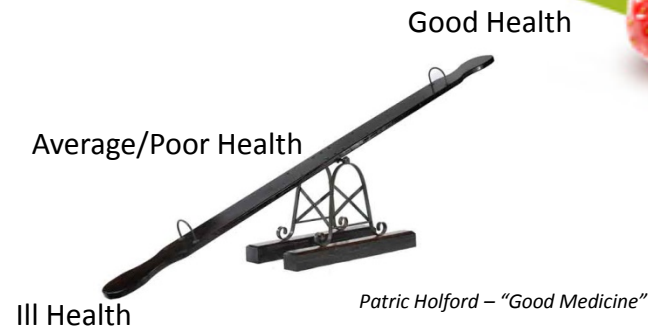


“LIFESTYLE DISEASES- IS IT REAL?”





INTRODUCTION



- Treat the person and not the disease
- Why we get sick in the first place
- Lifestyle diseases result from ... Bad foods -not enough good foods- leading an unhealthy lifestyle
- Body in time, develops inflammation causing all body systems eventually to become unbalanced

WE HAVE TO RETHINK THE WORD “DISEASE”

- The paradigm of 20th Century illnesses – antibiotics
- Paradigm shifting – diseases related to environment, diet, genes, and lifestyle
- Look at root cause of health issues
- Need to increase health reserves through “Lifestyle medicine”



LIFESTYLE DISEASES SEEM TO BE A MAJOR CAUSE OF DEATH TODAY

- The more industrialized countries become – lifestyle diseases more widespread
- Facts from “An Analysis of Death Statistics”
 - 1900’s – deaths from communicable diseases
 - 1950’s – most deaths from lifestyle
- **American Heart Association**
- **The Cancer Council of Australia**
- **South African Population**
- **Body Mass Index (BMI) – waist/hip ratio**
- Other Lifestyle diseases ...
- Affecting younger and younger people



OUR DIET HAS CHANGED SIGNIFICANTLY OVER THE PAST FEW DECADES

- 1950's – huge increase in animal products, vegetable oils, fruit juices and alcoholic beverages – **obesity increased**
- 1970's – diet high in animal products, fat and sugar – **cancer increased**
- In developing countries - diet high in grains, low intake of animal products, fat and sugar – **cancer deaths dropped**
- Lifestyle factors rather than genetic factors key determinants in lifestyle diseases



LIFESTYLE FACTORS VS GENETIC FACTORS

- Food is **far more** than protein/carbohydrates/fats /micronutrients
- Genes are actually modifiable
- **Epigenetics** - DNA blueprints passed down through genes, are not set in stone at birth
- Lifestyle choices affect your children/grandchildren
- We are not stuck with our genes
- Need to bathe our genes in the right environment
- Genetic screening



INFLAMMATION IS INVOLVED IN MOST DISEASES

- Following the mainstream S.A. diet causes injury to blood vessels
- Sugary foods creates inflammation
- Excessive Omega 6 oils cause inflammation
- Solution -Eat foods closer to their natural state

“Every human being is the author of his own health or disease”

Guatama Siddharta



IS “CONVENTIONAL MEDICINE” THE ANSWER TO PREVENTING LIFESTYLE DISEASES?

- Functional medical doctors use “lifestyle medicine”
- The most common drug prescribed- Statins
- Cholesterol is not the enemy
- If have raised cholesterol change your diet
- Check cholesterol: full lipogram, lipoprotein (a) size of cholesterol particles and Homocysteine
- Lifestyle medicine becoming the preferred modality for treatment of most lifestyle diseases



PREVENTION OF LIFESTYLE DISEASES

- Organic, unprocessed foods
- Good quality protein with every meal
- Healthy fats
- Avoid trans fats/hydrogenated fats
- Avoid refined carbohydrates
- Avoid fizzy drinks
- Exercise
- Fresh air/sunshine
- Reduce stress
- Drink Water
- Restorative sleep
- Quit smoking
- Alcohol in moderation
- Adopt a positive attitude towards life
- Nutritional supplements



CONCLUSION

If you think you are predisposed to Lifestyle diseases because of your genes, your age, your gender or race, the lifestyle changes you make can decrease your chances of being affected

“Your genes are not your destiny”

Thank you

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