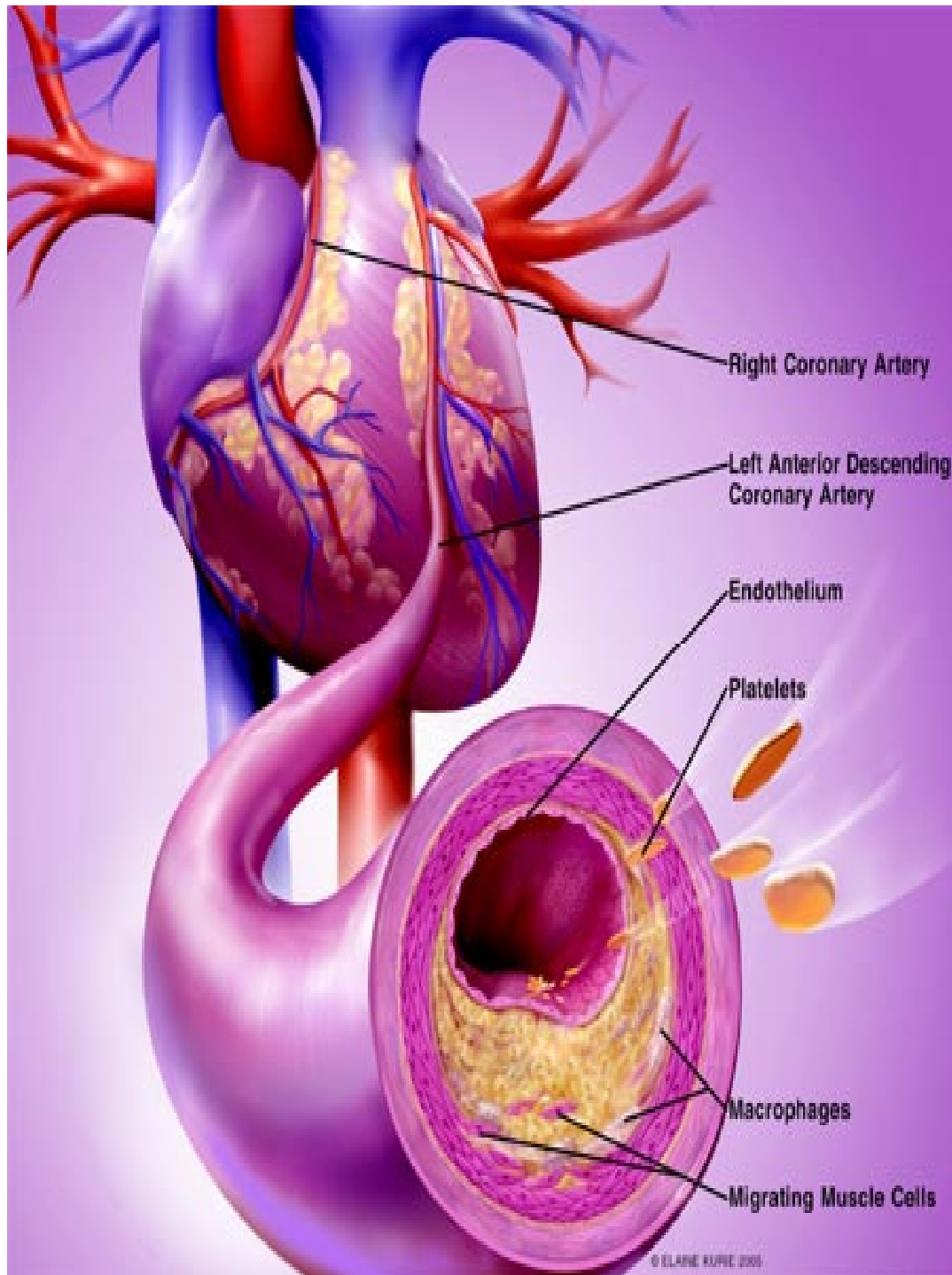




Living The Good Life
Requires Good Health

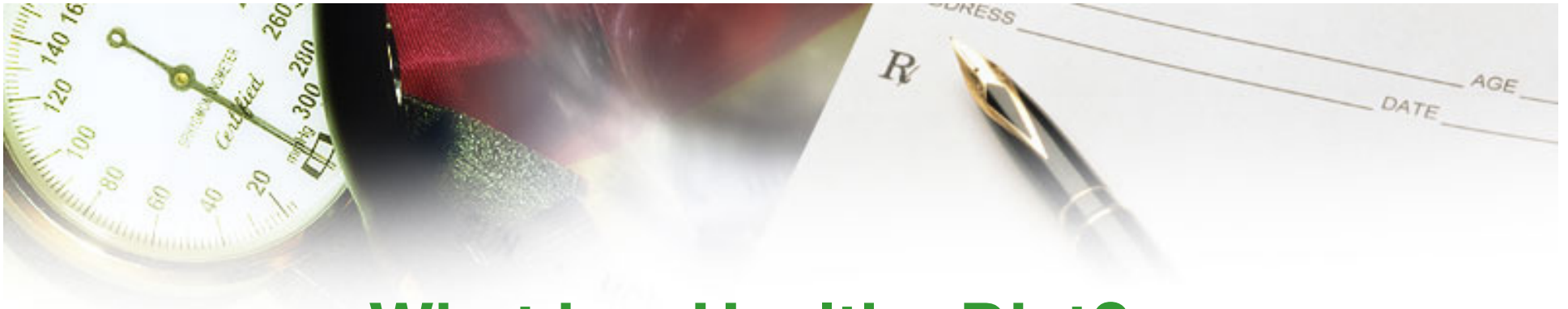
Farid Wassef BSc Pharm, RPh



Check Your Cardiovascular Health

- ✓ A1C Hemoglobin
- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Diet
- ✓ Exercise
- ✓ Feelings, Friends, & Fun

**Know your
A B C D E F's**



What is a Healthy Diet?

Just Eat Less? Is a calorie and a calorie?

Canadians consume 23% of calories from “Other Foods”

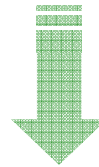
- ❖ Soft drinks
- ❖ Salad dressing
- ❖ Sugars, jams, syrups
- ❖ Beer
- ❖ Fruit drinks
- ❖ Margarine, Butter
- ❖ Cookies, Cakes, Chocolate
- ❖ Potato chips

SUGAR•SALT•FAT



What is the most consumed simple sugar in diet?

High Fructose-Corn Syrup*



↑ Risk for Obesity + Metabolic Syndrome + Type 2 Diabetes

“DIABESITY”

***Added sugar in fruit juice, cold tea, energy, sport, soft drinks, and other processed foods**



What are major dietary sources of sodium?

