

Optimal Strategies for Nutrition, Wellness and Maximum Lifestyle

Presented by:
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Your Speaker



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- Father, chiropractor, speaker, wellness coach

We change lives through inspiration, empowerment, and excellent health care delivery in a beautiful Calgary wellness centre



Objectives of this workshop

- Maximize our life with great health through the best choices for natural nutrition.
- Set the record straight so we all learn how to create healthy bodies with energy high, and drive our disease risks down with a natural lifestyle.
- Review the top ten successful lifestyle strategies

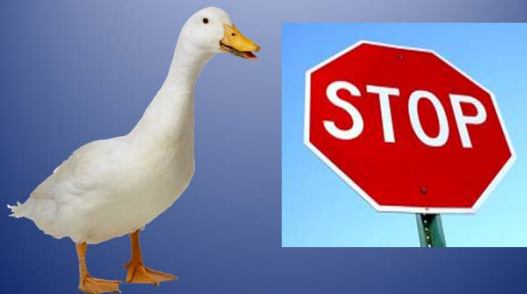
Facts to consider and be motivated

- 93% of North Americans lack all essential daily nutrients eating the Standard American Diet (SAD)
- 40% of people with high body weight due to fatness are linked to Arthritis, CVD, Cancer, Diabetes, Dementia, and Alzheimer's
 - 50% of Canadians are over weight; 25% considered obese
- CDC states "30% all Cancers ~ to high weight by fatness."
- NIH states "70% all site Cancers preventable"
- First time in history on our planet, there are more deaths related to obesity, than from starvation!
- 80% of ALL deaths occurring today are from chronic illnesses, aka "diseases of lifestyle"

If that wasn't enough!

- Rates of autism, behavioral disorders and learning disabilities in children are rising
- 1 in 3 children now have diabetes; 80% die > CVD
- Alzheimer's now starting in the 40's
- Parkinson's now starting in the mid-late 30's
- Atherosclerosis now beginning in the teens
- Type II diabetes now beginning in under 10 yrs
- Hypertension is on the rise, cognitive function is on the decline.

Stop the insanity!



We have to think differently!

- Think differently to find a solution (A. Einstein) >> the current average way of living does not work
- Rethink and re-orient ourselves.
- Must end the unsustainable REACTIVE way of approaching health and lifestyle
- The writing has been on the wall for some time!
 - Current health care system is broken – only you can fix it!
 - Costly, restrictive access, luxury for wealthy, reactionary, false hope, profit confusion, flawed premise, bankrupted!

What is Health?

“A state of optimal physical, mental, social, and spiritual well-being, and not merely the absence of disease and infirmity.”

–Dorland’s Medical Dictionary (25th ed.) and adopted by the World Health Organization 2005



“100% function of the whole body, all of the time”

–Dr. D.D. Palmer Canadian born Founder of Chiropractic – originator of the “Wellness” movement

We are self-healing and regulating organisms.
We naturally require a few basic things to be healthy!
Why has this become so difficult and elusive for most people?

Perhaps a biologist’s perspective would help us solve this perplexity

- **Plants** – are they design perfectly to grow from seed into plant? Or are their genetics flawed?
 - Can they be healthy without the water, nutrition, or sunlight they require?
 - Give all 3 – still unhealthy?? Then what would you suspect??
- **Deer** – if they eat right but live behind fence or near city, will they thrive?
 - If they are restricted to grazing in a paddock, with no open meadow to move around in naturally = sickness!
- The answer to 96% of health problems remains for us to ***eat, think, & move naturally in a healthy environment!***

Health is NOT better drugs, flawed genetics, or lack of surgery!

- But don't drugs help? Not really....
- *Circulation, 2005 by AHA, NHLBI Science Statement; Grundy et al.*
- RE: Metabolic syndrome

Risk Factor	Defining Level
HDL Cholesterol	Men <40mg/dL or Taking Meds
Blood Pressure	>130/85mmHg or Taking Meds
Fast Blood Sugar	>100mg/dL or Taking Medications
Triglycerides	>150mg/dL or Taking Medications

The natural way of living, thinking, moving, and eating

since 1895 chiropractors have called it the Chiropractic Lifestyle — the start of *Wellness!*

- "Our cells are innately or genetically equipped from birth with all the necessary intelligence to function properly. Our cells are programmed for homeostasis and health and to NEVER dysfunction without a physical, emotional, chemical or spiritual stressor."

Dr. James Chestnut 2004

So simply provide the basic A,B,C's

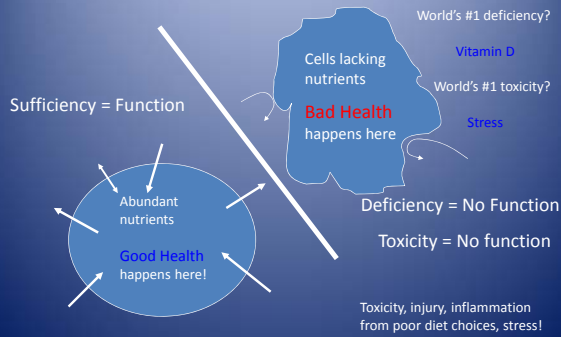
- A – Oxygen, water, sunlight
- B – Clean organic foods and a healthy environment
- C – A healthy brain and nervous system to control and integrate all of life inside us and help adapt to the world around us. We must not allow any interference here >> therefore chiropractic care is for everyone in the world, from birth to the end of life!

