

Let food be thy medicine

and medicine be thy food

Hippocrates

Anecdote

- “Now I am 75”

Hippocrates

- Let food be your medicine
- Little did he know that in time food would lead to our downfall

Co-morbidities of obesity

- Cardiovascular
 - Respiratory
 - Musculoskeletal
 - Mental health
 - Endocrine
 - Sleep disorders
 - Chronic pain
 - Medications used to treat these disorders
- Heart attack
 - Stroke
 - Diabetes
 - Hypothyroidism
 - Rheumatoid arthritis
 - Depression
 - Sleep apnea
 - Chronic fatigue
 - Social outcast
 - Cancer



Causes of chronic diseases

Most chronic diseases are caused by what we do with our:

- fingers (smoking),
- forks (eating),
- feet (lack of exercise).

80%

- Which is the healthiest religious group in the United States. ?
- Why are they the healthiest?

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- Which is the healthiest state in our nation?
- Why?
- Which is the most obese state in the nation?
- Why?

Common threads

- Ate real food, fresh and local when possible, avoided refined/processed food
- They were active every day
- They stayed true to their purpose
- They believed they could succeed
- They made healthy living fun
- They created a healthy environment

Blue Zone Solution

- Dan Buettner, author, bicycler, traveler
 - ◆ 10 year study supported by National Geographic, AARP, Healthways
 - ◆ Studied diets and lifestyles of centenarians 5 world communities
 - ◆ 9 common threads
 - ◆ “Secrets of Living Longer” a feature article in National Geographic 2005
 - ◆ Blue Zone Solution and Blue Zone Makeover Project

#1 Move naturally

- No gyms, no exercise programs just a lot of exercise/activity going about their day....primarily walking, working, visiting
- Little TV, texting, gaming

#2 Having a sense of purpose

- “Why I wake up in the morning”
- Something to live for beyond work
- Knowing your sense of purpose can add up to 7 years of life
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#3 Down shift to reduce stress

- Stress leads to chronic inflammation which is associated with every age related disease.
- Developed a routine to shed stress
 - ◆ Meditation, prayer, naps, happy hour

#4 80% rule “Hari hachi bu”

- Hari hachi bu (Okinawa)
- Stop eating when you are 80 % full
- Eat smallest meal at the end of the day and eat no more that day

#5 All had a plant slant

- Beans are the cornerstone of all diets
- Limit meat, once a week or less
 - ◆ Usually fish
- Fresh fruits and vegetables, whole grains, nuts

#6 Wine at 5

- One or two ounces per day with friends or food
- Moderate drinkers were shown to to outlive drinkers
- Part of their stress reduction plan

#7 Right tribe (moais)

- People choose (or were born into) social circles that support healthy behaviors
- A “moai” is a group of friends that commit to each other for life, this helps members shape healthy behaviors
- Research shows that smoking, overuse of alcohol, obesity,, loneliness is contagious as is exercise, good eating habits, happiness

#8 Community

- Belong to a faith based community, denominations don't matter
- Attending faith based services weekly add 4-14 years to live expectancy

#9 Loved ones first

- Commit to a life partner
- parents and grandparents are cared for by their children, strong families
- Invest in their children with time and love