



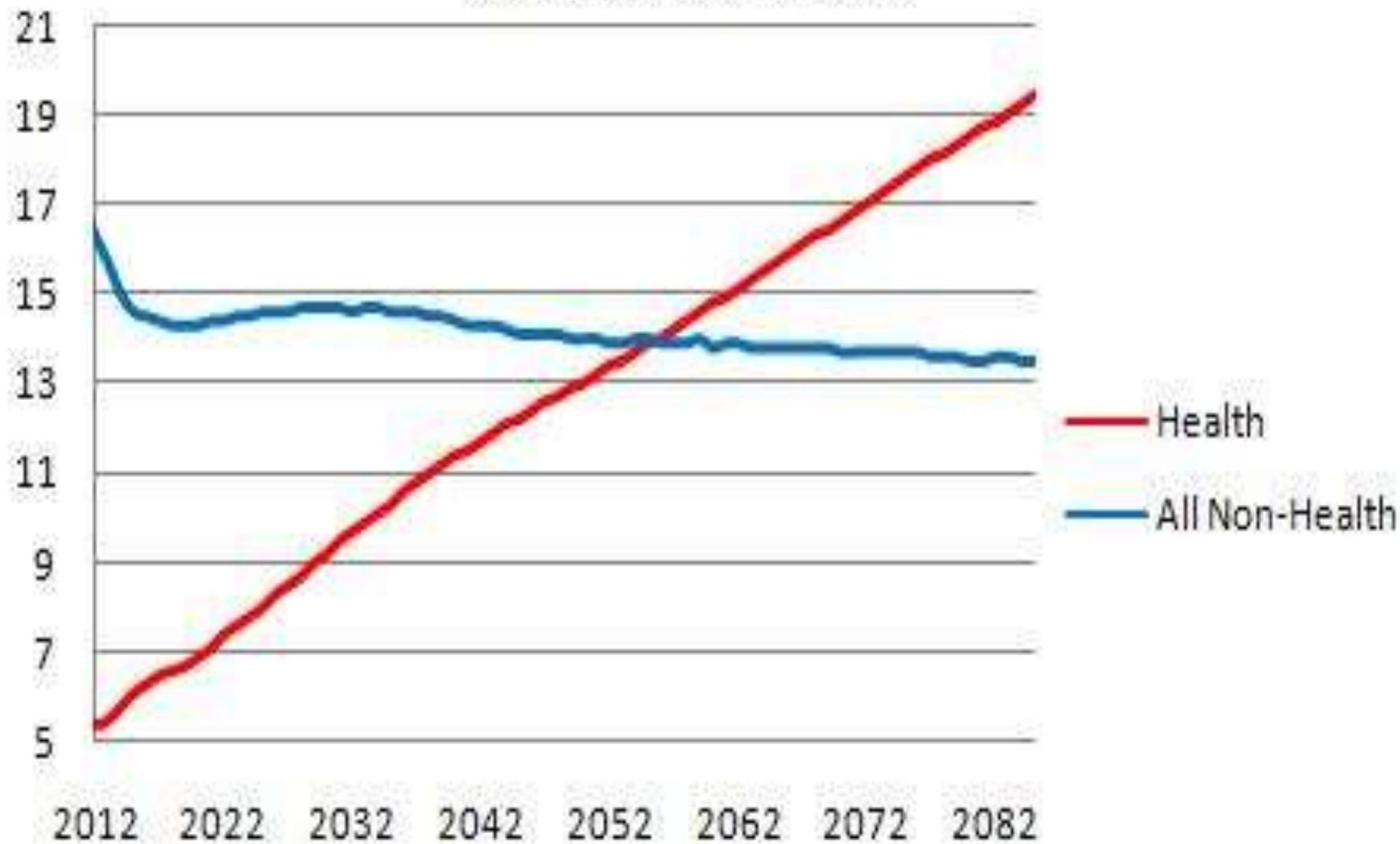
Real Food and Manufactured Calories

Lupus Foundation of America, Greater Ohio Chapter, Inc.
September 4, 2014

Roxanne B Sukol MD MS FACP
Medical Director, Wellness Enterprise
Executive Health & Preventive Medicine
Wellness Institute