Assuming you have A,B, and C..

D - Avoid Deficiencies and Toxicities

Today's state of environment and lifestyle in the world is toxic!
 Ecosystem and lifestyle are relevant, just like for plants or animals
 We are sick animals just like animals in captivity, animals in stressful environments, and animals in pollution filled areas (Pothoepger Cat study 1950's)

Deficiencies or Toxicities Affect our Cells



So what is optimal nutrition in 2013?

- Evidence shows that it is a BASIC NATURAL EATING style that existed long ago globally, and still to this day in different areas around the world
- Call this **PALEOLITHIC DIET**, or ancient **MEDITERRANEAN DIET**, or the modern day **POLY DIET**
- Our Paleo & Meditteranean ancestors had the same genes but were & are healthier than the majority of people today!
* No to 90% presence of today's leading cause of death: 15-40 US, 40-60m China, etc!
- They ate and lived completely differently! Sufficiently!

Simple & Natural Nutrition

- Predominantly two food groups:
 1. Wild meat and fish
 2. Vegetables and fruit
 - Little or no grains, no cereals, flours, pasta type carbohydrates
 - No dairy, no artificial foods/packaging/preserving/coloring.
- Foods were rich in nutrients, fiber, probiotics, higher in calories, and toxin free!
- Meat was wild, free grazing, & unaltered by hormones, pesticides, etc.
- Fish was naturally plentiful and unpolluted.
- All fruits and vegetables were fresh, vine ripened, naturally grown, and eaten raw!

Natural Nutrition

- “Plants” to “animals” ratio of intake.
 - 65 % vegetable to 35 % animal
 - Nearly a 3000kcal/day diet (Dr. S = 2100/day)
- Low glycemic loads
- Proper fatty acid, macronutrient, and acid base balance
- Proper sodium-potassium balance and fiber content!
- 1 x 10⁶ times more healthy bacteria in diet influencing their immunity and assisting in nutrient absorption

Natural Nutrition

- Literature reveals hunter-gatherer / Poly diet:
 - Protein (vegetable and lean wild game) 20-35%
 - Carbohydrate (fruits and vegetables) 25-40%
 - Fat (organic meats & fish; veggies, nuts) 30-45%
- Water intake was ~ 3 - 4 liters per day
- No simple sugars, no ground up and baked or processed grains, no sweeteners, just goodness

Everyone needs a nutrition plan

Go Mediterranean, or Ultimate Omega Diet

Meats and Sweets
Poultry and Egg
Cheese and Yogurt
Fish and Seafood
Fruits, Vegetables, Grains, Olive oil, Beans, Nuts, Legumes, and Spices

Wine
Drink Water

Be Physically Active
Enjoy Meals with Others

Everyone needs a nutrition plan

Go Paleolithic, go Hunter/Gatherer, or modern & go Poly

Nuts and Berries
Fruit
Vegetables
Meat

It works: Nutrition trials show...

- Mediterranean eating style (diet)
- Red wine & some fermented dark beers/ales.
- No smoking + exercise 90 minutes per week

This reduced total mortality rates by 65% even starting at the age of 70 years!!

Nutritional Gems



- Multiple vitamin & mineral rich in anti-oxidants and liver supporting flavonoids
- Eat more Fresh-Fiber-First with adequate water
- Vitamin D3 daily
- Probiotics for balancing and maintaining gut health & immunity
- Omega 3 fatty acid supplements of high quality
- Diets rich and regular with intake of...
 - Pomegranate and Omega Oils**
 - Watercress and Milk Thistle
 - Artichoke leaf and Guggal Gum
 - Green teas, cayenne, garlic, and ginger
- Basic vegetables like broccoli, cruciferous, artichoke, asparagus, beets, kale, olives, peppers, spinach, and some fruit

In a nutshell, all you need to do is eat mostly fruits, vegetables, nuts, fish, chicken, and lean meat. Eat until you begin to feel full and then stop. Take the key supplements and exercise more. There is no need to make deflaming a complicated or negative process, and this is illustrated by the many examples found in the Success Stories section at defame.com.



Avoid as much as possible:

- All grains and grain products, including white bread, whole wheat bread, pasta, cereal, pretzels, crackers, and any other product made with grains or flours from grains, which includes most desserts and packaged snacks.
- Partially hydrogenated oils (trans fats) found in margarine, deep-fried foods (French fries, etc.) and most all packaged foods.
- Corn oil, safflower oil, sunflower oil, cottonseed oil, peanut oil, and foods made with these oils such as mayonnaise, tartar sauce, margarine, salad dressings, and many packaged foods.
- Soda and sugar are inflammatory. If you eat dairy or soy, they should be consumed as condiments.
- Meat and eggs from grain-fed animals (domesticated animal products) are obese and unhealthy; they are loaded with saturated fats and inflammatory omega-6 fatty acids. Grass-fed meat or wild game are our best choices. We should eat lean meat, skinless chicken, omega-3 eggs and fish (4). Lean cuts of meat and lean hamburger meat are available at most grocery stores, and even extra-lean is sometimes available.



