

A holistic approach to a better M.E.A.L (Metabolism, Energy, Appearance, and Life style) with Dr. Mui and Chef Anderson.

to explain how to reduce a chronic inflammatory state with diet. This is an extremely important nutritional goal, as research now clearly demonstrates that our dietary habits can promote a state of chronic inflammation that leads to the expression of aches, pains, disability, and most chronic diseases, such as diabetes, heart disease, cancer, osteoarthritis, and neurological diseases such as Alzheimer's disease, Parkinson's disease and multiple sclerosis (1-7).

## **Part 1: Introduction of Chiropractic and Nutrition**

Find out how many factors are active in your life at this moment. The goal is to have as few as possible.

- Whole body model, Healing from inside out
- How Nutrition and Chiropractic care works in conjunction to create a healthy body
- Common chronic diseases that stem from unhealthy diet and lack of health.
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## **Part 2: Introduction to Basic Concepts**

Basic conceptual issues are discussed and simple steps to getting people back to health

- At home exercises
- Simple stretches
- General things you can do to help improve yourself.

## **Part 3: The truth of Fats and Cholesterol**

The truth we must all deal with is that grains are simply not the appropriate food to eat as a staple food. Grains are best in condiment portions or not at all.

### Nutritional

#### Fats and Cholesterol

- Lipid Hypothesis – Ancil Keys
  - Seven countries study
    - Cherry picked data
    - Loop holes
- Framingham Study

The Framingham Heart Study, started in 1948 and still on-going, is one of the biggest research projects on heart health. In 1992, study leader Dr William Castelli wrote in Archives of Internal Medicine: “In Frammingham, Massachusetts... the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active.”

- Types of Fat
  - Mono, poly and saturated, trans fats
  - omega 3& omega 6
  - Where they are found in nature and their properties
  - Functions in the body
  - Vegetable oils
    - WWII
      - butter vs. margarine
    - soy industry
    - Vegetable oils

- Marketing of
  - profit margins
  - processing secrets
  - processed foods
  - effects on health
- Cholesterol
  - Debunking the cholesterol myth
  - roles in the body
    - nervous system, hormone synthesis, cell wall integrity
  - oxidized cholesterol vs. good cholesterol
    - processing of cholesterol
    - commercial milk, butter, conventional meats, eggs
  - Roles and functions of Chylomicrons, LDL, HDL
  - Heart Disease
    - HDL / LDL ratios
      - Integrity of LDL receptors and role in heart disease
        - AGE's – Advanced glycated end stage proteins
          - glycation of blood sugars
          - Gumming of receptors
        - Circulating LDL, anti-oxidants and oxidized cholesterol
        - Poor thyroid function – Thyroid hormone and LDL receptors
          - iodine receptor sites
            - fluoride
        - topical vs. systemic
        - water, toothpaste, mouthwash
        - skeletal fluoridosis
          - Bromide - additive
        - Pesticides – Methyl Bromide
        - bread – potassium bromide
        - “unbromated flour”
        - Banned in UK and Canada, still safe in US even though had prove to cause cancer in lab animals. Also know to cause renal damage
        - toothpaste, mouth wash and gargles- potassium bromide
        - antiseptic and astringent
        - hair dye, personal care products, plastics, bromated vegetable oils, asthma inhalers
        - LDL particle size
          - A and B
          - what is the difference
          - which is bad

Good fats to cook with

#### **Part 4: Foods and Dietary Suggestions**

Provided is a thorough list of the foods that are anti-inflammatory, as well as suggestions regarding meals.

#### **Part 5: Nutritional Supplements to Help Fight Inflammation**

A simple and clear approach to supplementation is outlined, and supplement programs are presented.