



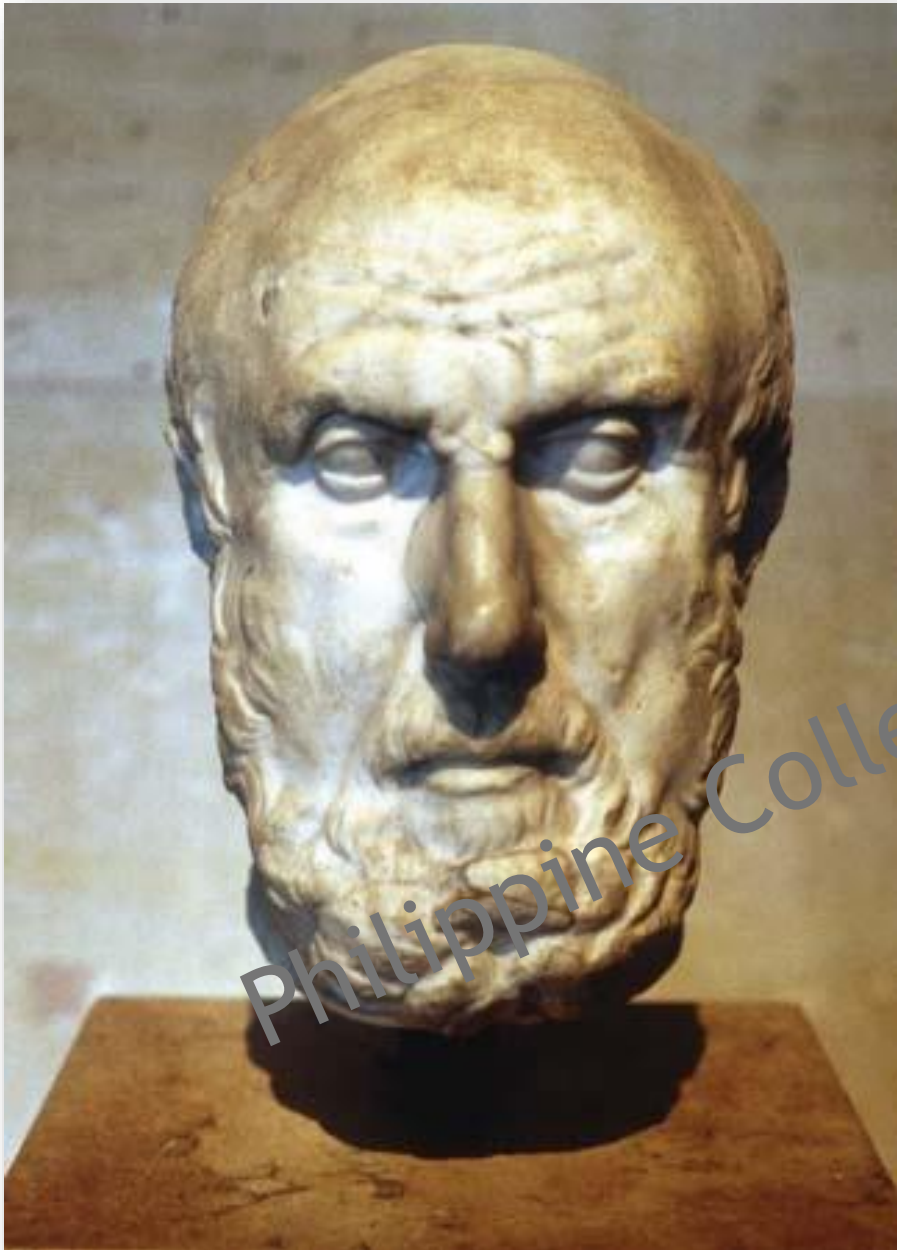
Lifestyle Medicine: Food as Medicine

Philippine College of Lifestyle Medicine Inaugural Conference

July 6, 2017

Johann Kim T. Mañez, MD, FACLM

Philippine College of Lifestyle Medicine 2017



**“Let thy food be
thy medicine and
thy medicine be thy
food.”**

-Hippocrates



**Bad
Food**



**Bad
Health**



**Good
Food**



**Good
Health**









The background of the slide is a large, intense explosion with bright yellow and orange flames and smoke billowing upwards against a dark sky.

Lifestyle Disease

EXPLOSION!

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Diseases that were once rare in Africa or China

- ▶ Heart attacks
- ▶ Appendicitis
- ▶ Colon cancer
- ▶ Diverticulitis
- ▶ Osteoporosis



Dr Margaret Chan,
Director-General
of WHO for the
Second Term
From 2012-2017

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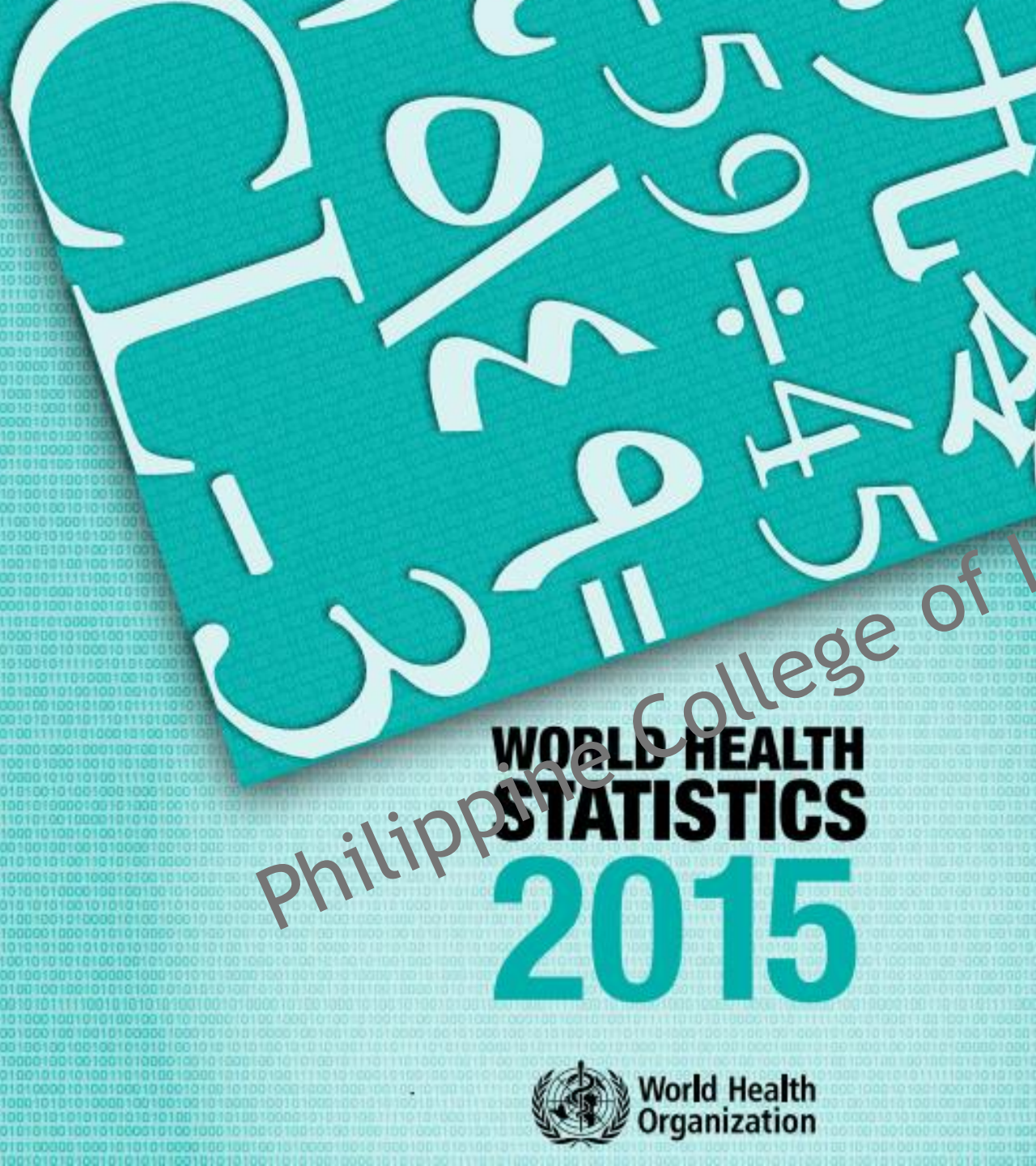
World Health
Organization

