

Where Wellness Meets the Road . . .



Lake County Safety Council Wellness Program

Nancy V Rodway MD MPH

Andrew Stemar MD

Chris Brill-Packard MA CHES







Fat doesn't make you fat







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

A black and white photograph of two Muppet characters. On the left is an older man with white hair and a mustache, looking slightly to the right with a serious expression. On the right is a younger man with dark hair, looking directly at the camera with a serious expression. They are both wearing dark suits. A dark grey rectangular box is overlaid on the lower half of the image, containing white text.

**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 . . .

Sugars and Carbs cause:

- Arthritis
- Rapid aging
- Diabetes-related conditions
- Dementia
- Cataracts
- Depression
- Autoimmune diseases
- Irritable Bowel syndrome

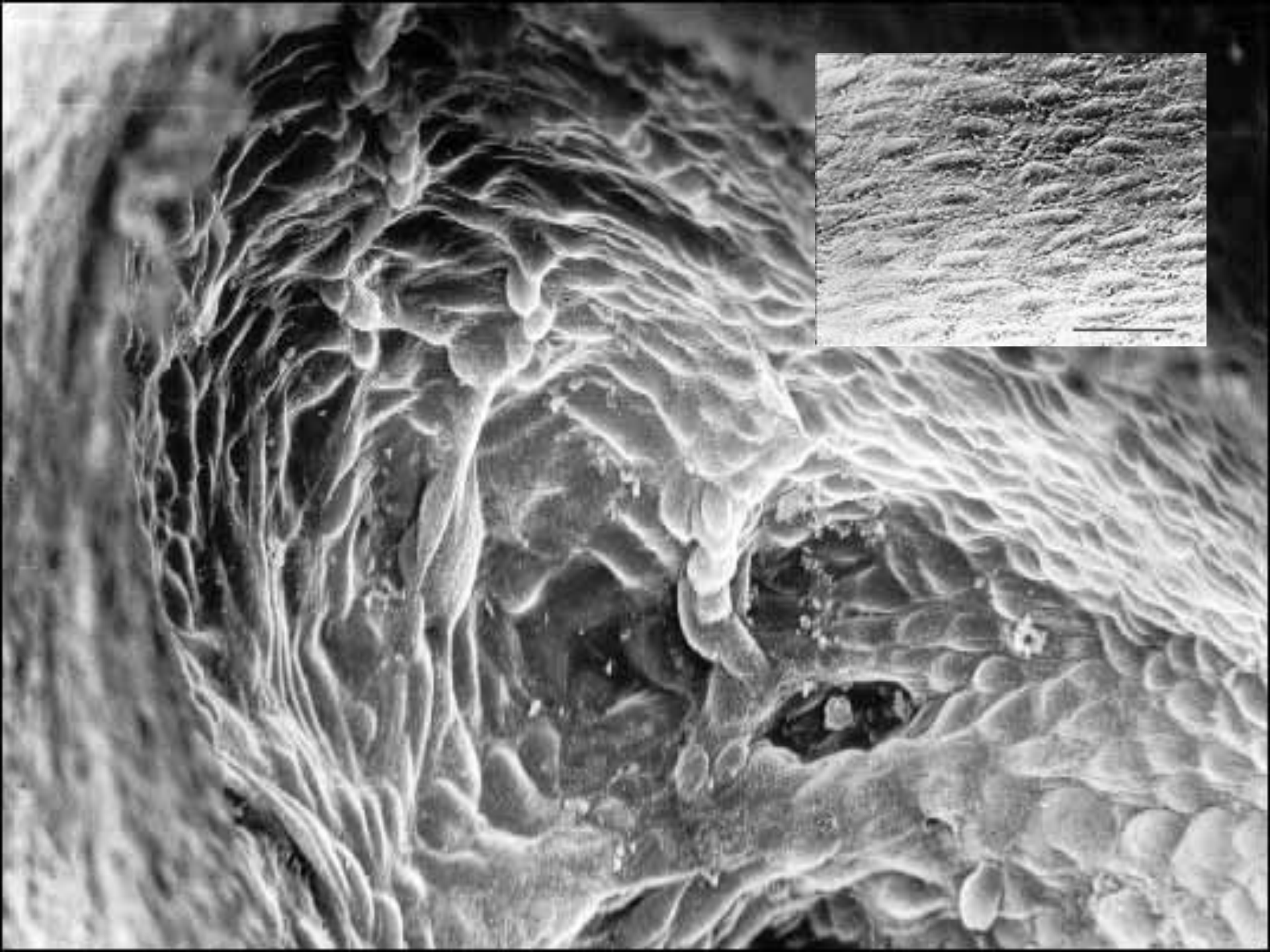
INFLAMMATION



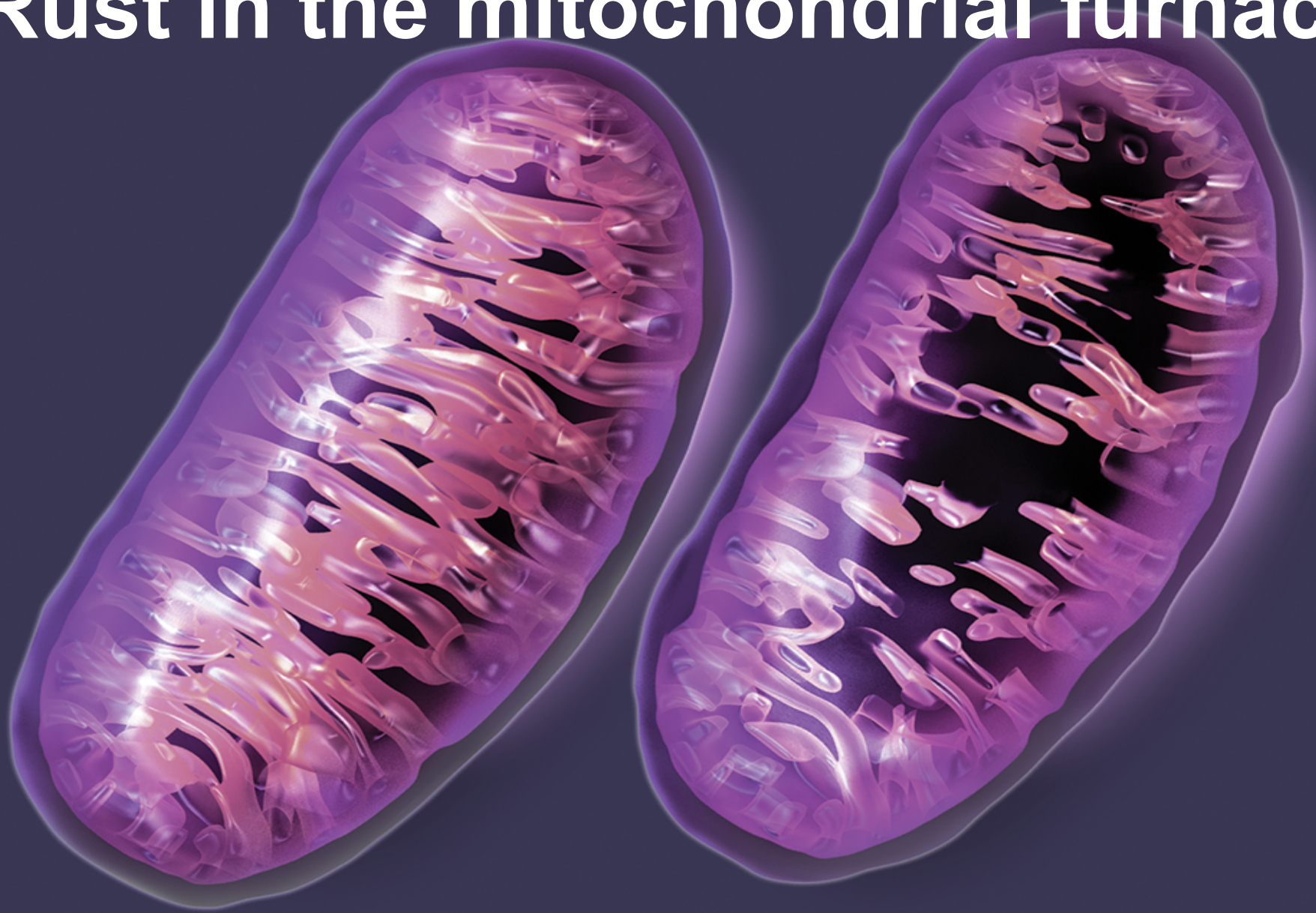
Other pro-inflammatory “foods”

