



**Where wellness HITS the road . . .**

# Mentor Area Chamber of Commerce

May 2015



# Objectives

- **Explain the history behind our current nutritional recommendations and the medical consequences**
- **Summarize the current knowledge on nutrition and how it has impacted health and fitness and costs**
- **Add a quickie on cholesterol and exercise**

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- Medical Director, Lake County General Health District
- Medical Director, Employee Health, Lake Health
- Board Certified, Occupational and Environmental Medicine



**Fat doesn't make you fat**



**CA** **RIES** **CALORIE** **UT**  
od dy fun ns  
B ges al ity





**Wheat, especially whole wheat, is  
more damaging than you think**



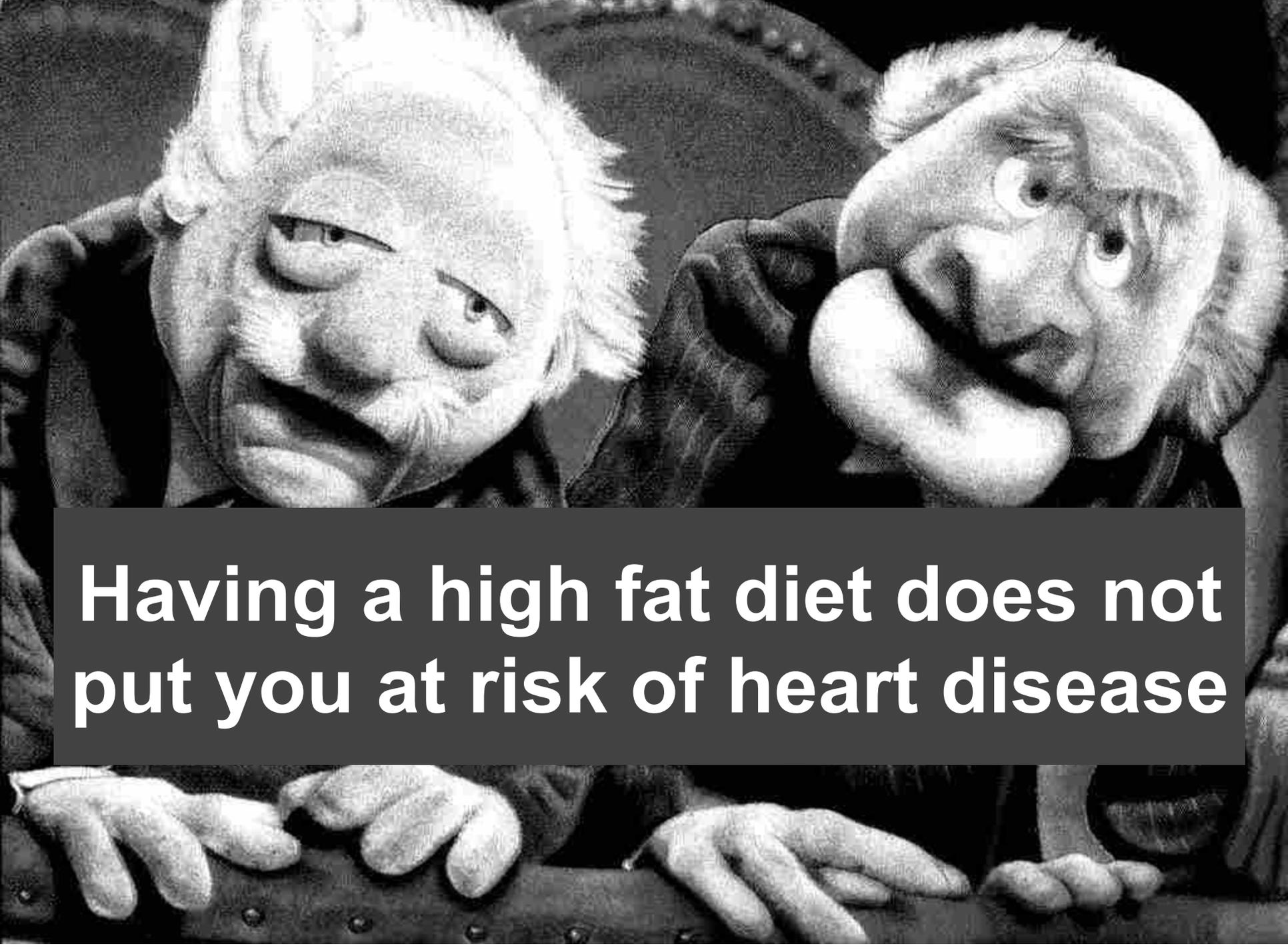


**Eating red meat does not increase your risk of a heart attack**



**Saturated fat is good for  
you**

**Full fat dairy is healthy for  
diabetics**



**Having a high fat diet does not  
put you at risk of heart disease**

**Having a high  
cholesterol  
does not put  
you at risk of  
heart disease**



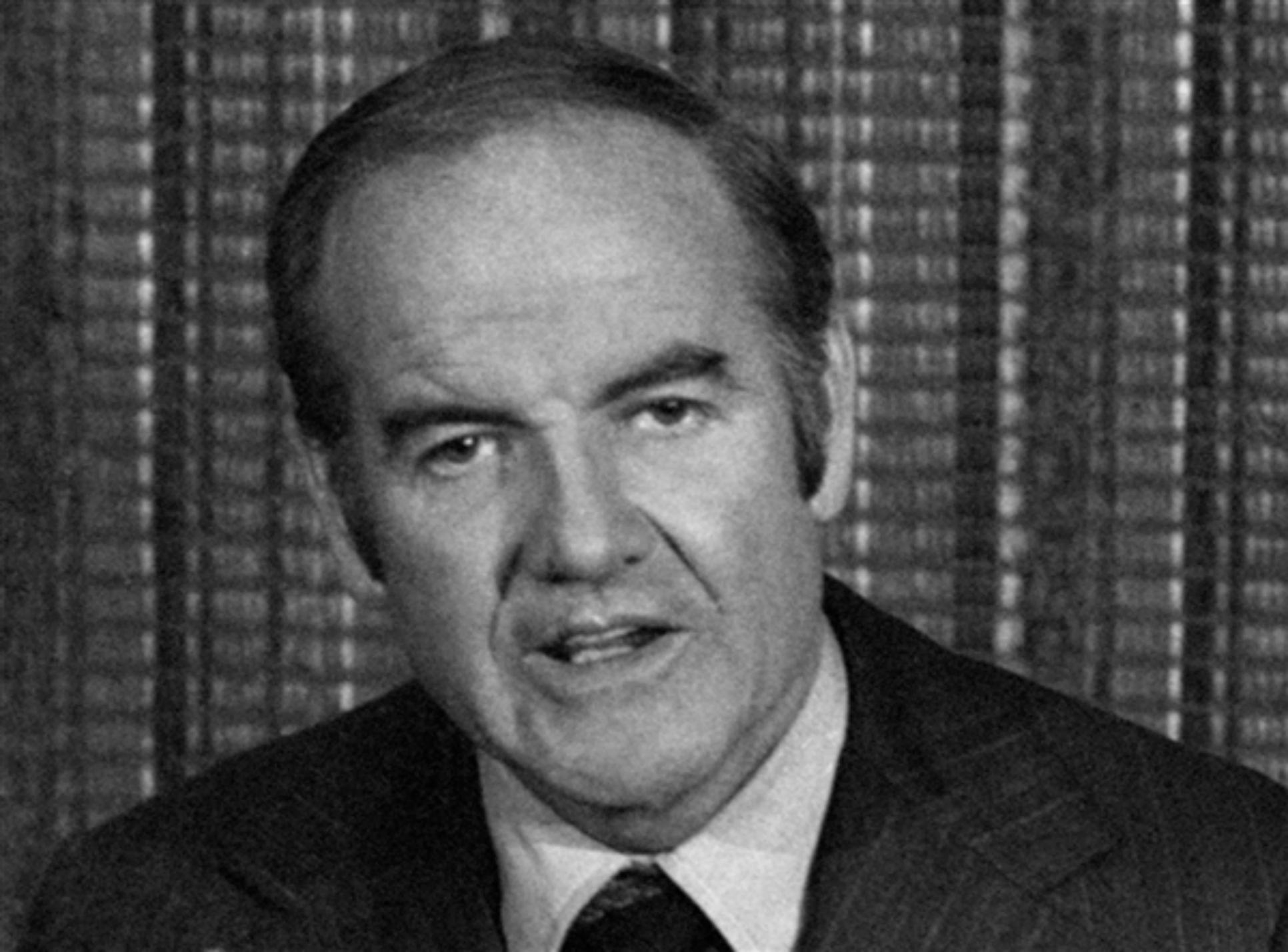
# Carbohydrates cause heart attacks



And other bad things . . .









# Dietary Goals for the US 1977



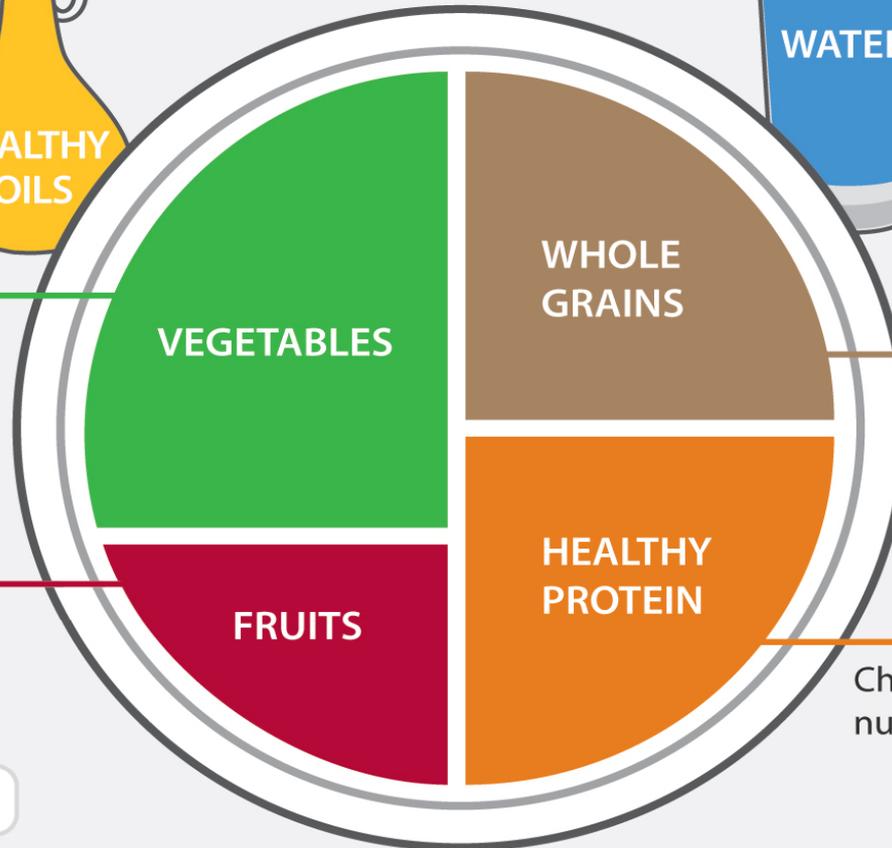
# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

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Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

