails
- Reduce Body Fat & Increase Lean Muscle
- Raise Metabolism Naturally – without stimulants
- Improve Energy Level, Mood, Reduce Fatigue
- Have more variety of food & reduce cravings, & appetite.
- Improve Immune System, Reduce Disease Risk
- Save Time & Reduce Stress
- Finally, Understand the Science of Nutrition for You -
All With Food & Nutritional Supplements



Average Life Span

- 1700's 30 years
- 1800's 46 years
- 1900's 80 years

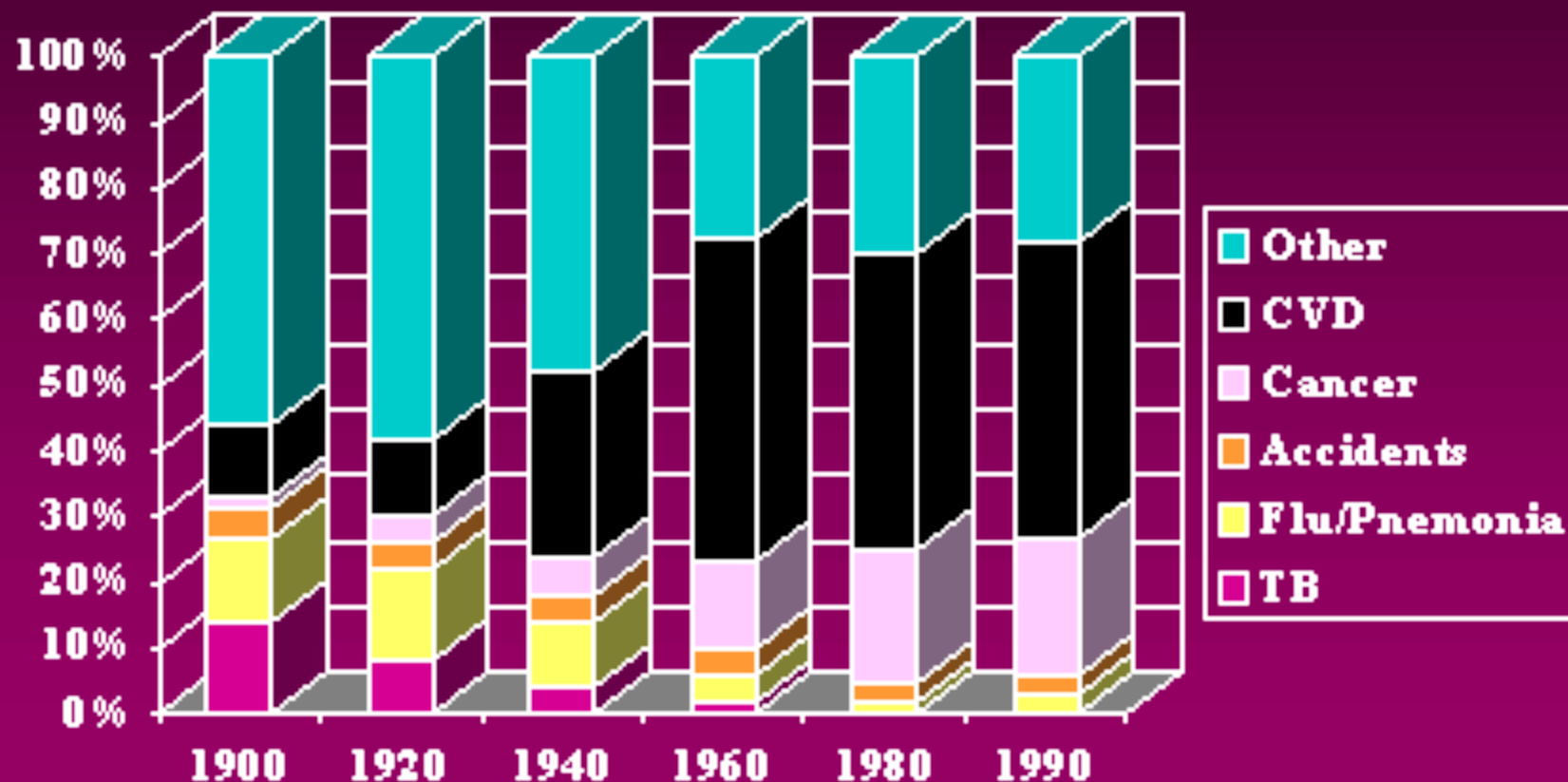
- Primary Causes of Death
- 1900 Infections
- 1990 Cardiovascular Disease & Cancer