Components of Federal Spending

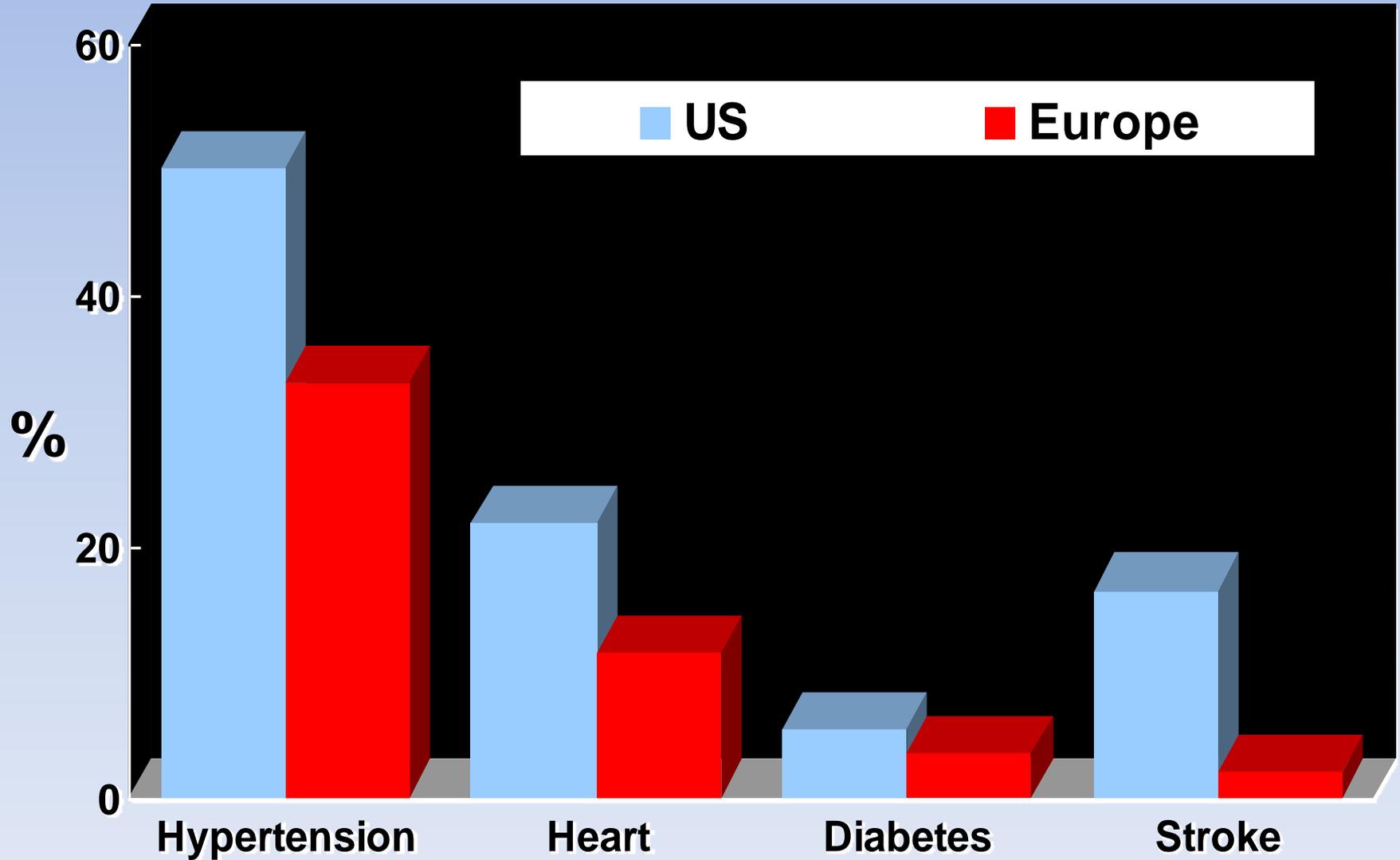
(as percentage of GDP)



Impact of Chronic Disease

- 81% of hospital admissions
- 91% of all prescriptions
- 76% of physician visits
- Average annual cost: \$6,032

