

FOOD for
Health Series

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STAY ALIVE

**Healthy
Longevity**

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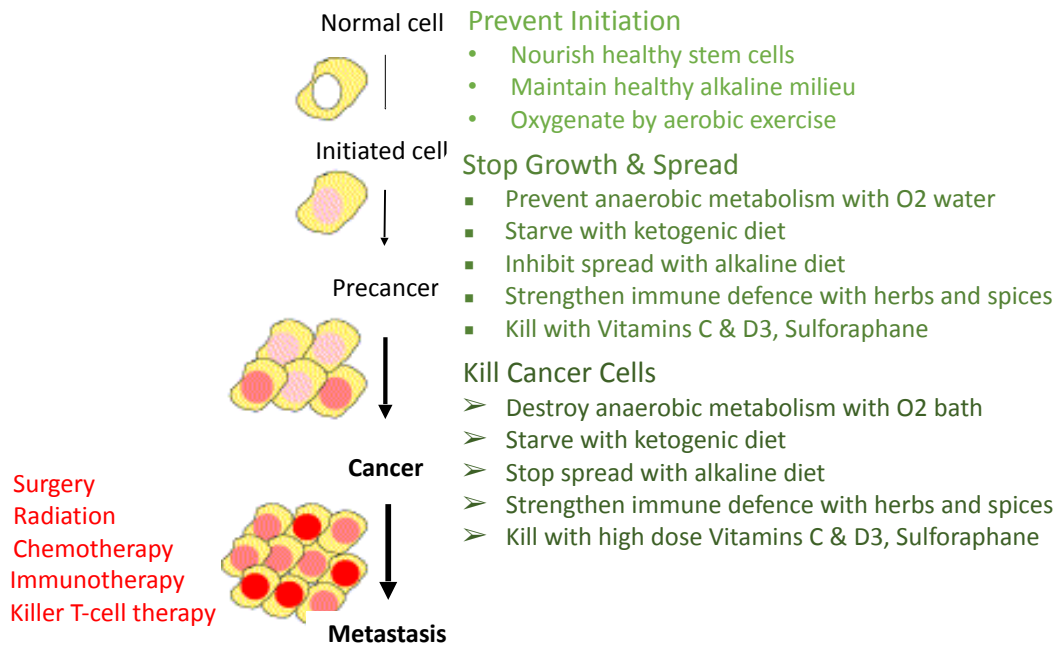
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Review

Prevention is better than cure

Conventional Cure

Biomedical Heal



Overview

- Food for thought
- Your destiny; Your choice
- Nurture your Nature
 - Vitalise your stem cells
 - Reset your rhythm of life
 - Quieten your stress response
- Stay alive

Food for Thought

Functional age > **chronological age**

“People don’t grow old.

People get old when they stop growing.”

Deepak Chopra

Food for Thought



Health > **Wealth**



“Don’t lose your health
... to make wealth
then lose your wealth
... to restore health”

Food for Thought

Healthier lifespan > Longer lifespan



the devastating effects of
LONG LIFE SYNDROME

Nurture makes Nature whole

body, mind, social

Same Nature (identical twins)

Different Nurture (live separately)

Healthy AGING

overweight
pre-diabetic
vitality



Accelerated AGING

diabetes
blindness
arthritis
dementia

Quality of Life

Add life to years;
Not just years to life

add LIFE to **OTHERS**

add LIFE to **SELF**

+ relationship

wellness

purposeful

contentment

charity

happiness

love

positive mindset



B

Your **Destiny**; Your **Choice**

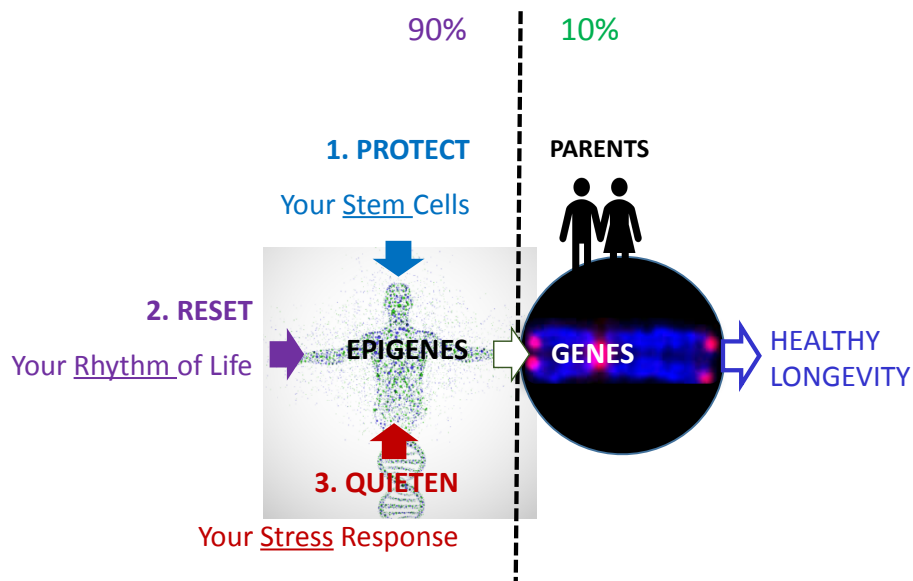
Healthy **LONGEVITY**

Accelerated **DEATH**

Nurture your **Nature**

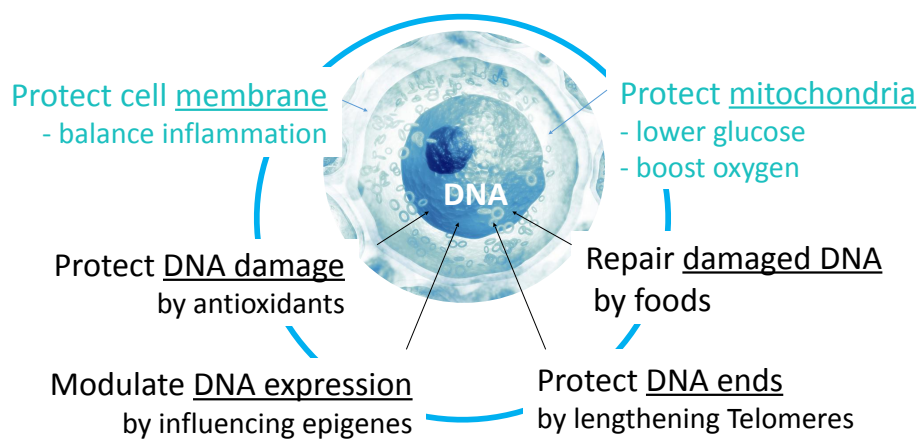


Nurture your Nature



1

Protect Your Stem Cell



Protect your Stem Cells

- Excess glucose: **AGEs** (cellular inflammation)
- Insulin resistance: **IGF-1** (cancer transformation)
- Hypoxia: **mitochondrial death** (cancer transformation)
- Trans fats: **membrane inflammation**
- Excess senescence cells: **IL6** (membrane inflammation)
- Excess proteins: **mTOR** (cancer transformation)
- Excess diet, extreme exercise: **oxidative stress** (cancer transformation)
- Radiation, smoking: **oxidative stress** (cancer transformation)
- Alcohol: **toxin** (neuron toxin)