WORLD HEALTH STATISTICS 2013

A WEALTH OF INFORMATION
ON GLOBAL PUBLIC HEALTH

Of the estimated
57 million global
deaths in 2008, 36
million (63%) were
due to non-
communicable
diseases
(NCDs).

<http://www.who.int/gho/ncd/en/>

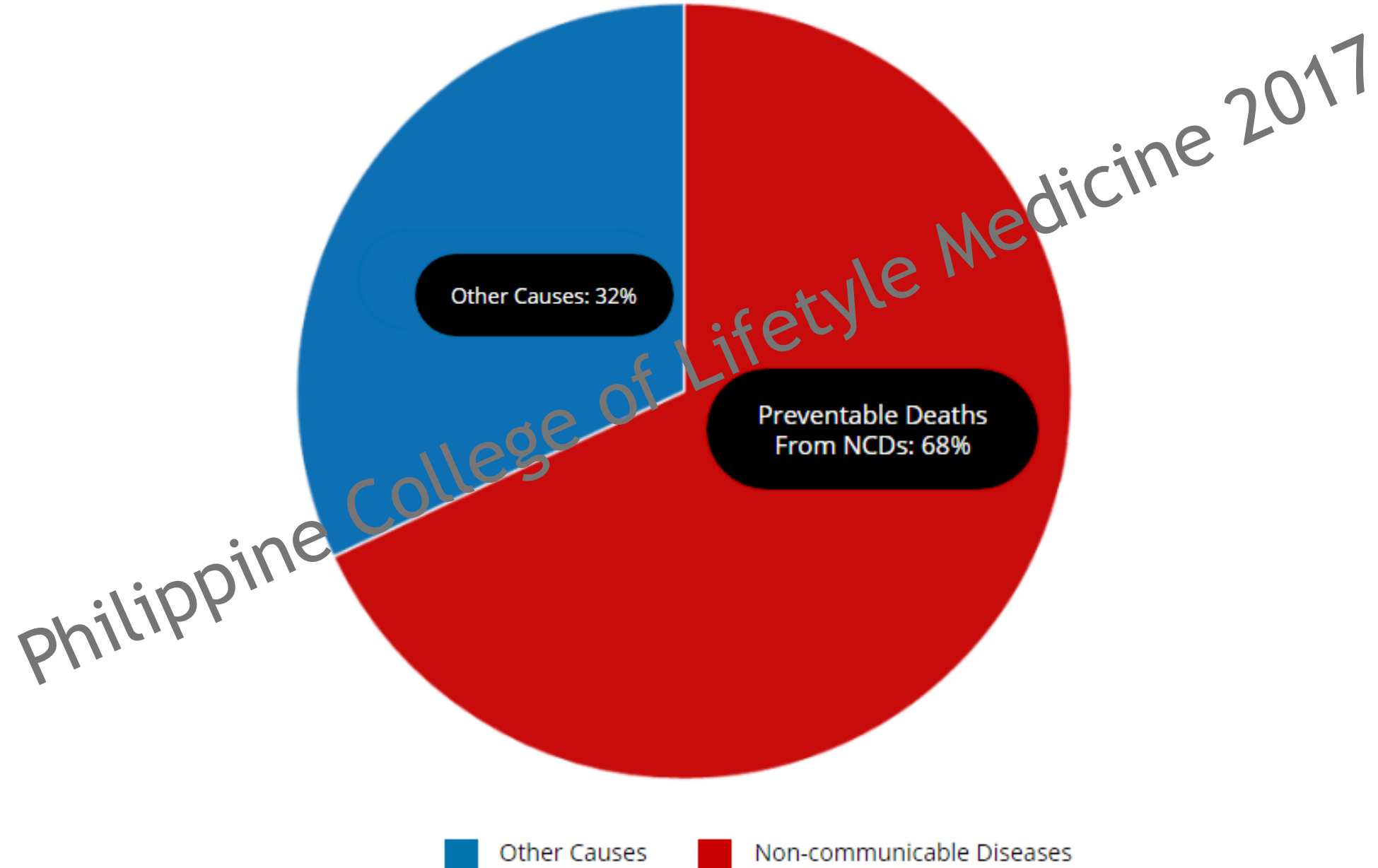


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Of the estimated 56 million global deaths in 2012, 38 million were due to NCDs (68%) were due to non-communicable diseases (NCDs).

<http://www.who.int/gho/ncd/en/>

Chronic Diseases such as Cancer, Cardiovascular Diseases, Diabetes and Chronic Lung Diseases, as well as an ever increasing amount of mental disorders are taking their toll worldwide. The WHO sees these disorders as an absolute priority.



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Michael Klaper, MD
Anesthesiologist

- Cells in our bowel are replaced every 3-4 days
- Red blood cells are renewed every 120 days
- Bones are all replaced every 3-4 years
- Muscle cells' protein is replaced every 4 months



Medical Enlightenment

A blue-tinted photograph of a microscope. The microscope is positioned diagonally, with the eyepiece at the top right and the base at the bottom left. A slide is placed on the stage, and a bright light source is visible, creating a lens flare effect. The background is a solid blue color.

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THE FUTURE...

"Lifestyle Medicine is both the newest thing in medicine—and perhaps the oldest. There was a time before 'medicine' when lifestyle was it. Hippocrates advised: let food be thy medicine. We have found our way back to the future, and with good reason."

