



What You Can Do Without the Help of a Doctor. Setting Boundaries

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Suppers Facilitators



- Cannot diagnose or treat, but are the bridge between what the doctor orders and what the person can actually do, eliminating the barriers to a healthy lifestyle
- Allow each individual to be his/her own expert
- Practice non-judgement

To Support Vibrant Health

- Social Support-Home-cooking, social network
- Anti-inflammatory foods (spices, plants with rainbow colors, omega-3, fiber...)
- Individualized approach (microbiome-related?)
- Experiments (empowering members)

One Condition, Many Approaches

- Diabetes;
 - Vegetarian
 - Paleo
 - Low-glycemic
 - Mediterranean
 - DASH



One Approach, Many Conditions

- Inflammation at the core of most of our chronic conditions (high cholesterol, cardiovascular disease, diabetes, obesity, osteoporosis, Alzheimer's...)
- Dietary choices influence inflammation (processed foods, added sugars vs. plant polyphenols, healthy fats, and proteins)
- Social isolation triggers inflammation (especially in men)

INFLAMMATION



Sugar and Inflammation

- Consumption of fructose and sugar have been linked to increased inflammation
- High levels of blood sugar trigger the formation of “glycation molecules”(toxic blood chemicals) which are inflammatory to small blood vessels, the nervous system, and the heart (think “sticky”), even the small blood vessels in the brain.
- High blood sugar can lead to low immunity (frequent infections) and fatigue.



Sugar and Cravings

- When our blood sugar levels drop we lose our ability to control desire and feel an increased urge to eat
- Sugary foods and drinks, white bread and other processed carbohydrates (high glycemic foods) can cause abrupt spikes and falls in blood sugar and stimulate brain centers involved in hunger and cravings



Sugar and Brain

- High blood sugar can lead to decreased brain connectivity, affecting memory and cognition
- In the long term, high blood sugar causes brain shrinkage



Remember

- Although most conditions are inflammatory in nature and will improve with delicious healthy eating and social support...
- Avoid giving advice or making claims, especially when related to a medical condition, a particular symptom or a medication
- The only person who can stop or titrate a medication is the doctor who prescribed it
- “This is between you and your doctor” is a good way to stop a question you should not answer



The doctor of the future will give no medicine
but will interest his (her) patients in the care of the human frame,
in diet, and in the cause and prevention of disease.

Thomas Edison