

Live the Anti-Inflammatory Lifestyle.™

FUNDAMENTALS



LIVE
Ottawa Spring 2017


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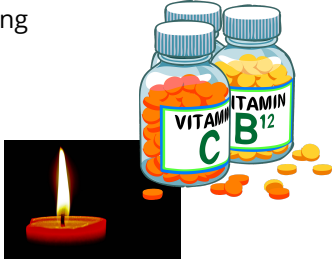
"I REALLY REGRET
EATING HEALTHY
TODAY" ...
SAID NO-ONE EVER.

Source: Relatably.com



Welcome To Class 6

- Supplementing
- Soul & Spirit
 - Presence
 - Purpose
 - Congruence



Review Week 5

- Fat in the Body & Fat in the Diet
 - Saturated Fat
 - Monounsaturated Fat
 - Polyunsaturated Fat
 - Healing Fats and Trans Fats
- [Home] Environment
 - Chemicals to be Aware of and to Avoid
 - Upgrades for a Healthier Home, Personal Care & Cosmetics









Why Supplement

- Hard To Get All Nutrients From Food
 - Nutrient Depletion of Soil
 - You Eat What the Plants Absorb
- Nutrient Empty Calories
 - Aim for Nutrient Dense Food
- Pesticide Residue & Additives in Food
 - Require Nutrients to be Metabolized and Excreted



Why Supplement

- Medications May Increase Need for Some Nutrients
 - Meds May Deplete Nutrients
 - “Supplement Your Prescription” by Dr. Hyla Cass
 - Ex. Statin Drugs deplete Co-Q10
 - Nutrient linked to heart health



Macronutrients

- Omega-3
 - DHA & EPA
 - Supplement with fish oil, no conversion needed
 - Anti-Inflammatory
 - Immune Boosting
 - Triggers BDNF -> growth of new neurons in the brain -> better memory
 - Reduce or Repair Cognitive decline
- Omega-6
 - No need to supplement in most cases



Macronutrients

- Amino Acids - Protein
 - Free Form Amino Acids
 - Beneficial if severely compromised digestion



Fiber

- Soluble
 - Attracts water and becomes gel
 - Slows digestion
 - Bind and carry toxins out
 - Feed friendly bacteria in gut
 - Convert fibers into Short Chain Fatty Acids like butyrate
- Found in Nuts, Seeds, Fruits, Vegetables, Tubers, Psyllium (as supplement)



Fiber

- Insoluble
 - Adds bulk to stool and speeds digestion
 - Ex. Vegetables, Bran, Whole Grains
- Best to get Fiber from Food



Fiber

- Insoluble
 - Caution With Fiber Added To Processed Foods
 - Excess insoluble fiber can bind to minerals such as zinc, magnesium, calcium, and iron, prevent absorption



Micronutrients

- Vitamins
 - Water Soluble (B-complex, C)
 - Fat Soluble (A, D, E, K)
- Minerals
 - Macro minerals Ex. Calcium
 - Trace minerals Ex. Selenium
- Vitamins and Minerals are Co-Factors in Pathways that do *much* important work

Micronutrients

- Electrolytes
 - Cellular Respiration
 - Muscle Contraction
 - Nerve Impulses
 - Replenish
 - Sweating
 - Diarrhea or Vomiting
 - Exercise



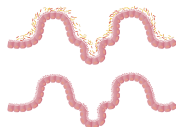
Coconut Water + Sea Salt

- Main Electrolytes
 - Sodium, Chloride, Potassium, Calcium, Magnesium, Phosphate



Microbiome

- Probiotics
 - Beneficial Bacteria
 - Beneficial Yeasts (*S. Boulardii*)
- Prebiotics (food for friendly bacteria)
 - Inulin
 - FOS
 - May Cause Gas
 - Start Low & Go Slow



Phytonutrients

- Found in Herbs, Spices, Vegetables, Fruit
 - Often High Concentration in Peel
 - a.k.a. Phytochemicals
- Smaller Size and Darker Colour are Better



Phytonutrients

- Chemicals from Plants (Phyto = Plant)
 - Used by plants for protection from predators, elements and pollution.
 - Protective properties pass when we eat plants
 - Insignificant caloric value
 - Promote health & prevent disease



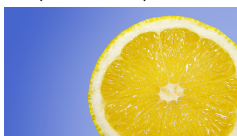
Phytonutrients

- Anti-Oxidants
 - Protect Against Free Oxygen Radicals and ROS (Reactive Oxygen Species)
 - Ex. Carotenes, Lycopene, Resveratrol
 - Vitamins A, C, E found in many plants
- Phyto Sterols
 - Lower LDL-Cholesterol



Phytonutrients

- Non-Digestible Carbohydrates
 - Fibers ex. Tannins, Pectin, Cellulose, Mucilage etc.
- Natural Acids
- Enzymes
- Lecithin
 - Fat important to cell membranes



Digestive Support

- Protein
 - Hydrochloric Acid (HCl) and Pepsin
- Fat
 - Bile and Lipase
- Carbohydrates
 - Amylase
 - Lactase (Milk Sugar – Lactose)