- ❖ Cheese
- ❖ Bread and Dinner rolls
- ❖ Deli or Cured meats
- ❖ Pizza
- ❖ Soups
- ❖ Chips, Popcorn Pretzels, and other snack foods



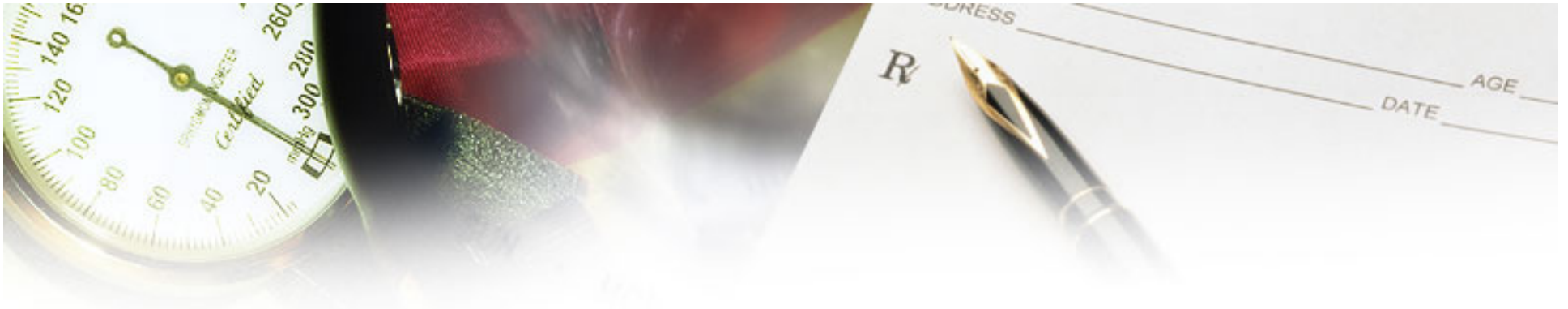
Is Meat Bad?

Conventionally Raised Animals (Starchy Grain Fed in lots):
↑ Saturated Fat, ↑ Cholesterol, ↑ Total calories, ↑ Omega 6)

VS

Organically Raised Animals (Grass Fed, No Medication, Free Range):
↓ SF, ↓ Cholesterol, ↓ Total fat, ↓ Total Calories,
↑ Omega 3, ↑ Vitamin E

Studies show Lean Meat intake can lower total cholesterol, raise HDL-cholesterol & protect against CVD



Is Meat Bad?

**Well-done meat intake and the risk of breast cancer
Journal of National Cancer Institute (1998)**

The Iowa Women's Health Study (41,836 Women)

**Women who consistently ate well done meat
(steak, hamburgers, and bacon) were 4.62
times more likely to develop breast cancer**

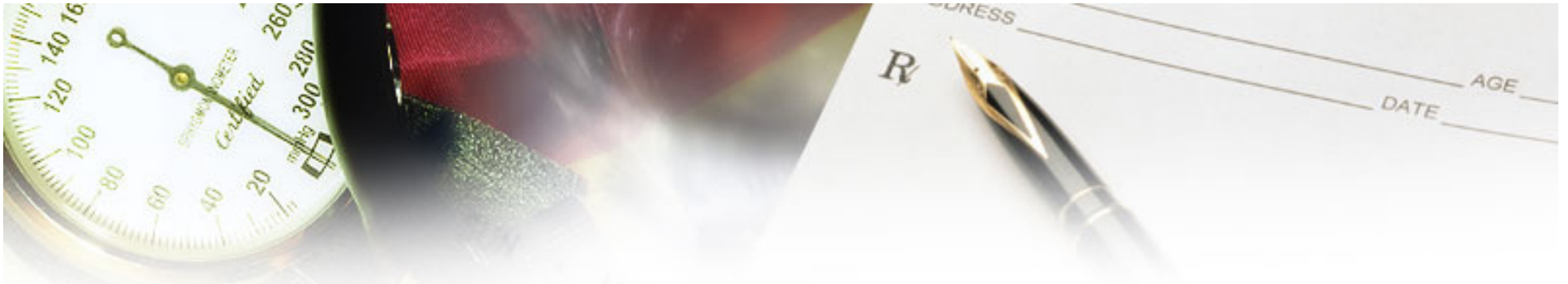


Is Meat Bad?

Effects of marinating on heterocyclic amine carcinogen formation in grilled chicken. Food Chemical Toxicology (1997)

Effects of marinating with Asian marinades or western barbecue sauce on PhIP and MeIQx formation in barbecued beef. Nutrition and Cancer (1999)

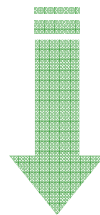
Meat should be marinated for at least 2 hours with olive oil, fresh squeezed lemon juice, dry natural aged vinegar or red wine, garlic, mustard, rosemary, oregano, ginger, and curcumin and then either Slow Roasted or Broiled



What are the effects of excessive alcohol?

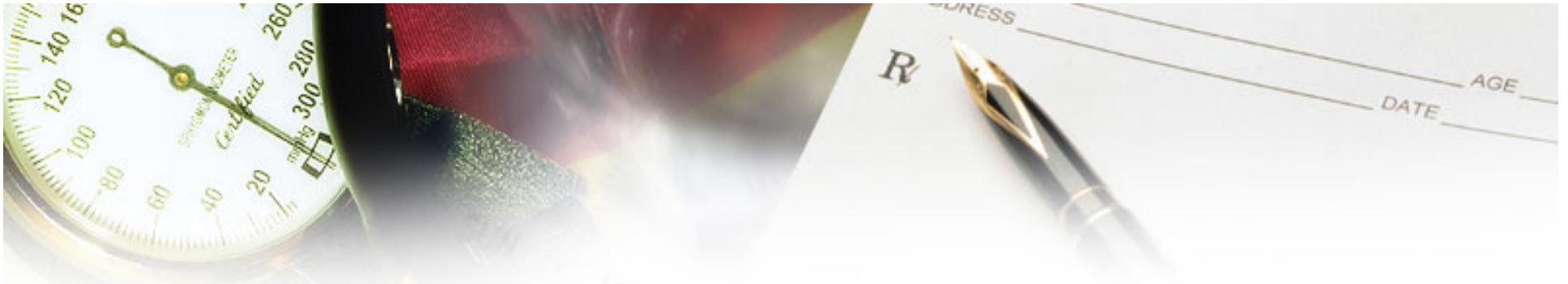
Excessive Alcohol Intake

> 1 drink*/day for women & 2 drinks/day for men



↑ Abdominal Weight, Fatty Liver, ↑Cholesterol, ↑TG,
↑Glucose, ↑BP, ↑ Risk for Heart Failure and Stroke

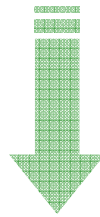
1 alcohol drink = 355ml beer or 140 ml wine or
42 ml liquor @ 40% (e.g. whiskey, rum, vodka)



What are the effects of soft drink consumption?

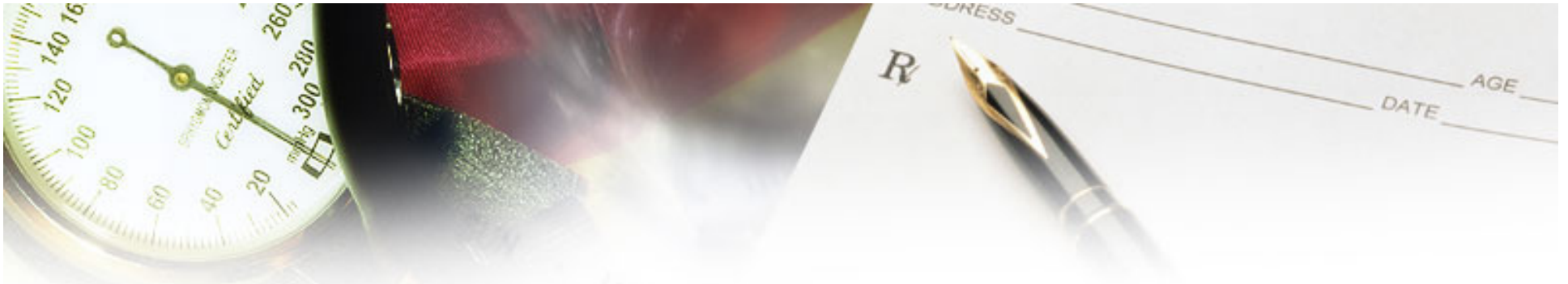
**≥ ONE CAN of POP daily (including sugar free)
has been shown to INCREASE RISK**

(adjusted for physical activity, smoking, saturated
and trans fat, fibre, and total calorie intake)



Obesity, Metabolic syndrome, Type 2 diabetes, CVD

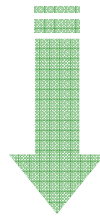
Relationship of Soft Drink Consumption to Global
Overweight, Obesity, and Diabetes: A Cross-National
Analysis of 75 Countries. Am J Pub Health 2013 March



What are the effects of soft drink consumption?