Antioxidants

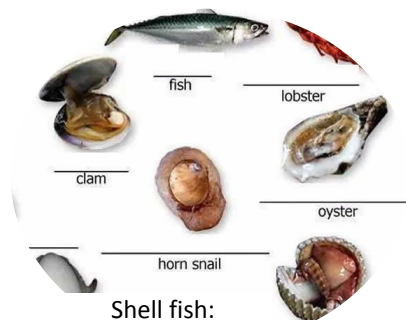
Protect DNA from free radicals



Berries: anthocyanin



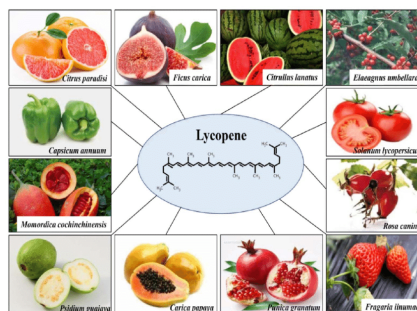
Yellow tail: EPA, DHA



Shell fish:
EPA,DHA, taurine



Broccoli:
Sulphoraphanes



Lycopene-rich



Kiwi: vit.C, chlorogenic
& quinic acids



Sea cucumber:
EPA, DHA



Fish roe:
EPA, DHA

DNA Repairing Food



EPA, DHA



EPA, DHA



carotenoids



EPA, DHA, taurine



EPA, DHA



chlorogenic acid,
quinic acid



Mushrooms – L-ergothioneine AA

Epigenes Modulating Foods



coffee:
Chlorogenic & caffeic acids



Broccoli:
Brassinin, sulforaphane



Herbs & Spices:
|
Basil
Marjoram
Peppermint
Rosemary
Sage
Thyme



Tea:
Epigallocatechin



Pak choy:
Brassinin, sulforaphane



Turmeric:
Curcumin



soy:
Isoflavone, genistein

Telomere Lengthening Foods

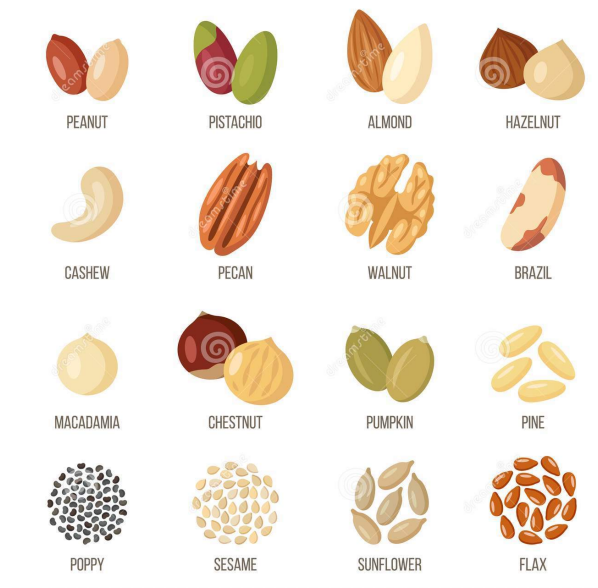


