

0 +1 +2 +3 +4 +5

Optimizing Your Health

Tailoring Your Action Plan To Your
Wellness Goals

OVERVIEW

- Compensating for the World Around Us
- Digesting the Facts
- Optimizing Your Health



Optional vs Optimal: Environmental Factors That Impact Our Health

Compensating For The World Around Us

- Imagine our world before smokestacks, car exhaust, high yield crops, chemicals, preservatives and pollution — a world of organic food sources, fresh air and plenty of physical activity.
- Today, our bodies are forced to process toxins from our food, our water and the air we breathe — exposure to toxins is inevitable.
- These and other environmental factors impact our well-being on a daily basis, contributing to oxidative stress and various health challenges.

Defining Terms - Free Radicals

- Free radicals are molecules with unpaired electrons, which make them unstable.
- Free radicals reach out and capture electrons from other substances in order to neutralize themselves.
 - This initially stabilizes the free radical but generates another one in the process. ¹

Defining Terms - Oxidative Stress?

- Oxidative stress refers to metabolic reactions, which produce free radicals.
 - These radicals can start chain reactions within a cell that cause damage or death to the cell
 - Excessive free radicals may lead to deterioration of vital organs, health of our skin and limit our ability to detoxify from our environment. ^{1,2}

**DID YOU
KNOW?**

Of more than 80,000 chemicals in commerce, only a small percentage of them have been tested for their impact on the human body. ⁶

Oxidative stress is associated with the cause of many diseases and premature aging. ³

Reality Check on Free Radicals

Factors that increase free radical stress on your body:

- Excess exposure to toxins at work
- Sugar consumption
- Alcohol consumption
- Low intake of colorful foods
- Poor sleep
- Inadequate physical activity
- Weight gain
- High stress lifestyle

Oxidative stress due to metabolic disruption is implicated in the development of many chronic diseases.³

Oxidative stress may lead to an imbalance in the body's ability to detoxify or repair damage to all components of a cell, including proteins, lipids and DNA.¹

Notes on Free Radicals

- It is important to understand that not all free radicals are bad.
 - Our bodies' own metabolism generates free radicals.
 - Free radicals help important reactions take place in our bodies— like energy production, fat and carbohydrate metabolism and elimination of toxins.
- Overexposure to outside toxicities requires us to have a counterbalance between the beneficial and the negative effects of free radicals. ^{1,4}

What are Antioxidants?

- Antioxidants are capable of stabilizing, or “neutralizing”, free radicals before they affect cells.
 - When antioxidant support, via dietary intake, is insufficient damage due to free radicals can become overwhelming and debilitating.
- Because there are many types of free radicals, it is important to consume a wide array of foods to offset regular and daily exposure.

**NATURAL
ANTIOXIDANTS**



Antioxidants are most commonly found in colorful foods, such as in the skins of fruits and vegetables.

Why Mom Said “Eat Your Veggies”

- It is important for our health to consume the proper amount of fruits and vegetables each day.
 - However, a world full of fast food and processed meal options has resulted in many people choosing less healthy alternatives for the sake of convenience.
- Poor diets of unhealthy processed foods, sweets and excessive fried foods set the stage for future health decline.⁹

A vegetable-rich diet is a smart way to start looking, feeling and living better.

- The optimal 8-12 servings of fruits and vegetables provide nutrients and fiber, are low in calories and contain no cholesterol.
- In particular, greens help to maintain a healthy digestive tract with natural enzymes and provide nutrients to the body's organs.



Digesting The Facts...

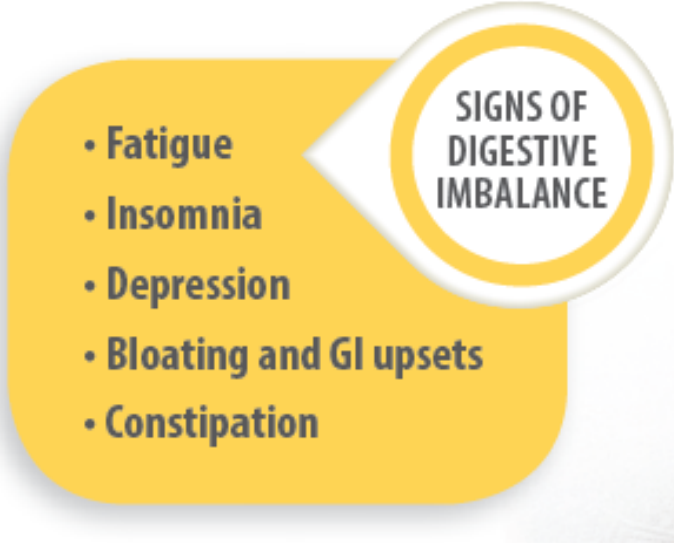
- We tend to underestimate the importance of digestive health until we don't feel well.
- We often think our digestive system is simply for eating, drinking and elimination, but there is so much more going on to help keep our body systems in balance.

