“What the Health?”: Where do I start? Daily Essential Nutrients required for a Transformational Habit of Health

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Remember these simple phrases...

- “May you never know the disease you prevent”
- “The road to good health is paved with good intestines.”
- “When all else fails, return to the guts”.
- “A healthy person has a thousand dreams, an unhealthy person only has one.”
Repair and Replenish (BUILD) with 7 Essential Nutrients: – Vitamins & Minerals, Essential Fatty Acids, Enzymes, Probiotics, Fiber, Protein (Amino Acids) and Antioxidants

“What the Health?” - Integrating natural health concepts has a big impact!

- Did you know?
- Medical debt (allopathic) can account for up to 62% of all personal bankruptcies?
- Of those bankruptcies, 78% have some type of insurance? (Harvard University 2015).
- What makes more sense? Taking action now to change your current lifestyle, or wait for a health crisis?

Lifestyle Is Key, 1-2-3!

1. Exercise/Water
   • fresh air/release stress
2. Diet/Nutrition
   • A “good fat diet”, not a “low fat diet.”
   • Diet soda, 61% ↑ CVD.
   • Veggies (7x day), Grains, Lean Meats
   • British Med. J. 2014 (Oxford) – an apple a day for over 50 yr. olds, could prevent 8,500 strokes/M.I.’s a year. Same # as Rx statins.
3. Supplementation - 7 essentials
Repair/Replenish (BUILD)

• ABC’s of natural health (Activate, Build, Cleanse)
• We are focusing on the “B” or “Build”. This is also known as “Repair and/or Replenish”.
• To “live and thrive - not just survive”, we must have daily essential nutrients.
• The body does not make many of these daily essentials. Foods today are devoid, so supplementation is key.

Transformational Habit of Health

• It takes will power to be healthy and will power to become a habit.
• Just deciding what to ingest each day, requires us to make 227 discrete choices!
• 40% of all deaths are attributable to poor self regulation (a fight between our pre frontal cortex and amygdala – front brain vs. mid brain) – New England Journal of Medicine 2012
• Book recommendation: “The Power of Habit” - Charles Duhigg

7 Essentials

◆ Vitamins/Min.
◆ EFA’s
◆ Enzymes
◆ Probiotics
◆ Fiber
◆ Protein/Amino Acids
◆ Antioxidants
1. Essential Vitamins and Minerals

- 13 **essential** Vitamins (water and fat soluble).
- 16 **essential** Macro minerals (i.e. Calcium, Iron, etc. more than 100mg/day).
- Micro (trace) minerals (i.e. silica, boron, less than 100mg/day).
- Studies have found as many as 87 total minerals identified in the body (so far).
- Minerals can comprise about 4% of total body weight. Minerals come to us from plants/water.
- They need to be replaced each day for optimum health.

Supplementation makes sense

- It is a toxic world! Higher nutrients are required.
- Top soils are depleted (lacking minerals).
- With the large amounts of over-processed, canned, boxed, processed, microwaved, plastic packaging, and nutritionally poor foods, it makes perfect sense to provide what may be missing on a daily basis.
- Many nutrients are also lost due to processing/refinement and chemical ingestion.

Daily essential nutrients are not just “Builders” either...

- “Essential vital nutrients are necessary to convert toxins into a form the body can eliminate, effectively.” – Univ. Wisc. Integrative Medicine Detoxification Health Publication 2014
- Detoxification is based on 3 phases (involving enzymes, vitamins/min./antioxidants/fiber)
- **Phase I:** Uses enzymes which chemically transform lipid soluble toxins into water soluble toxins in prep for phase II.
- **Phase II:** 15 “hydroxy-pathways” in Liver alone: need an enzyme blend & use vitamins/antioxidants (green tea/cruciferous veggies/chlorophyll etc.) to complete transport.
- **Phase III:** Uses fiber for proper bile flow (i.e. artichoke).
- So if you are missing any of these daily essentials? What happens?
Test Your Health Knowledge!
What ingredient is the single biggest source of calories in the average North American diet?

A. Table Sugar  
B. Processed Flour  
C. High Fructose Corn Syrup  
D. Hydrogenated Oils  
E. I don’t want to know...(plug ears, cover eyes)

Welcome To North America!  
A Few Standard North American Diet Numbers  
U.S. and Canada

- Avg. daily calorie consumption: 3,770  
  - Avg. global daily calorie consumption: 2,833  
- Overweight and obese children: 33%  
  - Global overweight and obese children: 12%  
- Annual sugar consumption: 142 pounds per person (64kg)  
- Percentage of fast food as part of daily diet: 55%

What about Global Trends?  
Health

Cardiovascular Disease  
Obesity  
Respiratory Challenges  
Diabetes  
Joint Health
Are all vitamins “vit-al”?

