



# Food as Medicine

Using healthy, healing foods as medicine in addition to working with your physician on your overall health and wellness!

# Let Food Be Thy Medicine – Hippocrates, b. 460 B.C.

Systolic Blood Pressure
Diastolic Blood Pressure
Blood Glucose
Triglycerides
Total Cholesterol
HDL Cholesterol ("good cholesterol")
LDL Cholesterol ("bad cholesterol")
Waist Circumference
Body Mass Index

- Risk Factors

-If you had “improvement needed” scores on your annual Health Risk Assessment, you should be working with our Healthstat FNP or your physician to make the needed improvements

-Today’s session will focus on foods and supplements that can assist you in working on your risk factors

-We will also cover foods and supplements that help with general wellness

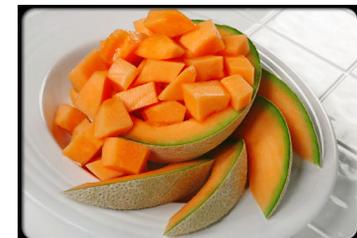
**Disclaimer:** This information is in addition to, not replacement of, working with your health care provider. Some foods and medicines can interact, please discuss changes you make with your doctor or the Healthstat FNP.

# Review of Needed Improvements

Screening Test Name	Screening Date	Improvement Needed or Percentage Decrease (if high risk)
Systolic Blood Pressure	156	10% decrease
Diastolic Blood Pressure	99	5% decrease
Blood Glucose	124	5% decrease
Triglycerides	97	10% decrease
Total Cholesterol	198	10% decrease
HDL Cholesterol ("good cholesterol")	47	5% Increase
LDL Cholesterol ("bad cholesterol")	132	10% decrease
Waist Circumference	38.5"	5% decrease or drop 1 BMI point
Body Mass Index	36.3	

# First, Some Definitions

- **Phytonutrients:** nutrients found in plants, i.e., nature's medicine
- **Free radicals:** Cell damaging forces
- **Anti-oxidants:** fight disease by fighting free radicals
- **Carotenoids:** fight heart disease and cancers; are **red**, **orange**, **pink** and pumpkin colored
- **Flavonoids:** Water soluble plant pigments that are beneficial to health; **reds**, **yellows**, **blues**, **browns**
- **Polyphenols:** Disease fighting compounds found in tea and coffee, but particularly prevalent in **green tea**
- More on handout

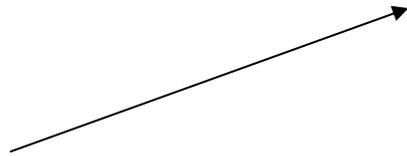




# Benefits of Fiber – There are many...



Soluble – dissolves in  
water



Insoluble – passes  
through relatively intact

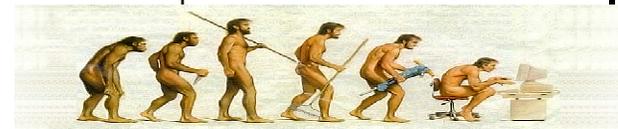


**Sources of soluble fiber:** oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseeds, beans, dried peas, blueberries, psyllium, cucumbers, celery, and carrots.

**Sources of insoluble fiber:** whole wheat, whole grains, wheat bran, corn bran, seeds, nuts, barley, couscous, brown rice, bulgur, zucchini, celery, broccoli, cabbage, onions, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, raisins, grapes, fruit, and root vegetable skins.