- David Katz, MD, MPH, Past President, American College of Lifestyle Medicine

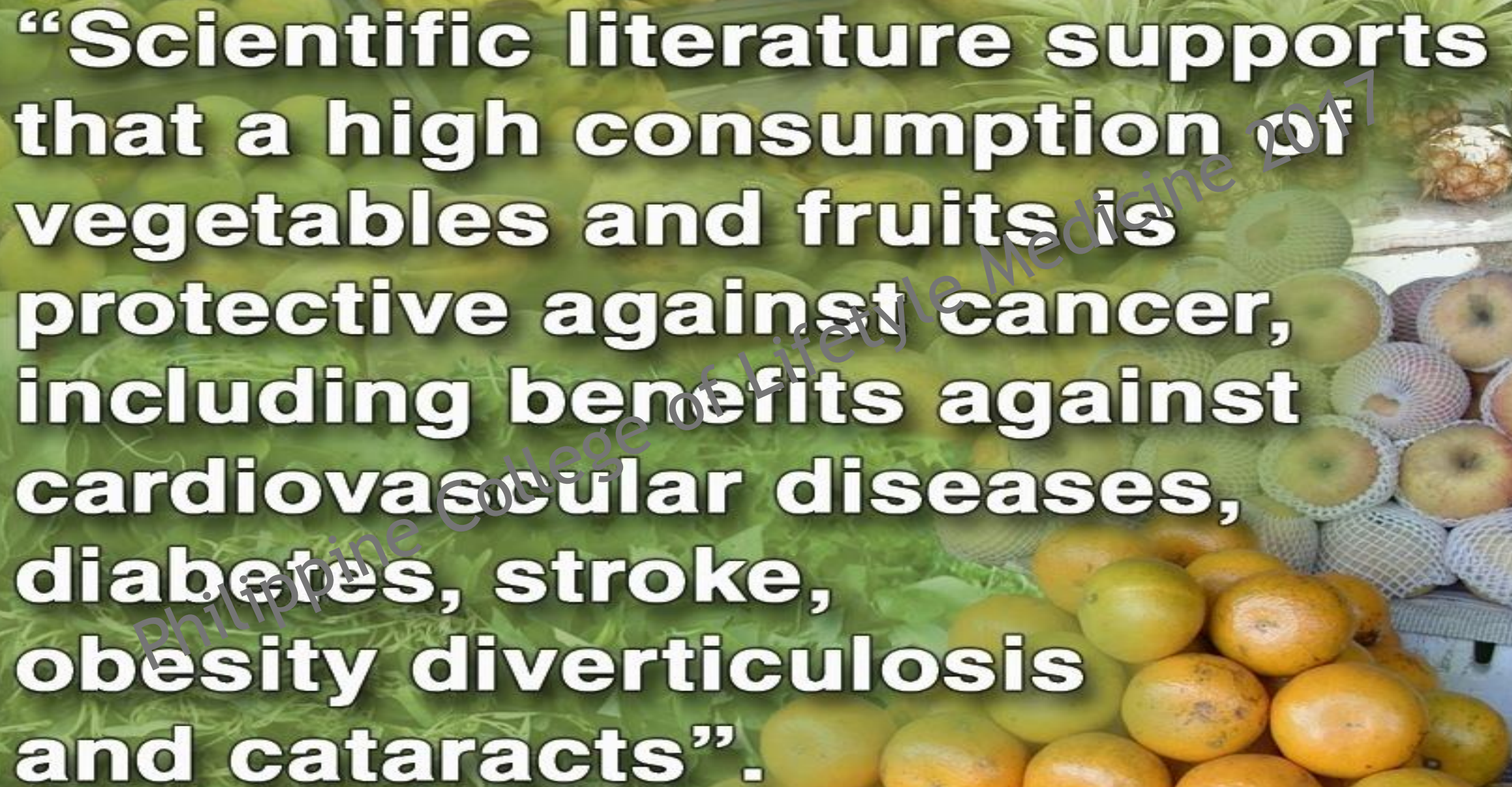


Experts' opinion

“Nutrition is the most important single environmental factor affecting health.”



Dr. Stanley Khan & Dr Frederick Stare,
Harvard School of Public Health



“Scientific literature supports that a high consumption of vegetables and fruits is protective against cancer, including benefits against cardiovascular diseases, diabetes, stroke, obesity diverticulosis and cataracts”.

(Journal of the American Dietetic Association, 1996)



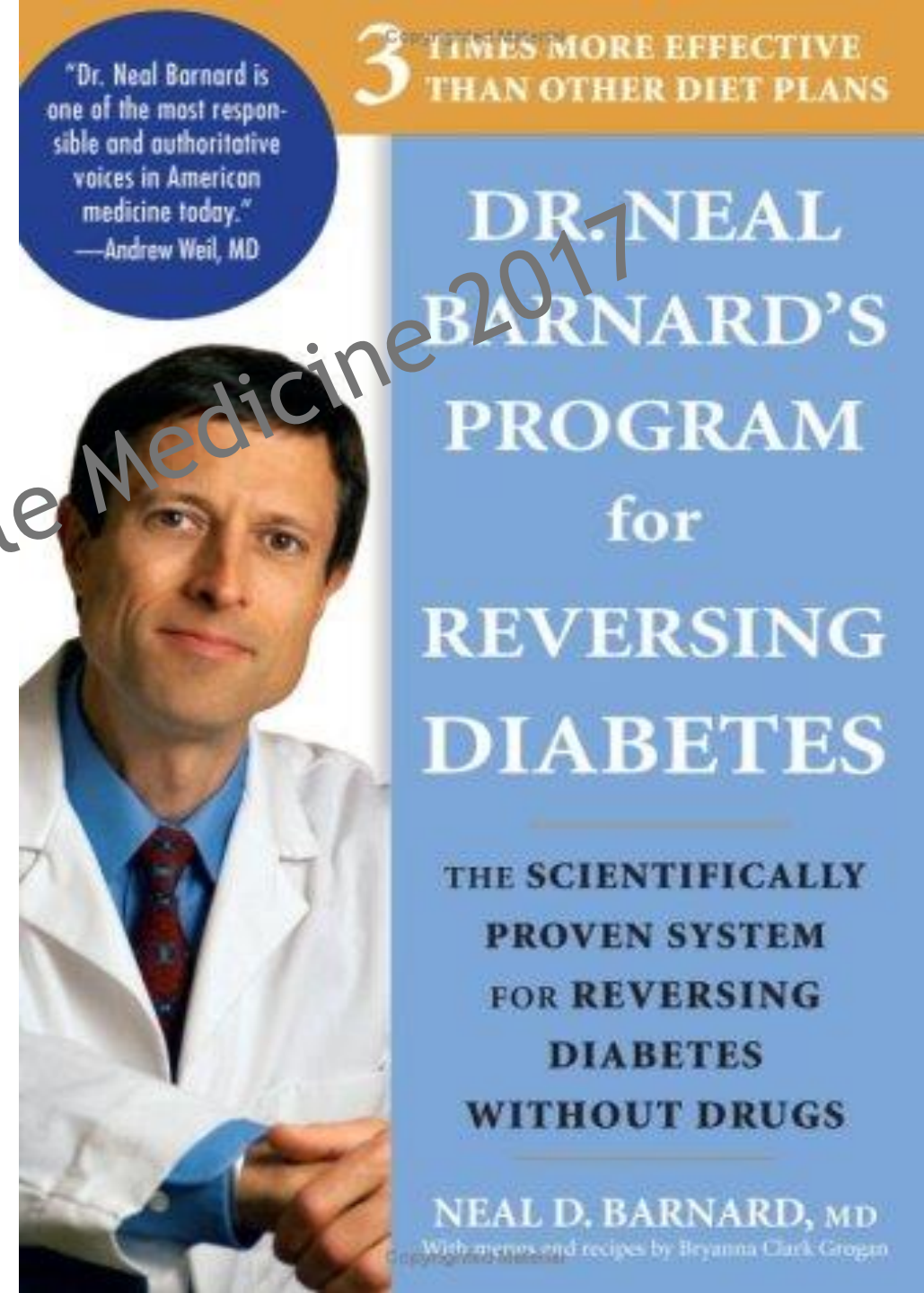
Diabetes Can Be Reversed!