Top brand (toxic):
- Sodium Selenite*
- Nickelous Sulfate*
- Chromic Chloride*
- Sodium Borate (Borax)*
- Cupric Oxide*
- Macro minerals only
- Chelated, coated with chemicals, dyes, and fillers - no phytonutrients
- * barred from nations drinking water by EPA – added solely based on profit
- Chemical isolates are no longer beneficial to life!

Pick supplements that mimic nature:
- Vital Nutrition Support – it should says so on the label!
- Chlorophyll coated?
- Some chelation necessary
- Unique macro & trace minerals
- Herbal and Protector Shield Proprietary Blend of antioxidant fruits!

How DO they get away with it?

- It is called the “Weight of Evidence” standard.
- Inorganic and synthetic non-vitals are considered safe until proven guilty.
- Burden of proof falls on lab tests from many epidemiological studies.
- This hinges on the fact that proving toxicity in humans requires dangerous tests on humans. Any volunteers?
- These chemical isolates (no synergy, no enzymes, etc.) may not be toxic in a “daily” small dose but, may build up over time.

The kids are not alright....

- Processed sugar, lack of fiber, poor sleep, etc. The list is endless as to why kids need good nutritional support and supplementation.
- Example: 7 hours or more of sleep + chewable Vit. C increases the defense from colds and flus 60%! (J. Pediatrics 2012)
- Estimated: 70% of all children are Vit. D3 deficient. (JAMA 2012)
Vitamin/Mineral dosage?

- **Everyday for life.** RDA is recommended.
- Optimum levels have not yet been established.
- Anatomical fact: it can take 90 - 120 days to rebuild all of one's red blood cells. Up to 5-7 years to build an entire brand new you!
- Given what we discussed so far, the 4 factors etc., - daily for life.
- Supplements help nourish the glands, rebuild the glands, help hormones convert, and help hormones to be accepted by the cells.

When thinking about food/supplements, 1st – “feel” for food/supplements!

2. Essential Fatty Acids

- These are known as Omega’s or essential fatty acids (EFA).
- They are Omega 3’s, 5’s, 6’s, 7’s and 9’s.
- 2 are considered essential: Alpha-linoleic acid (Omega 3) and Linoleic acid (Omega 6).
Essential Fatty Acids

- The EFA’s are required by the human body daily because our bodies cannot synthesize them.
- Fatty Acids are required for biological processes and fuel.
- In 1923 were actually considered Vitamin F.
- Balance between Omega 3-6’s strongly affects function.
- The S.A.D. is very high in Omega 6 and low in Omega 3, creating a deficiency and imbalance.

Benefits of EFA’s?

- Research suggests increasing your daily essential fatty acids decreases major depression (DHA).
- It is proven to improve heart, brain, nervous, and cerebrospinal fluid balance/health.

3. Enzymes

- Macromolecular biological catalysts.
- Almost all processes in cells need enzymes to occur at rates fast enough, to sustain life.
- Known to catalyze over 5,000 biochemical reactions. (includes digestion/detoxification).
- i.e. orotidine 5- phosphate decarboxylase allows a reaction to take place in a millisecond. Without it, the reaction would take millions of years!
  - Callahan BP, Miller BG (December 2007). "OMP decarboxylase—An enigma persists". Bioorganic Chemistry
Enzymes

• The body makes 21 sextillion chemical reactions per second.
• All these reactions require enzymes! Enzymes make everything happen faster and are key to life. They help us “absorb” nutrients too!
• Did you know?: Vitamins don’t work without minerals, minerals don’t work without vitamins. Neither work without enzymes?

“Let food by the medicine and medicine be thy food”

• By now you are familiar with: “we are what we eat” and even “we are what we absorb”. But let’s take that one step further:
• Are we not “what our microbes eat?”

4. Probiotics

• Probiotics: microorganisms beneficial to human life (good guys). Est. over 10,000 species inside humans.
• Help decrease pathogenic gastrointestinal microbes (bad guys).
• Est. up to 10% of total body weight.
• Strengthens the immune system, regularity of bowels, resistance to allergens, reduces gas and bloating.
• British Journal of Nutrition 106 (9): 1291–6.
Today’s Megatrends...

Why probiotics? Are they a daily essential?

- Consider: 70% to 80% of the immune system is located in the gut. Essential nutrients and addition of probiotics—“daily” becomes a must.
- 90% of our neurotransmitters (body made chemicals regulating mood) are made in the gut (not the brain, as once thought as they affect mood and behavior too).
- Massive amounts of research/literature are now focused on what is known as the “gut microbiome” or probiotic home.