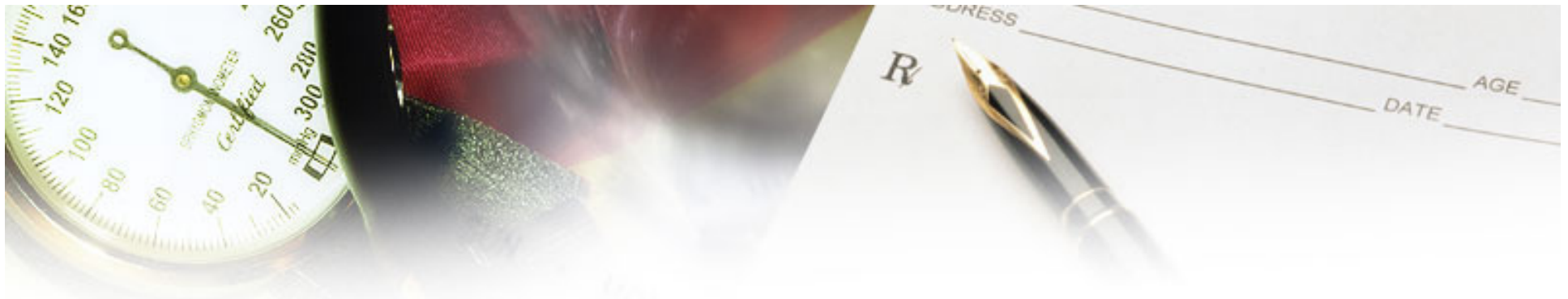
**≥ ONE CAN of POP daily (including sugar free)
has been shown to INCREASE RISK**

(adjusted for physical activity, smoking, saturated
and trans fat, fibre, and total calorie intake)



Decreased BMD, Osteoporosis, Hip Fracture

Soda consumption and risk of hip fractures in
postmenopausal women in the Nurses' Health
Study; American Journal of Clinical Nutrition (Aug 2014)



2007 Health Canada Food Guide

- ✓ 7-10 servings fresh vegetables & fruit
- ✓ Whole grains
- ✓ Meats low in saturated fat
- ✓ Legumes, nuts, seeds
- ✓ 2 servings of Fish per week
- ✓ 30-45ml unsaturated fat (Olive Oil)

Fibre: Men (30-38g) Women (21 to 25g)

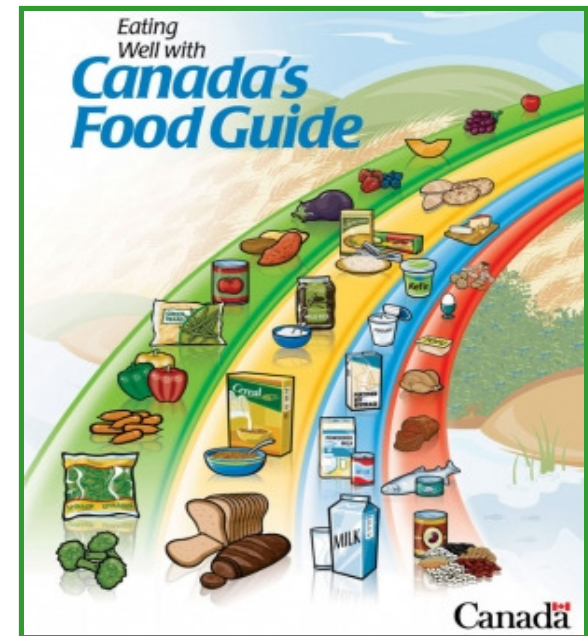
Soluble Fibre >15g/d: Oats, Barley, Rice, Legumes, Artichokes, Spinach, Apples, Pears, Berries, Psyllium, and Flax Seed

