

The background of the slide is a photograph of a road surface. In the upper center, there is a speed bump. Below it, the road transitions into a section of loose gravel or crushed stone. The text is overlaid on these two sections.

# Lake County Safety Council

**Wellness Works  
Results Session January 2015**





ESTABLISHED 1820

# Scott's

## PORRAGE OATS

ORIGINAL  
SCOTTISH-MILLED OATS

*The true taste of Scotland*

Now I know why they call it ICU!



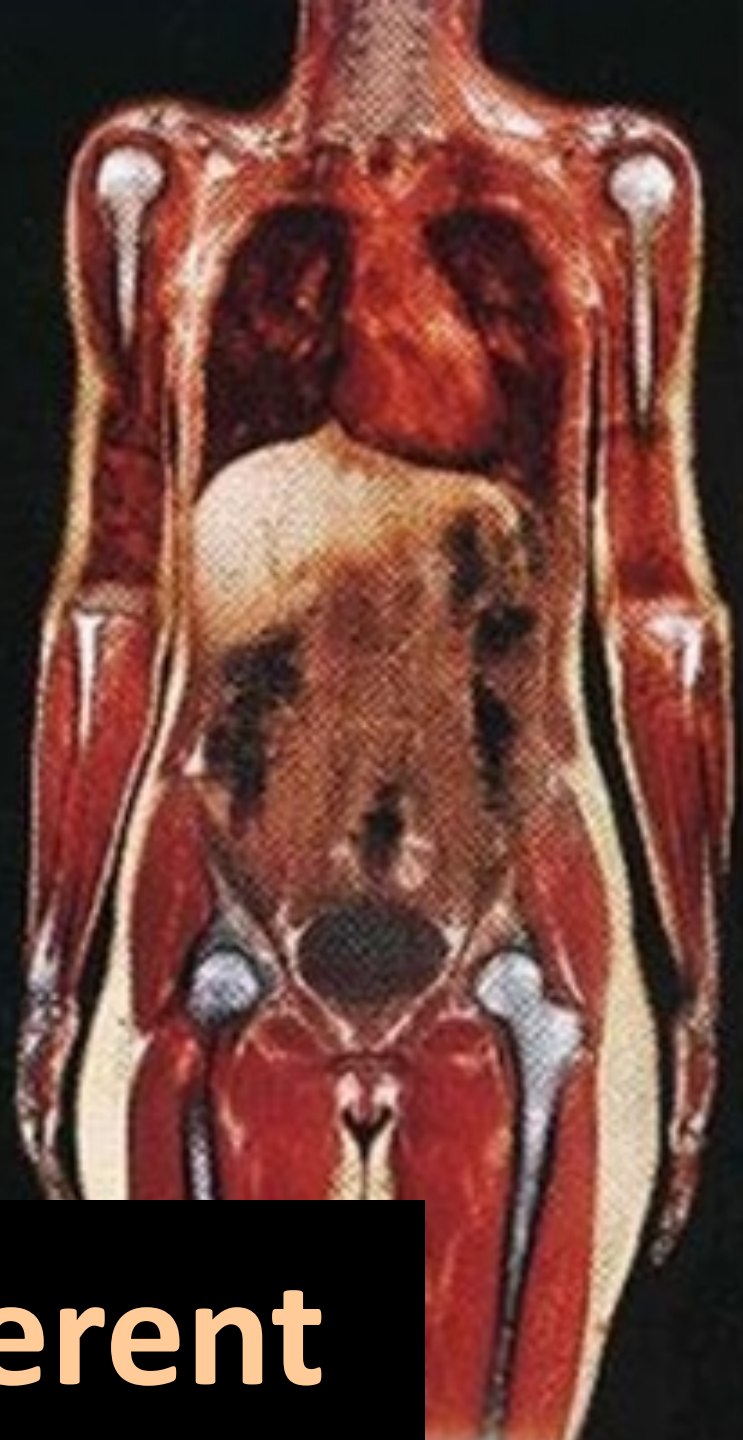


**40% of skinny people are metabolically ill**





40% of fat people are metabolically healthy



**Fat is different**





**SOOOO this is not about your  
booty is more ways than one!**







# You are diabetic if:

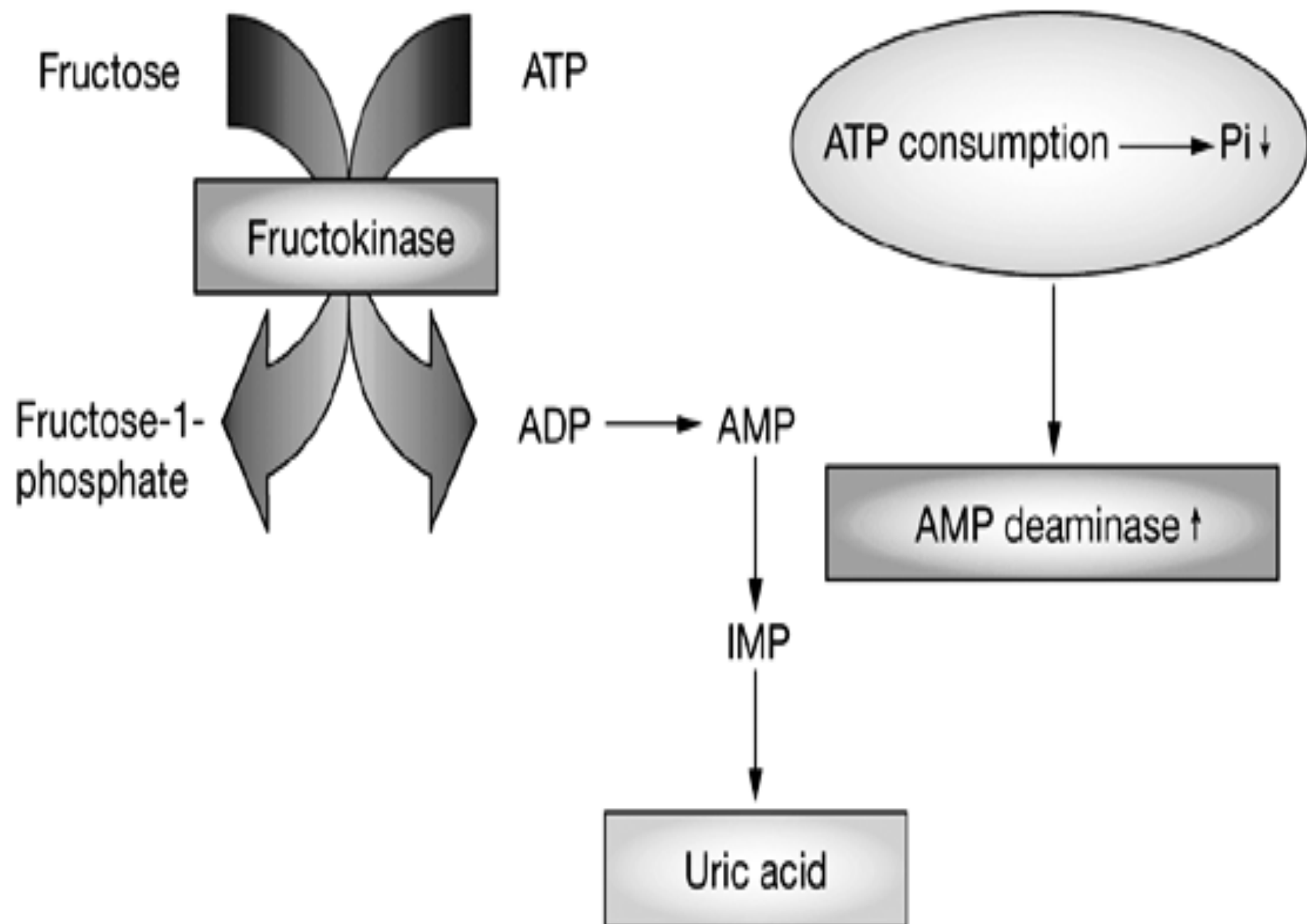
- Your fasting blood sugar is more than 126
- You are PRE-DIABETIC if your fasting blood sugar is 100-125
- Half of you insulin reserves are gone!