Choosing Supplements

- Food First
 - Diet and Lifestyle is the Foundation
 - Supplements will not compensate for unhealthy diet and lifestyle
- Supplement Second
 - Basics for Everyone
 - Special Circumstances



Basic Supplementation

- Multi-Vitamin-Mineral
- Vitamin D3
- Omega-3
- Probiotics
 - Multi Strain
- Digestive Enzyme
- Magnesium Glycinate



Special Circumstances

- Stressful Time
- Travel
- Cold or Flu
- Healing
 - from Surgery or Injury
- Chronic Inflammation



Choosing Supplements

- Quality Matters
 - Therapeutic Grade
- Beware of Contamination & Fillers
 - Read Labels
 - Gluten, Dairy, Soy etc.
 - Possible Allergens
 - Fillers
 - Ex. Soybean oil in fish oil



Choosing Supplements

- Absorption, Avoid Tablets
 - Powders, Liquids & Capsules Best
- Dose and Frequency Matters
 - Start Low and Go Slow
 - Pulse Supplements
 - Are you Sensitive?
- Storing & Buying
 - Fridge or Dark, Cool Place



TrulyU Fullscript Dispensary

- My Pro Grade Recommendations
- Protocols for Basics, Stress, Cold & Flu etc.
- 10% Off List Price
- Open Your Account for Recommendations & Promotions




<https://healthwavehq.ca/welcome/trulyu>

Soul & Spirit





Soul & Spirit

- Outside Religion
- Living With/On Purpose
- Greater Connection
- Simultaneous Transformations
 - Physical
 - Soul Spiritual
- Living as the Best Version of You



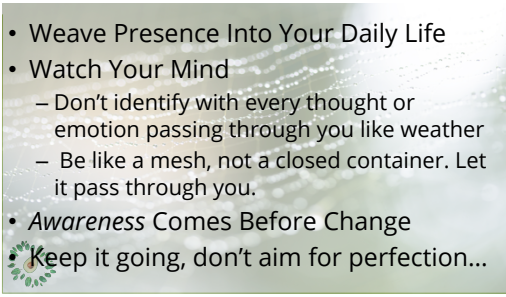

Presence

- Find Sacred In Your Life
 - “Sacred = place or time where potential for connection is greater”
- Where you most easily find Peace
- Daily Meditation
 - Ever-Present Meditative State
 - Mini-Meditations

Presence


- Weave Presence Into Your Daily Life
- Watch Your Mind
 - Don't identify with every thought or emotion passing through you like weather
 - Be like a mesh, not a closed container. Let it pass through you.
- Awareness Comes Before Change
- Keep it going, don't aim for perfection...


Purpose




Purpose




- “The World will be saved by the Western Woman.” – Dalai Lama
- “There is time for everything, but not at the same time.”





Purpose






- Empower Yourself First
 - If not risk burnout, resentment etc.
- External Purpose
 - Creating Change in the World
 - Small to Big Change
- Internal Purpose
 - Frequency Holder
- Cycle Between External and Internal



Congruency



Congruency

congruent     

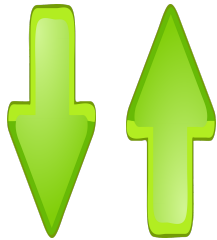

ADJECTIVE

1 In agreement or harmony:
'the rules may not be congruent with the requirements of the law'
'institutional and departmental objectives are very largely congruent'
 (+ More example sentences) (+ Synonyms)

2 *Geometry*
 (of figures) identical in form; coinciding exactly when superimposed.
 (+ Example sentences) (+ Synonyms)


Congruency

- Soul Spiritual
- Purpose
- Mind
- Heart
- Body
- Actions

Congruency

- Living a Congruent Life
 - Integrity through all areas of your life
- Distraction Lifestyle
 - ProActive vs. ReActive
- Practice Discipline Like a Muscle
 - Stronger with more use
- Use Systems that Support Discipline
 - Brightline Approach



Let's Talk




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FUNDAMENTALS

<p>REVIEW</p> <ul style="list-style-type: none">• Diet & Hydration<ul style="list-style-type: none">– Sugar– Gluten– Dairy– Protein– Fat• Supplements 	<ul style="list-style-type: none">• Sleep & Relaxation• Movement & Nature• Relationships & Community• [Home] Environment• Soul & Spirit
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Keep It Going

- Fundamentals that Build a Strong Foundation
- Circle Back - each time a bit "higher"
- Diet and Lifestyle Always Evolving
 - Awareness
 - State of Health
 - Age, Season, Climate
 - Global and Local events and more...



Keep It Going

- Challenge Yourself
- Surrender To Where You Are Now
- Be your own scientist n=1
 - Test for 1, 2, 3 or more months
 - Experiment and Evaluate
- Honor Your Bio-Individuality
 - Trust yourself more than experts





Support

- Private Facebook Group
- Members Resource Page
- Private Consultation with Annika
 - In Ottawa Call Wellness House at 613 722 7799 to schedule intake sessions
 - Online Consultations [click here](#)
 - FNM stands for "Functional Nutrition Matrix"