Dr. Neal Barnard

Adjunct associate professor of medicine at George Washington University School of Medicine and president of the nonprofit Physicians Committee for Responsible Medicine.

His articles have appeared in the following scientific journals:

Diabetes Care, American Journal of Cardiology, American Journal of Clinical Nutrition, Journal of American Dietetic Association and Scientific American



College of Lifestyle Medicine

lifestylemedicine.org

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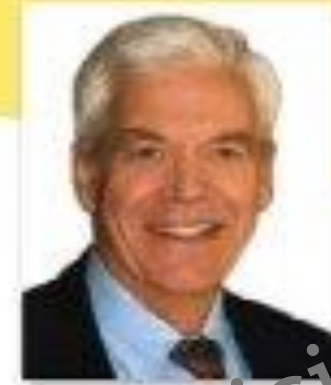


**Heart
Disease Can
Be
Reversed!**

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Caldwell Esselstyn, Jr.

Surgeon, clinician, and researcher at the Cleveland Clinic for more than 35 years. Served as the president of the American Association of Endocrine Surgeons, and organized the first National Conference on the Elimination and Prevention of Heart Disease. He is also an Olympic gold medalist in rowing, and was awarded the Bronze Star as an army surgeon in Vietnam.



The Revolutionary,
Scientifically-Proven,
Nutrition-Based
Cure

With **More Than 150**
Great-Tasting Recipes

Prevent *and* Reverse Heart Disease

Based on the findings of a now 20-year study first
published in the *American Journal of Cardiology*

Caldwell B. Esselstyn, Jr., M.D.





November 27, 1996

DISEASED
ARTERY

BEFORE

July 22, 1999

HEALTHY
ARTERY

AFTER

Heart disease reversal on a low-fat, whole-food, plant-based diet. Virtually all of Dr. Caldwell Esselstyn's patients have reversed or halted their coronary artery disease by following the diet he recommends.

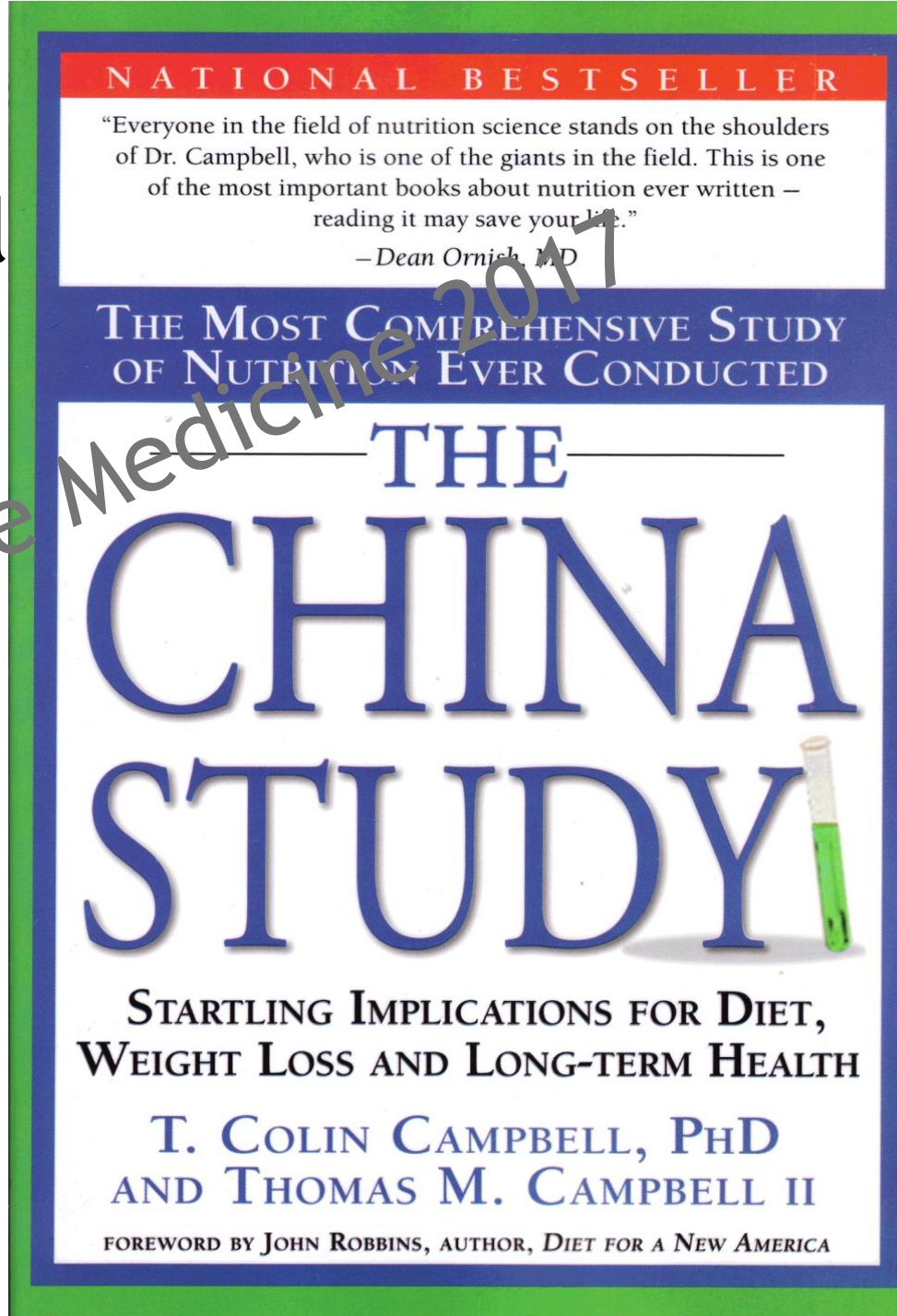


**Lifestyle
Diseases Can
Be Prevented,
Controlled and
Cured!**



T. Colin Campbell

The Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University and Project Director of the China-Oxford-Cornell Diet and Health Project. The study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine.