**You are sensitive to sugar/fructose if:**

- **Women: Your uric acid is more than 4**
- **Men: Your uric acid is more than 5.2**
- **Cut down on sugar; use Stevia**
- **Eat healthy carbs only: Go Green**

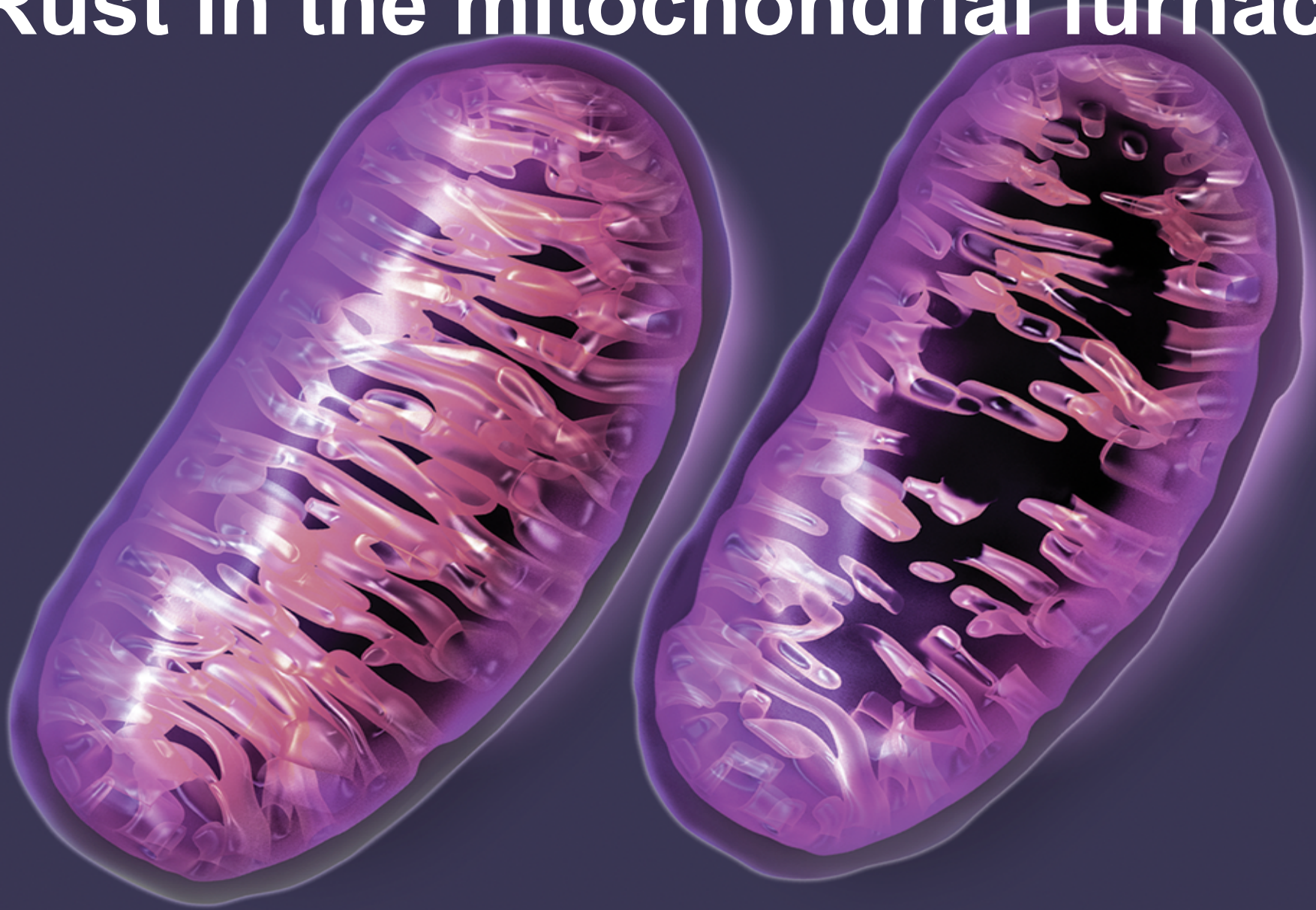






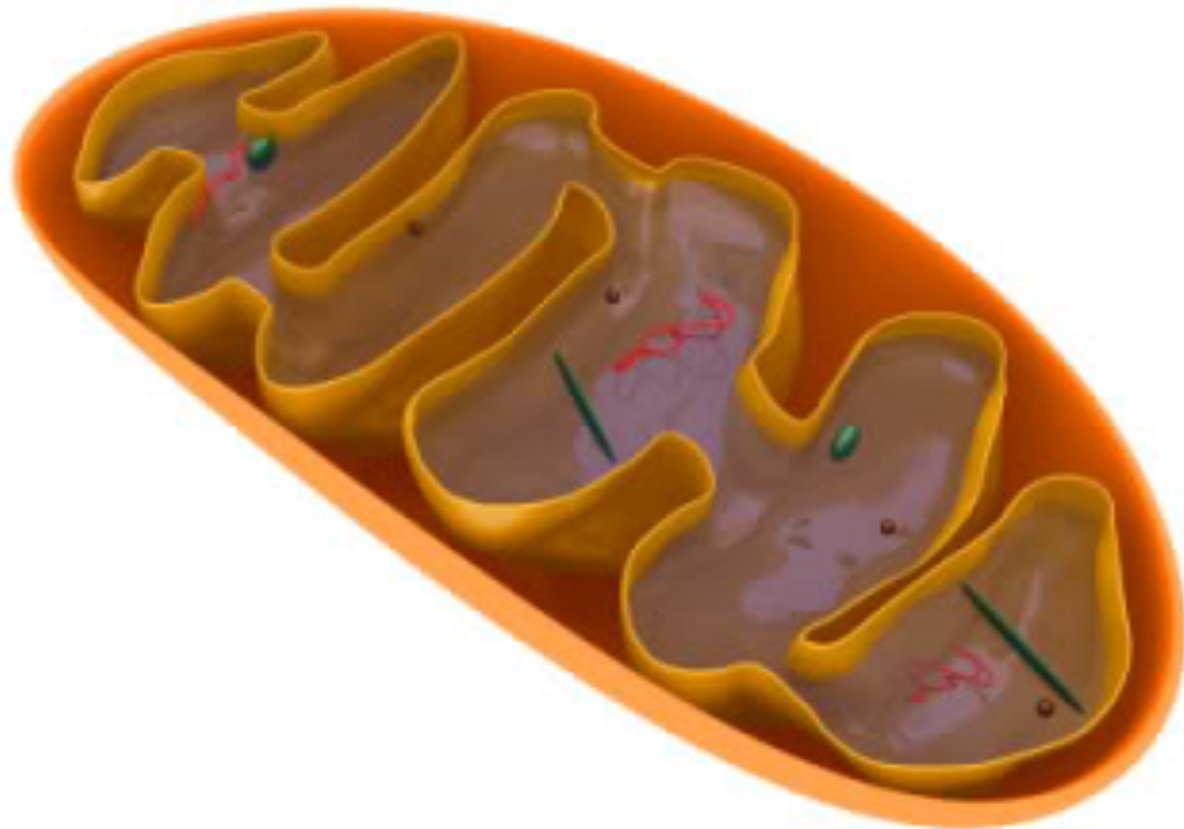


# Rust in the mitochondrial furnace



This is a mitochondria issue

**Keep the HEAT ON!**





# 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).

# You are sensitive to carbs if:

- Your HDL is low
- Your triglyceride is high
- Your fasting blood sugar is more than 100