coffee:
Chlorogenic & caffeic acids



Tea:
Epigallocatechin

Nuts & Seeds



B

5. Reset Rhythm of Life

Circadian Rhythm

CENTRAL CLOCK



PERIPHERAL CLOCKS

1. NEURONAL SYSTEM

Strengthen Neurotransmitters
Delay Brain Pause

CENTRAL CLOCK
Suprachiasmatic nucleus

2. NEUROENDOCRINAL SYSTEM

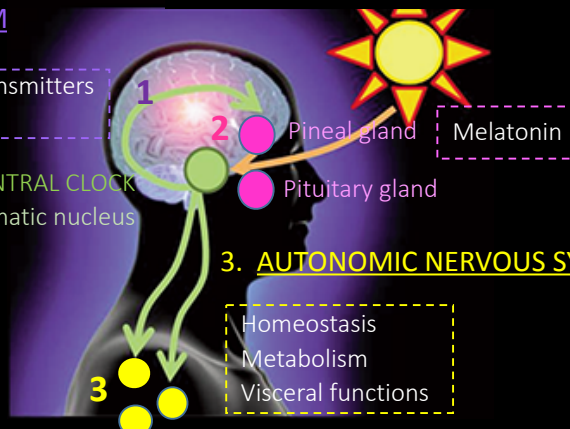
Pineal gland

Pituitary gland

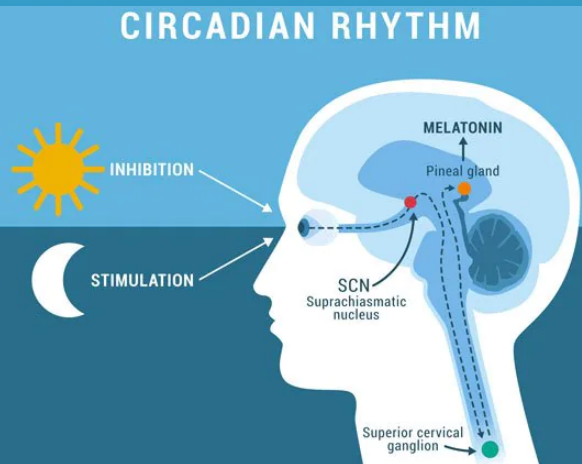
Melatonin

3. AUTONOMIC NERVOUS SYSTEM

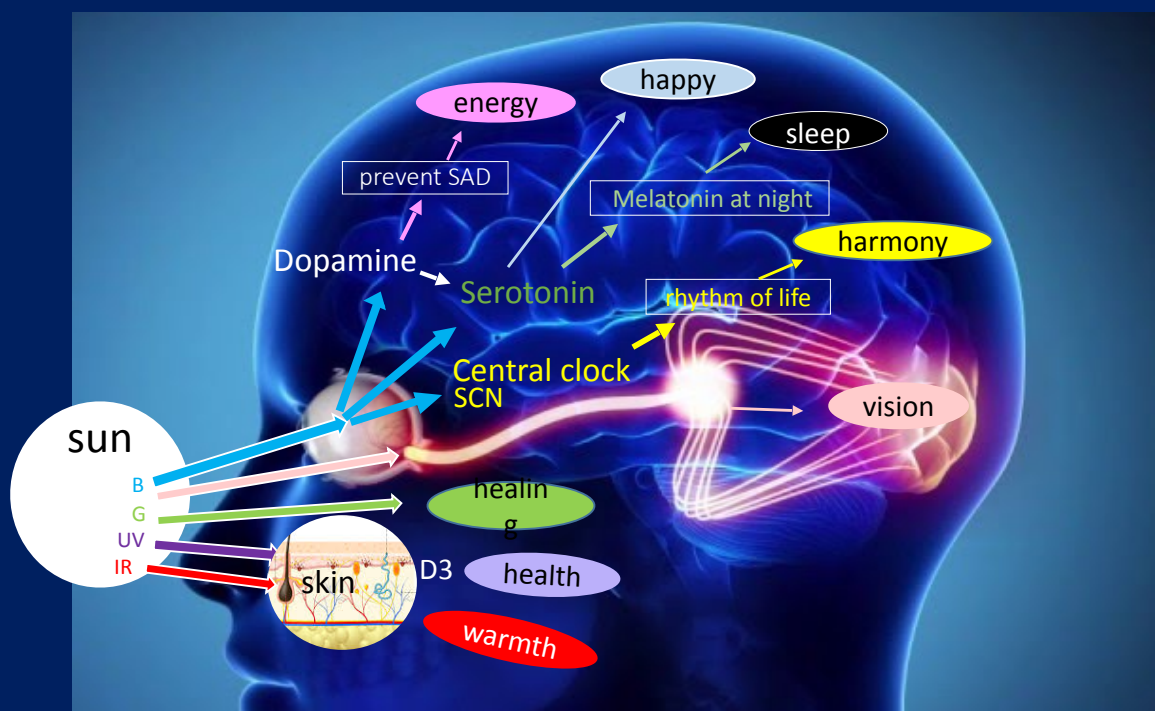
Homeostasis
Metabolism
Visceral functions



Reset your Central Clock



Value of Sunlight



Value of Darkness

HEALING PHASE

Detox

Apoptosis - vitalise

Dream – data analytic

Neuro-plasticity

Neuro-genesis

lowers cortisol & estrogen

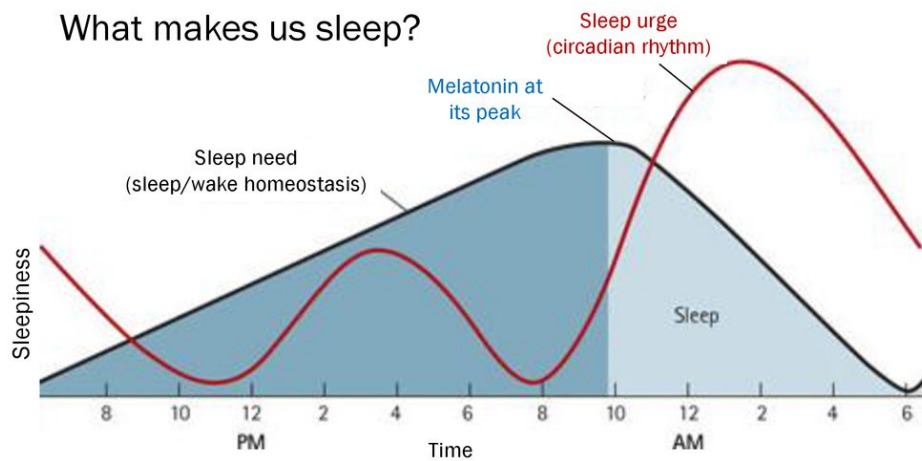
Converts serotonin to melatonin

Prevent cancer



Night Sleep Urge

What makes us sleep?