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Epistat

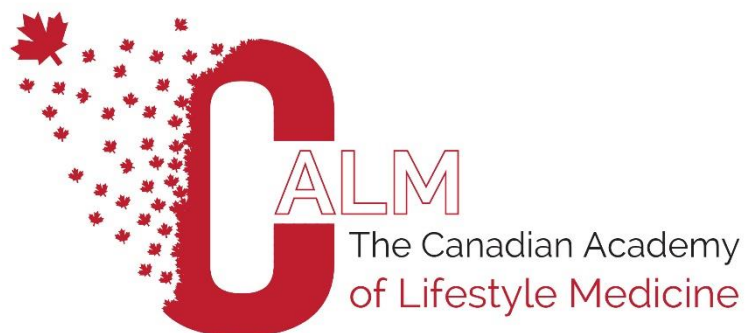
T. Coan

Johnnie Kim T.



Lifestyle Medicine

GLOBAL ALLIANCE



German Society for
Lifestyle Medicine



LITHUANIAN SOCIETY OF
LIFESTYLE MEDICINE
Research, Prevention & Treatment of Chronic Diseases





A S I A N S O C I E T Y O F
LIFESTYLE MEDICINE



KSLM

**Korean Society
of Lifestyle Medicine**



P H I L I P P I N E C O L L E G E O F
Lifestyle Medicine

ASIAN SOCIETY OF LIFESTYLE MEDICINE 2017







2017

LIFESTYLE MEDICINE

2017 BACK TO THE FUTURE

LIFESTYLE MEDICINE

ASIAN SOCIETY OF LIFESTYLE MEDICINE 2017

LESSONS

Change is slow until the “tipping point”

Recognize, create, and use “**windows of opportunity**”