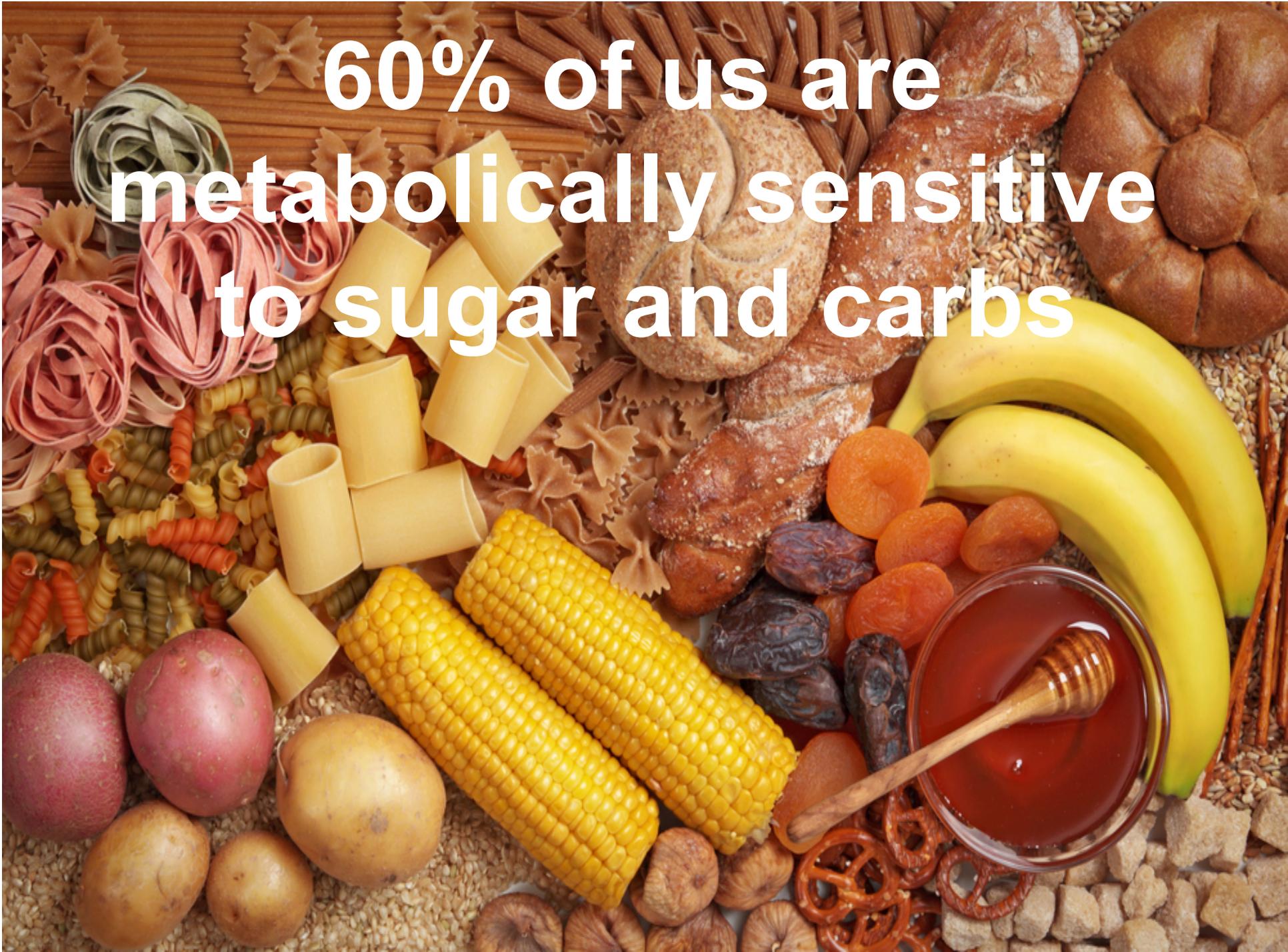


**The shift to a low fat diet  
was one of the most  
dangerous conceptual  
shifts in public health in  
American history**

**Gary Taubes**

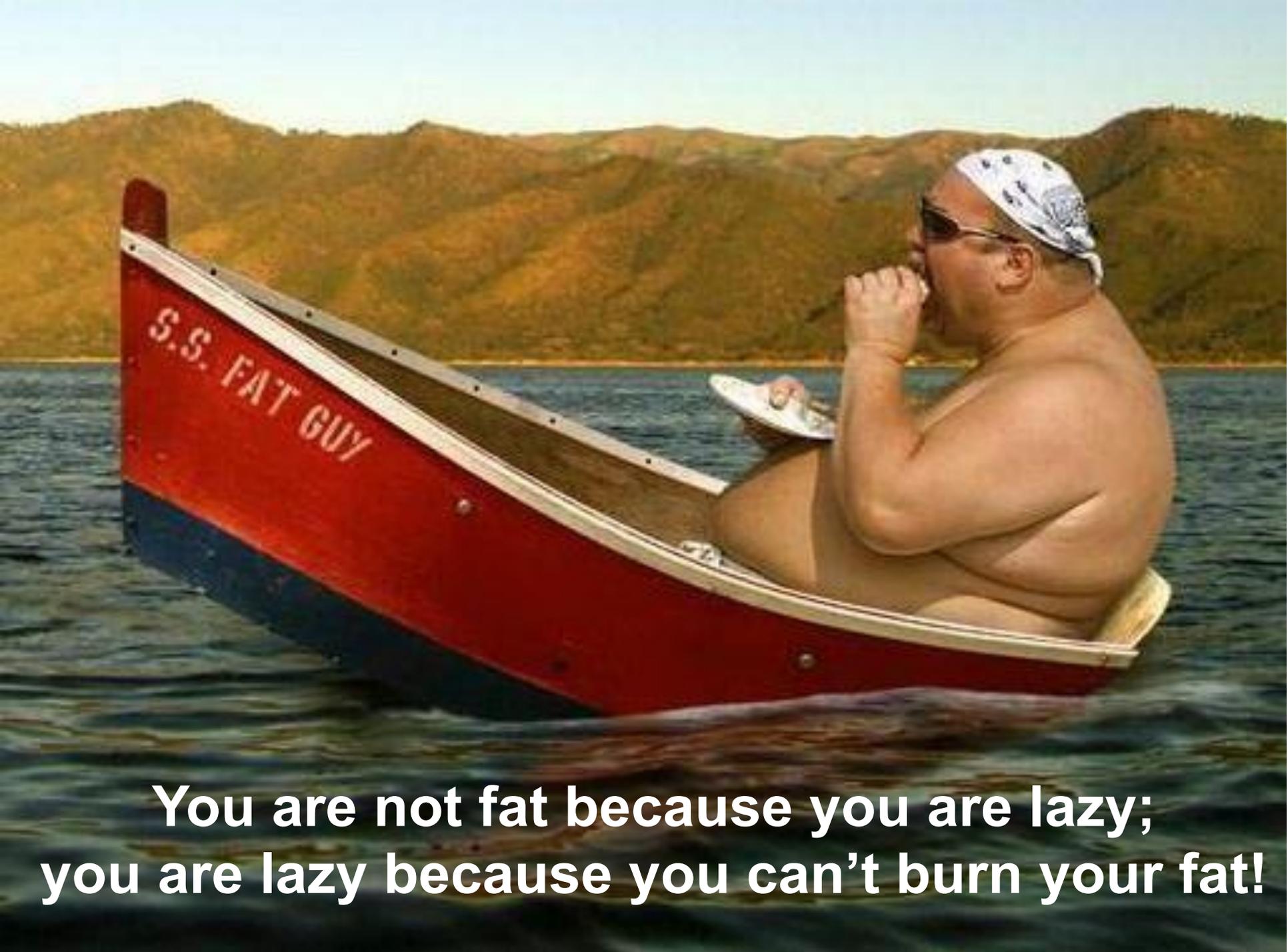
***Good Calories, Bad Calories***

**60% of us are  
metabolically sensitive  
to sugar and carbs**



# Low fat diets:

- High in grains and sugars
- Grains cause GI damage and disease
- Sugars and carbs trigger high insulin levels
- Insulin causes:
  - Fat deposition and **stops fat burning**
  - Energy conservation
  - Food addiction