# Food Examples – find the foods **you like!**

<b>Blood Pressure</b>	<b>Blood Sugar</b>	<b>Cholesterol</b>	<b>BMI, Weight</b>
Avocados	Beans	Avocados	Fiber
Bananas	Oatmeal	Barley	Tea
Beans	Cinnamon	Beans	Water
Apricots	Some fruit	Cantaloupe	Portion Control
Low-fat dairy	Leafy Greens	Celery	Dark Chocolate (70%)
Broccoli	Seeds	Nuts	Veggies
Brussel Sprouts	Nuts	Soybeans	Lean Protein
Cantaloupe	Whole Grains	Garlic	Low-fat dairy
Celery		Figs	<b>Lots and lots of physical activity and much less sitting!</b>
Figs		Oatmeal	
Onions		Olive Oil	
Leafy Greens		Coconut Oil	
Pears		Onions	
		Pears	



# Impact of Weight Loss on Risk Factors

	~5% Weight Loss	5%-10% Weight Loss
<b>HbA1c</b>		
<b>Blood Pressure</b>		
<b>Total Cholesterol</b>		
<b>HDL Cholesterol</b>		
<b>Triglycerides</b>		

# Metabolism Boosters

- Omega 3-rich foods
- Spicy foods
- Teas (oolong, green, black, white)
- Coffee
- Fiber
- Exercise
- Fidgeting
- Standing versus sitting (+40% calorie burn)



# NATURE'S MEDS..



# Nutritional Approaches First and Foremost!

- Diet is an important determinant of cardiovascular disease risk.
- Dietary and lifestyle changes should be the first step in managing elevated blood levels.
- The Therapeutic Lifestyle Changes (TLC) diet is a good place to start.
- DASH (Dietary Approaches to Stop Hypertension) Heart healthy eating habits.
- Calorie Restriction

# What is the difference in botanical medicines and pharmaceuticals?



- Many prescription drugs were derived from plants and about 25% of today's rx drugs are plant derived.
  - Aspirin
  - Digoxin- Used to regulate h/r.
  - Anti-coagulants

# What can herbs and supplements do for you?

- Boost your immunity
- Alleviate symptoms of sinusitis
- Alleviate cold/flu symptoms
- Ease your arthritis pain.
- Assist with migraines.
- Assist with blood pressure, blood sugar, cholesterol, HDL, LDL and in some cases weight.





- **Dietary Supplements** include vitamins, minerals- herbs, botanicals, and amino acids.
- They are marketed in forms like: tablets, capsules, tinctures, softgels, gelcaps, lotions, and powders.

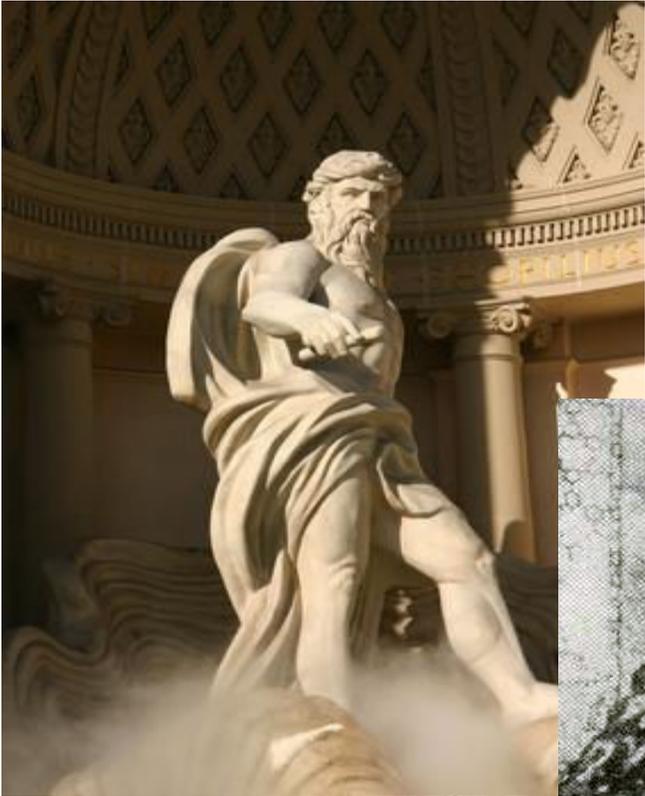
# Where do they come from?