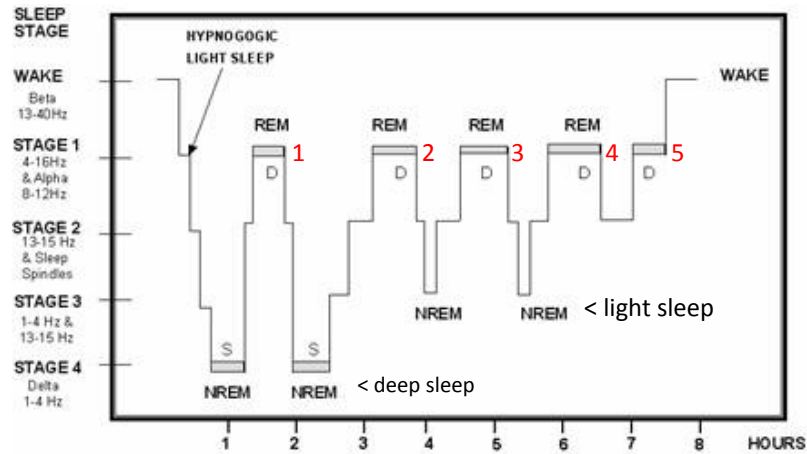


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Optimal Night Sleep

6.5 – 8.5 hours of good night sleep

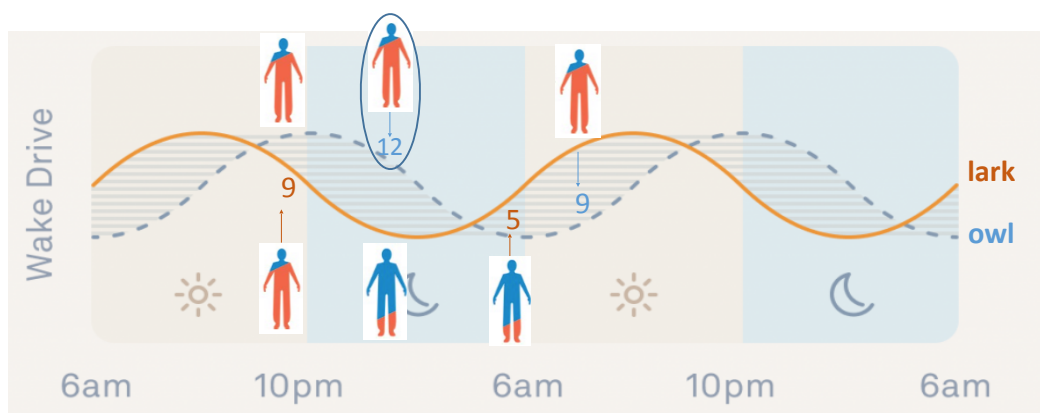
4-5 cycles of 90 minutes per cycle



Ref. information derived from:
E.L. Hartmann, MD, *The Functions of Sleep*¹

Lifestyle Owl

Disrupt Melatonin / Cortisol Homeostasis



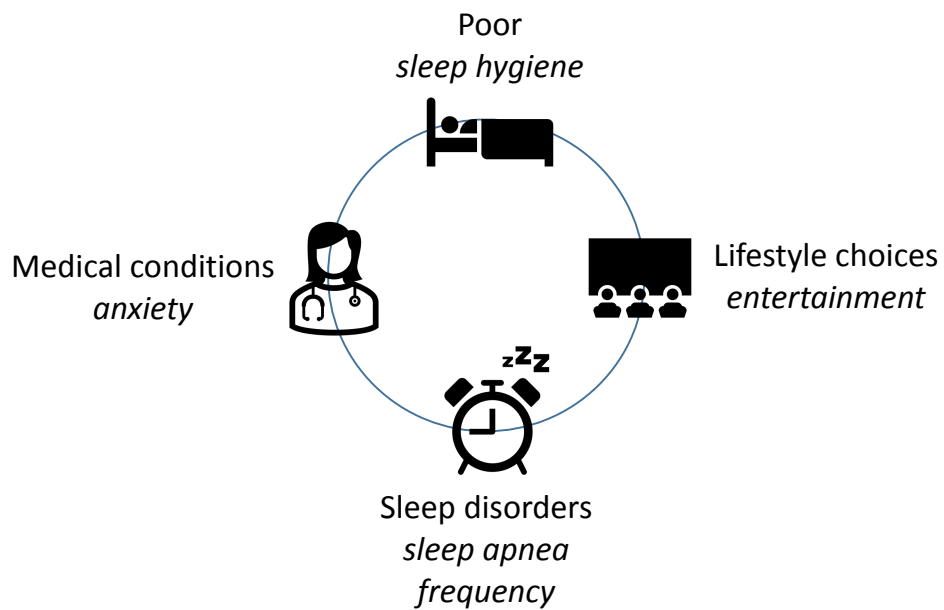
Melatonin

Cortisol

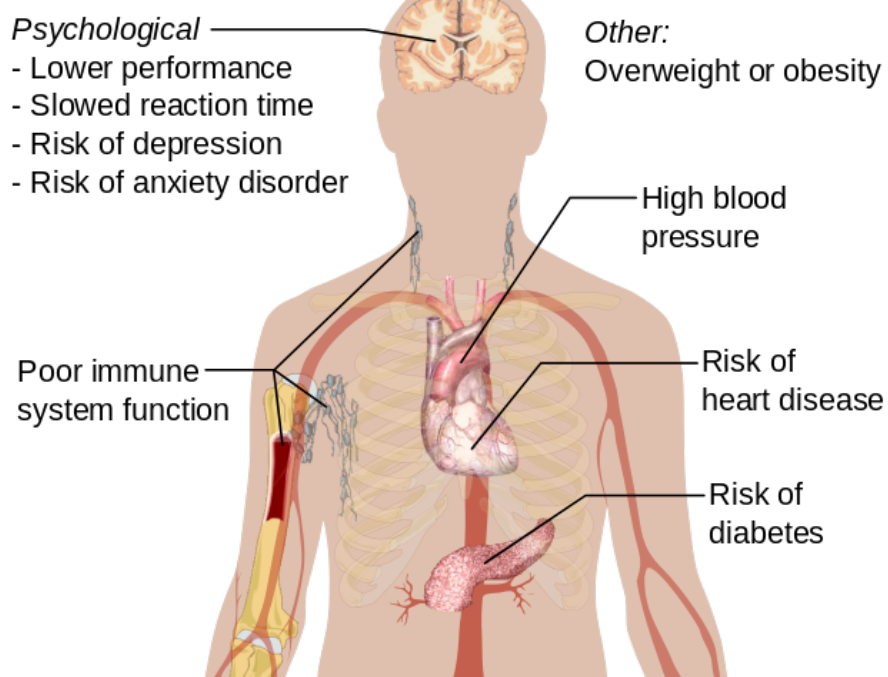


Danger of high cortisol, low melatonin at night
→ *Alzheimer's, Cancer*

Insomnia Causes Sleep Deprivation



Complications of **Insomnia**



Melatonin-rich Foods



Tart cherry - sour



Egg



Nuts especially
Pistachios
almonds



Goji berry



Fish

Sleep Promoting Foods



Pineapple
melatonin boosting



Avocado
Magnesium calming



Holy Basel
calmer



Banana
melatonin boosting



Lettuce
Lactucarium - sedating



Edamame – Soy
Tryptophan – boost serotonin



Orange
serotonin, GABA boosting



Tomato
Lycopene- help sleeping



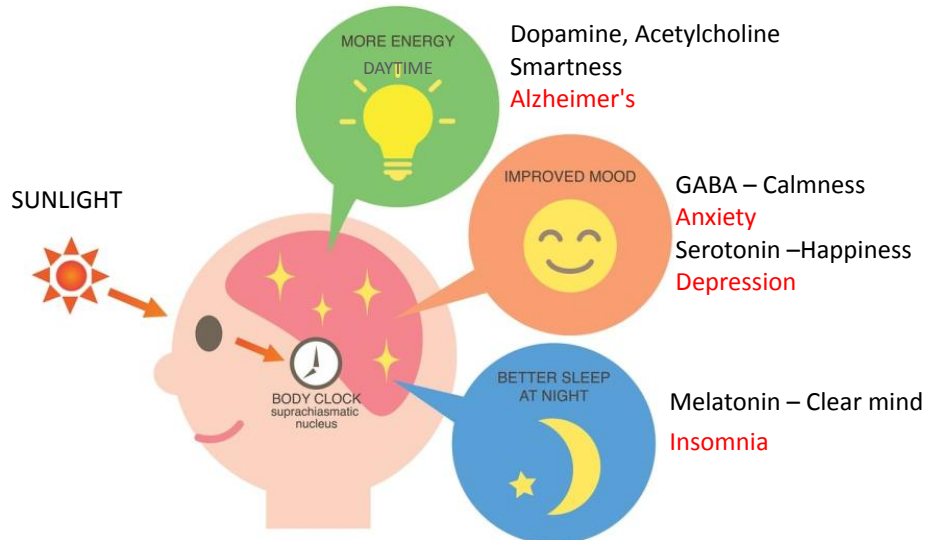
Kiwi
Boost serotonin

B

Synchronise Your Peripheral Clocks

1

Neuronal System Regulates Your Behaviours



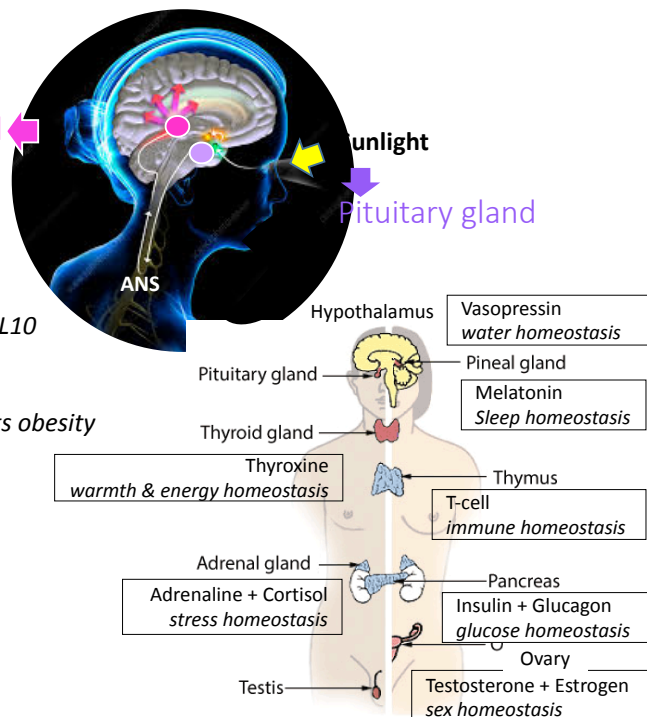
2

Neuro-Endocrinal System Harmonizes Your Health

MELATONIN

- Protects brain – *prevent AD, PD, MS, Ca*
- Improves immunity – *prevents infection*