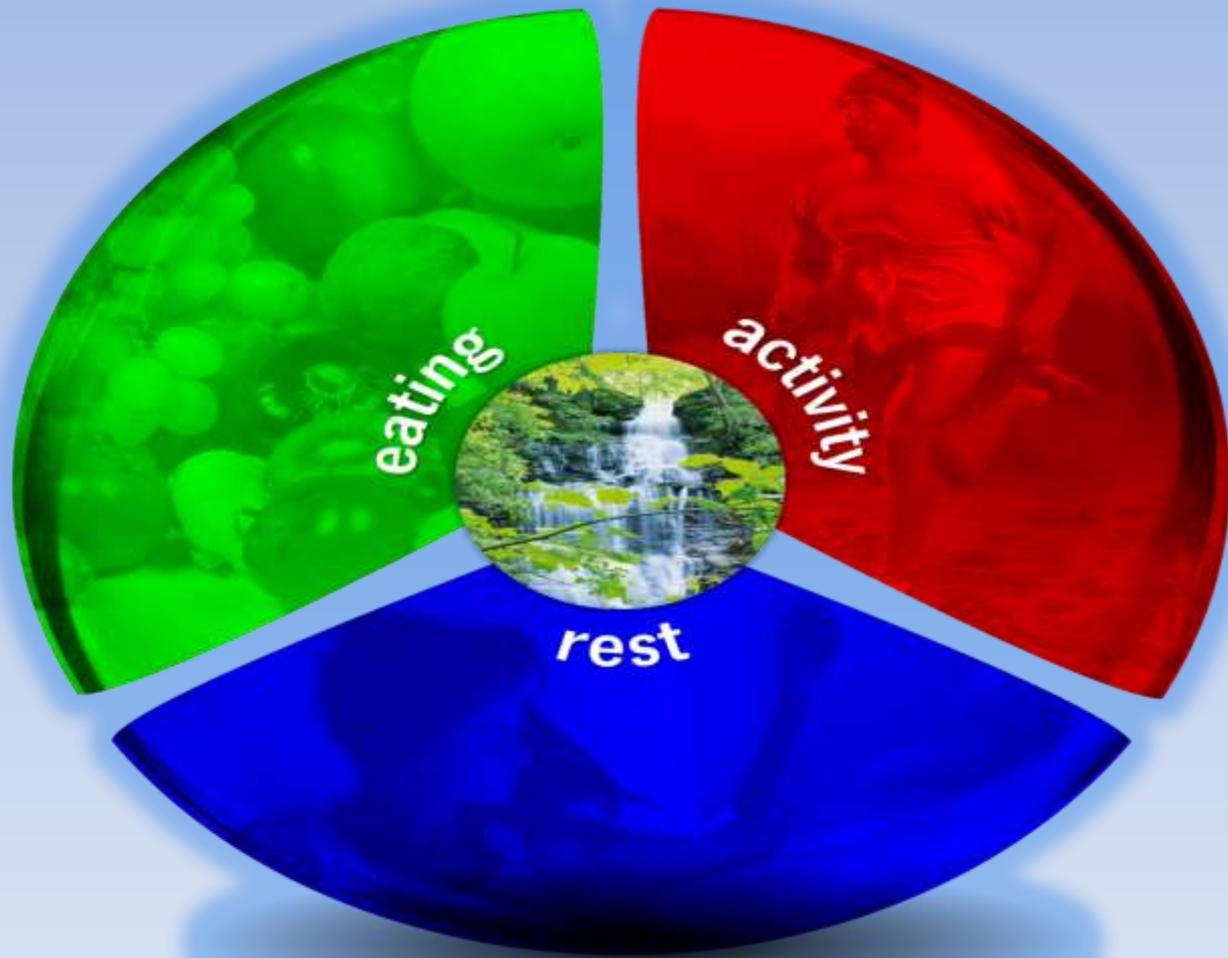
Disease Prevalence



Chronic Disease

4 Factors Cause 75% (2007)

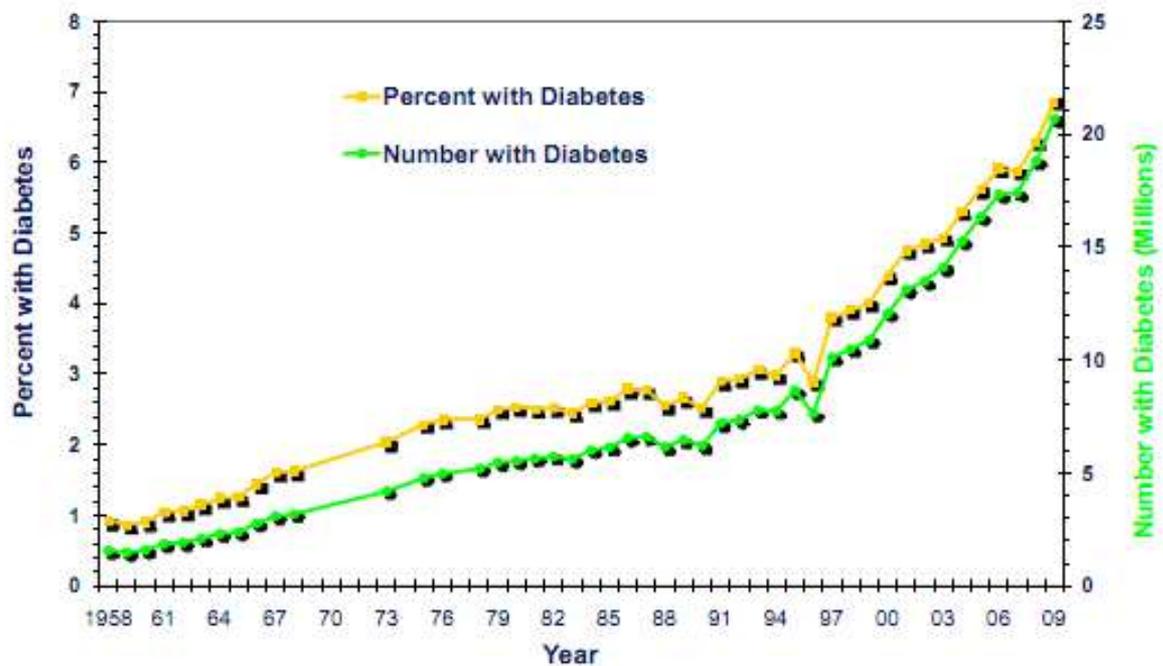
- Eating patterns (portion & choice)
- Activity patterns
- Rest & relaxation patterns (stress)
- Tobacco