- Leaves of plants- Example: GINGKO LEAF- Recent studies indicate reduction in serum cholesterol and treatment of chest pain!
- Seeds
- Pods
- Roots
- Berries



# Herbal Remedy History

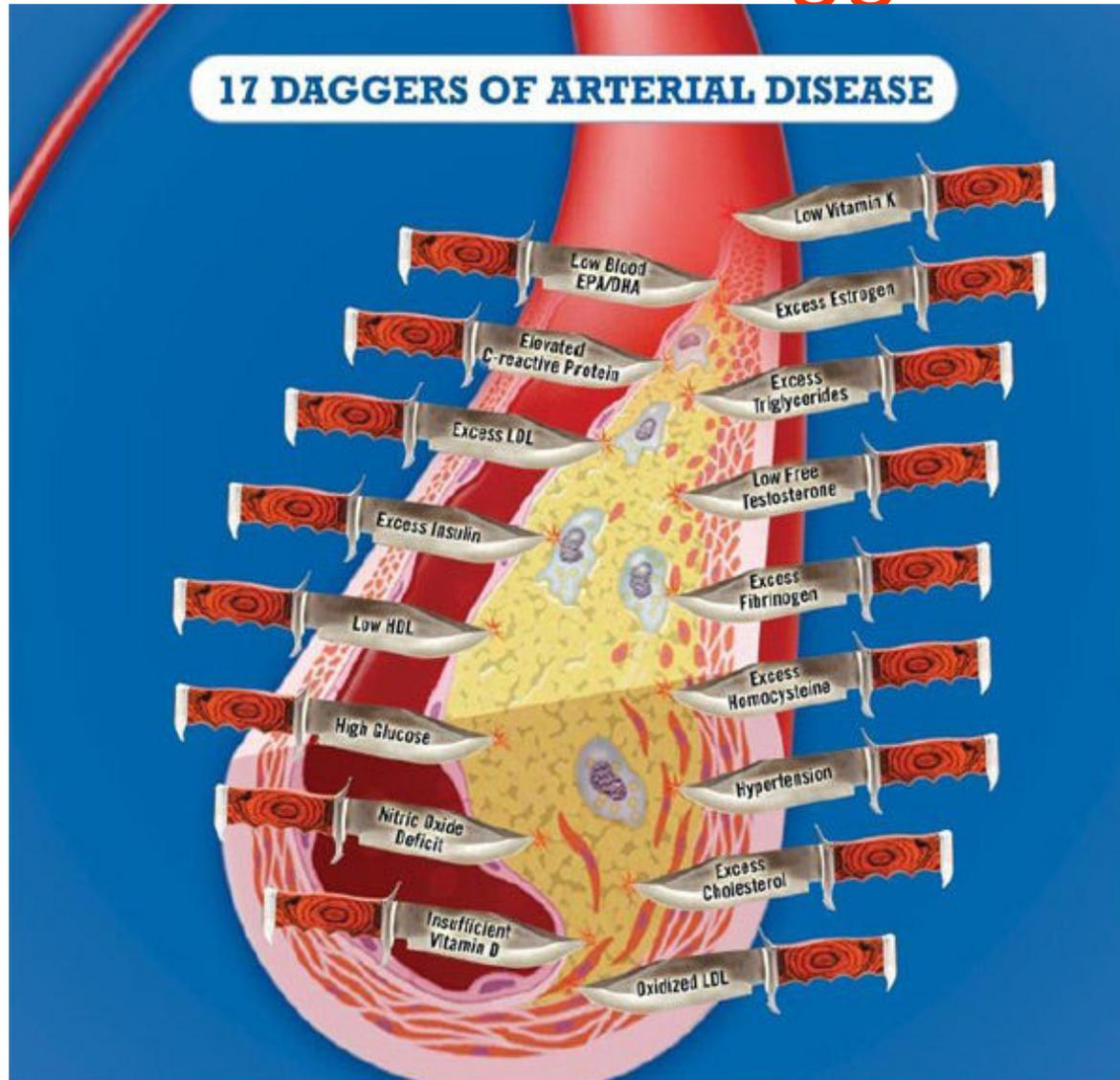
- Egyptians
- Greeks- Nature heals. Gentle, safe remedies. Mother nature holds this patent!
- Chinese- Masters with herbs.
- Native Americans- Very versed in the use of herbal remedies. Europeans learned a great deal from them!
- Europeans- M.D.'s and pharmacists routinely prescribe natural remedies and synthetics, and they are trained extensively to help consumers use them. They are also covered by insurance.
- Americans- We are behind!! But it's catching on!
- Have all studied, tested, used, had proven results, and continue to use herbs and other therapies to improve lives or assist in alleviating pain or sickness with herbs, tonics, lotions, and potions.