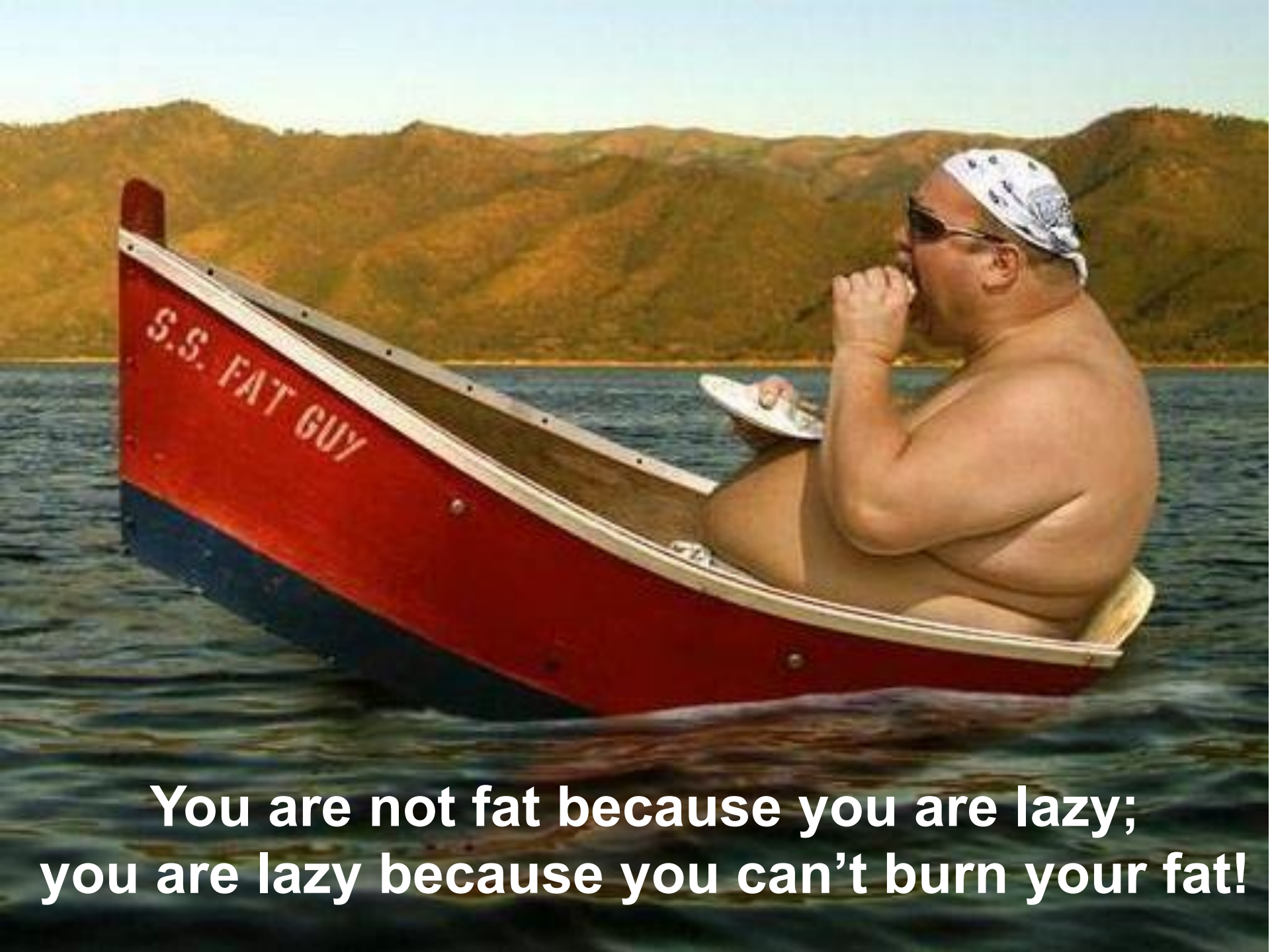
CARBS

- So limit breads, pastas, white potatoes
- Consider white rice, sweet potatoes
- Eat “healthy carbs” on Go GREEN sheet
- Avoid sugar