- Current Projected Life Span - 120 years old

Introduction to Fitness, Wellness, & Lifestyle Management

Importance of Physical Activity

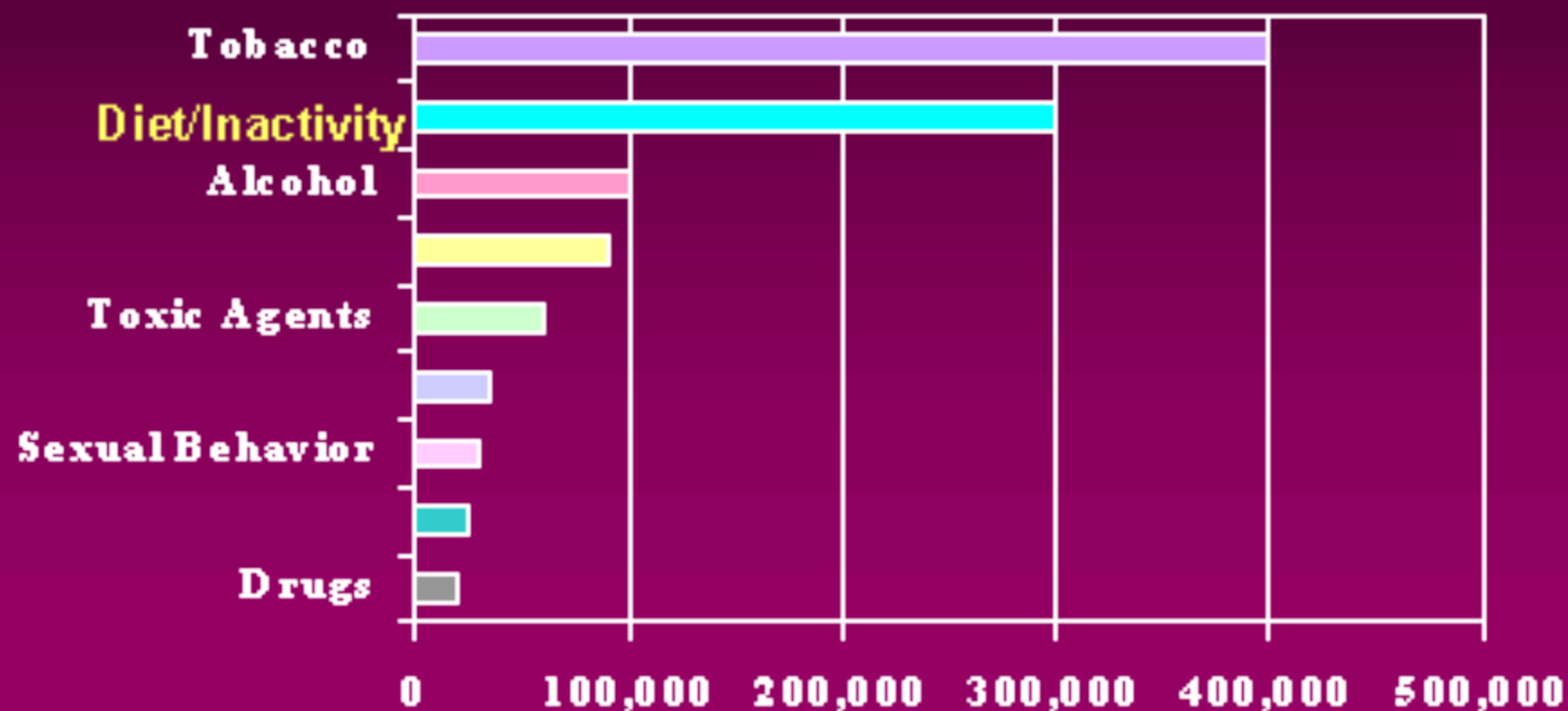
Deaths for Selected Causes as a Percent of All Deaths



Introduction to Fitness, Wellness, & Lifestyle Management

Importance of Physical Activity

Underlying Causes of Death in U.S.



Definition of Health

- 1900's Absence of Disease
- 1920's Normal Functioning of the Body
- Today Improving the quality and quantity of your life, involving a complete physical, intellectual, spiritual, and social well being.

- Not Just the Absence of Disease Anymore



How Drugs Effect Nutritional Status



- Approximately 34 million Americans are 65 years or older yet they consume 30% of all medications.
 - Average patient taking 3 to 7 medications at one time.
- Medications alter food intake, absorption, metabolism and excretion of nutrients.
- Decrease appetite, taste and smell.
- May cause GI disturbances such as reflux, nausea, constipation, and/or diarrhea or Liver Toxicity and many more side effects.

