

*Live the Anti-Inflammatory Lifestyle.™*

**FUNDAMENTALS**



LIVE  
Ottawa Spring 2017

Presented by Annika Ek RHN, CH, NNCP  
Functional Nutritionist  
TrulyU.com | aek@TrulyU.com




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**Welcome!**

“It is health that is real wealth and not pieces of gold and silver.”  
~Mahatma Gandhi




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**Time for Healing**

- Activate Your Innate Power To Heal
  - Give yourself the right circumstances
  - Physical Healing
  - Mental Healing
  - Soul/Spiritual Healing
- It's All Connected!




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### Why Are "We" So Sick?

- **Inflammation**
  - Acute: A good thing
  - Chronic, often silent: Not a good thing
- Inflammation is an immune response
  - Linked to most chronic illness from Type 2 Diabetes to Heart Disease to Alzheimer's
  - Can lead to Autoimmunity



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### Why Are "We" So Sick?

- Post-WW-II-era drastic change in:
  - **Environment**
    - Chemicals infiltrates "everything".



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### Why Are "We" So Sick?

- Post-WW-II-era drastic change in:
  - **Diet**
    - Processed food
      - Shelf stable and "dead"
    - Pesticides residue
    - Misinformation about dangers of Saturated Fat
    - High Fructose Corn Syrup (HFCS)
      - Cheaper and more harmful than sugar



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### Why Are "We" So Sick?

- Post-WWII-era drastic change in:
  - Lifestyle
    - More time at work, less time for leisure (1980's)
    - 24/7/365 – Go Go Go
    - Convenience Rules
    - Lost Cooking Skill
    - Sedentary Indoor Lifestyle



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### Why Are "We" So Sick?

- Acute vs. Chronic in "Health Care"
- Chronic Conditions
  - Type 2 Diabetes and Obesity
  - Digestive Diseases
  - Neurological (Autism and Alzheimer's)
  - And many more...



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### Why Are "We" So Sick?



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## Navigate To Health



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## Navigate To Health

- The Human Body is Very Complex
- Set Your Filters
- Primary Goal: Always Health
- Bio-Individuality
- Starting Point



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## You Have Control

- Can Feel Out of Control when Lose Your Health
- “Modifiable Lifestyle Factors”
  - Mainly Strategic Diet & Lifestyle Upgrades
- Functional Model is Powerful and Empowering



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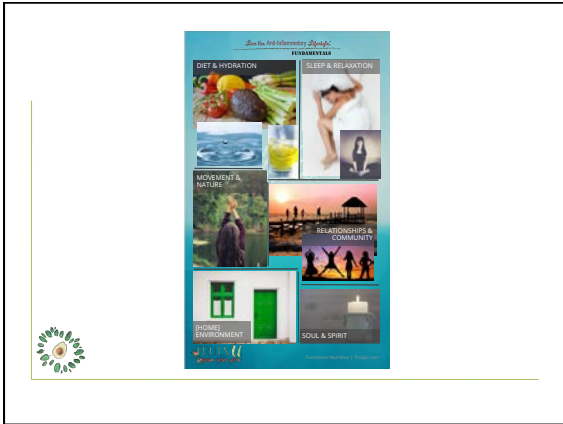
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### Benefits Of Reduced Inflammation

- More Energy & Clarity
- Better Focus
- Better Sleep
- More Stable and Positive Mood
- Peace Of Mind

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### Benefits - Less Inflammation

- Clearer Skin, Stronger Nails, Thicker Hair
- Fewer Aches and Pain
- Reversal, Reduction or Prevention of Chronic Conditions
- Body Shape Transformation
- Weight Loss (if desired)

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### “Effort + Dedication = Transformation”

- Learn & Internalize Information
- Head to Hands
- New Ingredients, Recipes
- Shopping Habits
- Spending Priorities
- Letting Go




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### On the Other Side

- |  |    |   |
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| <ul style="list-style-type: none"> <li>• Deprived</li> <li>• Cravings</li> <li>• Bland Food</li> </ul> | OR | <ul style="list-style-type: none"> <li>• Empowered</li> <li>• Free</li> <li>• True Agency in Your Life</li> </ul> |
|--|----|---|




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### You Can Do This!

- Bright Line Approach - 100%
  - No room for negotiations with self
  - Will power is a limited resource




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### Your Big WHY

- State Your (Health or Life) Goal(s)
- What is Your Big WHY?