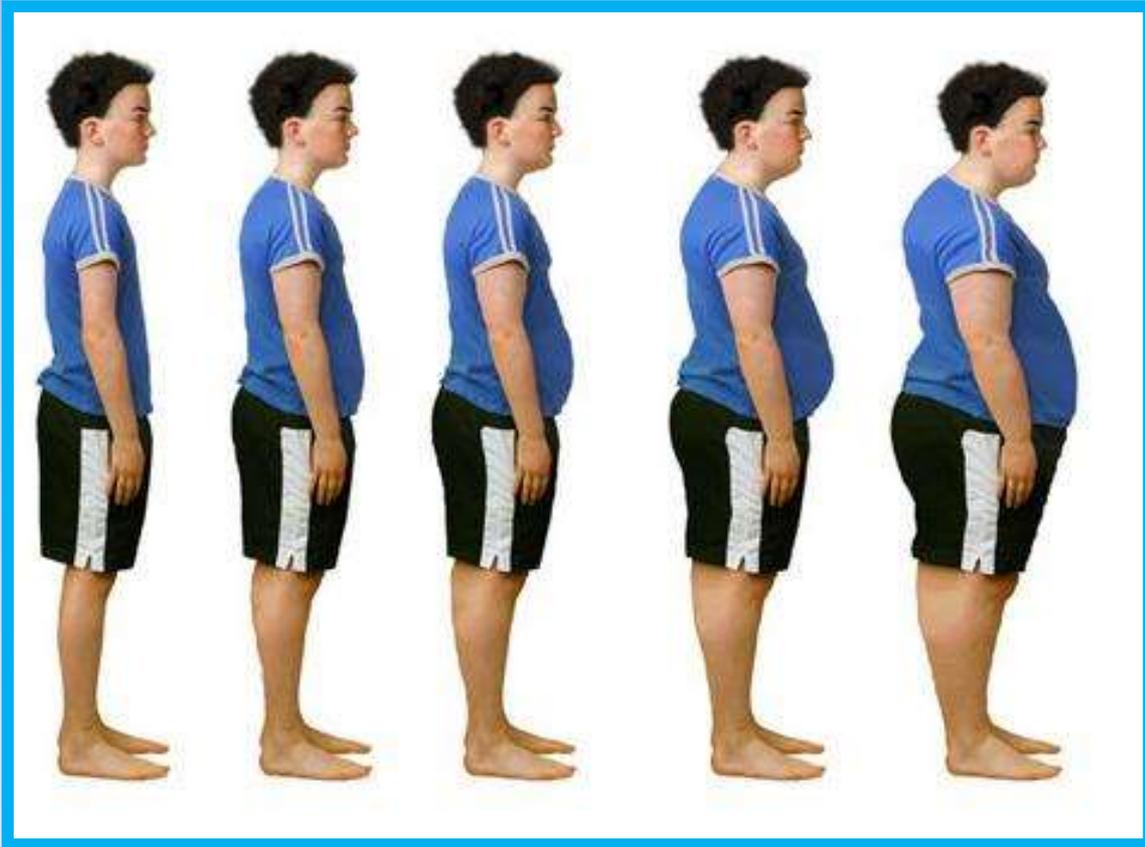
Eating Patterns

The purpose of food is to nourish.

Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2009



Graph source: Long-term Trends in Diabetes, CDC, October 2010



INTACT Carbohydrates

- Vegetables
- Beans
- Fruits
- Grains



STRIPPED Carbohydrates