Typical American Diet

Blood Sugar

Blood
Sugar
Levels

High Blood Sugar
Make Fat

High Blood Sugar
Make Fat

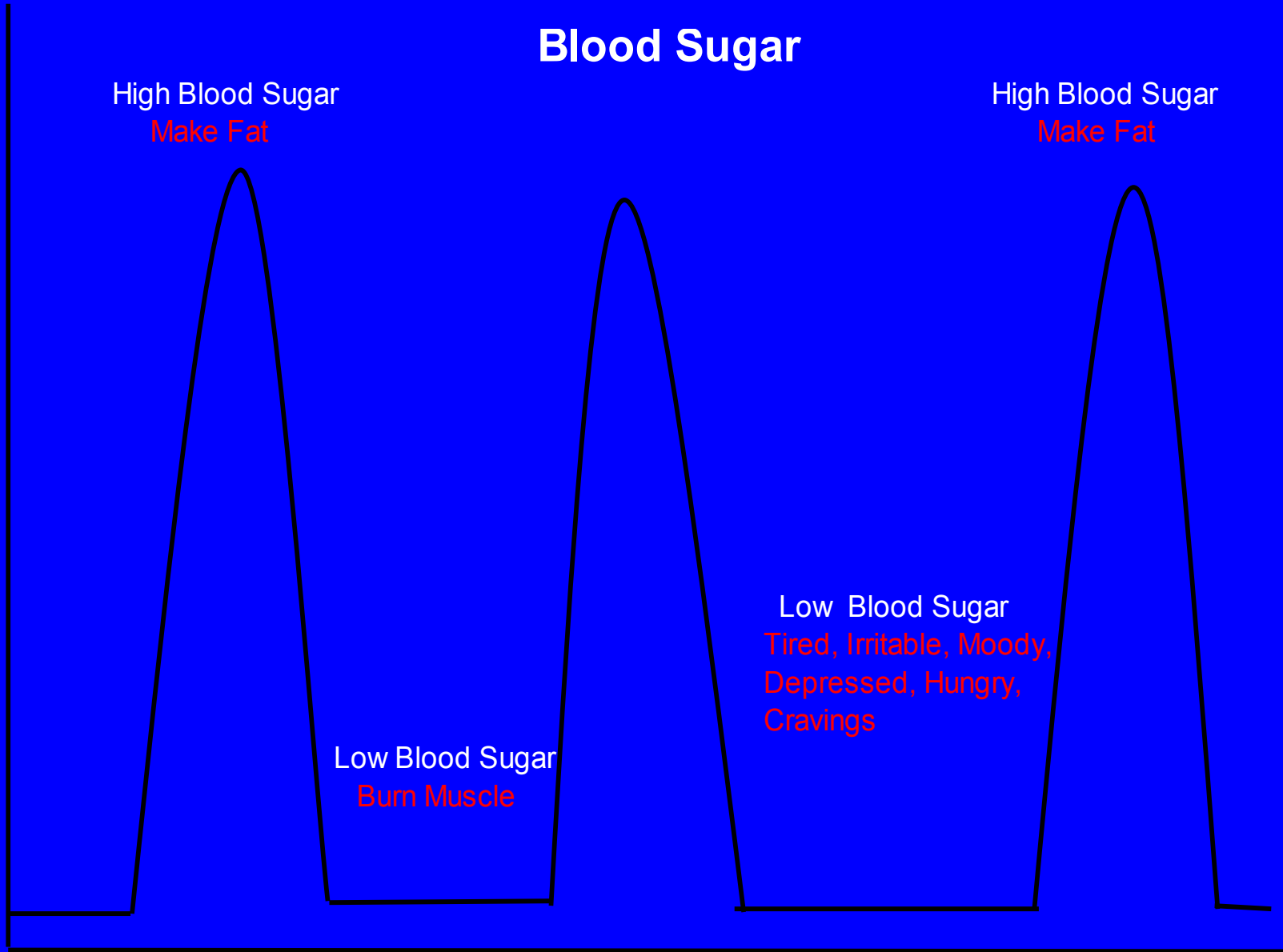
Low Blood Sugar
Bum Muscle

Low Blood Sugar
Tired, Irritable, Moody,
Depressed, Hungry,
Cravings

7:00 AM
Breakfast

12:00 P.M.
Lunch

7:00 P.M.
Dinner



Lifestyle Nutrition Program

Concentrates On Blood Sugar Mgt.