Appetite Control

Improve Elimination

Blood Glucose Regulation

Lowers Total & LDL-cholesterol



**Super foods for
Heart Health**

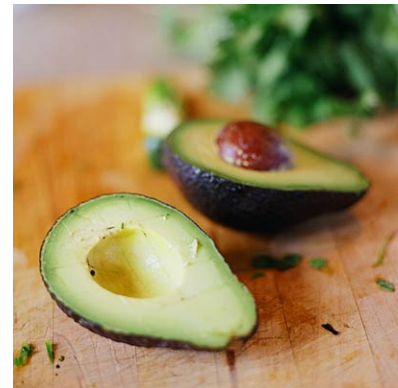
EAT MORE FIBER

OMEGA-3 Flaxseed

Measuring up
as a source of
healthy fibre
and essential fats

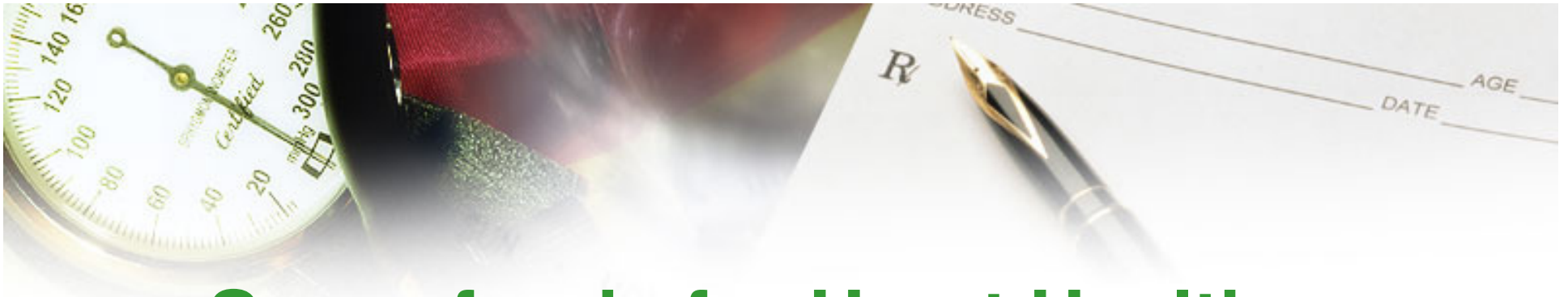


Super foods for Heart Health



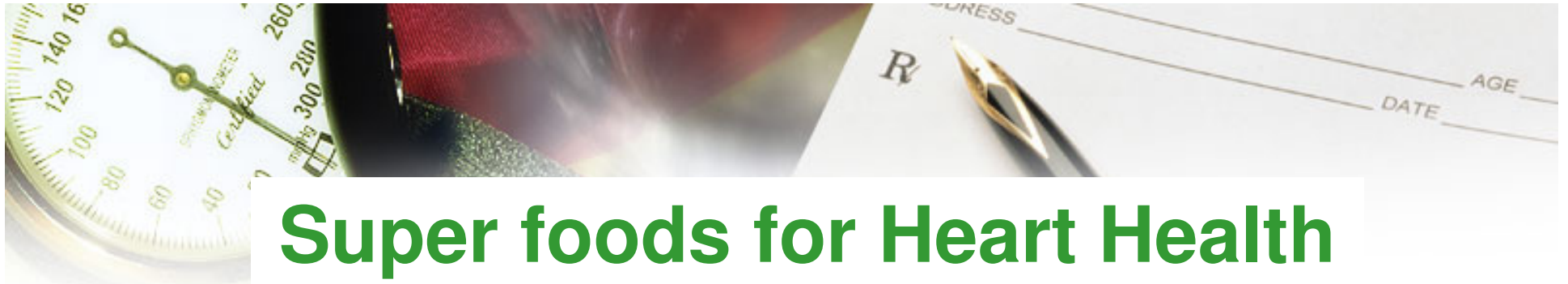
Super foods for Heart Health

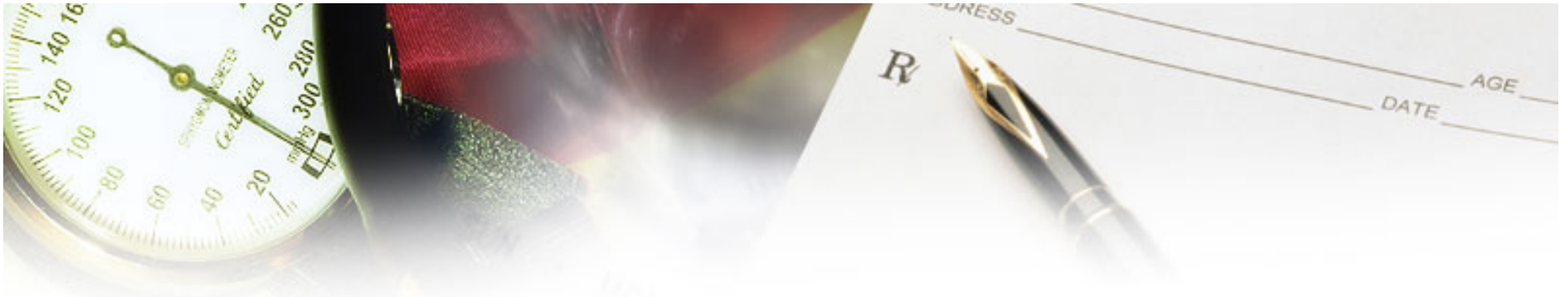




Super foods for Heart Health

- ✓ Basil
- ✓ Black, Cayenne, Chili Pepper
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Garlic
- ✓ Ginger
- ✓ Mustard Seeds
- ✓ Onions
- ✓ Oregano
- ✓ Parsley
- ✓ Rosemary
- ✓ Sage
- ✓ Thyme
- ✓ Turmeric

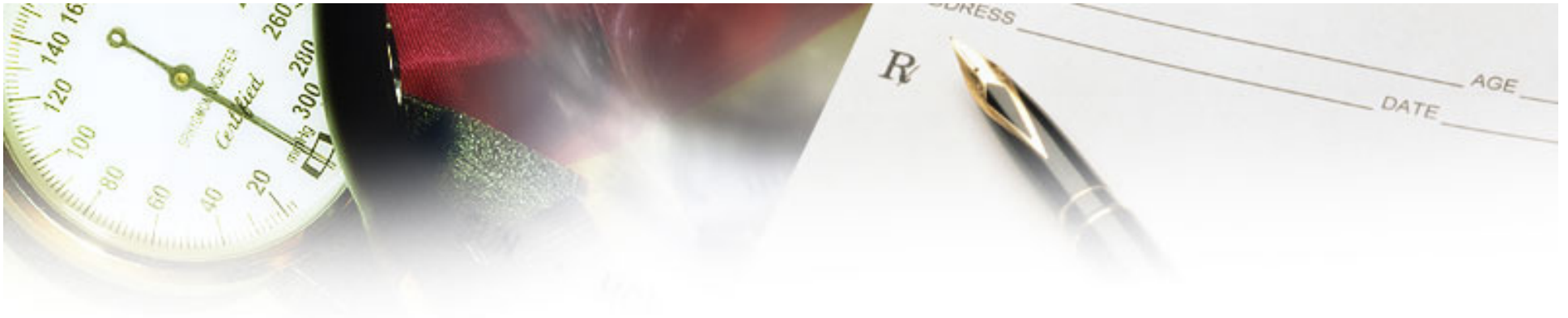




What are the benefits of moderate physical activity?

Independent of Weight Loss Benefits of Moderate Physical Activity:

- ✓ ↓ Blood Pressure
- ✓ ↓ LDL, TC, TG and ↑ HDL
- ✓ Improves Glycemic Control
- ✓ Prevents CVD, Stroke, Obesity, Diabetes, Osteoporosis, Cancer
- ✓ Improves Mental Health (↑ Morale and Self-esteem)
- ✓ Reduces Mortality (including patients with CV risk factors)



