



Healthy Diet & Lifestyle Choices

Philip Getson, D.O.

Liesha Getson, B.C.T.T., H.H.C.

September 11, 2015



**Hippocrates, the father of
medicine said:**

**“Let food be thy medicine
and medicine be thy food”**





Try Organic Food

***...or as your
grandparents
called it,
“Food”***





Organic Foods...

Worth the cost?

Organic means the food hasn't been contaminated with man-made chemicals. Organic crops are produced by farmer's whose growing methods conserve soil and water. This helps ensure sustainable and nutritious produce for future generations.



ORGANIC LABELING

UNDERSTANDING ORGANIC LABELING

100% Organic

(Use of the USDA seal is optional)



Organic
95% or More
Organic Ingredients

(Use of the USDA seal is optional)



**Made with
Organic Ingredients**
At least 70% Organic Ingredients

**Less than 70%
Organic Ingredients**
Organic Ingredients Denoted
in Ingredient List Only



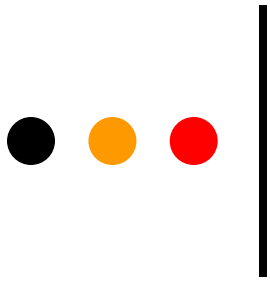
WHAT DOES ORGANIC MEAN?

Food from all major food groups are available in organic form. Organic meat poultry, eggs and dairy products come from animals that have not been given antibiotics or growth hormones. Animal feed must also be organic. Organic fruits vegetables and grains come from fields that have been free of synthetic fertilizers and pesticides for at least three years. These foods must be grown without treated sewage sludge, which is commonly used as fertilizer. Organic farmers use animal manure composted plant materials, etc.



FACTORY FARMING





One study in the *Journal of Applied Nutrition* showed that the average levels of essential minerals were much higher in organic foods than in conventional. Organic foods also contained 25% less mercury and 29 % less lead than conventional. Both of these metals are known toxins to the nervous and immune systems.



Fresh organic produce contains more vitamins, minerals enzymes and other micro-nutrients than large scale farmed produce.

According to the *Journal of Agriculture and Food Chemistry*, organic fruits and vegetables have 50-60% higher levels of cancer fighting anti-oxidants than their non-organic counterparts.

The average conventionally grown apple has 20-30 artificial chemicals on its skin even after rinsing.



THE DIRTY DOZEN & THE CLEAN FIFTEEN

Dirty Dozen™
buy these organic.

foodnews.org

EWG's 2011 Shopper's Guide
to Pesticides in Produce™

WORST

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines **I**
7. Grapes **I**
8. Sweet bell peppers
9. Potatoes
10. Blueberries **D**
11. Lettuce
12. Kale/collard greens

I Imported
D Domestic

Clean15™
Lowest in Pesticides.

foodnews.org

BEST

1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe **D**
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

Scan to see more!
Get a QR app from www.i-nigma.mobi



NATURE VS. GMO

Another reason to eat organic is to avoid genetically modified organisms (GMO's). A GMO is any organism in which the genetic material has been altered in a way that does not occur in nature.

This technology allows individual genes to be transferred from one organism to another.





HOW TO TELL GMO FOODS FROM ORGANIC FOODS

A GMO is a Genetically Modified Organism, meaning that it's been altered by a scientist in a laboratory on a genetic level.

One example would be a type of strawberry that was developed to be more frost tolerant. In order to do so, scientists inserted a gene from a cold ocean dwelling fish. Sounds tasty doesn't it?

ORGANIC
Starts with 9
Five digit code:
- 95879

Daily
Superfood
Love

**CONVENTIONALLY
GROWN**
Starts with 3 or 4
Four digit code:
- 4257

**GENETICALLY
MODIFIED**
Starts with 8
Five digit code:
-86890



BECAUSE YOU'RE WORTH IT !

Organic foods may be more expensive but the extra expense may in the long run save you thousands of dollars in future medical bills, (not to mention saving your life & your health).

Pay now or pay later!



TOP TEN REASON TO EAT ORGANIC

- Protect future generations
- Prevent soil erosion
- Protect water quality
- Save energy
- Keep chemicals off your plate
- Protect farm worker's health
- Help small farmers
- Support a true economy
- Promote bio-diversity
- Nutrient rich food- eat less and save money



THE DREADED E-WORD

Most people know that exercise is good for you but they don't put it into practice. Just 20-30 minutes of simple walking can tone the muscles, accelerate the elimination of body weight, clear the lymphatics and burn calories.

Whenever possible walk outdoors to get the added benefit of sunlight-still the best source of Vitamin D.

Also, being out in nature has a very calming effect on the body.





WHAT IS THE BEST KIND OF EXERCISE?

ONE THAT YOU CAN & WILL DO!