- “Industrial oils”
 - Canola
 - Soybean
 - Corn
 - Safflower
- Shortening
- Trans-fats (“partially hydrogenated”)
- And, of course, sugars and carbs





Rust in the mitochondrial furnace



It's not about your booty

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**You can reverse the
inflammation in two
weeks**

Weight loss is just a nice benefit

Five foods to never eat





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

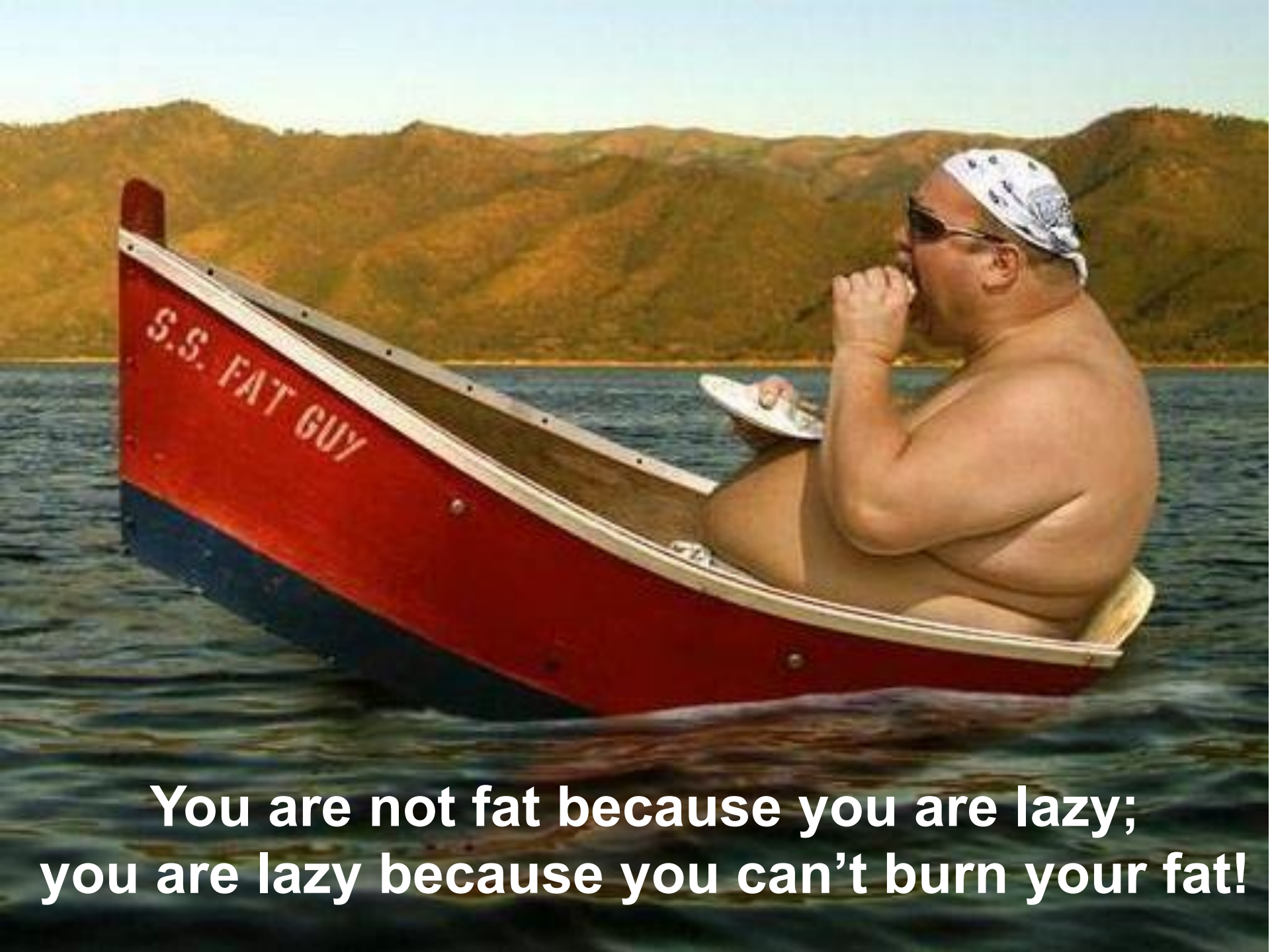
60%



Metabolic Syndrome

A photograph of a shirtless man with a large, protruding belly, indicative of abdominal obesity. He is wearing a black wristwatch on his left wrist and a gold ring on his left ring finger. His left hand is resting on his abdomen. The background is a plain, light-colored wall.

It's your hormones, honey!