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### Our Crew Code

- We are Going to Journey Together
- Place for Healing and Growth
- Trust & Support
- "What Happens in LAIL-F Stays in LAIL-F"




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### Hear the Music




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### The Melody - "Practical"

- Knowledge To Habit
  - Information
  - Understanding (Head)
  - How To (Hands)
    - Tools
    - Skills & Tips
    - Support



Easy Choice = Habit

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### The Baseline - "The Resistance"

- What change stirs up
  - Cravings
  - Beliefs (hidden)
  - Limitation (time, money etc.)
  - Challenge Traditions
  - Tribal Challenge (social pressure)
    - Family and Friends
    - Relationships




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### SUGAR - the not so sweet truth




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## SUGAR - BASICS

- Monosaccharides
- Disaccharides - double sugars
- Polysaccharides – complex (many) sugars
  - Plant foods and starches are made from polysaccharides



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## Glycemic Load

- Glycemic Load: Rate sugars are absorbed in to blood stream
  - Glycemic Index: Isolates sugar content in a food
- High, Medium, Low Glycemic Load
- White, Brown and Green Foods



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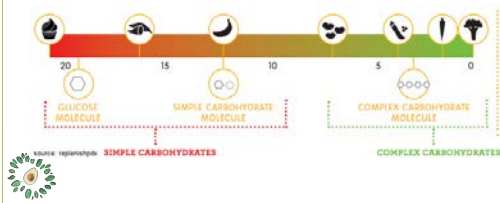
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## Carbohydrate Continuum

- Blood Sugar = Glucose in Blood
- From Cupcake To Broccoli



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### Slow It Down!

- Protein, Fiber & Fat in Every Meal and Snack
- Slows absorption of sugars and keeps blood sugar stable



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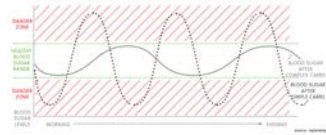
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### Blood Sugar

- Eat Complex Carbs to stay in the “green zone”
- Blood Sugar Swings are a Stressor
  - Gets in the way of healing



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### High Or Low

- Symptoms of high blood sugar
  - Fatigue after meals
  - Crave sweets/caffeine after meals
- Symptoms of low blood sugar
  - Sweet cravings between meals
  - Feel better after eating
- How do you feel after a meal?



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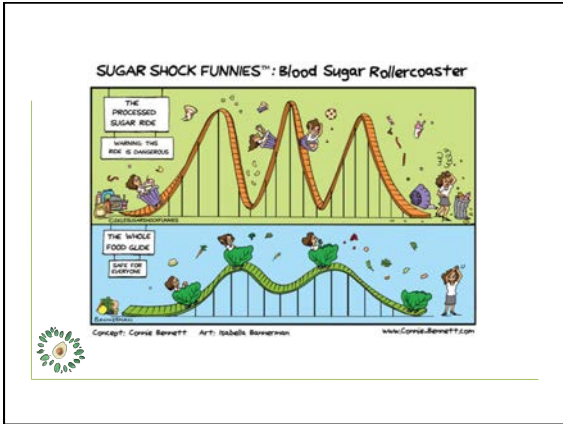
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## Sugar - Addictive

- Pervasive, everywhere and in everything – Sugar addicted society
- More addictive than cocaine



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## The Pleasure Trap

- Watch “The Pleasure Trap” by Douglas Lisle – <http://bit.ly/pleasure-trap>



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## The Pleasure Trap



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## Taste Bud Reset

- Taste buds regenerate in approx. 2 wks
- Sensory Deprivation
  - Avoid Sweet and Processed Food
    - “Super normal stimulus”
  - Water Fast approx. 6 pm - 10 am
    - Caution with blood sugar
  - Will Appreciate Subtle Flavours Again



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## Hidden Sugars

- Look for hidden sugars
  - Words that end in -OSE
    - Fructose ex. High Fructose Corn Syrup (HFCS)
      - HFCS linked to fatty liver
    - Dextrose
- In most processed foods, even in savory foods
- Read Labels!



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### Letting Go - Sugar



- Refined Sugar
- Brown Sugar
- Maple Syrup, Honey, Agave
- HFCS (High Fructose Corn Syrup)\*
- Tropical Fruit
- Alcohol
- Artificial Sugar (Splenda, Aspartame etc.)