Moderate Physical Activity

Walk 1.6 km in 20 minutes

***Minimum: 150 minutes/week is beneficial
best 5x per week but spread out over at least 3x week**

INJURY, SPASM & PAIN

Treatment Options

Glucosamine

Chondroitin

Hyaluronic Acid

Collagen Type 2

MSM

Bromelain

Ginger

Curcumin

Enzymes

TRAUMEEL

KEEP MOVING

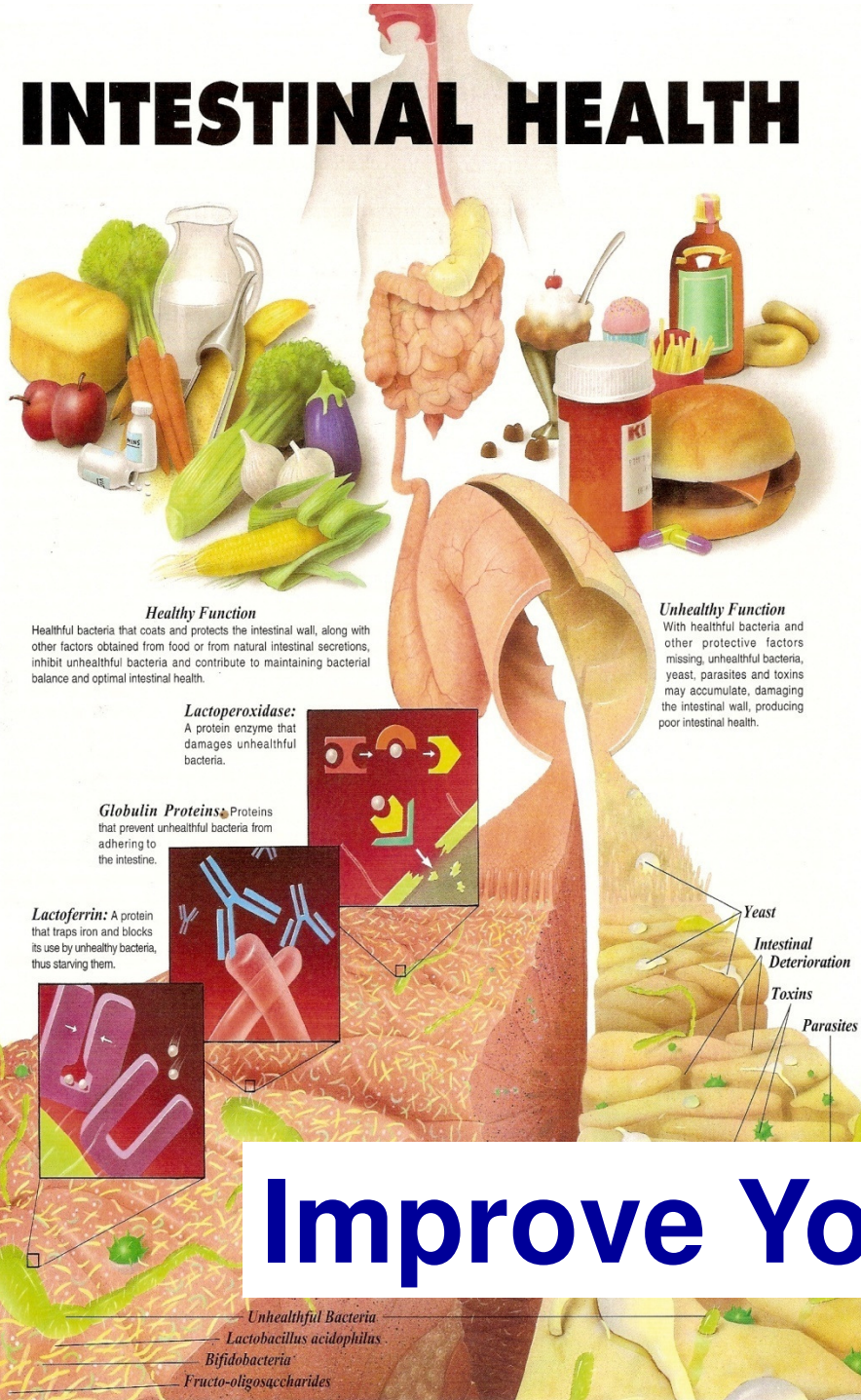


KEEP MOVING

Reduce Pain & Inflammation-Improve Connective Tissue Repair



INTESTINAL HEALTH



FUNCTIONAL FOODS & NUTRACEUTICALS

THE GLOBAL RESOURCE FOR HEALTHY PRODUCTS INNOVATION

JUNE 2007

Probiotics

- How individual strains differ
- Which prebiotics match up best
- **Special:** supplier directory

OMEGA-3s

Products proliferate
amid mainstream confidence

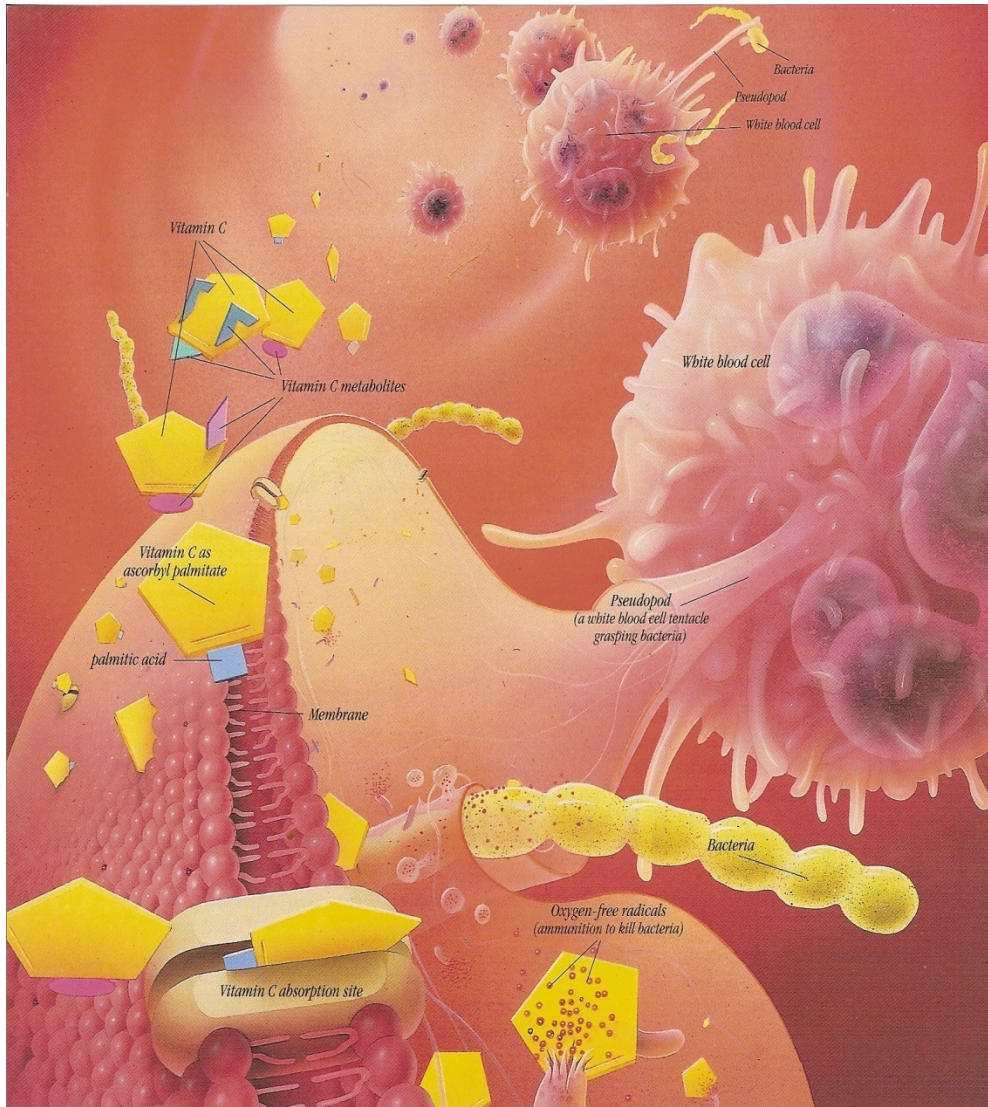
PROTEIN

New applications for an
old macronutrient

PLUS

Improve Your DIGESTION

Bolster Immunity



Vitamin C: Essential to Immune Function

This illustration shows how the white blood cells of your immune system work and the best way to nourish them with vitamin C.

Imagine that you h: microscopic size and no stream looking down t! There is a continual s toward you including a l that have been made mo move as if on patrol, s toxic substances or what of bacterial foreign invaders. When in close proximity to one of these

invaders, bacteria for example, the white blood cell forms a tentacle-like projection (called a pseudopod) that extends out from the surface of the

as supportive substances called "vitamin C metabolites," all simultaneously present to provide the cell with the most complete vitamin C

2. The ammunition needed to i-causing bacteria is released nsists of powerful enzymes and ygen-free radicals that, when ia, destroy it. (Important note: e cell protects it from being infection fighting ammunition).

you are now an eye witness to the fact that vitamin C is essential to immune function.