Not Calorie Counting or Weighing Food

With Anti - Aging Foods & Nutritional Supplementation

Blood

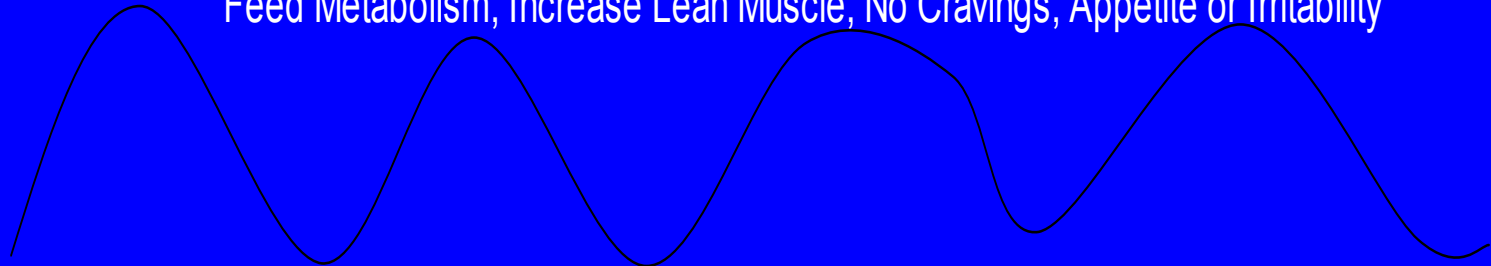
Sugar

Avoid High Blood Sugar Excess Synthesis of Insulin, Make Fat

Levels

Feed Metabolism, Increase Lean Muscle, No Cravings, Appetite or Irritability

Avoid Low Blood Sugar Reduce Fatigue & Muscle Loss





Hidden Weight Gain

- A typical Man eats over 1 million calories a year
- If extra 10/day ---> gain 1 lb fat in a year
- If extra 100/day ---> gain 10 lbs in yr.
- 100 kcals is about 1 apple, 2 tsp butter
- In 5 years could add up to extra 5-50 lbs
- **Chronic, small excess in calories , can lead to substantial excess weight gain over time**