Labeling – not a concern if you eat the correct choices in the first place!

- Toxic food additives to avoid:
 - Hydrogenated fat
 - Partially hydrogenated fat
 - Trans fats
 - Added salt
 - MSG
 - Hydrolyzed protein (disguised MSG)
 - Aspartame and other artificial sweeteners (use Steevia)
 - Any and all chemical food additives and colors
 - Non-fiber carbohydrates (sugar)
 - Corn syrup and High Fructose Corn Syrup sweetener

Natural Nutrition – does not include these risky foods

- Toxic food choices to avoid:
 - Fried foods (donuts, fries, chips, etc)
 - Processed and non-fiber carbohydrates
 - Grains (limited whole grains like wild rice & whole oats)
 - Dairy (limited non-pasteurized dairy)
 - Juices (dilute these and limit intake)
 - Caffeine (very limited please)
 - Sprayed, early harvested fruits and vegetables
 - Grain fed, antibiotic fed, hormone fed meats
 - Tap water, non-filtered water
 - Corn products
 - Shellfish & polluted, corn fed farmed fish
 - Smoked meats
 - Alcohol (non-fermented, non-dark red wine)

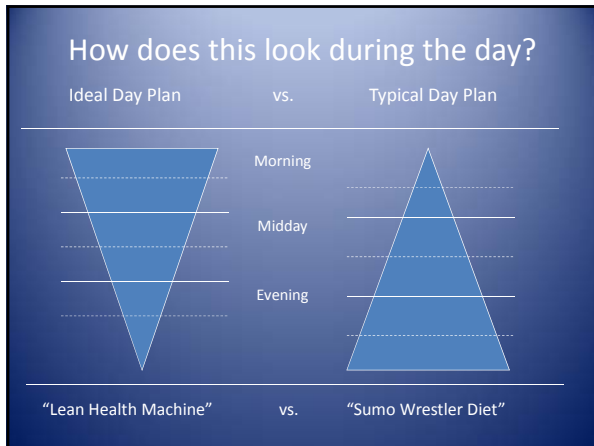
Natural Nutrition

- Unhealthy food preparation methods:
 - Microwaves (banned in Russia)
 - Non-stick pans
 - Frying with oils (add healthy oils after steam, or go raw)
 - Fast-cooking meats on high heat or deep frying
 - Boiling vegetables (lose all nutrients)
- Household toxins to avoid:
 - Chemical cleaners/soaps/deodorizers
 - Dry cleaning, chemical perfumes/deodorants
 - Antiperspirants /antibacterial soaps/fluoridated toothpastes
 - Carpets/sealed homes/chemically based paints

Nutritional support supplements

- Be careful and very selective of products:
 - Multi vitamin and mineral options (2)
 - Detoxification kits
 - Natural anti-inflammatory herb combinations
 - Essential fatty acids and Vitamin D³
 - Probiotics (healthy bacteria), and natural pathogenic micro-organism elimination
 - Immune support, dysbiosis repair, liver support
 - Insulin function enhancers and more!

Gloria's books will guide you beautifully!





- ### Do we need any more research to convince us?? Get moving!
- Anti-aging effects of physical activity
 - » Circulation, sleep quality, sexual performance
 - Diseases and physical activity
 - » Almost ALL diseases of humanity improve
 - » Walking 20 min/day 5x per week reduces heart disease, diabetes, and Alzheimer's by 90%
 - Optimizing quality of life and fun
 - » Flexibility, active lifestyle, adventure/explore
 - Getting the best of ourselves each day
 - » PA can increase E levels by 6x's = productivity
 - Mind-body effects of PA on wellness
 - » Self esteem, mental alertness, confidence, moral, emotional peace/balance, balance the mind R vs L





Successful lifestyle strategies: No secret

Dr. Candace Pert PHD
Nobel Prize nominee (2x) for her biochemistry research into emotion & well-being

The 8 Top Habits That Contribute to Well-being

- Adequate **Sleep** (> 7.5 hours)
- **Meditation, affirmation, be +**
- Regular **Exercise** (CanFit Guide)
- **Breathing** (slow & deep)
- **Yoga** or other activity types
- **Chiropractic care***
- **Massage**
- **Nutrition** – natural & innate*

Top Ten Successful Lifestyle Strategies

by Dr. Michael Schmolke adopted & modified from Dr. Robert Rakowski



Think
Move
Eat
Sleep
Talk
Breathe
Poop
Healthy brain & nervous system
Health social relationships
Healthy life vision & purpose

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- Multidiscipline team of experts
 - Chiropractic care, massage therapy, orthopedics, nutritional counseling, wellness plans, family plans
- Vibrant and experienced team!
- NW easy access & free parking - 7 days/week