Vitamin C



Prevent Infection

Healthy Bones Last a Lifetime

- 1) Calcium
- 2) Magnesium
- 3) Zinc
- 4) Vitamin D3

Strengthen BONES

Healthy Bone A Microscopic Slice of Bone Weak Bone

▲ Calcium ● Phosphorus ▼ Sodium ◆ Magnesium ▲ Copper ▼ Chloride ▼ Potassium ▼ Zinc ● Iron ◆ Manganese ◆ Chromium ✕ Organic Factors

Vitamin D

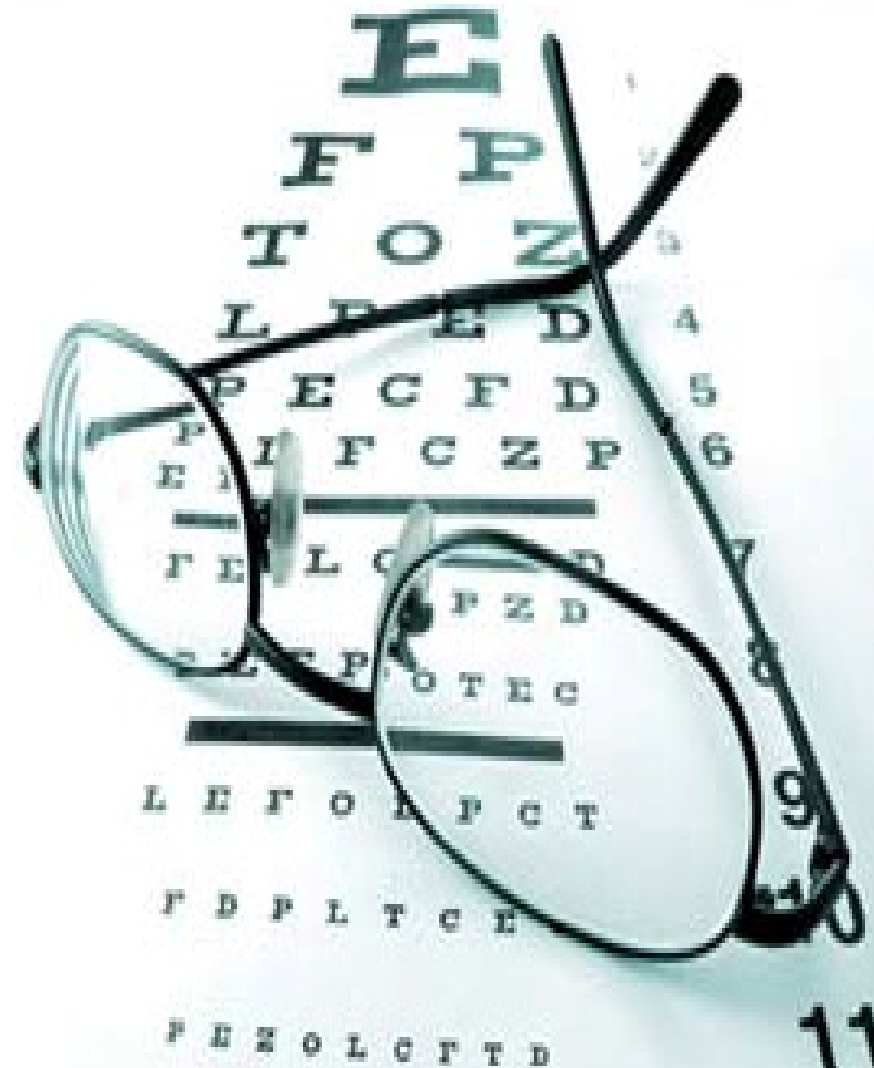
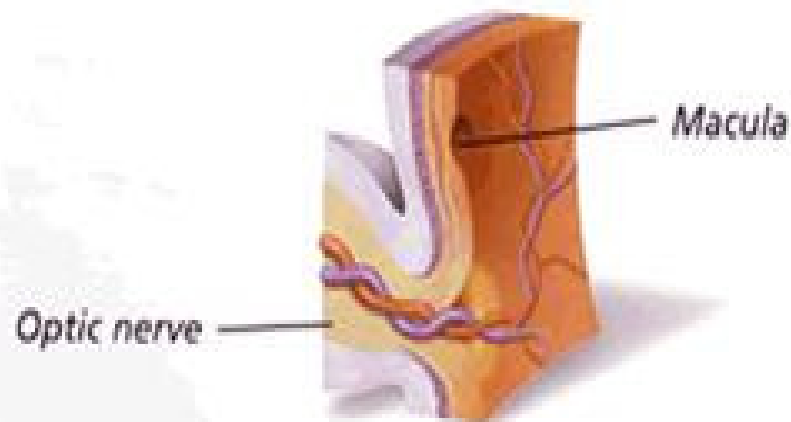
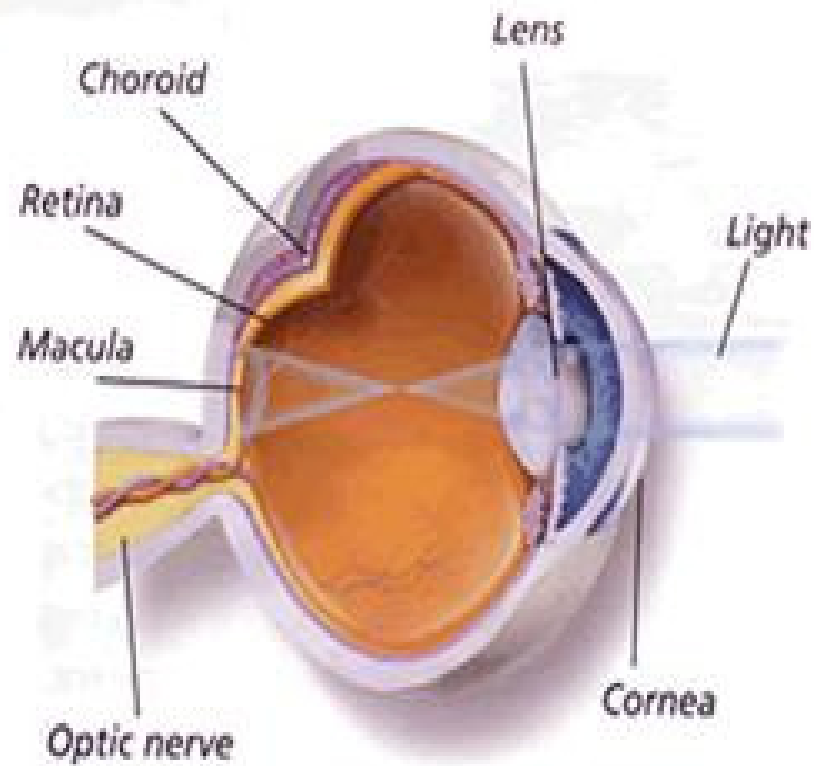
The body itself makes vitamin D when it is exposed to the sun