- Promotes apoptosis – *prevents cancer*
- Modulates inflammatory cytokines - *IL6/IL10*
- Regulates gene expression - *anti-aging*
- Equilibrates energy metabolism – *prevents obesity*
- Regulates stem cells
- *proliferation, migration, differentiation*

← Pineal gland ←



3

Autonomous System Regulates Your Vital Homeostasis

SYMPATHETIC (STRESS)

DOPAMINE, ADRENALINE

"Fight or Flight Response"

VS

PARASYMPATHETIC (CALM)

GABA, SEROTONIN

"Rest and Digest Response"

Sympathetic Dominance

Oxygen homeostasis

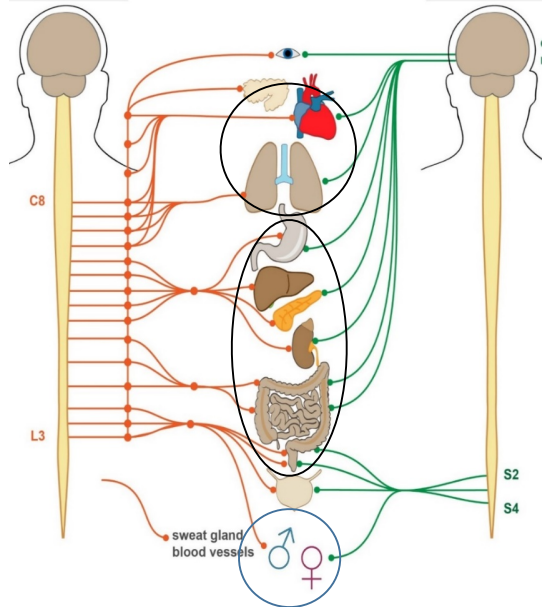
*hyperventilation
hypertension
tachycardia*

Nutrient homeostasis

*hunger
comfort eating
gastric pain
irritable bowel
visceral obesity*

Moods

*irritable
anxiety
sleepless*



Parasympathetic Dominance

Oxygen homeostasis

*regular breathing
lower BP
lower heart rate*

Nutrient homeostasis

*social eating
regular eating
regular bowel
leanness*

Moods

*sociable
happy
calm*

TB

ADRENALINE - CORTISOL

Quieten

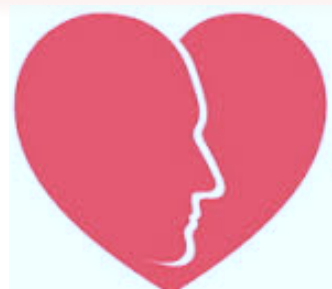
Your Stress Response

CALM YOUR MIND

TRANSFORM YOUR MINDSET

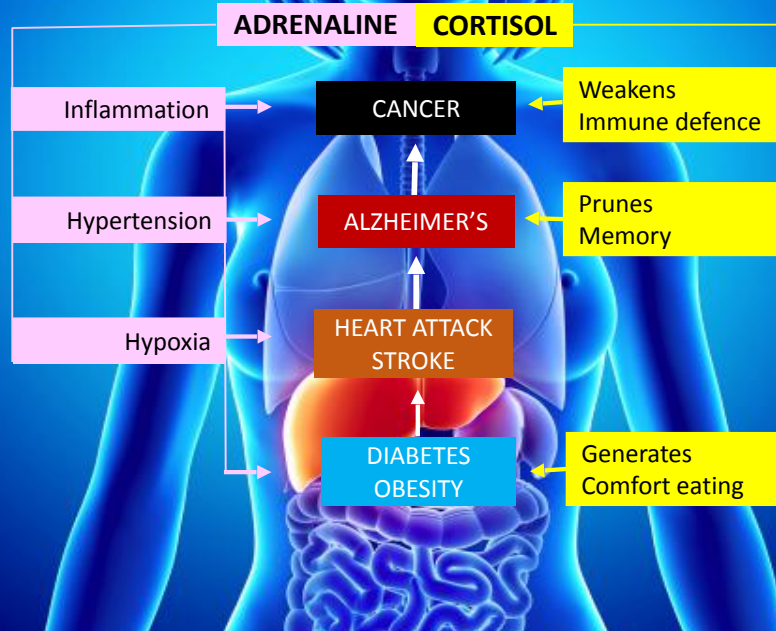
BE WISE

KNOW YOUR PRIORITY



Chronic Stress Impacts Your Health

increase cortisol levels



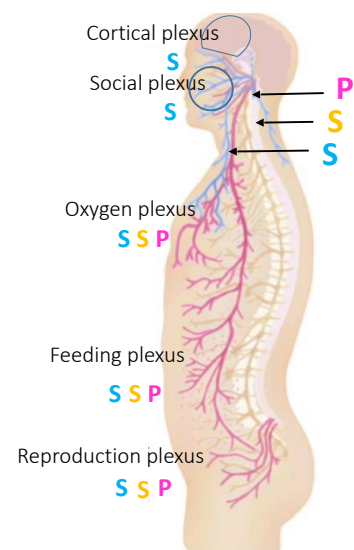
Stressful Events Can Activate Primitive Adverse Behaviors