**This is a hormone issue**

crazy  
hormones



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



# Heart Disease and Diet



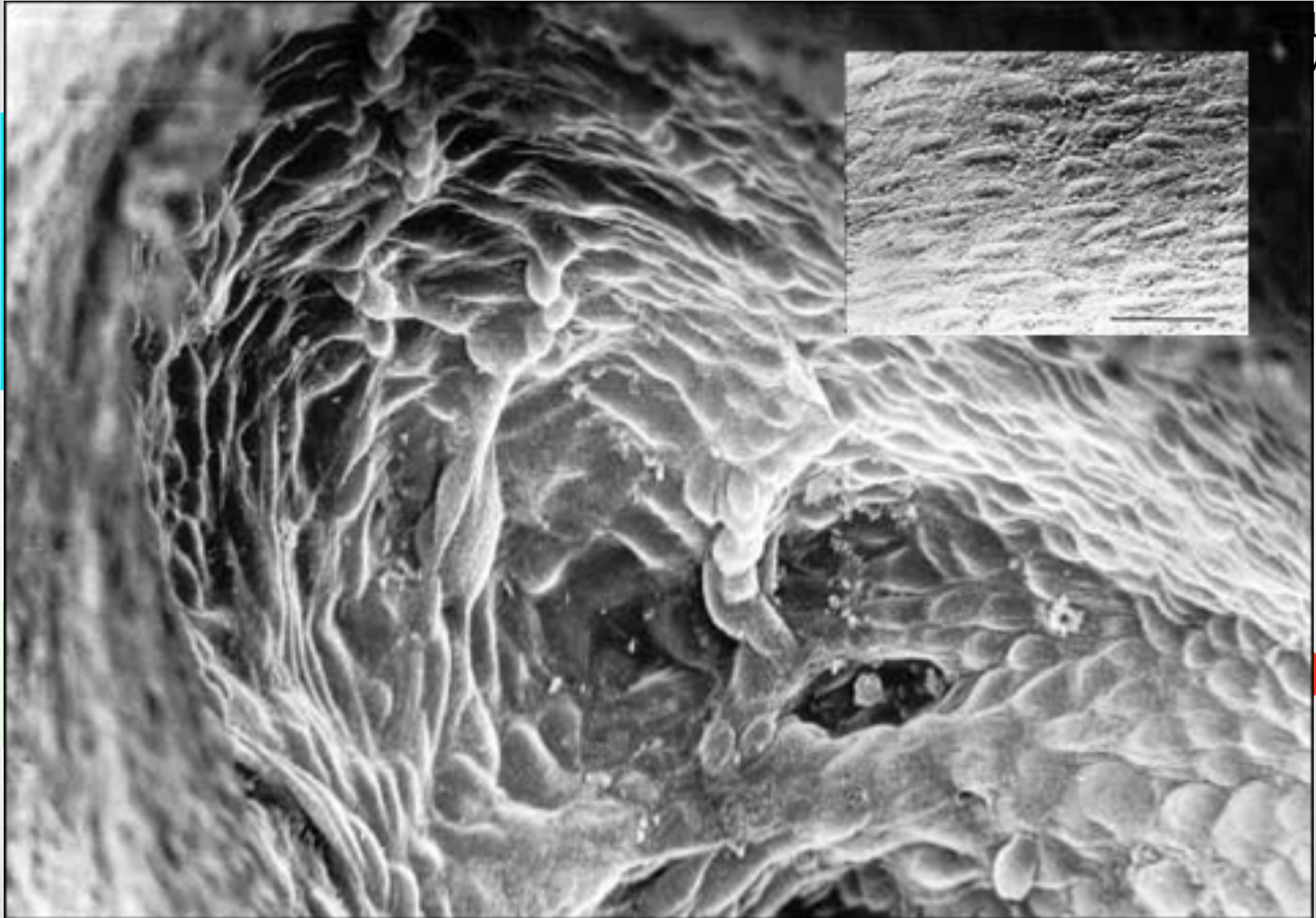
# Total Cholesterol $\neq$ MI

- If your total cholesterol is high, you may have:
  - Thyroid disease
  - Drugs that do it
  - Liver disease
  - Kidney disease
  - Pregnancy!





# LIPOPROTEIN PARTICLES VS. CHOLESTEROL



# 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

## **If you have heart disease or high Trig/HDL ratio**

- **Limit sugar/fructose/carbs TO MAKE YOUR LDL FATTER!**
- **Avoid industrial oils. Use cold pressed oils like palm, coconut or olive instead**
- **Think about LDL particle count!**
- **You should be on a cholesterol pill if cholesterol more than 330mg/dL**