Understanding The Digestive System

- Our bodies must regularly filter and eliminate a variety of both internal and external substances to stay healthy and alive.
- Elimination of toxins from tissues happens in a two-phase process in the liver and is supported by other organs or detoxification.
 - The liver, kidneys, digestive system, lymphatic system, skin and lungs all play a part in the elimination of toxins.⁷
- By consistently supporting the organs of elimination, we turn the key to vibrant health.

Supporting Your System

- There are many things we can do to support our ongoing health by “balancing” our digestive system.
- The first step in supporting our systems is making good food choices.
- Our digestion is supported by enzymes naturally found in colorful foods.
 - When we feel bloated or experience digestive complaints, it’s a good indication our system is out of balance.

- 
- Fatigue
 - Insomnia
 - Depression
 - Bloating and GI upsets
 - Constipation

SIGNS OF
DIGESTIVE
IMBALANCE

What Does it Mean to Optimize My Health?

- To take action on your health and optimize your well-being, choose to eat adequate amounts of proteins, healthy fats, fruits and vegetables.
- Optimizing your health requires understanding the basics of nutrition, and taking measures to consume both essential and non-essential nutrients in support of basic bodily functions.
- Other important factors include sleep, movement and stress management in your daily activity.
- When you begin to improve your health, you may notice more energy, find yourself motivated to live an active lifestyle, and make sure that you are compensating for the negative impacts of the world around you.



"A vegetable-rich diet is a smart way to start looking, feeling and living better."

Benefits of Antioxidants

- Antioxidants provide valuable support throughout our body systems:
- Help support healthy blood platelet activity
- Support healthy blood glucose levels
- Reduce mild menstrual cramping and abdominal pain
- Maintain joint flexibility
- Promote cardiovascular health
- Promote healthy sperm quality
- Maintain healthy cholesterol levels
- Support a healthy complexion

Enzymes & Probiotics

- Enzymes are responsible for every activity of life, breaking down macronutrients for energy and building blocks.
- Over time, the body's ability to make certain enzymes reduces as part of the natural aging process.⁸
- Many Health Professionals now believe that maintaining normal levels of key enzymes is important to maintaining overall health.



Enzymes & Probiotics

- A reduction in the number of healthy probiotic strains in the gut may also lead to intestinal discomfort, incomplete digestion of food, and can establish an unfavorable environment for foreign bacterial and fungal growth.
- Probiotics can help maintain a healthy gut barrier, appropriate for healthy digestive tone and elimination.
- Probiotics support a healthy intestinal balance, in particular, in the colon.

Benefits of Probiotics

- Beneficial bacteria that work to remove toxins from the body and help regulate the balance between harmful and beneficial bacteria in the digestive tract.

Benefits of Digestive Enzymes

- Helps replenish the essential enzymes necessary for maximum absorption of nutrients from the food we eat.

Benefits of Fiber

- An effective blend of pre-biotic soluble and insoluble fibers team to deliver optimum cleansing.
- Purifying the colon and balancing the bowel while promoting a healthy immune system.

Benefits of Vitamin D3

- Supports vascular health and calcium utilization and plays an important role in bone health, heart health and immune support.

Action Items!

- Include 8-12 Servings of fresh vegetables every day.
- Enjoy 3 servings of fruit per day
- Consume foods high in Omega-3, Fiber and all essential nutrients.

- Ask your health professional for advice any time you are making changes to your dietary intake.

References

- 1. Defeng Wu, Ph.D., and Arthur I. Cederbaum, Ph.D. (2011). *Alcohol, Oxidative Stress, and Free Radical Damage*. Alcohol Research & Health.
- 2. Kehrer, J.P. (1993). *Free radicals as Mediators of Tissue Injury and Disease*. Critical Reviews in Toxicology, 23: 21–48.
- 3. Knight, J.A. (1998). *Free radicals: Their History and Current Status in Aging and Disease*. Annals of Clinical and Laboratory Science 28: 331–346.
- 4. Lander, H.M. (1997). *An Essential Role for Free Radicals and Derived Species in Signal Transduction*. FASEB Journal 11: 118–124.
- 5. Rosen, G.M., Pou, S., Ramos, C.L., et al. (1995). *Free Radicals and Phagocytic Cells*. FASEB Journal 9: 200–209.
- 6. Environmental Protection Agency (2011). Science Matters.
- 7. Guyton and Hall (2006). Textbook of Medical Physiology.
- 8. Howell E. *Enzyme Nutrition: The Food Enzyme Concept*. Aver' Publishing Group, Wayne, NJ.
- 9. USDA Center for Nutrition Policy and Promotion. USDA Food and Nutrition Information Center. Retrieved from <http://www.cnpp.usda.gov>
- 10. National Academies' Food and Nutrition Board. United States of Dept. of Agriculture-Food and Nutrition Information Center.
- 11. USDA Center for Nutrition Policy and Promotion. USDA Food and Nutrition Information Center. Retrieved from <http://www.cnpp.usda.gov>