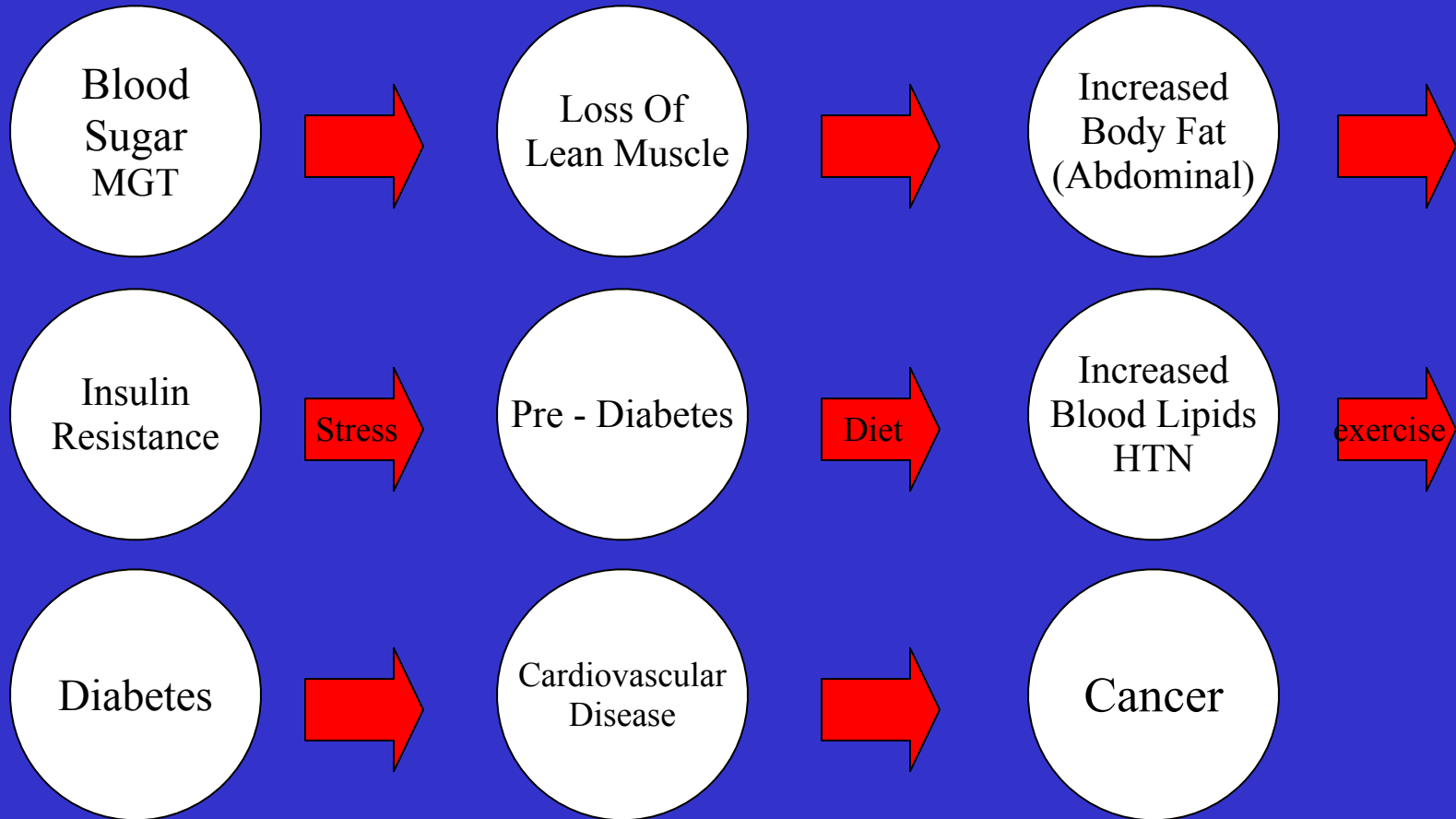
Energy Balance

- Input
- Output
 - Basal Metabolism (70-75% of calories)
 - Diet Induced Thermo genesis or SDA
 - Activity of Daily Living
 - Calories Utilized by Exercise
 - Thyroid Disorders



American Aging Process

Metabolic Syndrome - Insulin Resistance



95% of Type II Diabetes Lifestyle & Diet controlled, 5% due to Genetic Factors

67% of Cancer from Lifestyle Risk & Diet , 33% from Genetics



Nutrition and Aging

- Body composition and your basal metabolism and its effects on calories and energy .
- Do I have enough lean mass to adequately conduct thermogenesis – burn calories.
- What is a realistic goal weight for my body, based on my lean muscle mass?

Body Mass Index

WEIGHT lbs	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	175
HEIGHT	0	5	0	5	0	5	0	5	0	5	0	5	0	5	0	
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34
5'1"	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33
5'2"	18	19	21	22	22	23	24	25	26	27	27	28	29	30	31	32
5'3"	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31
5'4"	17	18	20	21	21	21	22	23	24	25	26	27	27	28	29	30
5'5"	17	17	19	20	20	21	22	22	23	24	25	26	27	27	28	29
5'6"	16	17	19	19	19	20	21	22	23	23	24	25	26	27	27	28
5'7"	16	16	18	19	19	20	20	21	22	23	23	24	25	26	27	27
5'8"	15	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27
5'9"	15	16	17	18	18	18	19	20	21	21	22	23	24	24	25	26
5'10"	14	15	17	17	17	18	19	19	20	21	22	22	23	24	24	25
5'11"	14	15	16	17	17	17	18	19	20	20	21	22	22	23	24	24
6'0"	14	14	16	16	16	17	18	18	19	20	20	21	22	22	23	24
6'1"	13	14	15	16	16	16	17	18	18	19	20	20	21	22	22	23
6'2"	13	13	15	15	15	16	17	17	18	19	19	20	21	21	22	22
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21

Underweight	Normal	Overweight	Obese
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Impact of Exercise on Body Composition

Changes in Body Composition with a 6 week Aerobic Program





Carbohydrate Functions

- Energy - all cells use
- **Some cells (RBC, brain) can use only CHO until starvation sets in**
- Needed for effective burning of fat
- Needed for protein synthesis.
- Fiber, alternative forms of CHO, provides a number of benefit to the digestive tract.
- **Fiber** – because of the chemical makeup insoluble fiber does not get absorbed easily .



Fiber Types & Actions

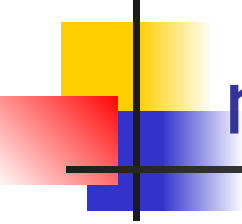


- Soluble or Insoluble
- Binding or bulking actions (for cravings & hunger)
- Affects risk for:
 - CAD
 - Colon Cancer (20 fold difference in rates)
- Digestive Problems
 - Constipation
 - Diverticulosis, IBS, Crohns, Hemorrhoids
 - Immune Function



Bulking & Chelating Action

- **Slows absorption & speeds removal**
 - Could replace higher calorie foods, and give feeling of fullness.
 - Speeds food flow through intestines
 - less constipation, diverticulosis, hemorrhoids
 - toxins & carcinogens have less contact time
- Chelates or combines with
 - some carcinogens, nitrates – reduce colon cancer risk
 - bile acid (cholesterol) – reduce CVD risk
 - Hormones, pesticides & heavy metals



To increase fiber & complex CHO...& reduce sugars..??