Understanding “why” increases power for change

No pill **works** like **Lifestyle Change**

There is power in **story**

Story creates and nourishes **hope**

Hope is necessary for **success**

Success breeds success

Money Talks

2017 BACK TO
THE FUTURE



WH

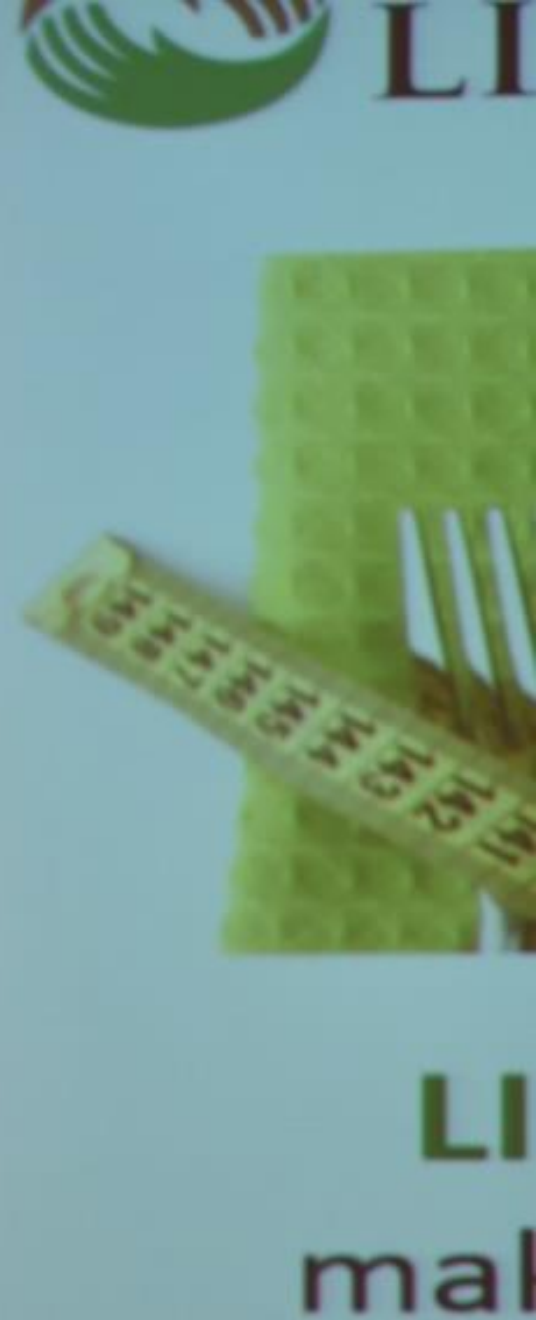
- Age wrinkles
Quitting with
Soul

General Douglas





2017 BACK TO THE FUTURE
LIFESTYLE MEDICINE







2017 **BACK TO** 
THE FUTURE

 LIFESTYLE MEDICINE



BACK TO
THE FUTURE

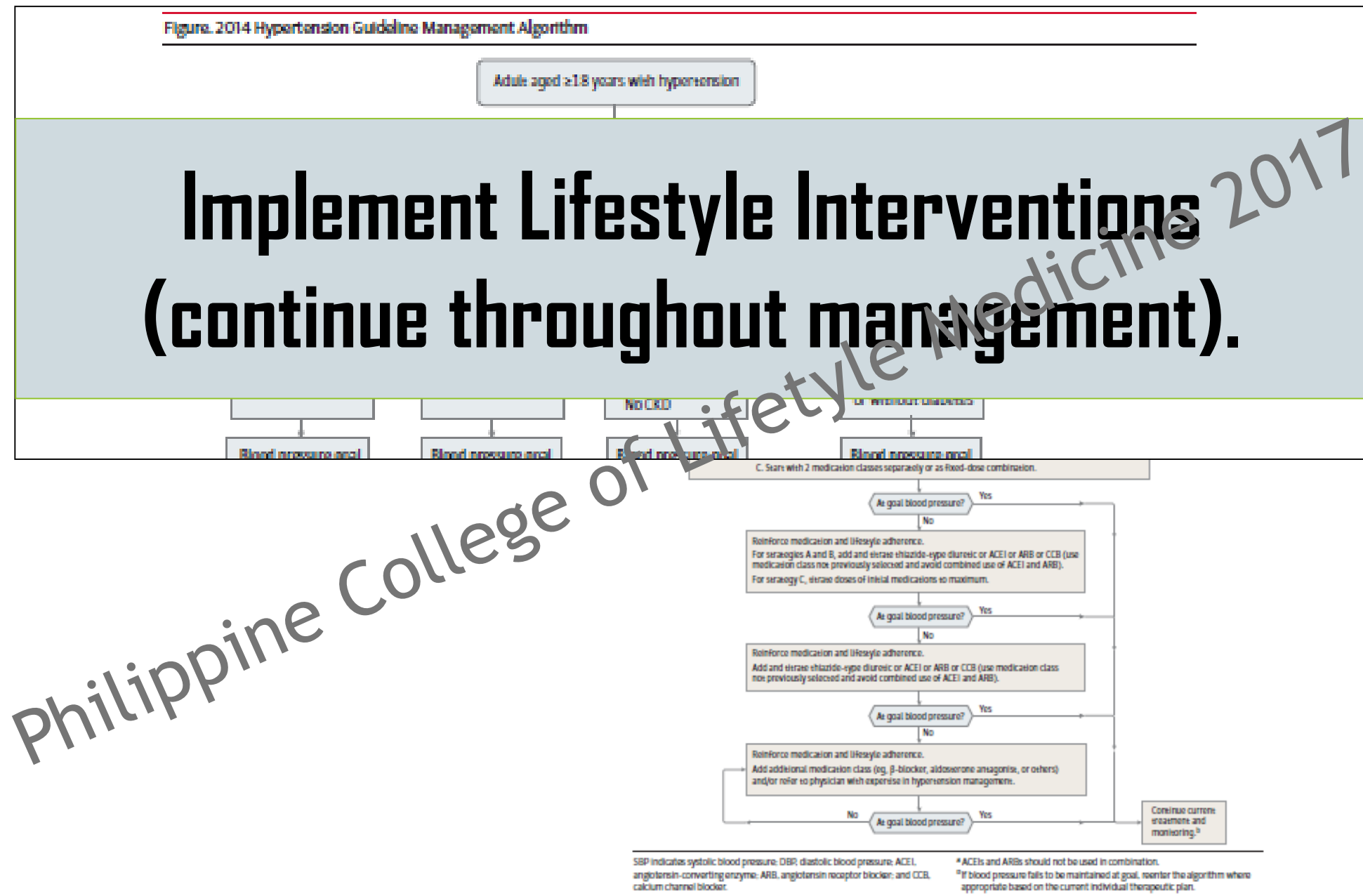




Why Do We Need Lifestyle Medicine?

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Figure. 2014 Hypertension Guideline Management Algorithm



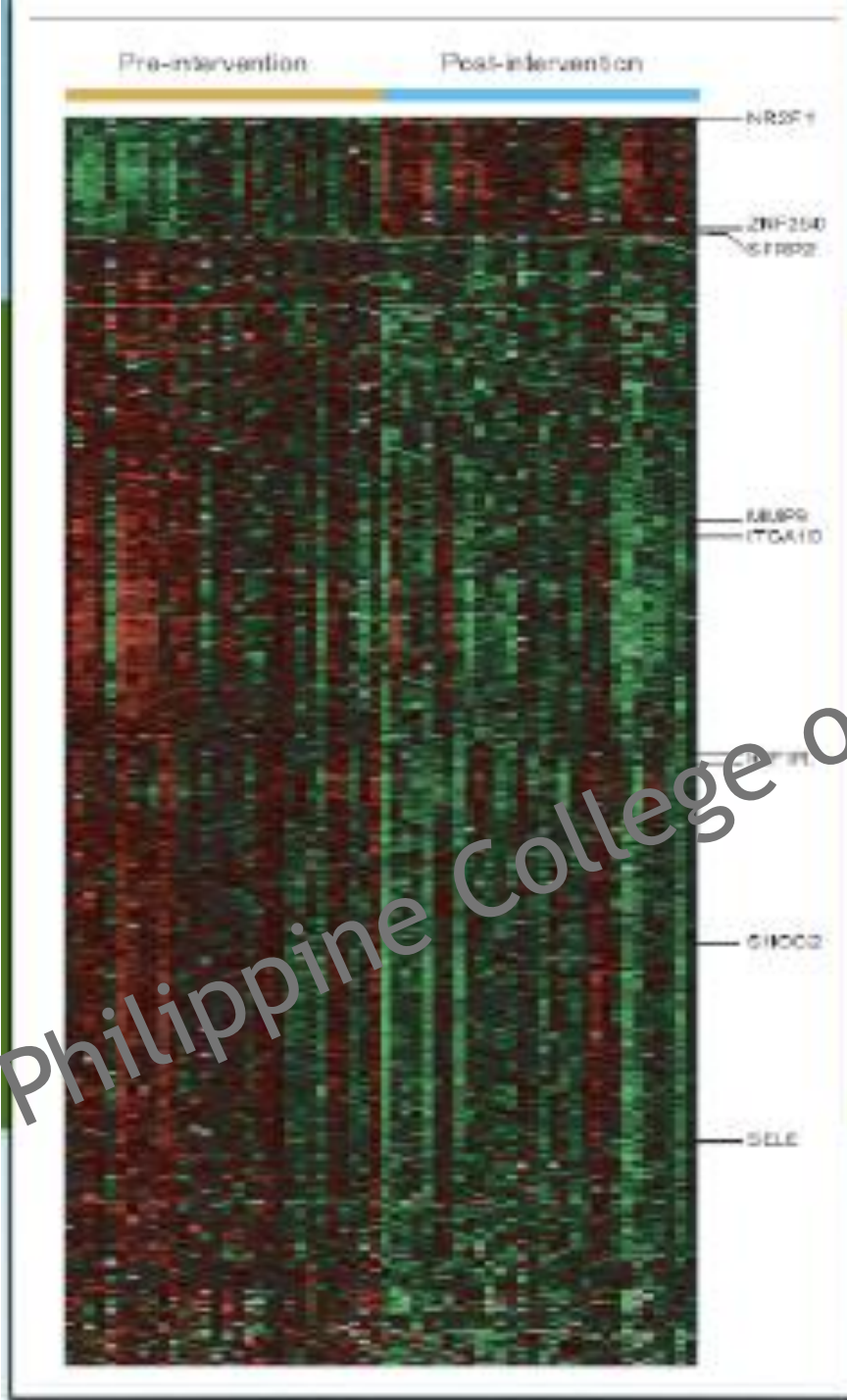


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- Early stage prostate cancer can be reversed
- His research showed that comprehensive lifestyle changes affect gene expression, “turning on” disease-preventing genes and “turning off” genes that promote cancer and heart disease.
- In collaboration with Nobel laureate Elizabeth Blackburn, PhD, he also showed that these lifestyle changes can lengthen telomeres, the ends of chromosomes that control how long we live.



Heatmap showing 48 upregulated genes (red) and 453 downregulated genes (green) pre- and post-intervention

Ornish et al. Proc Nat Acad Sci USA 2008; 105: 8369.



American College of
Lifestyle Medicine

“After 30 years of hi-tech medical research, we find out that what we need are only low-tech, low-cost interventions for chronic diseases.”

- Dean Ornish, MD

Cancer protection. Now in a convenient package.

Fresh, frozen or dried, eat more fruits and veggies today.