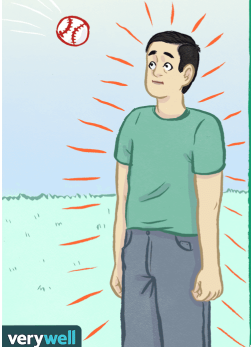


involuntary nervous system for survival

PARASYMPATHETIC: (most primitive) .
Operates in life threatening stress: **freeze**

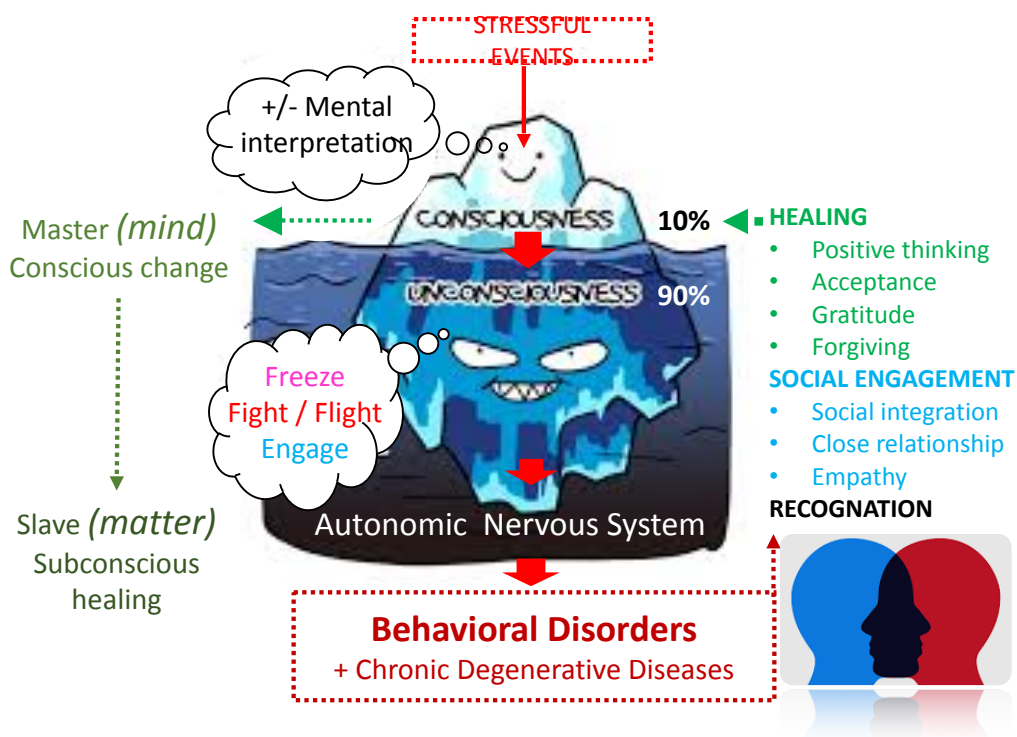
SYMPATHETIC: (newer)
Operates in dangerous stress: **fight or flight**

SOCIAL: (most modern) .
Operates in safe stress: **for social engagement**



Life Threatening	Danger	Safety
Three Development Stages of Response		
ANCIENT Immobilization: We freeze up 	NEWER Mobilization: We run away from danger 	MODERN Social engagement: We feel calm and connected 
I can't	I can	I engage
Cry, mute, dumb Anxiety disorders Mood disorders Eating disorders PTSD	Fight Defiant, rage Personality disorders Flight Run away, truant Learning disorders	Calm Trust Compassionate Mindful Connect

How to De-activate your **Adverse Nurturing?**



1

Calm Conscious Mind

Stress Homeostasis

STRESS

Sympathetic Dominance

Acute

adrenaline

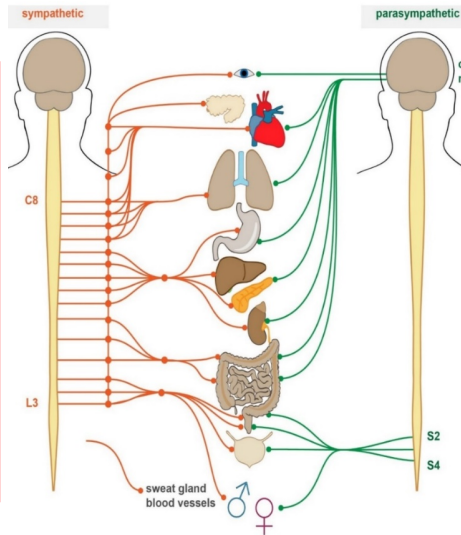
Fight or Flight Response

Chronic

(after 20 minutes)

Cortisol

*Behavioural Disorders
Chronic Degenerative Diseases*



CALM

Parasympathetic Dominance

Soon

GABA

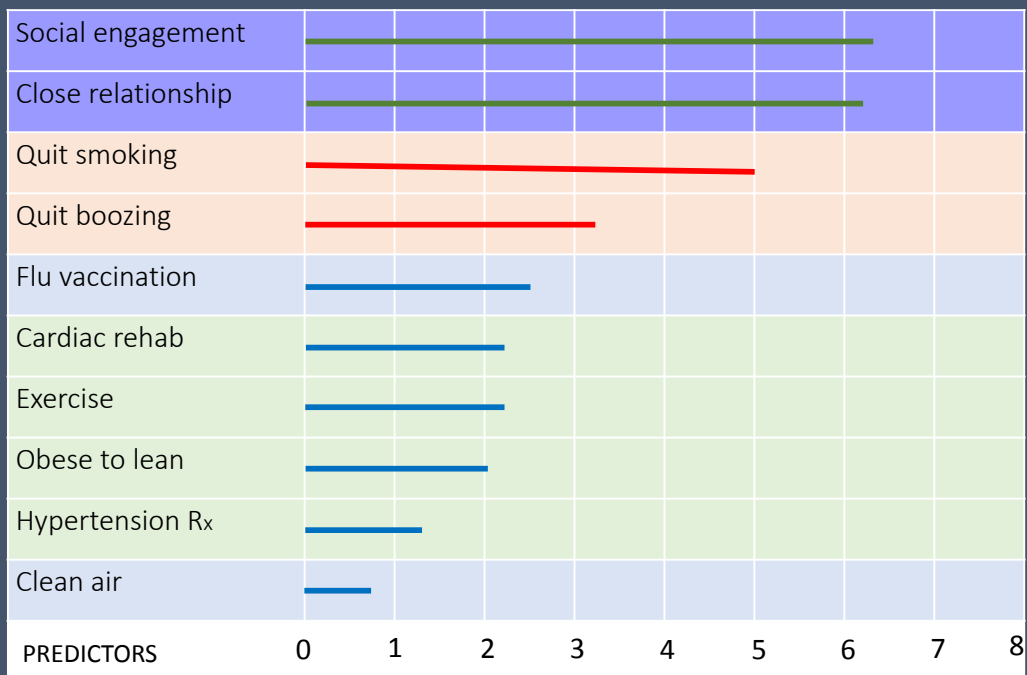
Rest & Digest Response

Prolonged

Serotonin










*Happiness
Health*

What Work Best?