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### Coping with Cravings



- Physical
  - First 3 days most difficult
  - Reset receptor sites, taste buds
  - Water, Fat (Coconut Oil/Manna), Clean Protein
- Emotional
  - Find joy and pleasure away from food
  - Bath/Shower, Music, Nature, Friends, Art, Movement, Breathe, Be the Space for the craving
- Essential Oils, Journaling, Counseling




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### COFFEE




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## Coffee Downers

- No Nutritional Value
- Pesticide Residue
- Addictive (withdrawal)
- Expensive
- Powerful Stimulant (interfere with sleep)
- Stimulates stress hormones/adrenals
- Raises Blood Pressure
- Dehydrating
- Leaches Minerals from Bones



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## Masks Fatigue & Sleep Quality

“Caffeine and energy drinks/supplements mask fatigue, giving us the illusion that we’re doing fine without enough sleep, while simultaneously eroding the quality of our sleep when we do finally get ourselves to bed”



Source: Go To Bed by Sarah Ballantyne

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## WATER



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### The Power of Water

- Dilutes and eliminates toxins
- Helps detox via kidneys (urination), skin, lungs
- Dissolves nutrients during digestion
- Transports nutrients and chemicals to cells and tissues



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### Dehydration

- Main Cause for Fatigue and Headache
- Thirst May Be Mistaken For Hunger
- Adversely affects Memory and Focus
- Slows Metabolism
- Aggravates Muscle and Joint Pain



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### How Much and When To Drink

- Drink 2-3 liters per day
  - Body size, temperature, activity, state of health etc.
- Drink throughout the day
  - Can you “hold” your water
  - Compensate for caffeine and alcohol
- Drink water on waking and before meals
- Drink at room temperature
- Filtered or Spring Water



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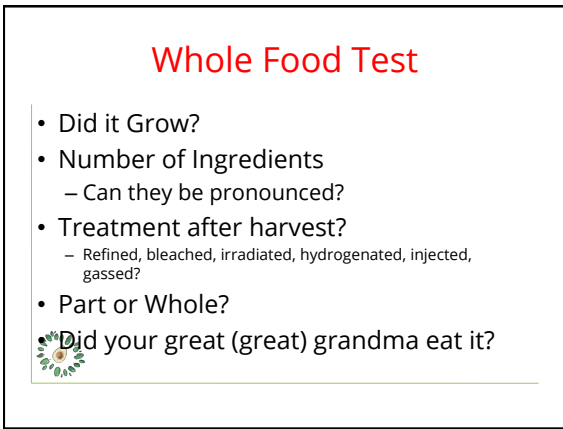
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**NO - Inflammatory Foods**

1. Sugar - White Sugar, Brown Sugar, Agave Syrup, Pancake Syrup, High Fructose Corn Syrup (HFCS) etc.
2. Artificial Sweeteners - Aspartame, Splenda etc.
3. Vegetable Oil - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottles
4. Trans Fats - Margarine, Hydrogenated or Partially Hydrogenated Fats, Deep Fried Foods
5. Dairy - Cheese, Ice-Cream, Yogurt, Milk, Cream etc.
6. Eggs - From Conventionally Raised Caged Chickens
7. Salmon, Farmed
8. Conventionally/Feedlot Raised Beef and Chicken
9. Processed Meats - Deli Meats, Sausages etc.
10. Alcohol - wine, cocktails, beer, cider, hard liquor
11. Refined Grains
12. Gluten Containing Grains - wheat, barley, rye
13. Food Additives - MSG, Preservatives, Food Colouring/Flavourings etc.
14. Foods you are or may be allergic or sensitive to. Common allergens are gluten, dairy, eggs, corn and soy.



Truly Functional Nutrition | TrulyU.com | info@trulyu.com

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**Hello Greens & Veggies**

- Phytonutrients (protective)
  - Antioxidants
- Chop, Steam, Roast, Sauté, Soup, Mash, Puree etc.
- Make it Simple; add water, sea salt, herbs & spices
- Organic, local, in-season




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**Bon Appetite!**

- Quality over Quantity
  - What your food eats or where it grows matters a great deal
- Don't eat if allergic, sensitivity or have already removed that food group (ex. gluten)
- Gratitude and breath before eating for parasympathetic state




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## SLEEP



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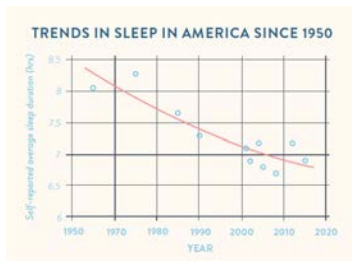
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## Sleep Trend



Source: Go To Bed by Sarah Ballantyne



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## Link To Addictive Behaviours

“Getting enough sleep is important for health directly but also indirectly, since it reduces the likelihood of us engaging in other destructive behaviours.”