EveryHelpingHelps.com



BlueCross BlueShield
of Minnesota

An independent licensee of the Blue Cross and Blue Shield Association

New Four Food Groups

Physician's Committee for Responsible Medicine 1991

Fruits

Grains

Legumes

Vegetables

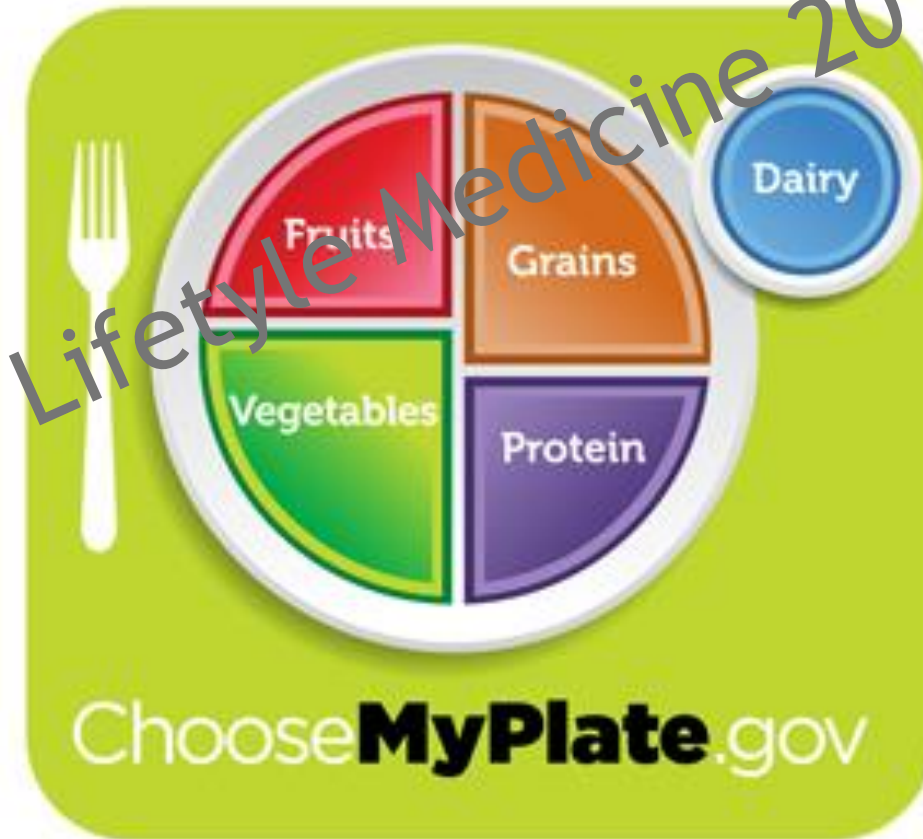
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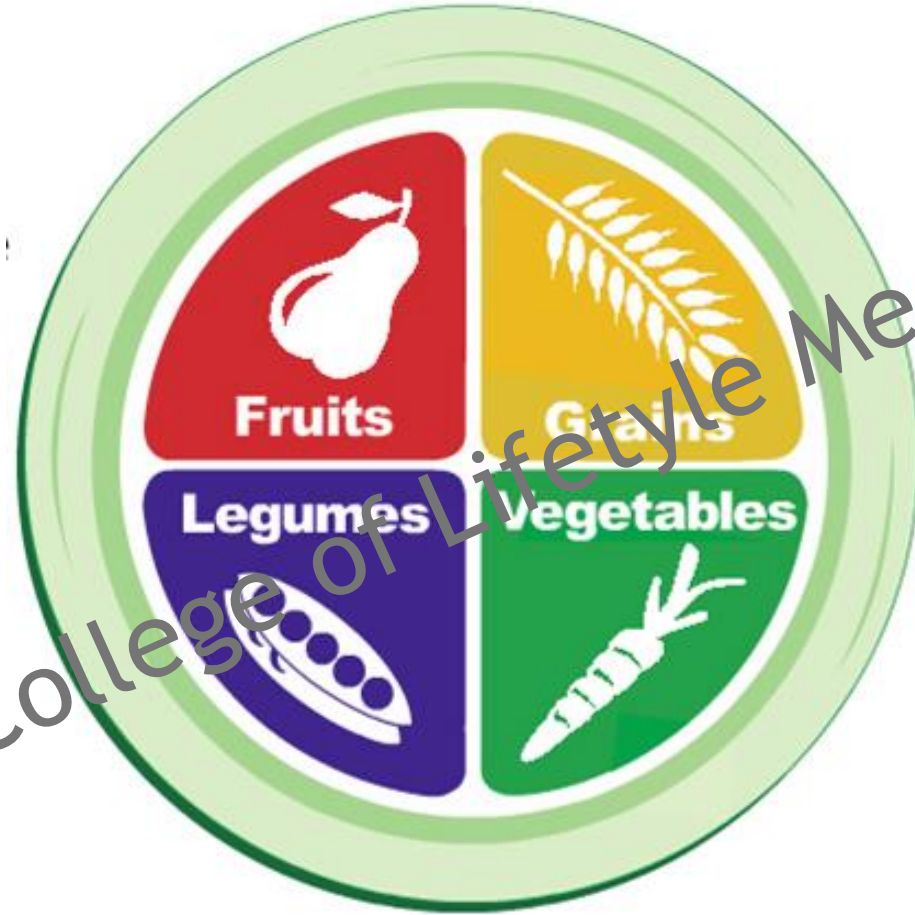




2009



JUNE 2011



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Power Plate





Asian Pacific Journal of Health Sciences (APJHS)

(An International Peer Reviewed Journal of Health Sciences)

APJHS

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Asian Pacific Journal of Health Sciences (APJHS)

Volume 2, Issue 2, April-June, 2015

- 1- Auditory and visual reaction time changes in chronic renal failure patients
- 2- Perception of faculty members regarding faculty development programme (FDP) at Katihar Medical College
- 3- Ofloxacin induced steven johnson syndrome- case report
- 4- Sexual dysfunction, Depression and Quality of Life in Female Patients with HIV Infection
- 5- Assessment of the prevalence of obesity in idema community, ogbia local government area of bayelsa state
- 6- Pharmacy Patient Safety: Attitudes of pharmacy personnel to Patient Safety Culture in a tertiary hospital in Bayelsa State, Nigeria
- 7- To Evaluate Physiotherapy Exercises on Dizziness and Vertigo Patients: A Systemic Review
- 8- Antileishmanial screening, physicochemical properties and drug likeness of pyrazole carbaldehyde derivatives
- 9- Atherogenic lipid markers and testosterone levels in Nigerian men with prostate disorders
- 10- Congenitally corrected TGA- A case diagnosed incidentally

The Complete Health Improvement Program (CHIP) and Reduction of Chronic Disease Risk Factors in the Philippines

L M Kent^{*1}, D P Morton¹, J T Mañez², S Q Mañez², G D Yabres², A B Mañay², P M Rankin¹, H A Diehl³

¹*Lifestyle Research Centre, Avondale College of Higher Education, 582 Freemans Drive, Cooranbong, NSW 2265, Australia*

²*Health & Wellness Department, Adventist Medical Centre, 1975 Corner Donada and San Juan Street, Pasay City, Manila 1300, Philippines*

³*Lifestyle Medicine Institute, 25805 Barton Rd, Bldg. A, Ste. 106, Loma Linda, California, USA 92354*