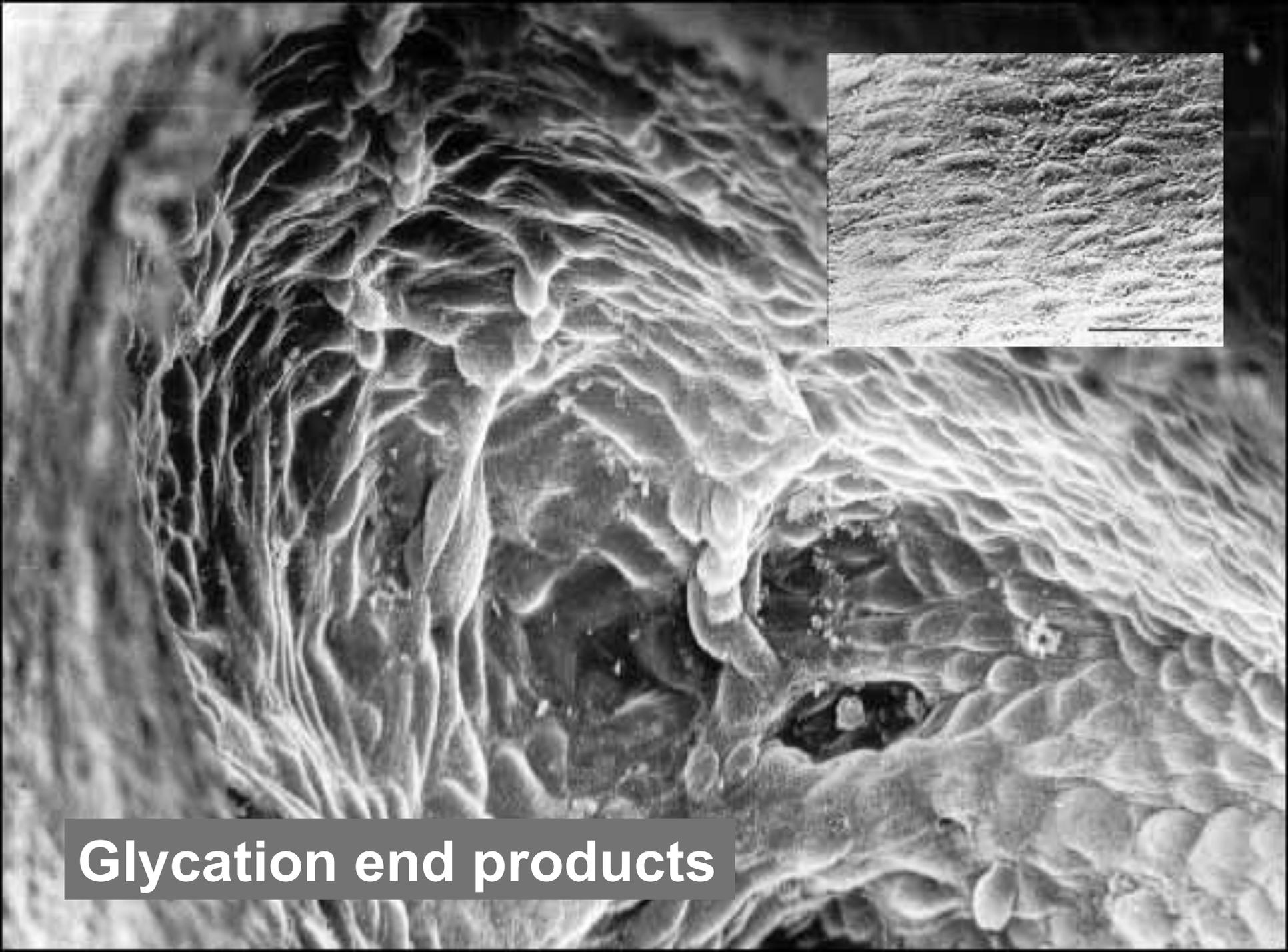


**You are not fat because you are lazy;  
you are lazy because you can't burn your fat!**

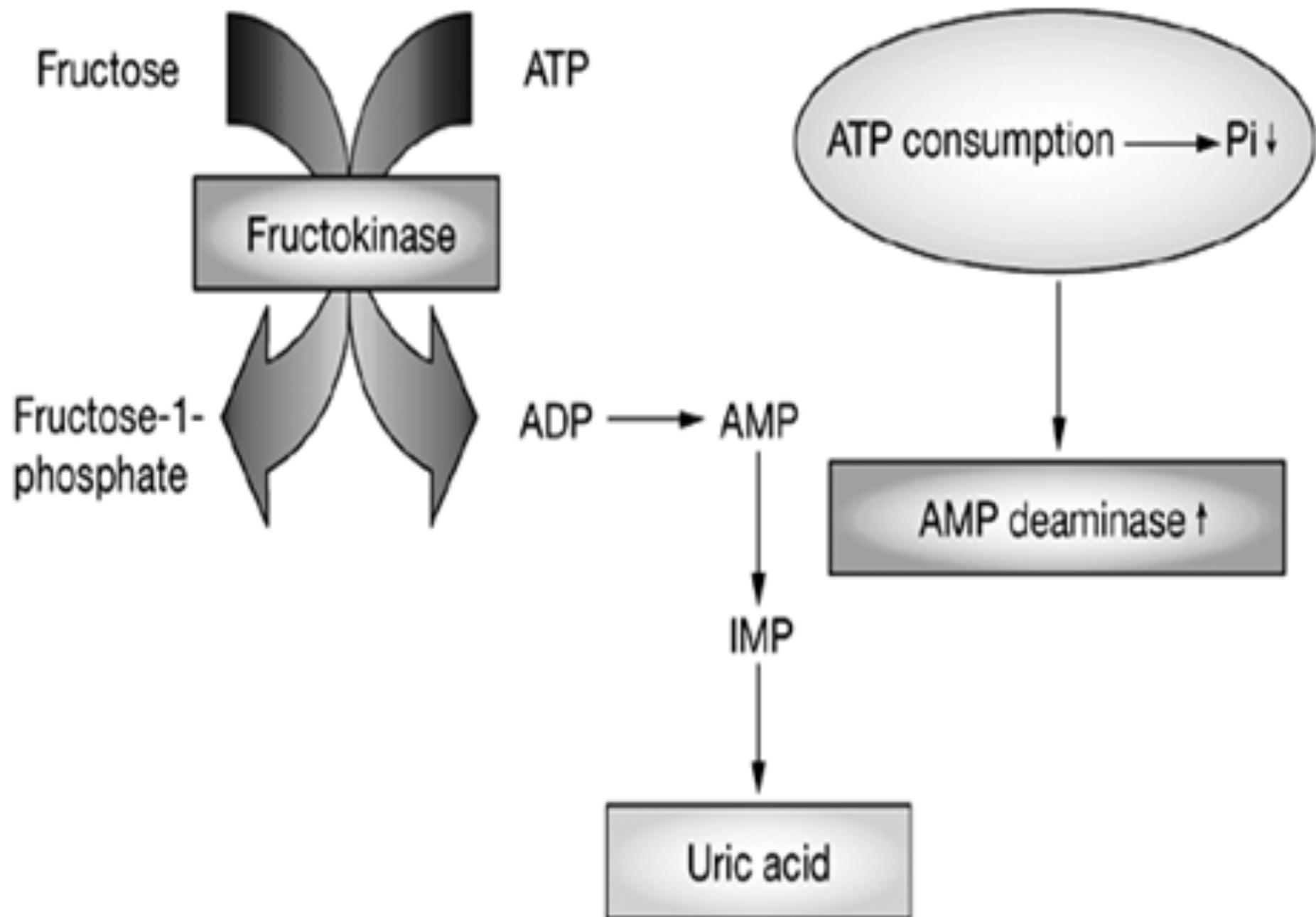
# Sugars and Carbs cause:

- Vascular disease like MIs and strokes
- Fatigue and Chronic Fatigue
- Arthritis
- Dementia
- Cataracts
- Depression
- Autoimmune diseases
- Irritable Bowel syndrome

**INFLAMMATION**

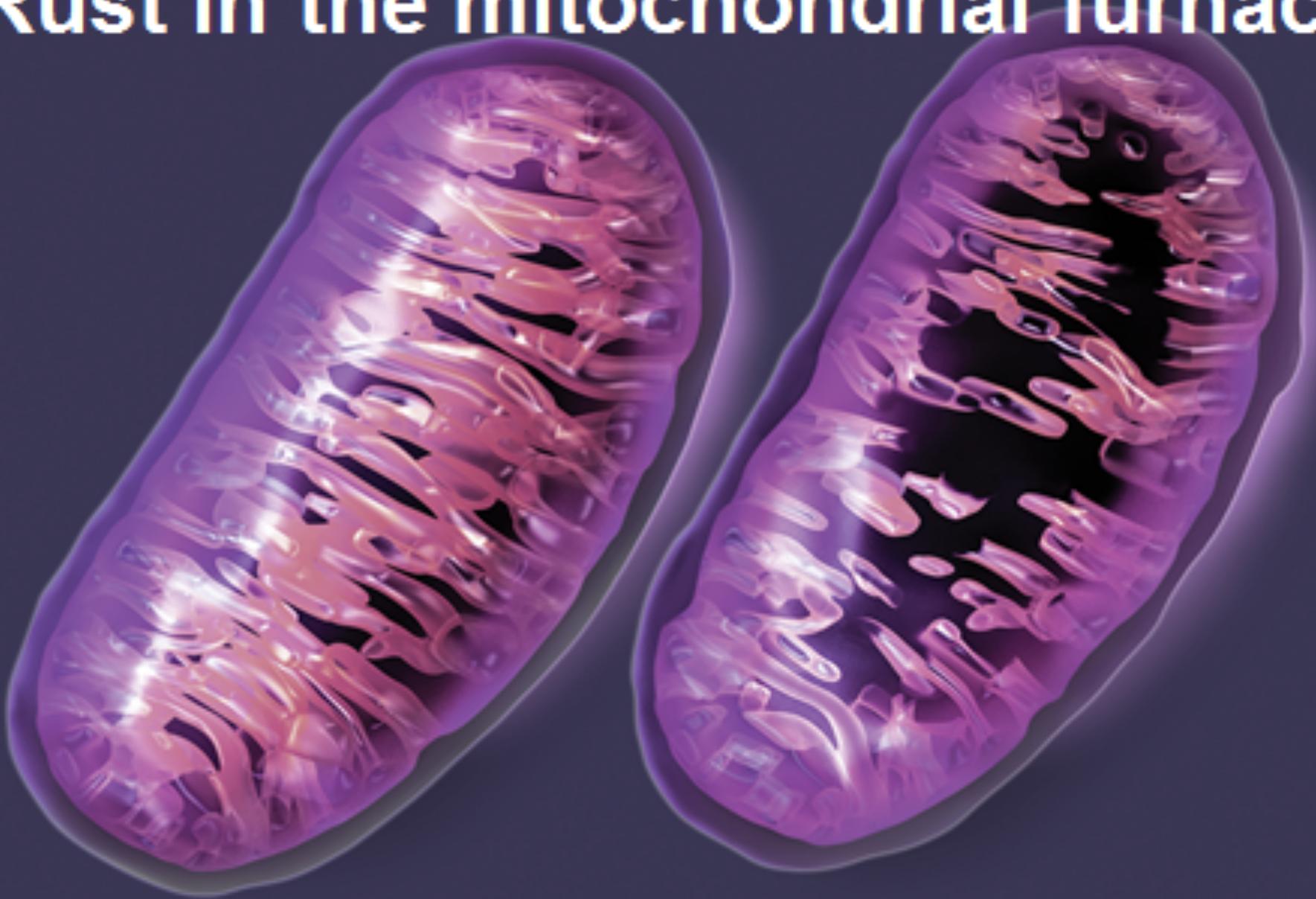


**Glycation end products**





# Rust in the mitochondrial furnace



**Mitochondria can't create energy; causes fatigue**

# Mitochondrial Repair

## **Patient Handout** **Heart and Energy “Cocktail”**

Following is recipe for dramatically improving cardiac function and energy production. Try this for 6 to 12 weeks to see the optimal effects, then use as needed.

**Ribose:** Take 5 g 3x/day for 6 weeks, then 5 g 2x/day for 6 more weeks. This nutrient is outstanding for heart disease.

**Coenzyme Q10:** Take 400 mg/day for 6 weeks, then 200 mg/day for 6 more weeks. This nutrient is especially critical for anyone on cholesterol-lowering medications, even if there are no heart problems, as these medications cause Co-Q10 deficiency (a nutrient critical for energy production).

**Magnesium:** Take 200 mg/day for 12 weeks.

**Vitamin B complex:** Take 50+ mg/day for 12 weeks.

**Acetyl-L-carnitine:** Take 500 mg 2x day for 6 weeks, then 500 mg/day for 6 weeks (and it can often simply be stopped after the first 6 weeks).