The Yellow Emperor  
Huang Ti, founder of Chinese Medicine



# Let's Start with Cholesterol and Cholesterol's 17 Daggers..



# Which supplements/herbs will assist in inhibiting Cholesterol Synthesis in the Body...

- **Pantethine**- AKA Pantothenic Acid
  - (Vit. B5)...400-1200 mg/day
- **Red Yeast Rice**- Clinically identical to lovastatin/600-1200 mg/day
- **Garlic**; standardized extract- 1500-3000 mg/day
- **(Amla)Indian Gooseberry**; standardized extract- 500-1000mg/day
- **Statin Drugs**- Take lowest dose possible per MD.

# To enhance Cholesterol Elimination..

- Artichoke Leaf; standardized extract:  
500-1000 mg/day

## ARTICHOKE PLANT SUMMARY

### **Main Actions (in order):**

liver and gallbladder bile stimulant, hepatoprotective (liver protector), antihepatotoxic (liver detoxifier), hypocholesterolemic (lowers cholesterol)

### **Main Uses:**

1. for gallstones and as a liver and gallbladder bile stimulant
2. for high cholesterol
3. for digestive disorders
4. for irritable bowel syndrome, Crohn's disease, and other bowel problems
5. to support liver function

### **Properties/Actions Documented by Research:**

antihepatotoxic (clears toxins in liver), antioxidant, liver and gallbladder bile stimulator, hepatoprotective (liver protector), hepatotonic (tones, balances, strengthens the liver), hypocholesterolemic (lowers cholesterol)

### **Other Properties/Actions Documented by Traditional Use:**

astringent, blood cleanser, cardi tonic (tones, balances, strengthens the heart), detoxifier, digestive stimulant, diuretic, hypotensive (lowers blood pressure), stimulant, tonic (tones, balances, strengthens)

**Cautions:** May increase bile flow...so if you have gallstones this is one to avoid. Also if you are allergic to ragweed, marigolds, chrysanthemums, etc..check with your M.D.





## Supplements that inhibit Absorption of DIETARY Cholesterol

- Dietary Fiber: 25-30 grams/day
- Prebiotics: 5,000-10,000 mg/day
- Plant Sterols: 600-1200 mg/day
- Soy Isoflavones: 54-108 mg/day



# What's good for managing your LDL??

- **COQ10-Ubiquinol**- 100-300 mg/day- Dec. B/P..
- **Pomegranate**; standardized extract: 500-1000 mg/day..Improves vessel structure...
- **Lycopene**: 15-30 mg/day- Decrease B/P
- **Trans-Reserveratol**: 250-500 mg/day
- **Curcumin**- Tumeric- 400-800 mg/day- Decrease Total Cholesterol and LDL over 6-12 weeks.
- **Green Tea**; standardized extract: 700-1400 mg/day
- **Black Tea**; standardized extract: 350-700 mg/day



# How do I improve my Lipid Profile?



- Niacin: 1000-2500 mg/day
- Omega 3-Fatty Acids (EPA and DHA)
- 1400 mg of EPA/day
- 1000 mg of DHA/day
- Helps regulate trig. levels