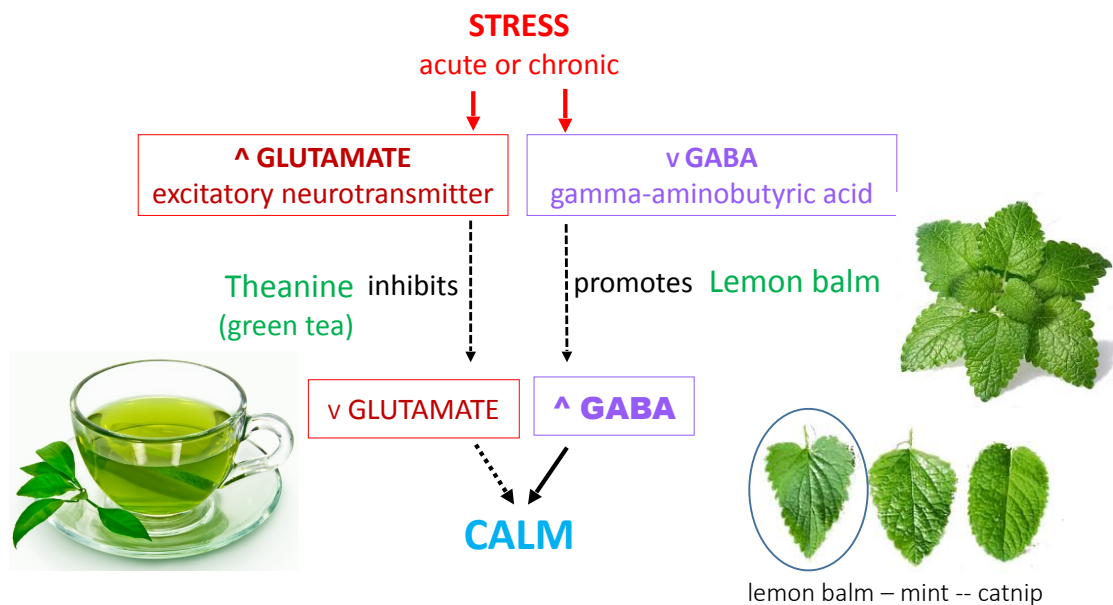


TED: Julianne Holt Lunstad of Brigham Young University
Middle age over 7 years

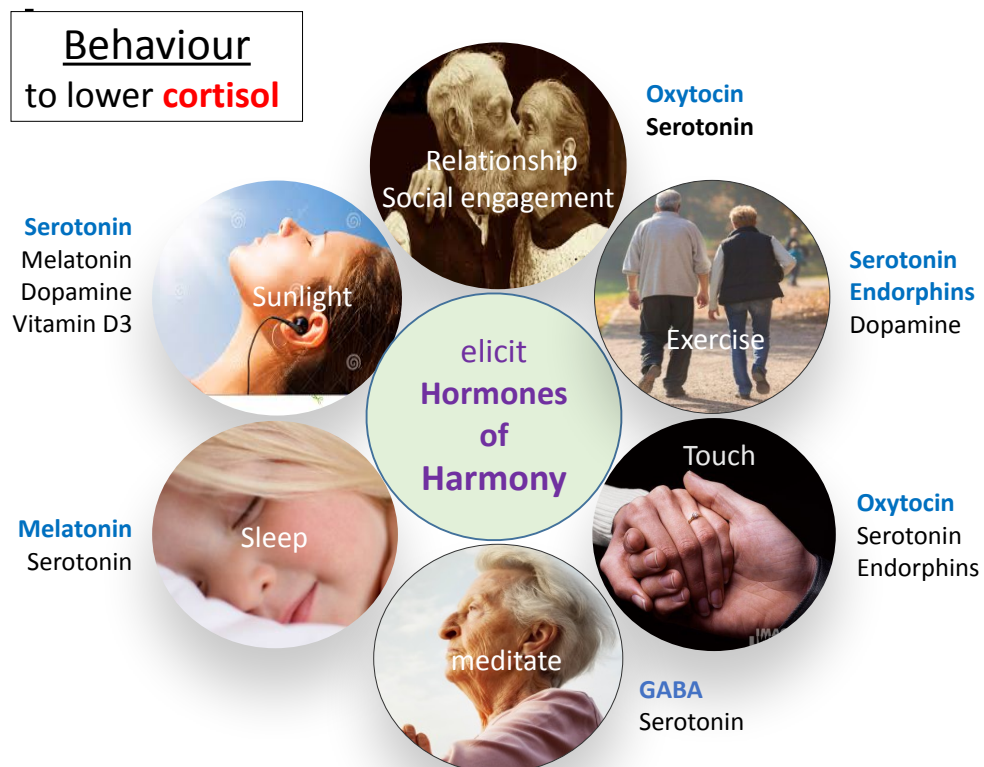
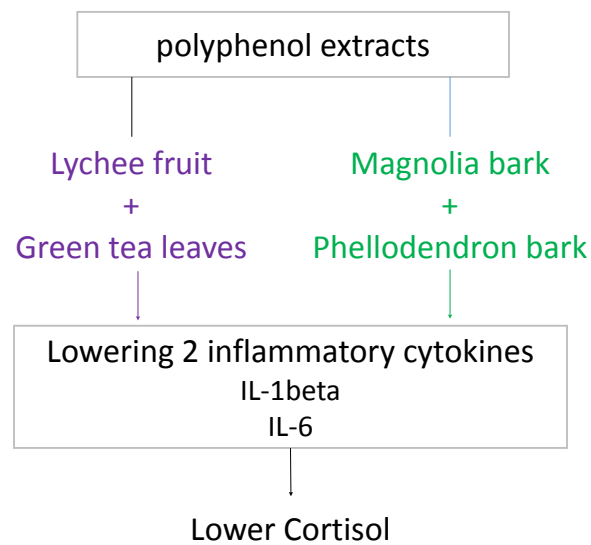
Top Foods That Ease Anxiety & Stress

1. FERMENTED FOODS Kimchee, Pickles, & Kombucha 	2. FOODS HIGH IN OMEGA-3S Chia Seeds, Beans, & Walnuts 	5. MORINGA 	6. TURMERIC 
3. TULSI (HOLY BASIL) 	4. ENZYME-RICH FOODS Papaya, Avocado, & Ginger 	7. DARK CHOCOLATE 	8. TEA Herbal, Green, & Black Teas 
		9. MAGNESIUM-RICH FOODS Figs, Bananas, & Almonds 	