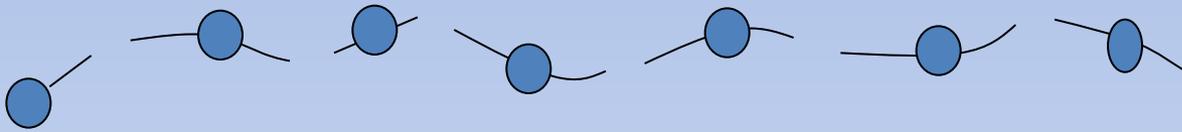
- Sugar.....cane (15-1600s)
- White flour.....wheat (1700s)
- White rice..... rice (1800s)
- Corn starch & syrup.....corn (1900s)

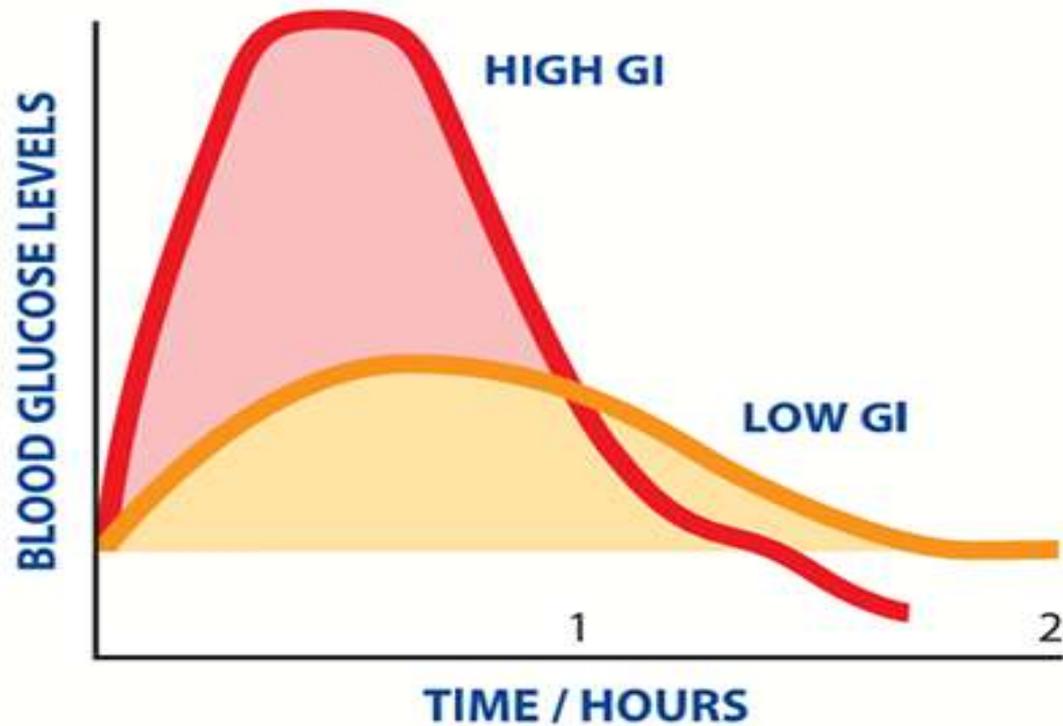












The amount of carbohydrate in the reference and test food must be the same.