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



Fat Deposition Switch **ON**

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

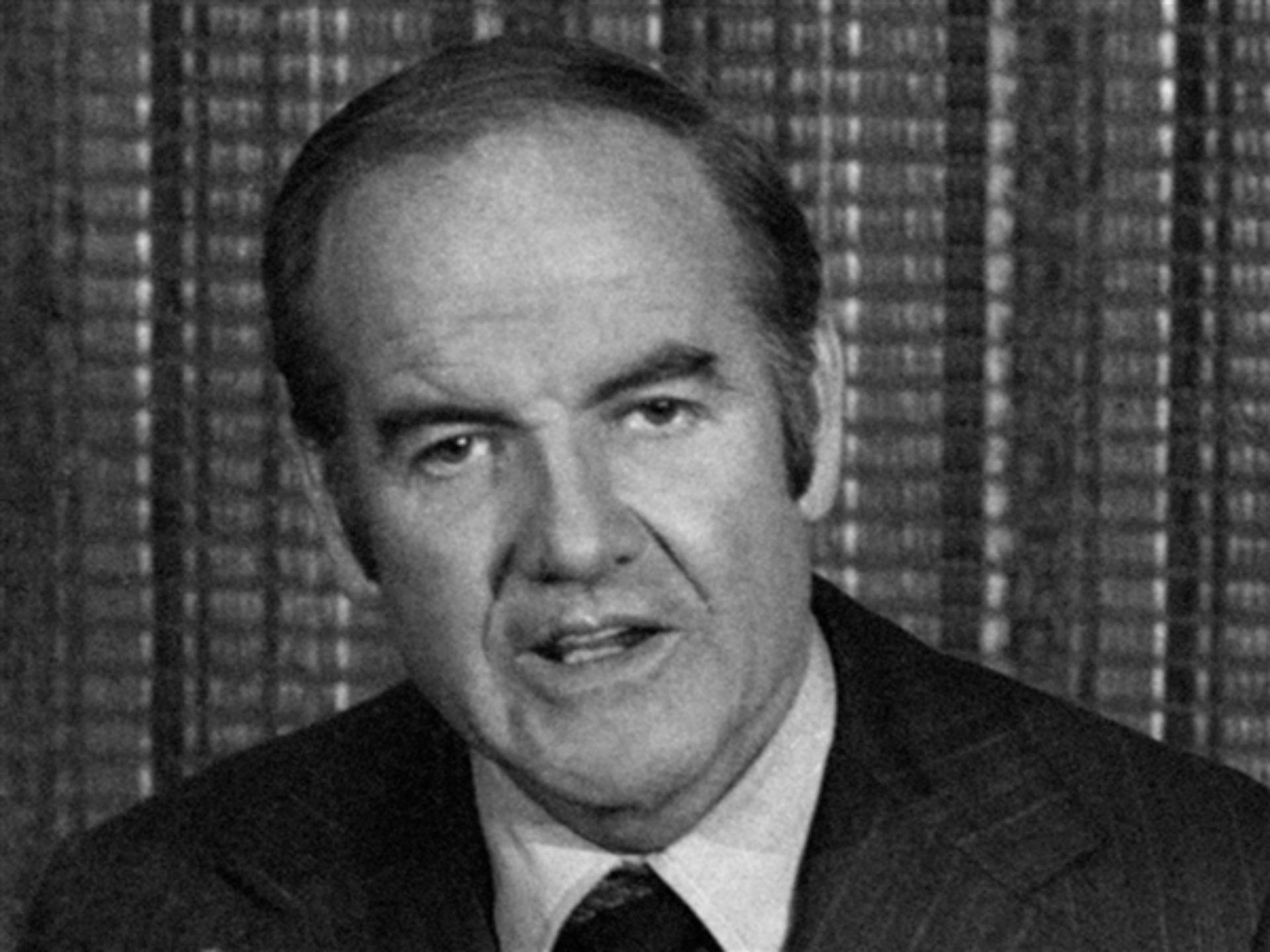
FLIP THE SWITCH

- **No transfats**
- **No high fructose corn syrup**
- **Limit sugars**
- **Cut down on wheat (bread and pasta)**
- **Avoid BEER**
- **No “industrial” vegetable oils**