TOP 10 REASONS TO EXERCISE

- Keeps you young
- Reduce infection
- Prevent heart attacks
- Ease asthma
- Control blood sugar
- Protect against cancer
- Combat stress
- Relieve hot flashes
- Protect men's health
- Prolong life

Integrative Nutrition



BASIC SUPPLEMENTS

Fish Oil (Omega 3)

Probiotics

Multivitamins/multimineral

Vitamin D3

Magnesium & Calcium

Digestive Enzymes

Hydrochloric Acid



SEVEN “FOODS” TO AVOID

Aspartame (nutrasweet)

Additives like MSG & Nitrates

Sugar, fructose and simple carbohydrates

Caffeine

Yeast & Gluten

Dairy

Nightshades (tomatoes, potatoes, eggplant)



Xylitol

- BENEFITS

- Measures like sugar
- Proven to decrease oral biofilm
- Tastes like sugar
- Many oral and systemic benefits
- Made by the body
- Fewer calories than sugar

- DRAWBACKS

- Can cause GI upset
- Expense



What is xylitol?

- Sugar alcohols are neither sugars nor alcohols.
- They are carbohydrates with a chemical structure that partially resembles
- sugar and partially resembles alcohol, but they don't contain ethanol as alcoholic beverages do.
- They are incompletely absorbed and metabolized by the body, and consequently contribute fewer calories





Health Aids with Xylitol





DRY MOUTH RELIEF





GLUTEN FREE DIETS

Most recently we have begun exploring a link between gluten free diets and diminished G.I. symptomatology. To date ALL of the individuals who have made the commitment to go “gluten free” have had not only a reduction in GI symptoms but also an overall reduction in pain!





GLUTEN

Gluten is a protein found in some grains which can irritate, inflame and rupture the lining of the digestive tract to the point that nutrients from food do not get absorbed well and sometimes not at all. In addition to digestive distress, associated disorders include bowel problems, headaches, increased risk of colon cancer, diabetes, depression & bipolar disease because the nutrients responsible for controlling our moods cannot be absorbed.



GLUTEN SENSITIVITY

Gluten sensitivity is actually an autoimmune disease that creates inflammation throughout the body, with wide-ranging effects across all organ systems including your brain, heart, joints, digestive tract, and more. It can be the single cause behind many different "diseases." To correct these diseases, you need to treat the cause--which is often gluten sensitivity--not just the symptoms.



DISEASES ASSOCIATED WITH GLUTEN

A review paper in *The New England Journal of Medicine* listed 55 "diseases" that can be caused by eating gluten. These include osteoporosis, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, rheumatoid arthritis, lupus, multiple sclerosis, and almost all other autoimmune diseases. Gluten is also linked to many psychiatric and neurological diseases, including anxiety, depression, schizophrenia, dementia, migraines, epilepsy, and neuropathies such as CTS, sensory ganglionopathies and **fibromyalgia**. It has also been linked to autism.



GLUTEN FREE DIET

INCLUDED:

Beans, seeds nuts in unprocessed form

Fresh eggs (preferably organic)

FRESH meats, fish & poultry (organic or free-range preferred)

Fruits & vegetables (preferably organic)

Most dairy products (preferably organic)

Amaranth, Arrowroot, Buckwheat, Flax, gluten-free flours, Millet, Quinoa, Rice, Tapioca





GLUTEN FREE DIET

AVOID

Beer
Pasta
Matzo
Bread
Cakes & Pies
Candy
Cereal
Cookies & Crackers
Croutons French Fires
Gravy
Imitation meats or seafood

Food Additives such as malt flavoring
Medications & Vitamins bound with
gluten
Processed meats
Salad dressing
Sauces & Soy sauce
Seasoned Rice mixes
Snack foods (potato & tortilla chips)
Self-basting poultry
Soups
Vegetables in sauces

Mayo Clinic



B - VITAMINS

Low levels of folic acid B 12, Thiamine, Riboflavin, and B6 have all been associated with mood disorders.

Excessive B6 has actually been shown to create pain.

The brain requires lots of B vitamins for repair and permanent maintenance of proper brain neurotransmitter and adrenal function.

Stress causes the B vitamins to be quickly depleted.





PAIN AND NUTRITIONAL SUPPLEMENTS

5HTP- acts as a painkiller and antidepressant

DLPA –has opiate agonist qualities

Methionine - helps reduce pain in the manner of anti-histamines- good in arthritis, Parkinson's disease and depression

Fish oil - acts similar to ibuprofen

B6, zinc and manganese - aid in pain relief



DETOXIFICATION

Do something to work up a sweat every day. Sweating is a natural way to detoxify

Infrared saunas

Use a dry brush on the skin regularly to help shed old skin and stimulate lymph flow

Take a fiber supplement containing both soluble and insoluble fiber which helps the body secrete excess estrogen and other substances

Drink at least half of your body weight in water daily

Practice deep breathing



Eliminate (or limit)