**It's not nice to fool mother nature!**





**One Wellness Size does not fit all!**



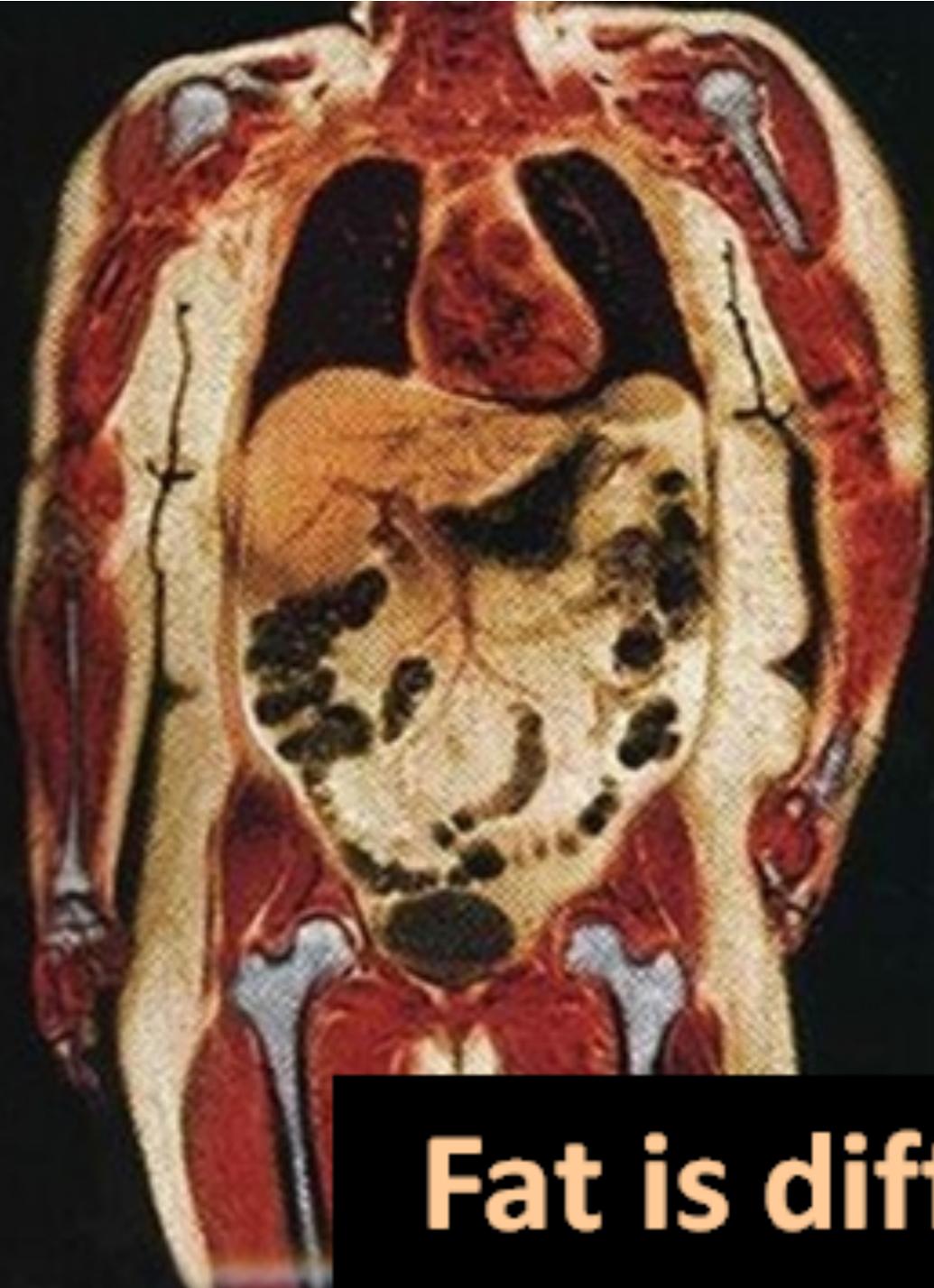
**EVERYONE IS UNIQUE**



**40% of skinny people are metabolically ill**



40% of fat people are metabolically healthy



**Fat is different**

**It's not about your booty**



**Keep the  
metabolic  
fire burning!**



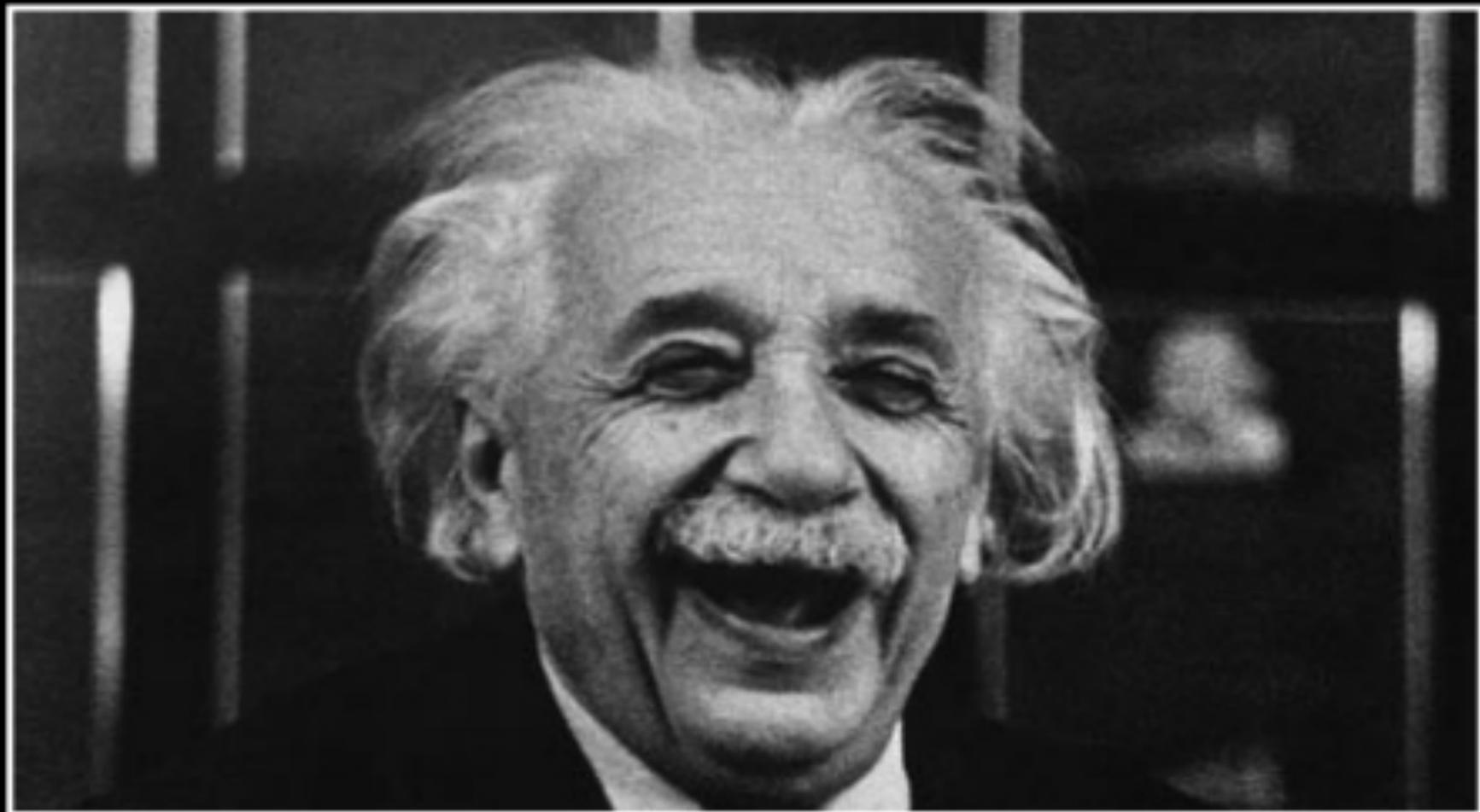


# Fat Deposition Switch **ON**

- **Fructose**
  - table sugar, fruit juices, pop
- **Honey**
- **BEER**
- **High fructose corn syrup**
- **Carbohydrates**
- **Eating throughout the day**

# Fat Deposit Switch **OFF**

- **Exercise BUT . . .**
- **Mitochondrial energy cocktail**
- **Avoid sugars**
- **Cut down on wheat (bread and pasta)**
- **Avoid BEER**
- **Avoid “industrial” vegetable oils**



# **INSANITY**

Doing the same thing over and over again expecting different results.

**TIME**

for  
change

**The average serum cholesterol  
in acute MI patients is 104 mg/  
dl**



**WHICH IS NORMAL!**

**Those with a  
cholesterol of 220-240  
live the longest**

**Low cholesterol is linked with  
stroke, cancer, depression, suicide**



**LDL “Bad Cholesterol”  
level is outdated  
VERY**

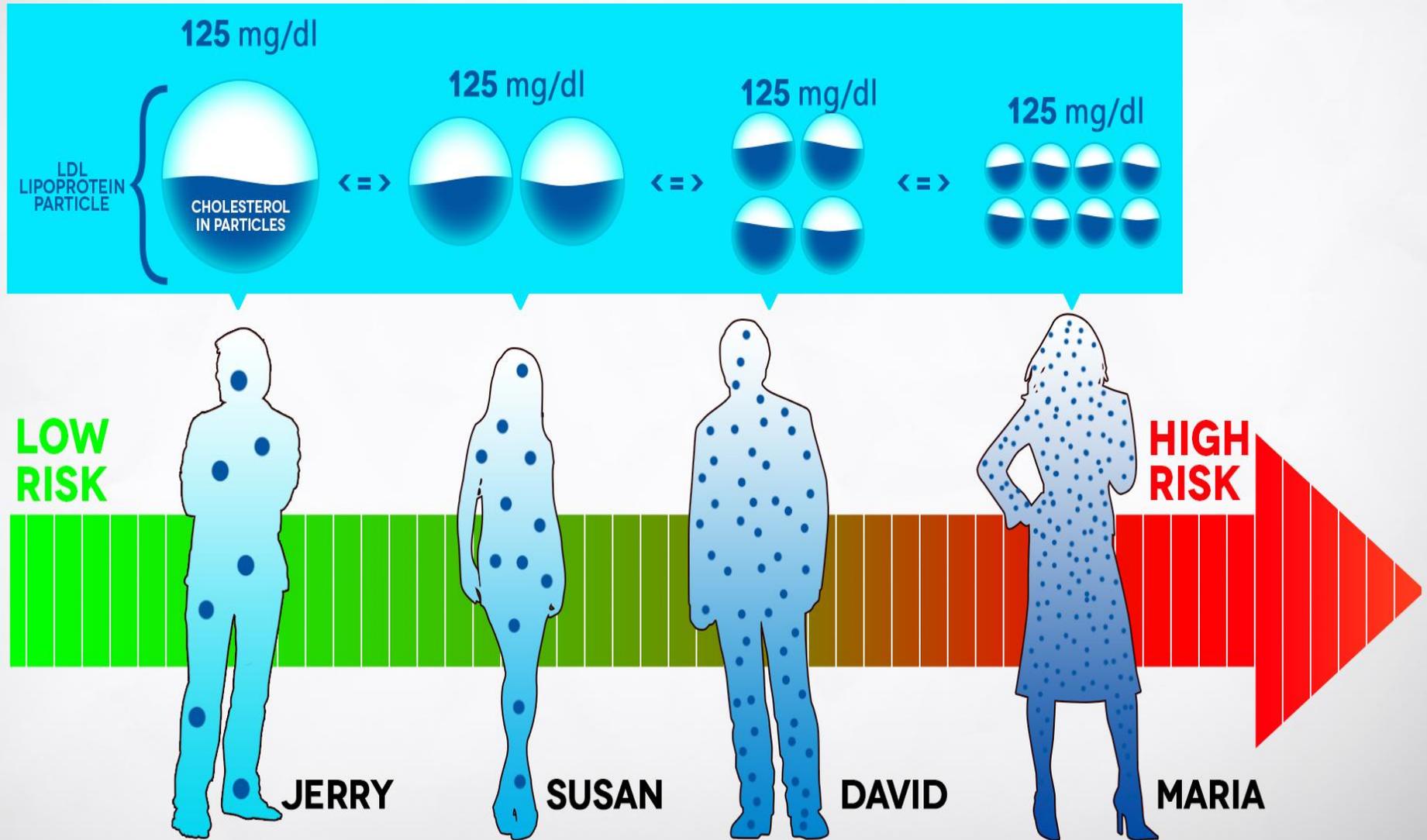
**It's the size of the LDL  
“bad” cholesterol  
particles that counts**