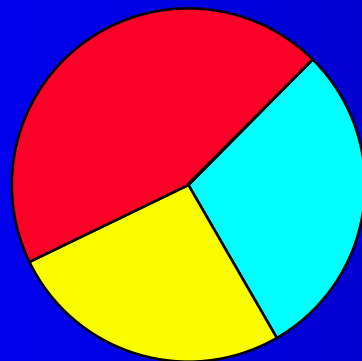


- Eat **more** whole plant foods – fruits, vegetables, legumes & whole grains
- Eat **less** processed foods & “white” flours, rice, chips etc.
- Drink **less** soda, fake fruit drinks



Sources of Sugar

Processed
45%



Beverages
29%



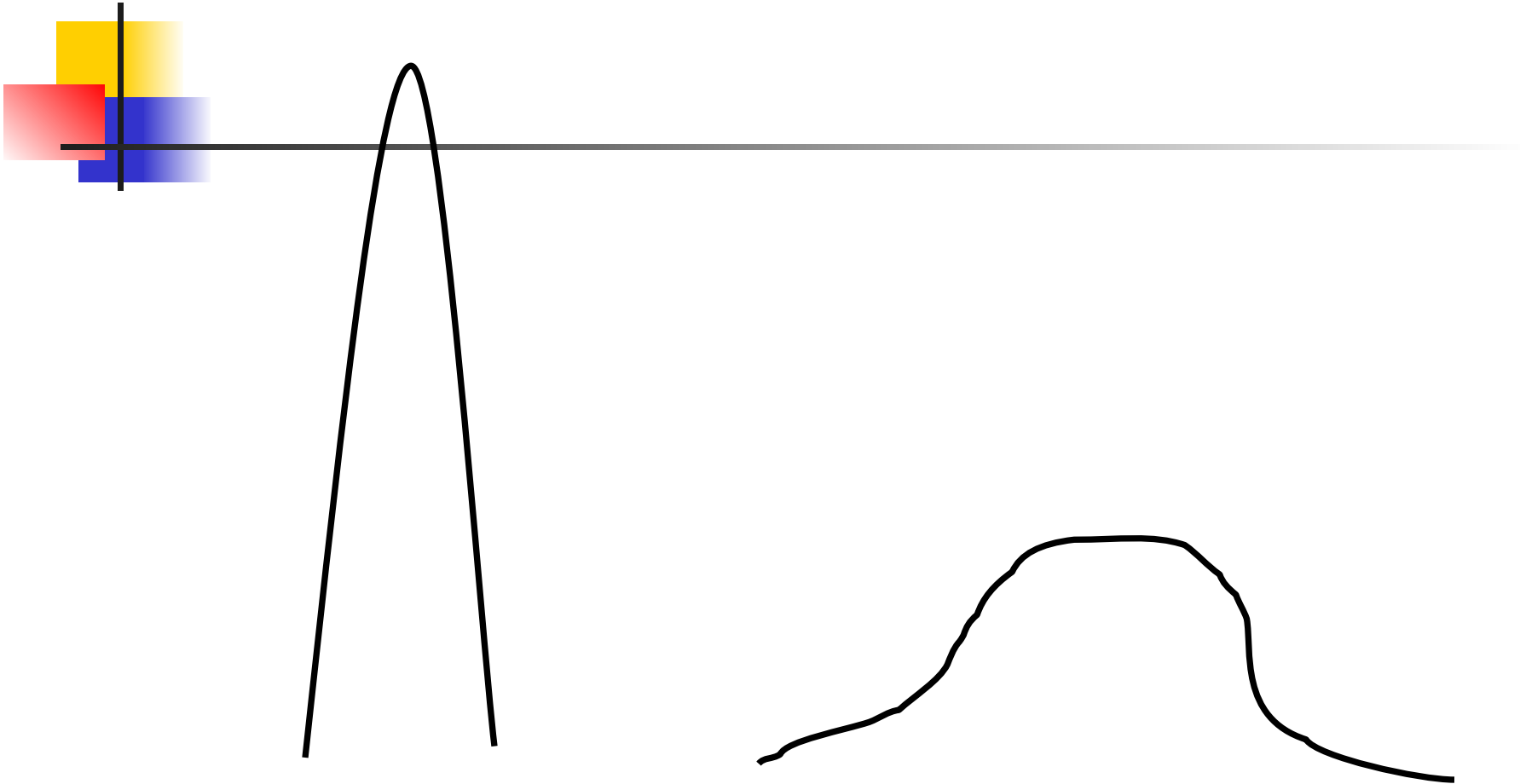
Home Use
26%



Glycemic Index

- Measure of a food's relative ability to raise blood glucose levels
- Implication – foods with high GI would cause more problems for those with DM, Metabolic Syndrome or Reactive Hypoglycemia
- Higher GI- sugars, potato, rice, carrots
- Low GI- dried beans, pasta, whole wheat
- But GI affected by size of meal, other foods, health, fat in meal
- Glycemic Load – more accurate

Blood Sugar Response to Different Foods



White, Wheat Bread, Low fat Crackers,
Instant Oatmeal, Wheat Bagels, Brown Rice,
Cornflakes