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

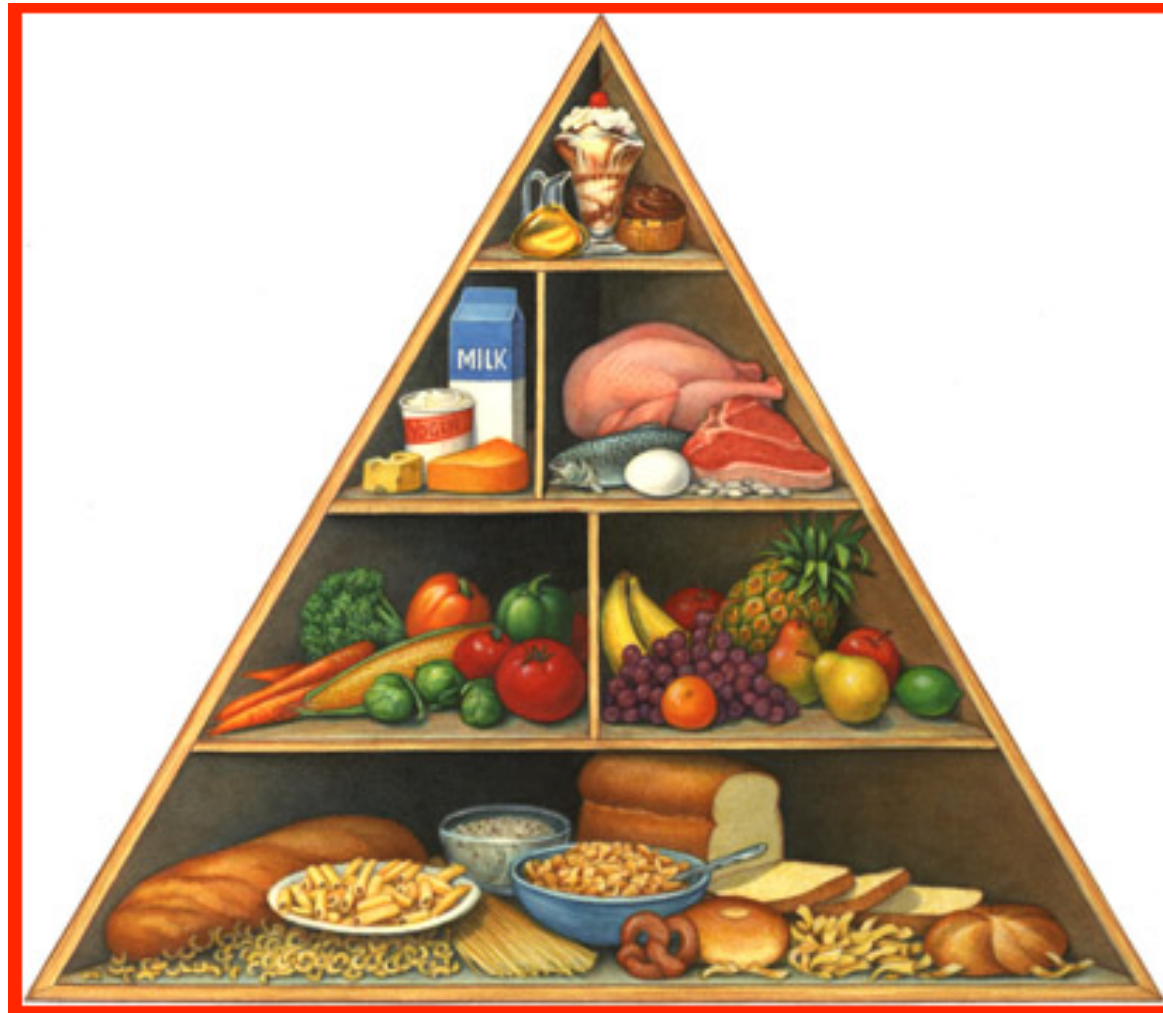
Gary Taubes

Good Calories, Bad Calories





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.



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