Caffeine

Alcohol

Sugar

Processed food

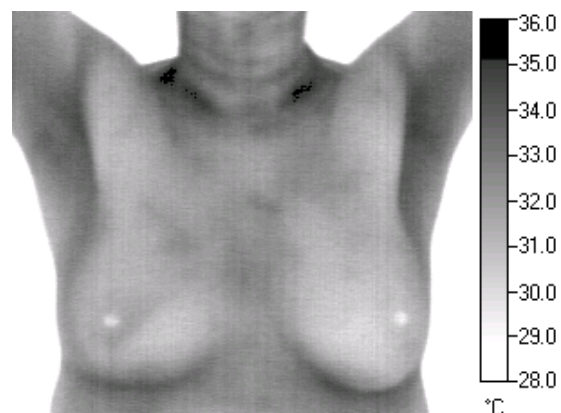
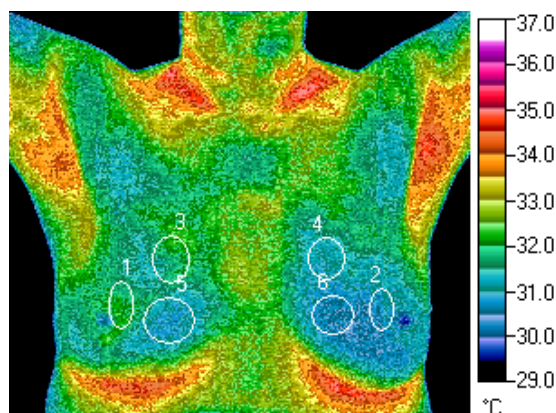
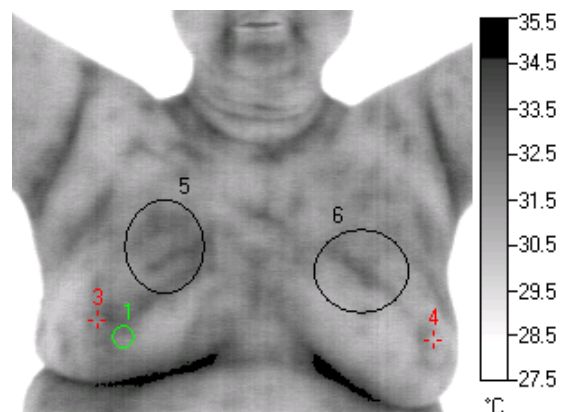
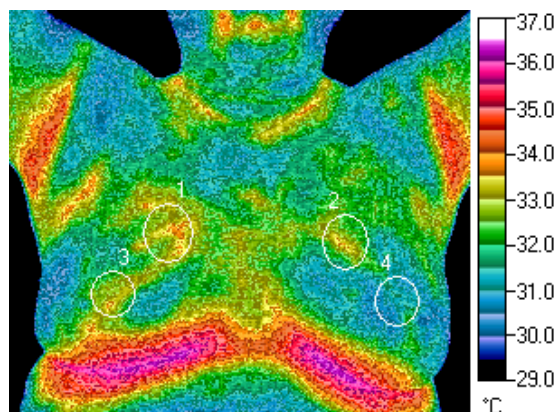
Stress

Smoking





BEFORE AND AFTER IMAGES OF A PATIENT WHO CHANGED HER DIET AND LIFESTYLE





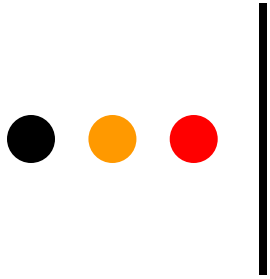
HEALTHY GUIDLINES

- EAT ORGANIC FOODS- CONSIDER GLUTEN FREE
- EXERCISE
- SUPPLEMENT YOUR DIET WITH APPROPRIATE VITAMINS AND NUTRITIONAL SUPPORT
- DETOXYFY THE BODY
- DRINK PURE FILTERED WATER
- ELIMINATE COMMERCIAL HOUSEHOLD CLEANING PRODUCTS AND TOXIC GARDEN PESTICIDES
- REFUSE SYNTHETIC HORMONE TREATMENTS
- SEEK NATURAL APPROACHES TO HEALTHCARE
- EMPOWER YOURSELF WITH A POSITIVE OUTLOOK - ADOPT AN ATTITUDE OF GRATITUDE
- FIND A HEALTHY AVENUE FOR STRESS RELEASE SUCH AS MEDITATION, YOGA, GARDENING READING ETC.
- MAINTAIN HEALTHY RELATIONSHIPS
- EXPLORE YOUR SPIRITUALITY



RECOMMENDED READING

- The Diet Cure & the Mood Cure –
Julia Ross, M.A.
- Sugar Blues – William Duffy
- The Anti-inflammation Zone –
Dr Barry Sears
- Clean Gut – Alejandro Junger, M.D.
- Hungry for Health – Susan Silberstein, PhD
- Wheat Belly – William Davis
- Misdiagnosed – The Adrenal Fatigue Link –
Steven M. Zodkoy, D.C.
- Nutrition & Physical Degeneration –
Weston A. Price, D.D.S



**Today I will find
balance in my life. I will
reveal my potential by feeling
and being healthy, by embracing
all the elements that are on my
path to wellbeing. By striving for
the best expression of Me. I will
find greater connectedness
to the world and to those
I love. Today I will live
intentionally.**



TDINJ.com

Our website provides information
regarding helpful diet and lifestyle tips
for better health and free monthly
newsletters and health webinars

100 Brick Road, Suite 206

Marlton, NJ 08053

856-596-5834