Source: Go To Bed by Sarah Ballantyne



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### Why We Sleep

- Restoration
- Synaptic Plasticity
- Energy Conservation




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### Sleep Facts

- Average adult 7-9 hours
- 9+ hours if chronic illness/autoimmunity
- Hunter/Gatherers 7 - 8.5 hours along with the Sun Cycles
- Sleep Debts Build Up Quickly




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### Sleep & Health

- Sleep < 6 hrs increased risk disease
- Inflammation - Immune Response
- Autoimmune Disease Symptoms/Onset
- Obesity and Lack of Sleep
- Cortisol and Sex Hormones
- Cognitive Function
- Mental Health




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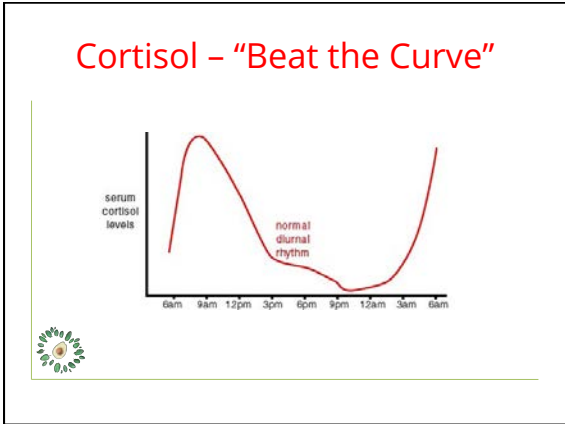
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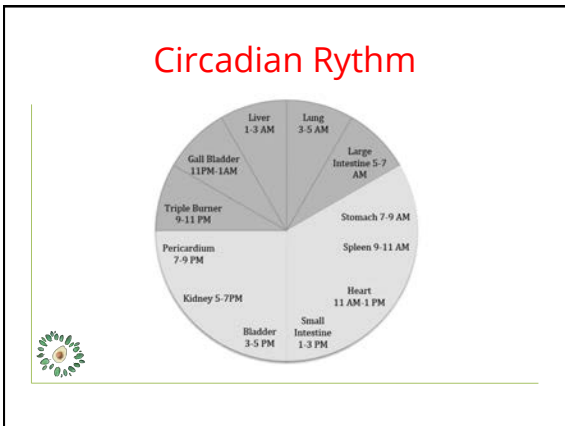
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### Bedtime Formula

- Wake Up Time – 8 hrs sleep – 30 min falling asleep time – 30 min quiet time read or meditate = Bedtime
- Ex. 6.30 am – 10.30 pm – 30 min falling asleep – 30 min quiet time = **9.30 pm Bedtime**
- WHAT'S YOUR BEDTIME?

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### Sleep Hygiene

- Daylight by 1 pm
- Cut Caffeine
- No Food After Dinner
- Dark, Cool, Quiet Bedroom
- Have a Bedtime & Bedtime Routine
- Wind Down Low Light/Tech
  - Orange Glasses, F.lux, Nightshift (iOS)
- Read
- Meditate

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### What We Covered

- Why are "We" so Sick?
- Navigate to Health
- Sugar
- Coffee
- Water
- What To Eat
- Sleep

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### Support

- Private Facebook Group
  - Ask questions
  - Share recipes & resources
  - Support each other
- Weekly Support Call
  - Mondays at noon for 30 minutes
  - Email questions
- Private Consultation
  - With Annika or other practitioner

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### ACTION PLAN - WEEK 1

- Let Go of Sugar in all forms
  - Taste bud and dopamine reset
- Begin Wean Coffee
  - If coffee drinker
- Let Water Be Your Main Fluid
- Focus on Greens, Veggies & Clean Proteins (see resources for recipes)
- Calculate and Honour Your Bedtime




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### ACTION PLAN - WEEK 1

- Be Ready for Obstacles
    - Get support and ask questions right away
      - FB Group, Weekly QA, Private 30 min session
    - “Fall seven times, rise eight” – Buddhist saying
  - Honor Your Bedtime
    - Sufficient Sleep will Help You Make Better Food Choices
- Watch entire “Pleasure Trap” TED talk




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### Obstacles To Healing




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### Obstacles To Healing

- BE READY! ASK FOR HELP & SUPPORT
- Lack of Knowledge, Tools & Skills
- Lack of Support
- Lack of Planning
- Lack of Strong WHY
- Need To Find Root Cause




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### Next Week

- Why Gluten Free is not a fad
- Immune Response
- Stress and Relaxation




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“Knowledge is power”  
~unknown




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