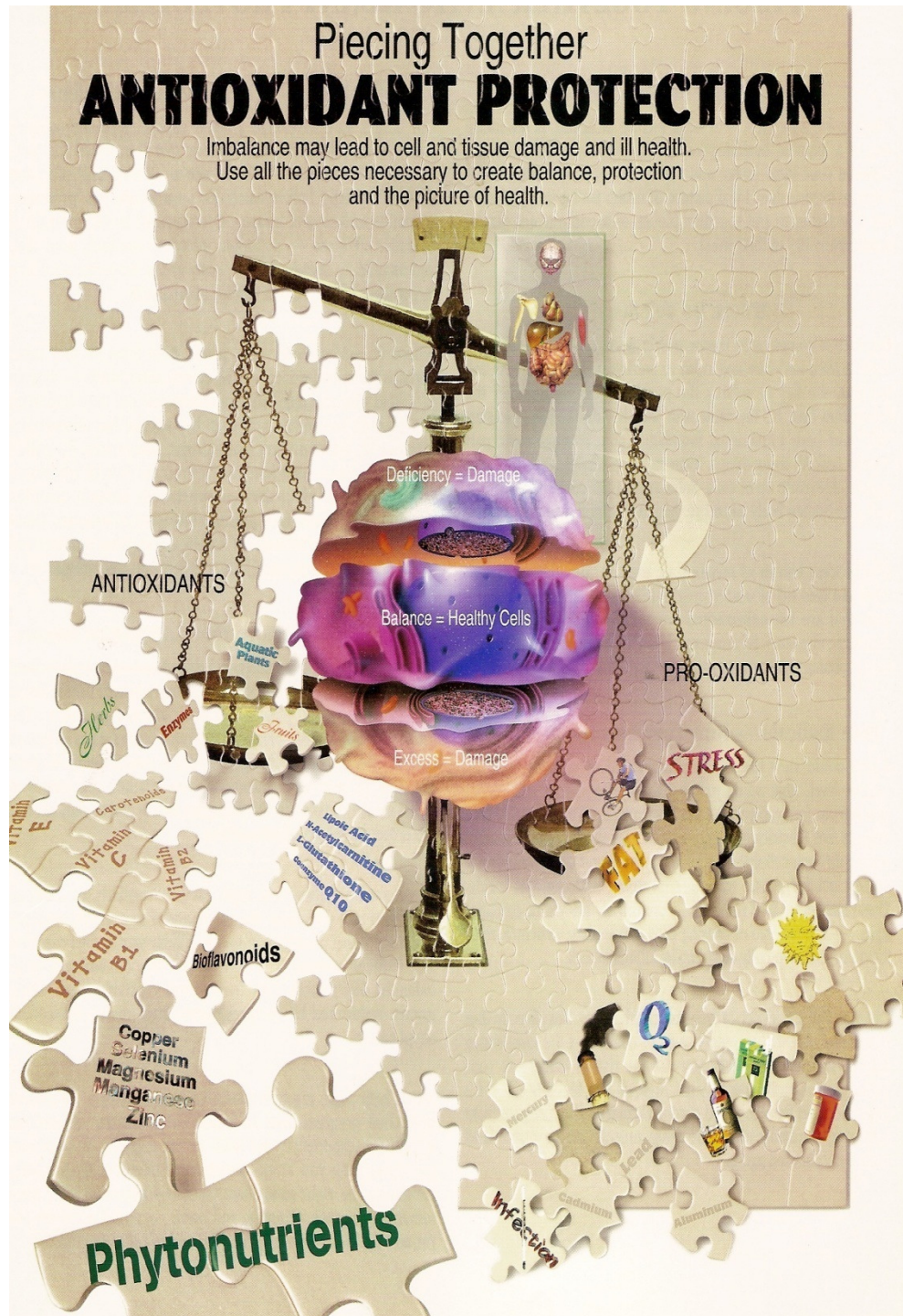
SUN
LIGHT

Cheese, butter, margarine, fortified milk, fish and fortified cereals are food sources of vitamin D

ADAM.