**Yes, size does count!**

**Bigger IS better!**

# LIPOPROTEIN PARTICLES VS. CHOLESTEROL

EACH PATIENT SHOWN HAS THE SAME LDL CHOLESTEROL OF 125 mg/dL (3.25 mmol/L )  
MARIA HAS THE HIGHEST RISK BECAUSE HER LDL PARTICLES ARE SMALLEST AND SHE HAS A LOT OF THEM



**You can have a perfectly  
normal total cholesterol**

**and still have a high LDL  
particle count**

**You may be on a cholesterol pill and not need it.**

**You may have a perfectly normal blood lipid panel and be at high risk of a heart attack**

**There's a blood test to  
determine real risk:  
LDL particle count**



# **POOR MAN'S LDL-P = Triglyceride/HDL**

**Indicates carbohydrate sensitivity**  
**Indicates risk for vascular disease**



# Trig/HDL ratio

- POOR MAN'S LDL PARTICLE COUNT
- You want it to be as small as possible
- **1 is excellent**
- **More than 3 is concerning**
- **More than 5 is damaging**
- **More than 7 is dangerous**

# What will make your LDL particles fatter and your Trig/HDL better?

- **Low-carbohydrate diet**
- **Omega 3 fatty acids (fish oil)**
- **Exercise\*\*\***
- **Niacin**
- **Statin cholesterol medication . . . sorta**

**TIME**

for  
change

A woman with long brown hair is running in a park. She is wearing a white sports bra and black shorts with two white stripes on the side. The background is a lush green park with many trees and bushes, slightly out of focus. The lighting is bright, suggesting a sunny day.