Yogurt, Black Beans, Vegetables,
Snickers Bar

Low Glycemic Index Carbohydrates



- Legumes such as black, pinto, kidney, soy beans, and lentils, soy milk peanuts.
- High protein pasta, unpolished long grain rice, steel cut oats, oat bran, pearled barley.
- “Fiber One” cereal and All Bran cereal.
- Grapefruit, apple, and Snickers Bar

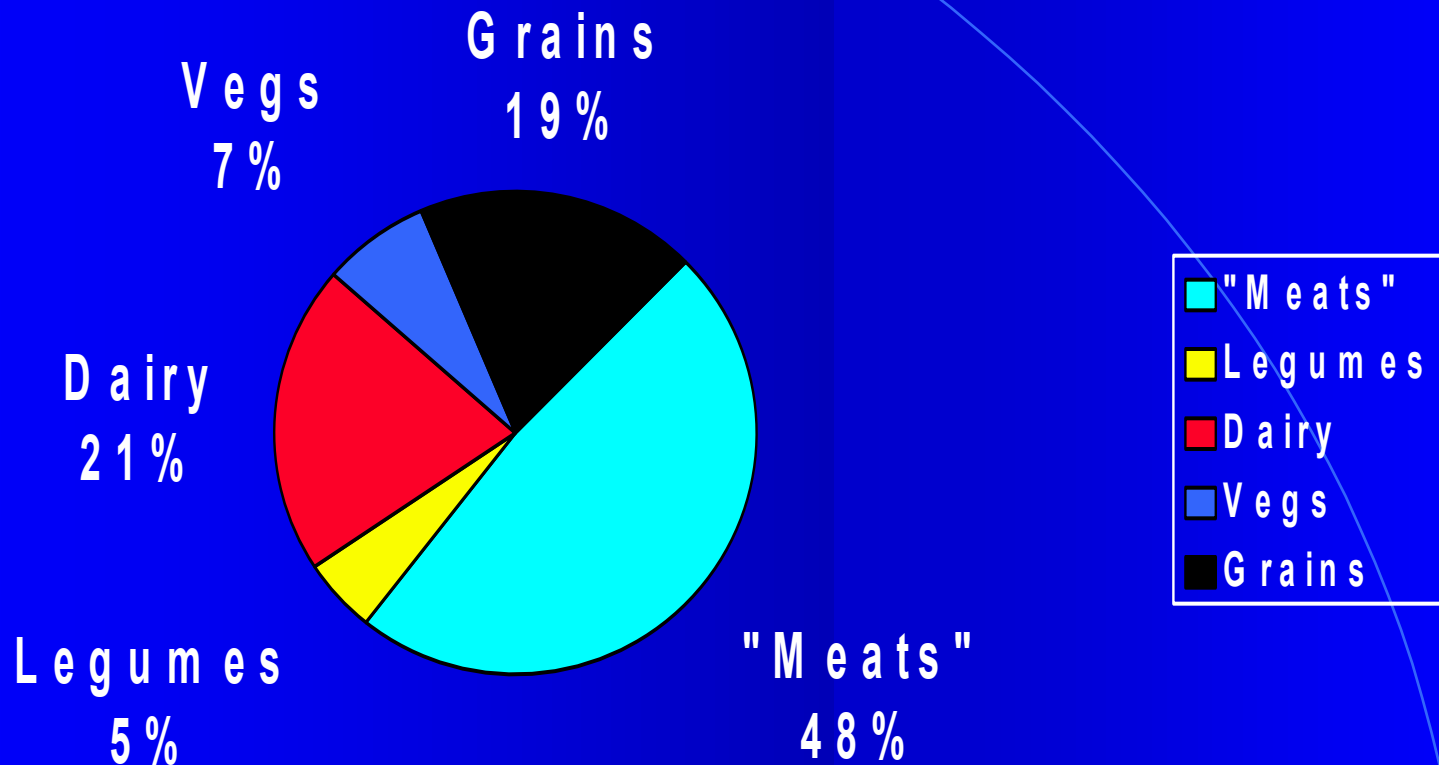
Foods With a High Glycemic Index



- Non-dairy tofu frozen yogurt
- Glucose tablets.
- French bread, white rice, white bread, instant potatoes, cornflakes, rice cakes, vanilla wafers, donuts, waffles, french fries.
- Cakes, jams, jellies, pies, sodas.



Protein Sources (US)





Problems With High Protein?