ABSTRACT

Lifestyle modification has been demonstrated to effectively reduce the risk factors associated with chronic disease. The Complete Health Improvement Project, a 30-day diet and lifestyle modification program, has been shown to be efficacious in the US, Australasia and Canada. The present study examined the changes in selected biometric measures of 61 participants from six programs delivered in Manila, in the Philippines (May 2013 to November 2014). Overall, significant reductions were recorded in body mass (2.2%, $p < 0.001$), systolic and diastolic blood pressure (6.0%, $p < 0.001$ and 3.3%, $p = 0.040$; respectively), total cholesterol (9.1%, $p < 0.001$), low-density lipoprotein cholesterol (6.8%, $p = 0.021$), and fasting blood sugar (12.4%, $p = 0.001$). Overall, triglyceride levels did not change significantly over the course of the intervention ($p = 0.299$). Stratification of the data revealed more dramatic responses in those presenting with the greatest risk factor levels. Those presenting with cholesterol levels



MEDICAL CHIP
CORPORATE CHIP
COMMUNITY CHIP
CHURCH CHIP

PROVEN RESULTS

Priceless benefits

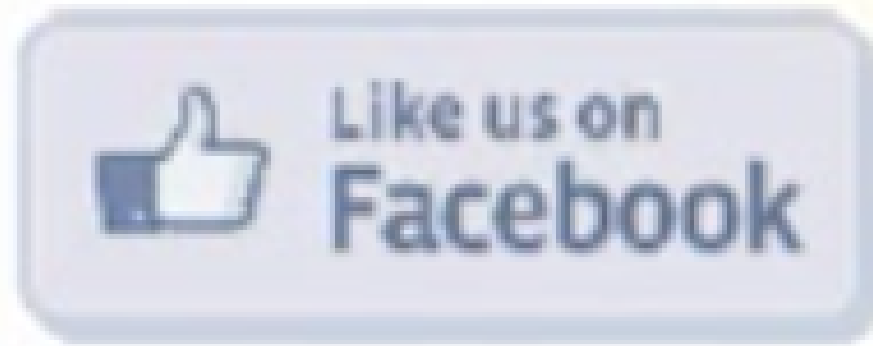
Contact Us

Adventist Medical Center Manila Health & Wellness Department

Tel: (02) 525-9191 loc 642



*Healthy by
Choice
Not by Chance*



**FB/CHIPHealth
FB/LifestyleMedicinePhilippines**

The Original diet

God, who created man and understands our needs, gave us a diet that best supplies the elements needed for the building of the body.

Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.” Genesis 1:29 (NIV)

“...and thou shalt eat the herb of the field.” Genesis 3:18 (KJV)

Herbivores by design

Man was designed to eat vegetables, legumes, fruits, nuts and grains:

- ▶ Our teeth are comparable to that of herbivores
- ▶ Our jaws slide from side to side like herbivores
- ▶ Our stomach acid is comparable to that of herbivores
- ▶ Our gastro-intestinal tract is long like herbivores





Train up a child in the
way he should go:
and when he is old,
he will not depart
from it.

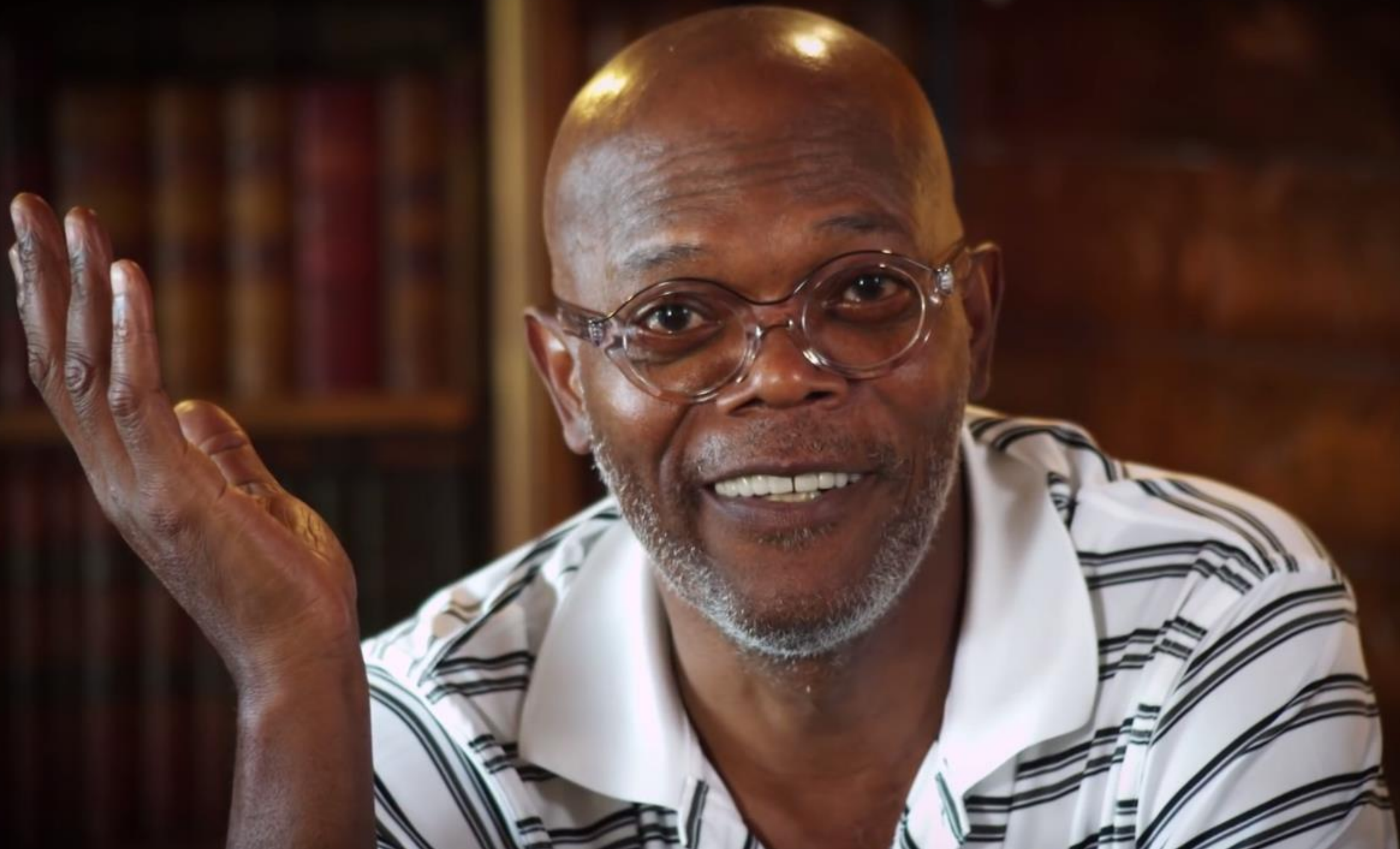
Proverbs 22:6 (KJV)

***“Health is not everything,
but without it, everything is
nothing”***

- Hans Diehl, DrHS, MPH, CNS, FACN



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Health = Happiness

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**MAKE THE RIGHT CHOICE
NOW.**

pcrm.org

nutritionfacts.org

lifestylemedicineasia.org

lifestylemedicinephilippines.org

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**Thank
You!!!**