We ***can*** measure your  
LDL particle count

***Contact us!***

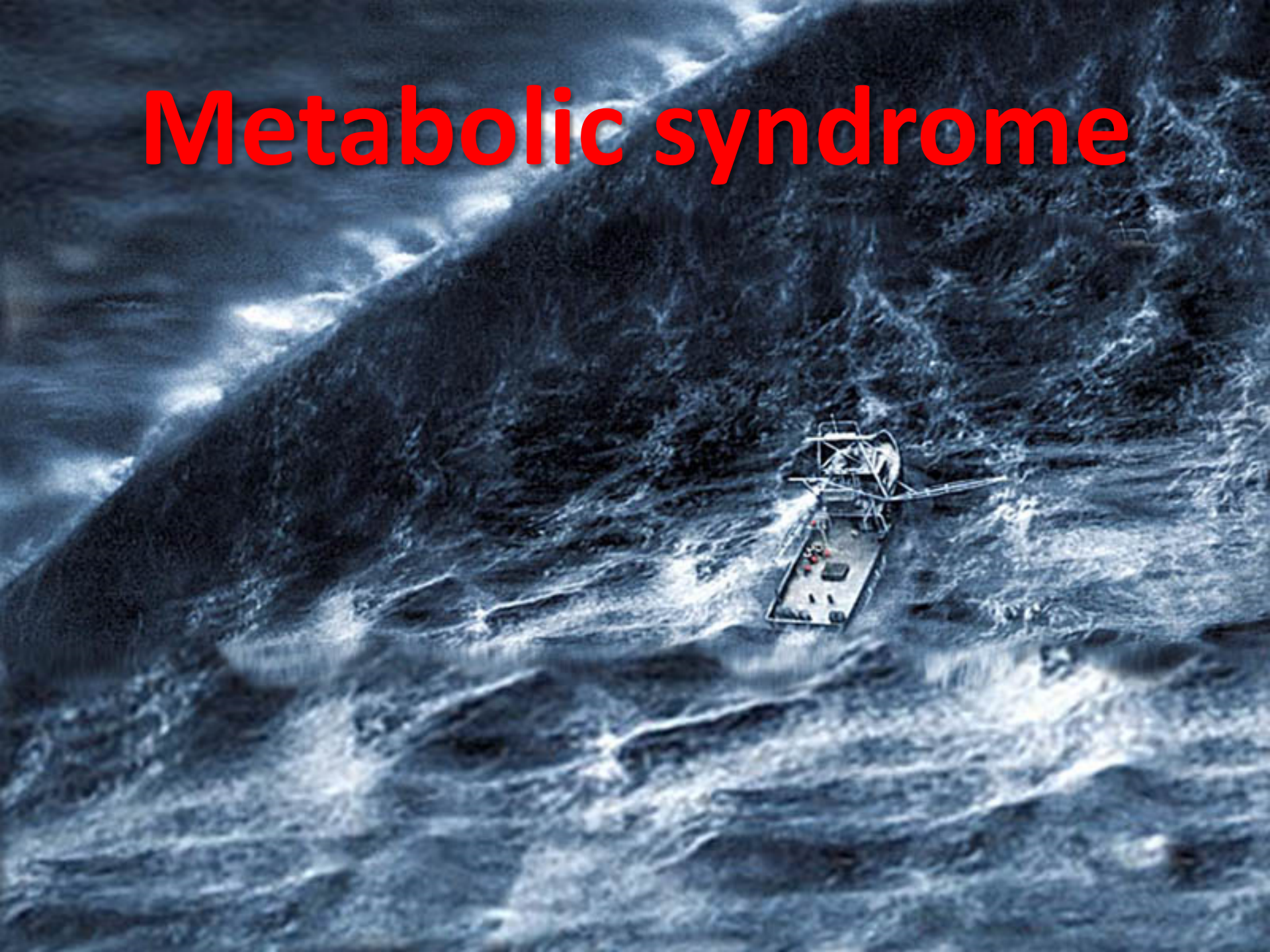
***Cost \$20 with insurance; \$100  
without insurance***