# **Aerobics don't cause weight loss**

**But they give you an aerobic base**

# Weight lifting causes weight loss



A shirtless man in black shorts is running on a green field, likely a soccer field, under a blue sky with scattered clouds. In the background, there are palm trees, a goalpost, and stadium seating. The text is overlaid on the left side of the image.

**High intensity interval  
training is the most  
effective way to burn fat**

# Stretching does not prevent injuries



A glass salt shaker and a metal salt dispenser are positioned on a pile of white salt. The background is a solid blue color. The text is overlaid on the image.

**A healthy sodium intake  
is 4-6 gm daily**

**Not 1.5-2.0 gm**

# Clean up your diet



Improves your labs

# Five foods to never eat





# Summary!

- **There's a reason wellness doesn't work!**
- **Nutritional recommendations should be individualized and based on Triglyceride/HDL and Uric Acid levels.**
- **Eat real food**
- **Avoid industrial oils**
- **Limit sugar (eat Stevia) because it damages your liver, your mitochondria, and causes fatigue**
- **Limit wheat/gluten because it causes inflammation and autoimmune conditions**
- **Limit soy because it damages sex and thyroid hormones**

# WHY WE GET FAT

AND  
WHAT  
TO DO  
ABOUT IT



GARY TAUBES

AUTHOR OF *GOOD CALORIES, BAD CALORIES*

"A vitally important book, destined to change the way we think about food."  
—MICHAEL POLLAN, AUTHOR OF *IN DEFENSE OF FOOD*

"Gary Taubes is a brave and bold science journalist who does not  
accept conventional wisdom." —*THE NEW YORK TIMES*

# GOOD CALORIES,



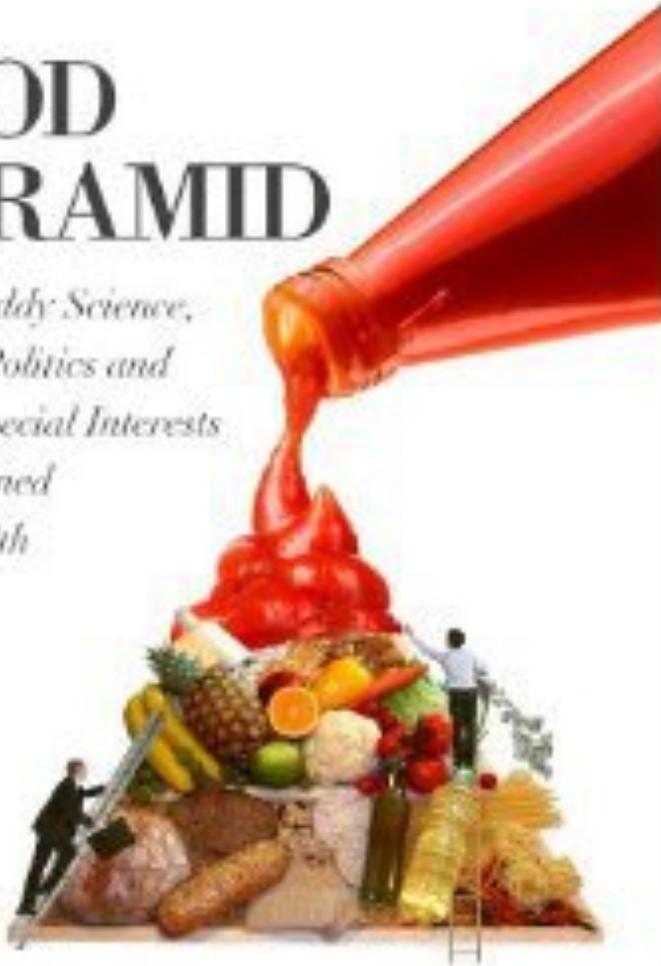
# BAD CALORIES

FATS, CARBS, AND THE CONTROVERSIAL  
SCIENCE OF DIET AND HEALTH

GARY TAUBES

# DEATH BY FOOD PYRAMID

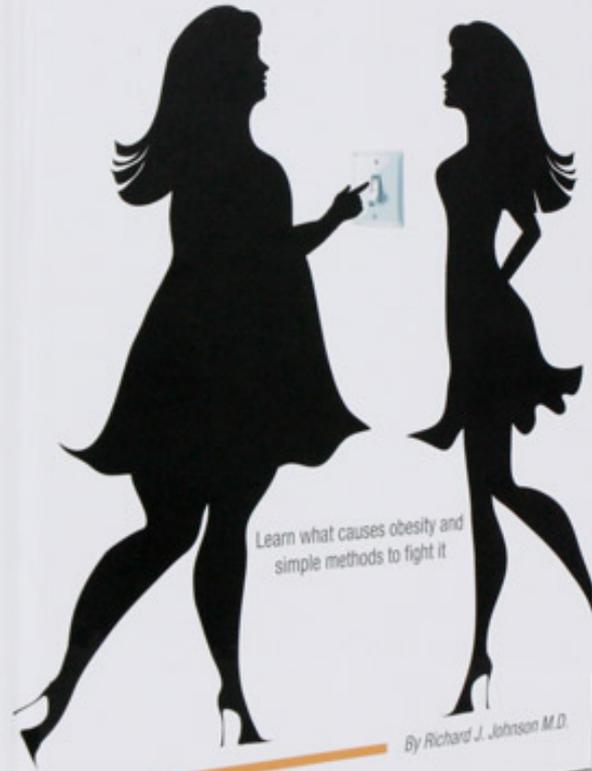
*How Shoddy Science,  
Sketchy Politics and  
Shady Special Interests  
Have Ruined  
Our Health*



DENISE MINGER

the fat switch

the fat switch



Learn what causes obesity and  
simple methods to fight it

By Richard J. Johnson M.D.

By Richard J. Johnson M.D.

New York  
Times

**BESTSELLER**



THE BIG  
FAT  
SURPRISE

Why Butter, Meat & Cheese  
Belong in a Healthy Diet

NINA TEICHOLZ

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