Eat plenty of fruits of all colors.

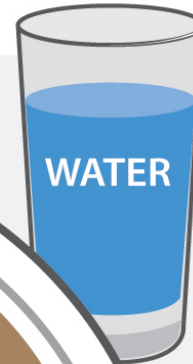


STAY ACTIVE!

© Harvard University



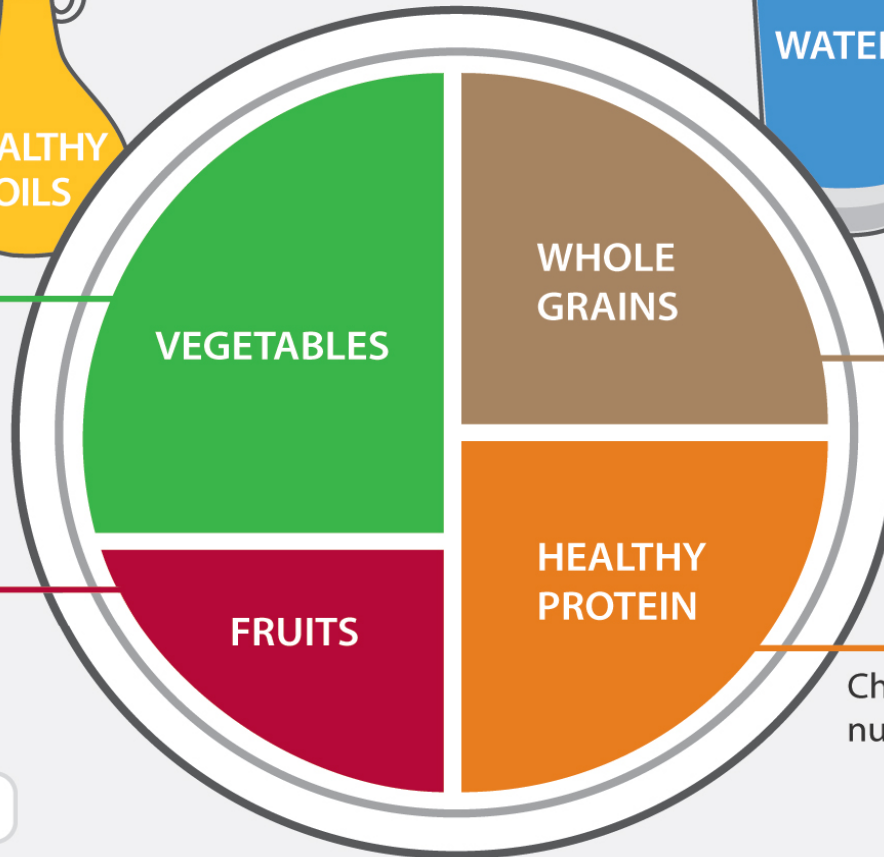
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