**I'M NOT FAT**

**JUST AMERICAN**



# Metabolic syndrome



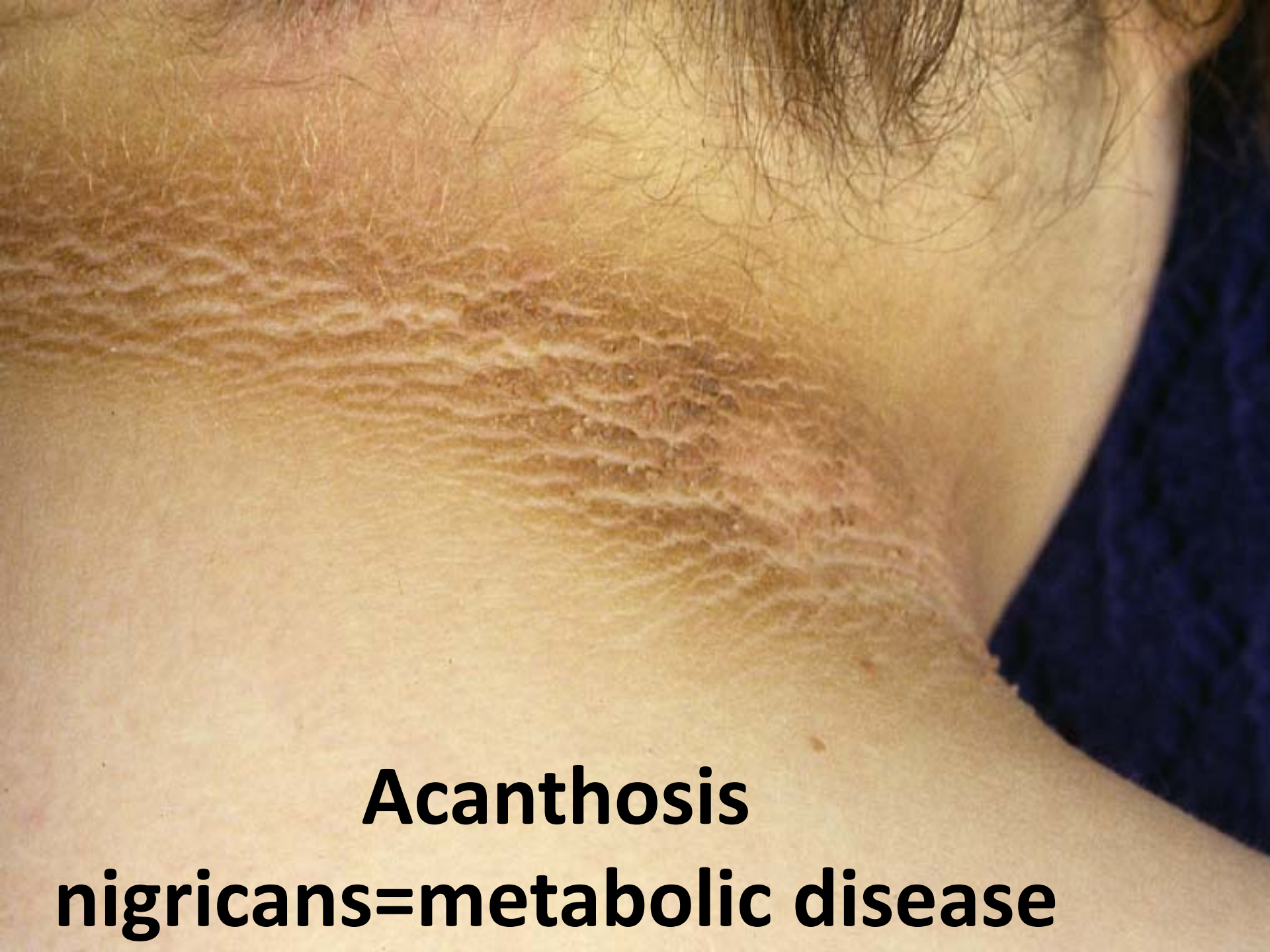


# **Metabolic Syndrome X linked to:**

- **Stroke and heart attack**
- **Kidney failure**
- **Polycystic ovary syndrome**
- **Acanthosis nigricans**
- **Cancer**
- **All cause mortality**

**This is a woman**





**Acanthosis  
nigricans=metabolic disease**









# Metabolic syndrome criteria:

- **Waist circumference\*** greater than:
  - 37 to 40 inches in men
  - 31.5 to 35 inches in women
- **Fasting triglyceride** more than 150 mg/dL
- **HDL less than**
  - 40 mg/dL in men
  - 50 mg/dL in women
- **Blood pressure** more than 130/85 mmHg
- **Blood sugar** more than 100 mg/dL



\*It's the abdominal fat that counts!



# INFLAMMATION



HEAT

REDNESS

SWELLING

PAIN

LOSS OF  
FUNCTION

**If you have metabolic syndrome:**

**STOP EATING  
FRUCTOSE**

**Use the Go Green Chart**

# **If you have autoimmune diseases:**

- **Avoid gluten (wheat, rye, barley)**
- **Avoid industrial oils (use cold pressed oils like palm, coconut or olive instead)**
- **Avoid nightshade foods (white potatoes, tomatoes, red peppers, goji berries and eggplant)**





# If you have gastrointestinal disease

- Avoid gluten
- Avoid industrial oils
- Avoid soy





# Clean up your diet

Improves your labs





Say **NO** to:



PERFECT

# EVERYBODY:

- Vitamin D3 2000u daily
- Fish oil 3 capsules daily
- Sleep 7 hours daily
- One hour of creative diversion daily
- Limit sugar, gluten, beer, POP
- Avoid industrial oils
- Eat saturated fat



A white salt shaker and a metal sifter are positioned on a pile of white salt. The background is a solid blue color. The text "Use iodized salt!" is written in red in the top right corner.

**Use iodized salt!**

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

**Not 1.5-2.0 gm**

# Vegans are Skinny Fat People



- **Hard to be healthy**
- Body burns muscle as fuel
- Eat real food: no fake meats, soy, industrial vegetable oils
- Supplement with Vitamins K2, D3, B12, taurine
- If you eat legumes, start with dry beans
- Macadamia nuts are good for you!
- Eat bivalves! (oysters, clams, mussels)

# Stress eating



- **Hard to overcome**
- **Willpower only lasts so long**
- **Sugary foods only worsen snacking**
- **Try eight deep breaths**



# Lake County Safety Council Wellness

- Facebook: Recipes starting soon!
- Recommended readings on Facebook
- Message me personally on Facebook
- Email [WellnessWorks@lakehealth.org](mailto:WellnessWorks@lakehealth.org)
- Call us 855-LAKE OCC