# Improve Blood Pressure..

- COQ10
- Essential Fatty Acids
- Fiber
- Vitamin C
- Vitamin B6
- Vitamin D
- Vitamin K
- Hawthorn
- Garlic
- Potassium
- Magnesium- Prevention and Control/600mg/day.
- Lycopene 10-15 mg/day
- Grape Seed Extract



# If you have issues....

- If you are thinking of using one of the supplements we've talked about, please remember that using a wide range of these supplements, hormones, and drugs will suppress the multiple risk factors involved in plaque progression. But your M.D. has to be aware of **EVERYTHING** you are taking and how it may interact with another medication!!

# Improving Blood Sugar..

- **CINNAMON EXTRACT**: Specifically **standardized cinnamon extract**.
- Comes from a tree bark that is native to India and Sri Lanka.
- This inner bark has qualities very similar to insulin.
- 500 mg/day of the aqueous form.
- Powder form= ½ tsp.



## Blood Sugar Ctd..Botanical Supplements

- 1-White kidney bean extract- 445 mg/twice a day
- 2- Green Coffee Extract- 200-400 mg three times/day
- 3- Green Tea Extract- 725 mg (min. 93% polyphenols)
- 4- Gingko- 120 mg/day
- 5- Blueberries- Standardized/Blueberry, Pomegranate extract
- 6- Bilberry- 100 mg/day (Herb/fruit- Properties in the leaves)
- 7- Lipoic Acid- 240-480 mg/day
- 8- Chromium- 50-1000 mcg/day
- 9- Vitamin D 5000-10,000 IU/day
- 10- Magnesium- 140 mg/day
- 11- COQ10- 100-300 mg/day
- 12-Garlic- 1200 mg/day
- 13- Fiber- (Oat bran, Guar, Pectin) 20-30g/day, up to 50 g/day.



# Bitter Melon

- Take 50 to 60 ml of bitter melon juice daily or take a supplement of this herb as directed on the bottle. This herb helps lower blood glucose levels by decreasing how fast carbs from foods are broken down and increasing the uptake of blood sugar by body cells.
- AKA- Bitter gourd. It is in the squash family.
- Used for centuries in Asia as a natural product for diabetes.

# Things to place in the memory bank....

- **Red yeast rice:** If you are pregnant or nursing, always consult M.D. for any med. you may consider taking.
- **Artichoke Leaf Extract:** If you have gallstones or an obstruction, do not use it.
- **Niacin:** Causes flushing, itching, rash and stomach upset. Liver testing is sometimes required when taking this. Increase HDL; Decrease triglycerides, but doesn't directly reduce the risk of stroke or h.a.
- **Fish Oil:** If you take anti-coagulants, or have a bleeding disorder do not take this one without consulting your M.D.
- **Trans-Reservatrol:** Same as above.
- **Garlic:** Can cause stomach irritation.
- **Curcumin:** Do not take if having gallbladder issues or on anti-coagulants.
- **DO NOT BEGIN SUPPLEMENTS WITHOUT SPEAKING WITH YOUR PROVIDER FIRST!!!! A lot of these supplements cause G.I. upset, may interfere with meds. you are already taking, cause allergic reactions as well as a number of other things.**

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## **Top 10 Herbs Sold in Health Food and Specialty Stores in the United States in 2010**

- **Cranberry- Heart health**
- **Ginseng- Memory**
- **Soy- B/P**
- **Garlic- B/P**
- **Gingko- Alzheimer's, cerebral insuff.**
- **Saw Palmetto- BPH**
- **St. John's Wort- Anti-depressant- Acts similar to Prozac.**
- **Black Cohosh- Hot flashes**
- **Echinacea- Colds, Flu**



# Supplement Quality...



# FDA Protocol

- In 2007 the Food and Drug Administration issued mandated guidelines to implement (GMP) or Good Manufacturing Practices for supplements.