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.

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).

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



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



**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**

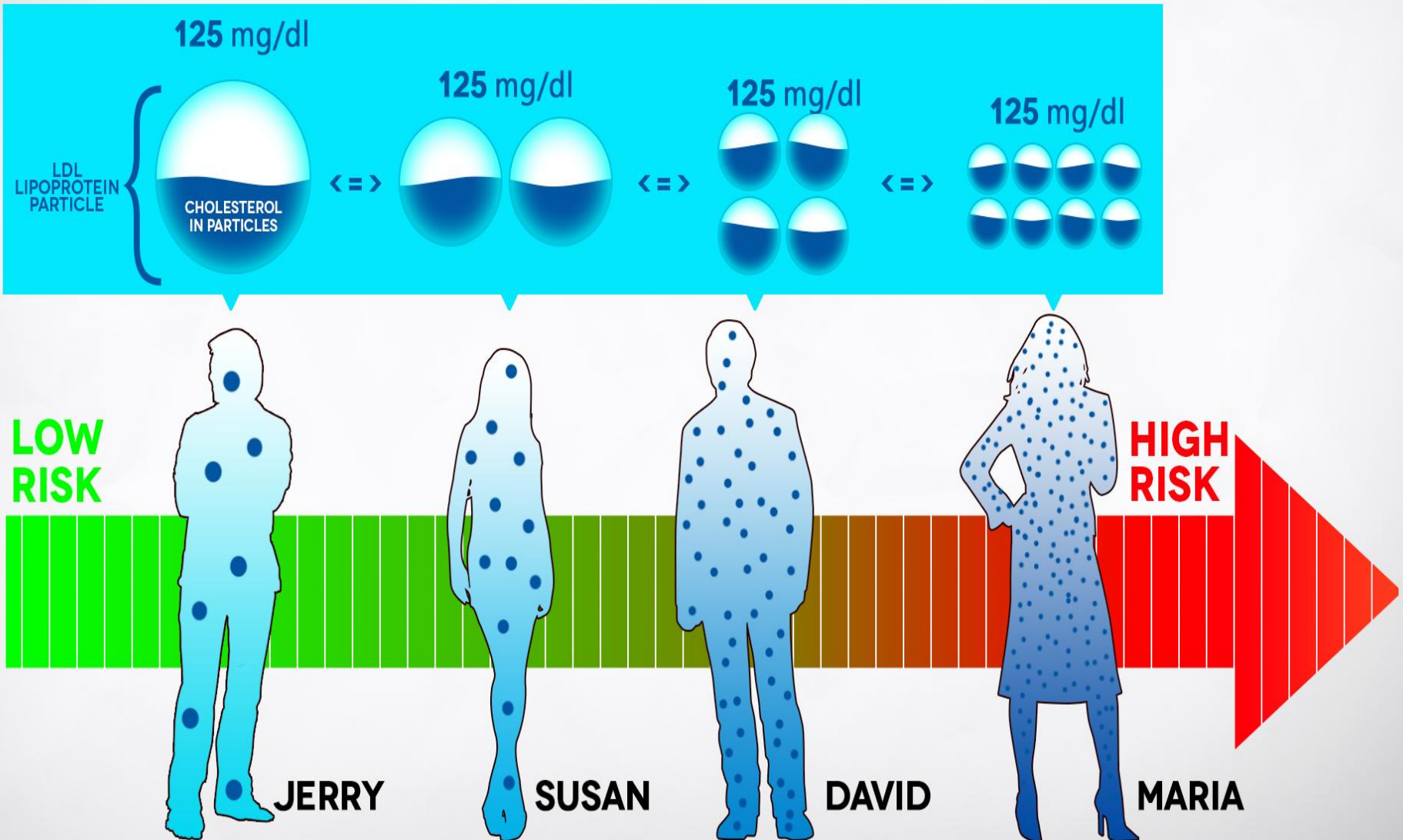
**It's the size of the LDL
“bad” cholesterol
particles that counts**