Conserve Your Insulin

- Eat more slowly-absorbed foods.



- Eat fewer quickly-absorbed foods.



Insulin is the fat-storage hormone.



Insulin stores fat centrally,
along the GI tract.



Insulin

- The fat-storage hormone (central obesity).
- Raises blood pressure.
- Raises triglycerides.
- Interferes with fertility (PCOS).
- Coats the satiety centers in your brain.
- Trans fat causes resistance to insulin.



**HOW DO YOU
SAVE INSULIN FOR A RAINY DAY,
CONSERVE YOUR STORES, AND
PROTECT YOUR PANCREAS SO IT
MAKES ENOUGH TO LAST A
LIFETIME?**

Conserve your insulin

1. Eat a high-protein breakfast.







Conserve your insulin

1. Eat a high-protein breakfast.
2. No soda or sweet drinks, sugared or diet.



Conserve your insulin

1. Eat a high-protein breakfast.
2. No soda or sweet drinks, sugar or diet.
3. Eat more fruits and vegetables.





Conserve your insulin

1. Eat a high-protein breakfast
2. No soda or sweet drinks, sugared or diet.
3. Eat more fruits and vegetables.
4. The more colorful your plate, the better.



Conserve your insulin

1. Eat a high-protein breakfast
2. No soda or sweet drinks, sugared or diet.
3. Eat more fruits and vegetables.
4. The more colorful your plate, the better.
5. Eat more **nutritious fats and oils.**





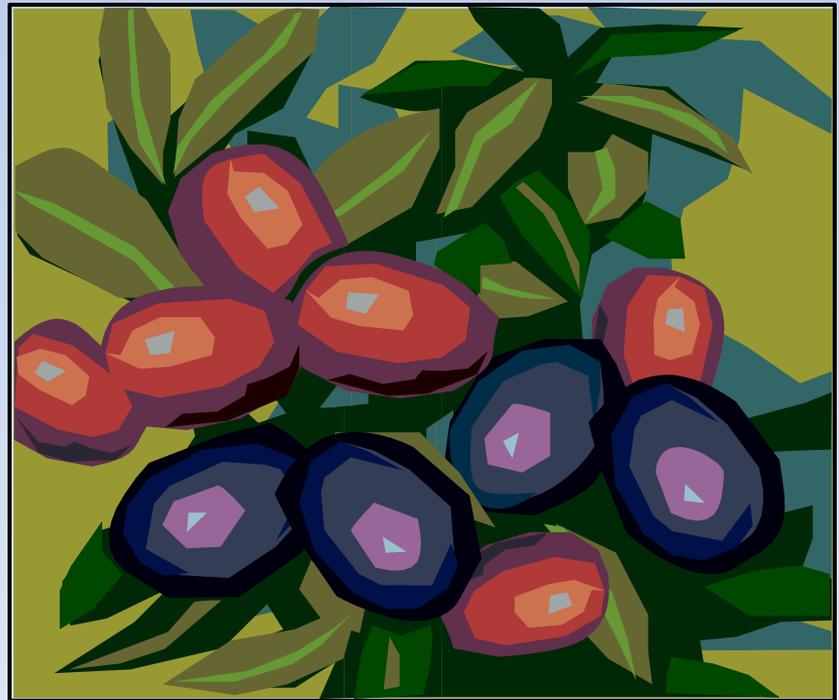
Conserve your insulin

1. Eat a high-protein breakfast.
2. No soda or sweet drinks, sugared or diet.
3. Eat more fruits and vegetables.
4. The more colorful your plate, the better.
5. Eat more nutritious fats and oils.
6. Avoid everything labeled 'lite,' 'quick,' 'instant,' 'processed,' or 'food.'











Cleveland Clinic

Wellness

The wise should consider that health is the greatest of human blessings.

~Hippocrates