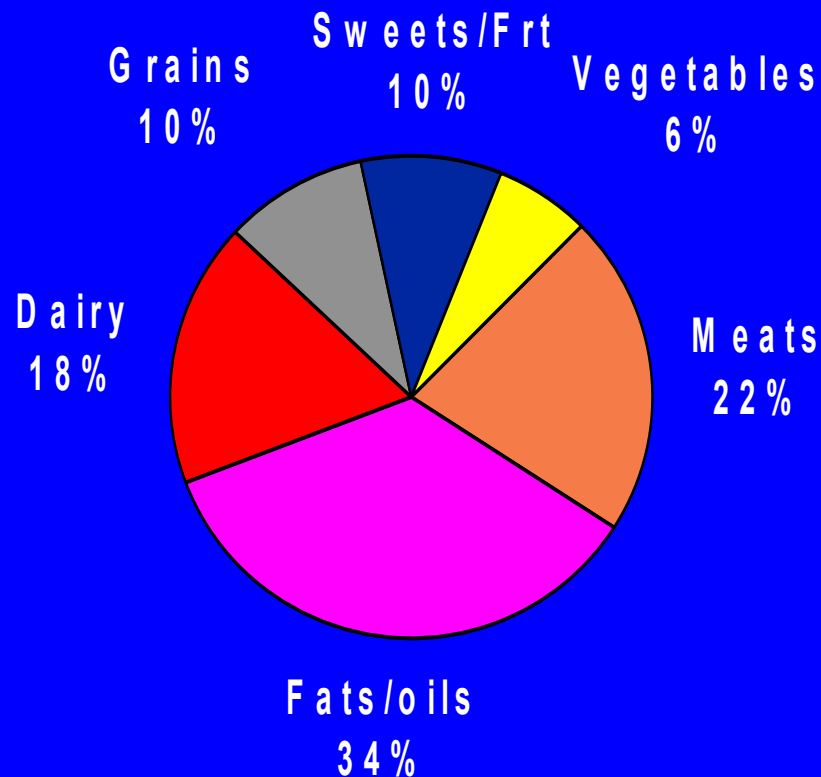
- Assoc. with high intakes of meat, cheese & saturated fats.
- Often associated with low fruit & vegetable consumption.
- Often associated with low fiber intake.
- Increases risk for CAD, & Cancers
- Initial weight loss from dehydration
- When carb's are added back – wt. gain



Proteins

- **Lean meats, poultry or fish (Low Fat)**
- **Natural Peanut butter**
- **Cooked legumes (whites beans, lentils, red, black, split peas, low fat cooked)**
- **Part Skim cheeses or 1- 2% Part Skim,**
- **egg or egg whites**
- **Low fat cottage or ricotta cheese**
- **tuna (packed in water)**
- **Tofu or Soy Burgers**

Sources of Fat





Omega 3 Sources...

- Canola Oil, Flax Seed oil
- Cold Water Fish, Shellfish
- Tuna (white/albacore or bluefin)
- Mackerel & Bluefish
- Salmon; sturgeon
- Lake trout & whitefish
- Not farm raised fish



Antioxidants: Oxidative Stress

- 95-98% of molecular oxygen taken up by cells is reduced to water.
- 2-5% of O₂ gives rise to reactive free radicals that can be toxic to cell membranes & lead to cell death.
- These free radicals have been implicated in the pathogenesis of many degenerative disease processes, including vascular disease.
- Oxidative modification of circulating LDL-C turn it into smaller, denser LDL-C which penetrate vascular endothelium and set up the process of atherosclerosis.



Foods High in Phytochemicals

- Soy; tomatoes, garlic, onions, legumes, green tea; cruciferous vegetables, red wine, grapes
- EAT MORE AND WIDER VARIETY OF FRUITS & VEGETABLES



Exercise Facts



- In U.S., only 10-20% of adults get adequate exercise; 40% no exercise & 40% too little
- Drop out rate at most health clubs=70%
- **Physically active have about 25% greater physiological function
- Generally, peak at 20-30 (muscle & bone)
- **While all measures decline with age, exercise can produce a person who is 20 to 30 years younger than that of sedentary person.



“Benefits” of exercise



- **Increase** strength Lean Mass - Muscle (including heart), energy balance (wt control), flexibility, quality of life
- **Improve CV fitness** – increase HDL, VO2 max, decrease blood pressure
- **Decrease** stress, risk of osteoporosis, obesity, & some cancers

**** Biggest gain in reduced mortality when exercise 3 times a week**



ETOH use in U.S.

- 1/3 have 1 or more drinks/wk
- 1/3 never drink
- 100 million drinkers (10% alcoholics)
 - Genetic component
- 10% of drinkers consume 50% of ETOH
- 39% of adolescents are moderate drinkers
- 20-25% of adolescents are problem drinkers
 - 5 % H.S. students drink daily



A “drink” =



- Beer 12- oz (3-6% alcohol)
- Wine 4-5 oz (12-14%)
- Liquor 1-1 ½ oz (40-50%)



College Age Drinking



- In college...7% freshmen dropouts, 34% of failures related to ETOH
- 82% had drink in last month
- 54% binge (≥ 5 drinks at time) in last 2 weeks
- ETOH 2 x as popular as marijuana; 6 x as popular as cocaine



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