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 for that!
LDL particle count



Triglyceride/HDL >3



What will make your LDL particles fatter?


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

A woman is shown from the back, running through a lush green park. She is wearing a white sports bra and black athletic shorts with two white vertical stripes on the left leg. Her hair is dark and flowing. The background is a dense, out-of-focus green forest, suggesting a natural outdoor environment. The lighting is bright, indicating it might be daytime.


**Aerobics don't
cause weight
loss**

The dead lift



A person is running on a green soccer field. In the background, there are stadium lights, bleachers, and a line of trees under a blue sky with some clouds. The text "High intensity interval training is the most effective way to burn fat" is overlaid on the left side of the image in yellow.

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

A glass salt shaker and a metal sifter are placed 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

Lake County Safety Council Wellness



Email: WellnessWorks@lakehealth.org

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,



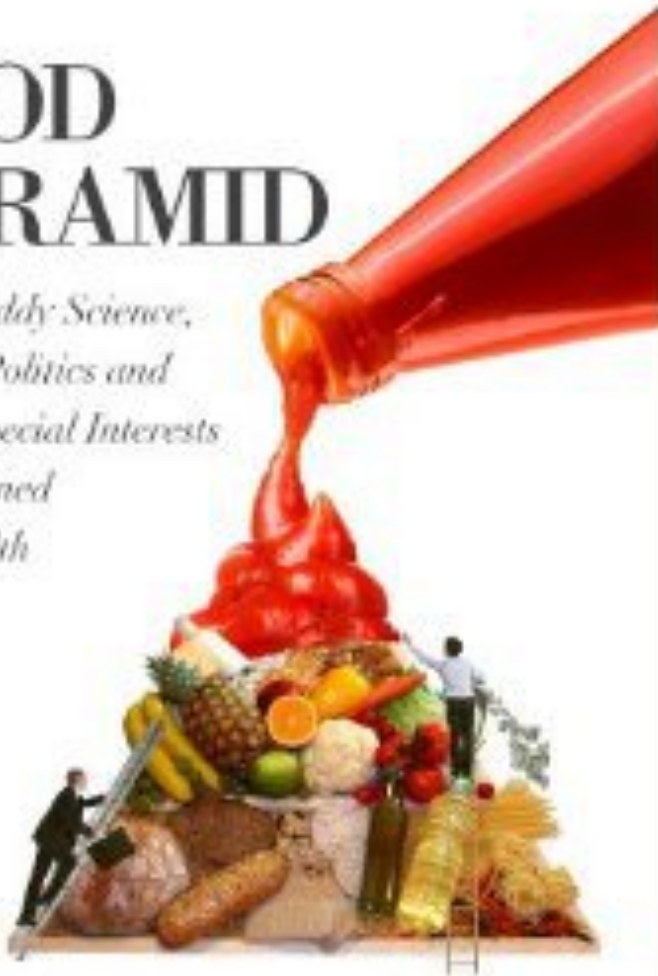
BAD CALORIES

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

<http://www.fhit.org/>

Lecturepad.org

Sugarscience.org