PREVENT Age-Related Macular Degeneration





Preserve your Eyesight

Ocular Antioxidants Supplements

Vitamin E

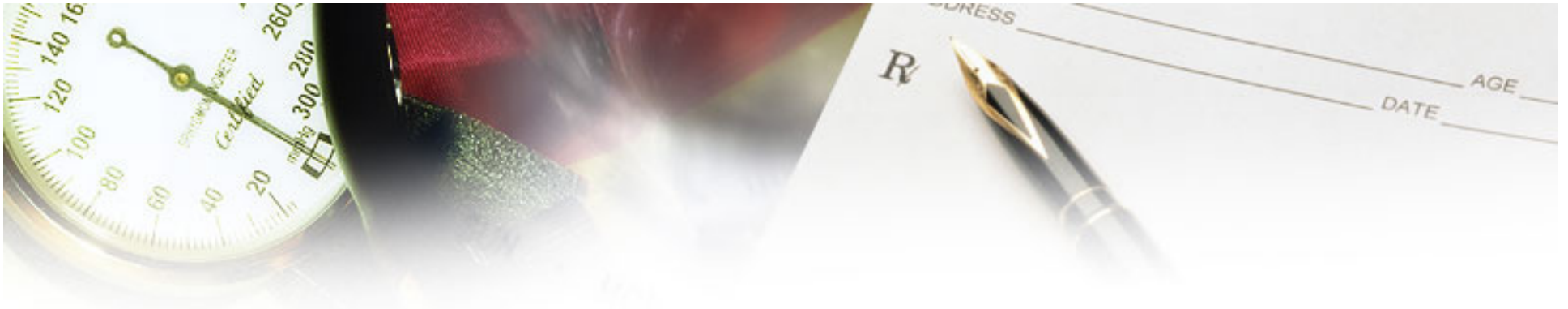
Vitamin C

Zinc

Copper

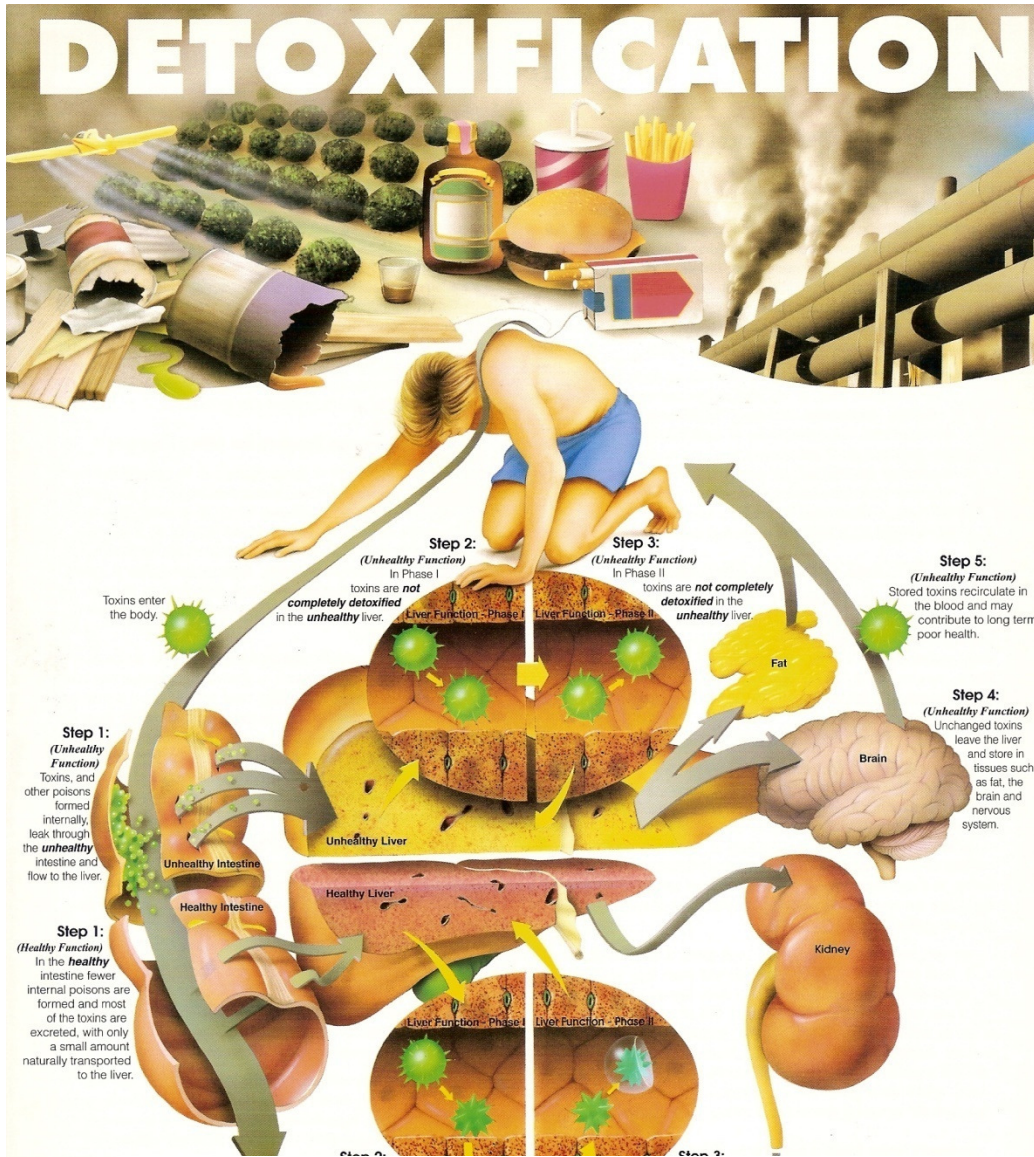
Beta-Carotene

Lutein



Supplements

- Multiple Vitamin and Mineral Supplement
- Vitamin D: 2,000 to 4,000 IU
- Fish Oil: 1 to 4 grams of EPA + DHA
- Coenzyme Q 10: 200 to 400mg
- Magnesium (bisglycinate): 200 to 400mg
- Vitamin C: 1 to 2 grams
- Probiotics
- Kyolic Liquid Garlic Extract: 50 to 100 drops



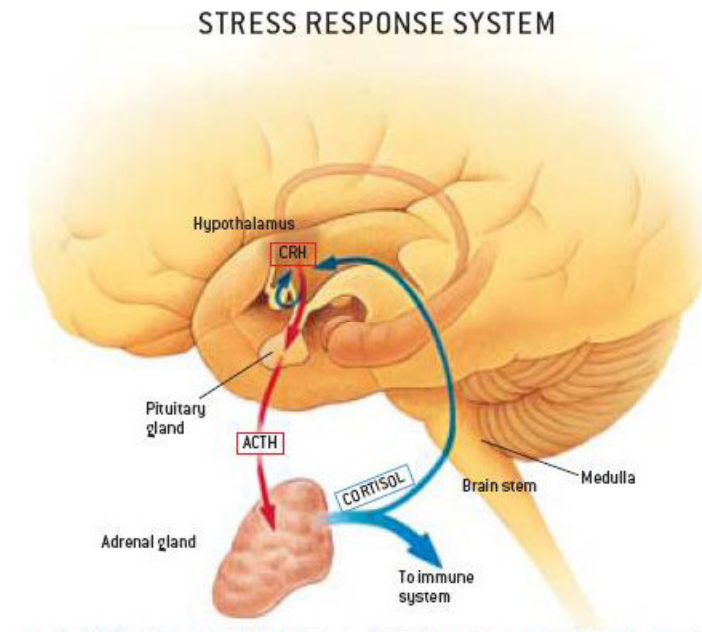
BENEFITS

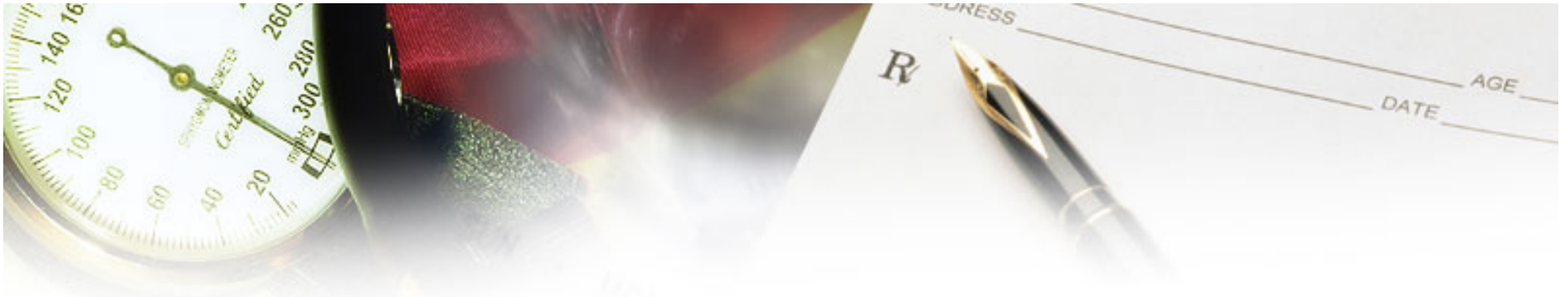
- ✓ Improved Metabolism
- ✓ Endurance & Stamina
- ✓ Better Mood
- ✓ Focus & Concentration
- ✓ Deeper Sleep
- ✓ Less Food Cravings
- ✓ Less Pain & Inflammation
- ✓ Better Digestion
- ✓ Regular Elimination

Cleanse Your BODY

Protect Your BRAIN from Stress

- ✓ Get Adequate Sleep (7 to 9 hours)
- ✓ Limit Worrying
- ✓ Engage Your Mind
- ✓ Develop Passion and Purpose
- ✓ Be Kind to Yourself
- ✓ Prayer & Meditation
- ✓ Saying No and Yes
- ✓ Share your pains and joy
- ✓ Stay in touch with Family & Friends
- ✓ Ask for help



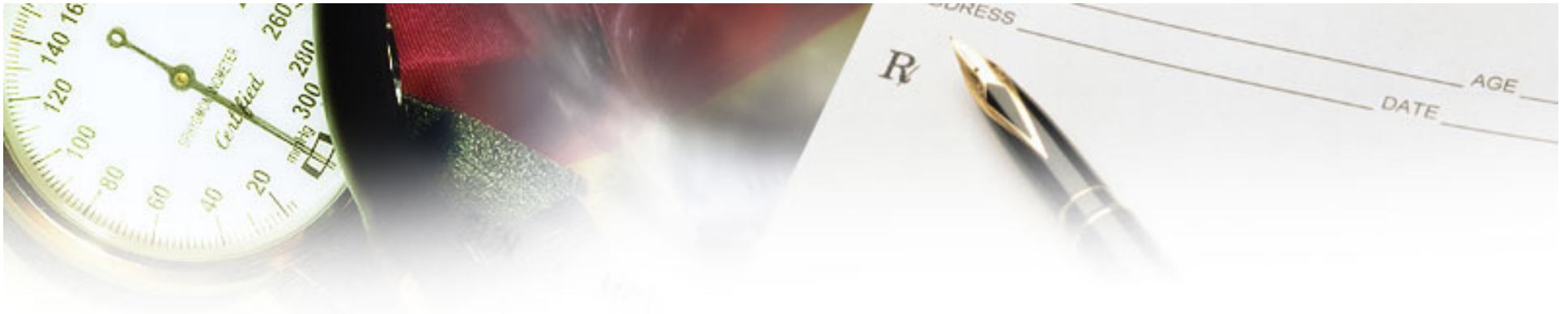


Holt-Lunstad J, Smith TB, Layton JB, **Social Relationships and Mortality Risk: A Meta-analytic Review 2010**

The Loneliness Trap: People are ashamed to *admit* they are lonely. Many pretend everyone else is "stupid" or "mean" or having nothing to offer. Many falsely pretend that they don't need other people in our lives to be happy. But it's not true.

Lack of Social Relationships is a major risk factor for health that rivals poor diet, excess alcohol consumption, cigarette smoking, high blood pressure, high cholesterol, obesity, and physical inactivity.

People who form and maintain quality social relationships live Healthier and Longer



Moving Forward in Life

The Emotion Machine

How To Change the Way You Process Negative Memories

How to Create Psychological Distance Between You and Your Past

When Depression Is just a Stepping Stone

When You Have to Completely Breakdown Before You Can Rebuild Yourself

Start Living More as Your Future Self