Traditional Mind Calmers



Cortisol Lowering Phytonutrients



Coffee Shop Therapy

Friendship

Oxytocin: Love + Bonding

Prevents loneliness

Motivation

Dopamine: mental energy

Prevent apathy

caffeine helps



Laughter

Serotonin: happiness

Prevent depression

Chit-Chat

Acetylcholine: learning

Prevent dementia

Relax

GABA: calm

Prevent anxiety

ambience helps

2

Transform Your Mindset

“The Mind is Everything. What you Think you Become”

Freud

THINK POSITIVE

protects brain

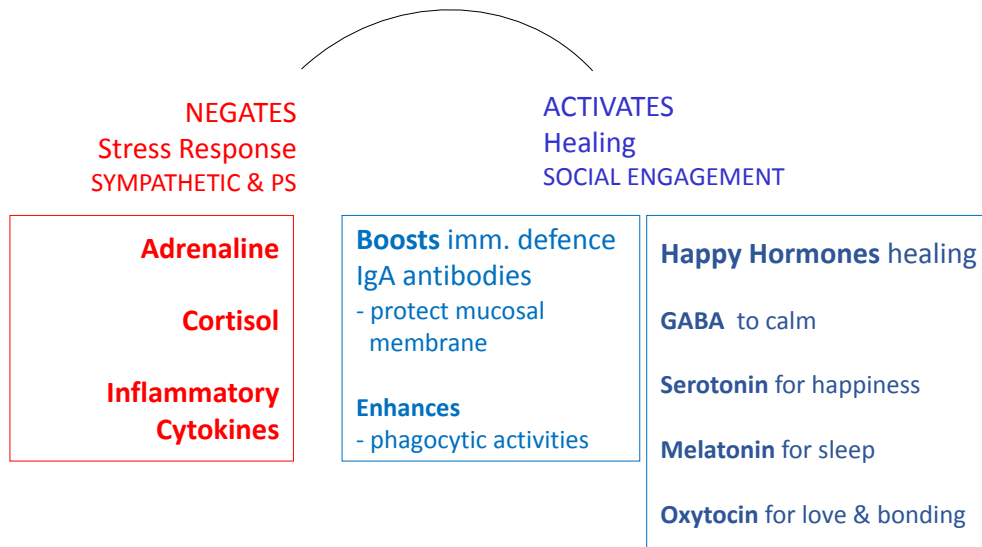
MIND over MATTER

heals body

BELIEF

self-fulfilling prophecy – success

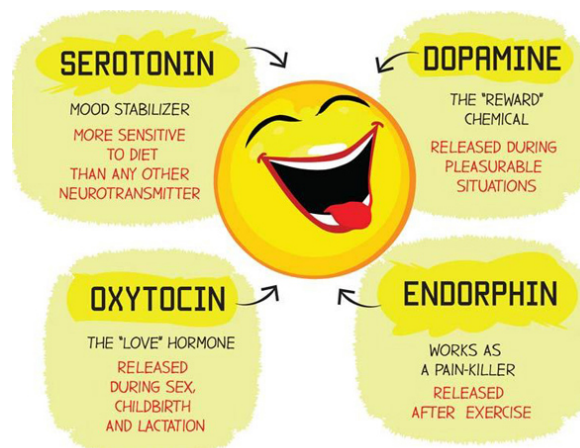
Power of Positivity



3

Be Wise

to generate happy hormones



to Love

to add intensity to
relationship



serotonin
dopamine
oxytocin
endorphins

to Share RELATIONSHIP

oxytocin
serotonin
dopamine
endorphins

friends

family

the most enduring link to
+ longevity (life)
+ happiness (heart)
+ mental health (mind)



to be grateful always
give every truly things
wonderful deeply truly
moment abundance brings filled
appreciate every day life
thanks receive blessings others
good able now thankful
sincerely immensely people daily
attitude more for
appreciation



to
Give



adds

PURPOSE IN LIFE

compassionate, caring, kindness, helpful





happy-SEROTONIN-MELATONIN -sleep

calm-GABA -peace



To Volunteer



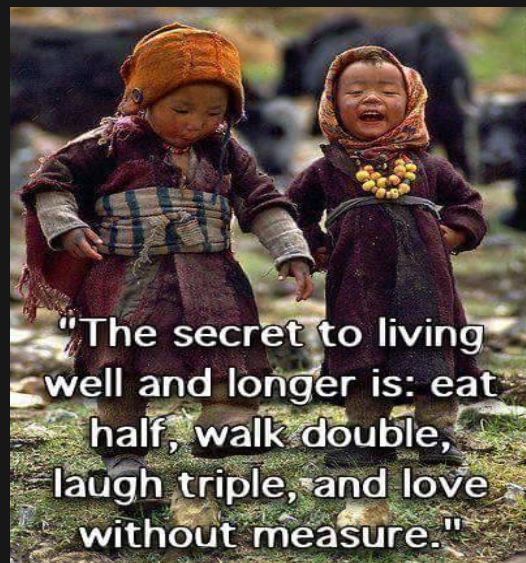
4

Learn to Know Your Priority

"don't lose your health
... to make wealth

then lose your wealth
... to restore health"

Learn From A Child



Tibetan Proverb

Learn From A Woman

remember always – a woman lives 10 years longer

By Design

XX

Longer Telomere

Superior Endocrine System

estrogen driven

rhythmic – lunar

Extra Detox System

menses

child birth

breast feeding

By Nature



Superior Power

yield rather than Fight

express rather Suppress

tolerant rather than Reactive

flexible rather than Rigid

soft rather than Hard

more **water** than Fire

Learn From A Sage

- prevention is better than cure
- *balance in all things*
- never hurry through life
- *avoid excessive emotions of all kinds*
- observe daily exercise and breathing
- *don't over eat*

Learn to Age Gracefully

8 steps

eat	> <i>healthy</i>
exercise	> <i>regular</i>
care	> <i>diligent</i>
attitude	> <i>positive</i>
response	> <i>calm</i>
mental energy	> <i>learn</i>
relationship	> <i>deep</i>
socialising	> <i>broad</i>



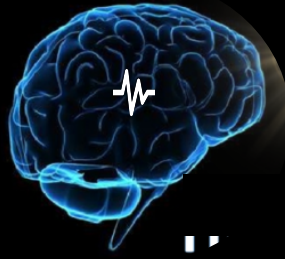
Final Words

Healthy Body



120 Years Lifespan
You Birth Rights

Smart Brain



100 Years Brain span
Achievable

Social Wellness



ETERNAL
Your Legacy

Healthy body = Better QoL

Smart brain = Enjoy Life

Social Wellness = Relationship

the end

Question?