Benefits of (good) Bacteria

- Probiotic = pro-life.
- “The Microbiome should be considered an organ in and of itself” – Dr. David Perlmutter M.D.
- Up to ½ of stool weight is discarded bacteria (NIH Human Microbiome Project 6/2012).
- Fiber and fermented foods help feed the good bacteria. In turn help detox body. Healthy probiotic colony viewed as a second liver!
- Replenishing with lost probiotics only makes sense, especially with widespread antibiotic use and antibiotics in foods.
Change your diet (+ supplements), and you change your gut microbiome

5. Fiber
- Dietary fiber or roughage is derived from plants.
- 2 kinds of fiber known as “soluble and insoluble” (5 distinct noted sources).
- Terms may include: polysaccharides, oligosaccharides, lignin, etc.
- Promote laxation, maintain healthy cholesterol levels, and proper blood sugar balance.
- A true daily essential! Optimum amounts are debated but current rec. is 20 grams daily.

Intestinal System Problems
A poor function can lead to a variety of health concerns, including the following:
- Hemorrhoids
- Diverticulitis
- Constipation
- Colonic polyps
- Cancer
- Ulcerative colitis
- Irritable bowel syndrome
- Crohn’s disease
Fiber = Balance

• Key probiotics live right upside the lining of the intestines.
• They ferment fibers that we cannot digest on our own.
• This produces food for other microbes and cells.
• Some cells of our colon get nourishment only in this way. No fiber - no nutrients.
• No fiber, these microbes will have to eat sugar instead (morph), which produces excessive mucus, an unhealthy intestinal balance.

6. Protein/Amino Acids

• Macromolecules with one or more long chains of amino acids.
• Daily essential nutrient. Building blocks of the body and a source of fuel.

Orthomolecular

• Your body makes 500 quadrillion protein molecules per second....
• “What protein are you eating?”
Protein benefits are numerous...

- Growth, maintenance, muscle, hair, skin, nails, bone structure, and is found in all cells of the body.
- Most abundant molecule in the body. It is the basis of all blood cells.
- When broken down into amino acids alone, amino’s act as coenzymes, hormones, immune response, cellular repair (DNA), and molecules essential for life!

The animal vs. vegetable debate

- Vegan sources generally are easier to digest, have a lower calorie content, higher vitamin/mineral content.
- Worldwide, plant proteins contribute 60% supply. But in North America, animal offerings are 70% of supply.
- A great source of vegan is legumes or "pulses" such as soy or yellow peas. Vegan sources tend to be less acidic and more kidney friendly (Consider adding nuts and seeds to diet as well).

7. Antioxidants

- Simply put, an Antioxidant is a molecule that inhibits “oxidation” of other molecules.
- Oxidation produces “free radicals” that left unchecked can damage cells. i.e. Vitamin C is a great known antioxidant.
Are they necessary?

- Studies may be questionable but any molecule that slows or prevents oxidation in the body is similar to slowing or preventing rust on a car.
- They are orthomolecular molecules from foods that help scavenge free radicals accumulated by the body. Free radicals unchecked create oxidation. Which in turn can lead to inflammation.
- Antioxidants benefit virtually every organ and body system because they mop up damaging free radicals.

So that’s the 7, now let’s put it all together!

- Let’s look at the power of 7 daily essentials.
- An example of the power of this foundational Transformational Habit of Health: Sleep!

Good Sleep: an example of the 7 daily essentials!

- Human brain capacity is 1 million gigabytes. Takes a lot of energy and produces a lot of oxidation.
- Sleep helps restore the brain/body.
- So what nutrients are needed to ensure great sleep?
  - DHA (EFA), L-Taurine, L-Theanine, L-Glutamine (amino acids), Magnesium, Zinc (minerals), Melatonin (hormone), GABA, Phosphatidylserine, 5-hydroxy tryptophan (amino's), B-vitamins (vitamins), Alpha lipoic acid, Lycopene (antioxidants).
  - “Insomnia is also linked to microbiome, regulating cortisol levels” (Crit. Rev Immuno. 14, no 3-4 1994: 355-79)
- No wonder the #1 over the counter medication today is: a pain reliever P.M. (is this a nutrient?).
- Good sleep is a must and requires a lot of essentials.
Time to type your questions!

- Take a quick breath here.
- Type any questions you have to this presentation. We will answer these after the end of the presentation.
- Thank you.

“So, where do I start?”

Daily Essentials, that's where!

- From this webinar, it's easy to understand how taking daily action with daily essentials is the start. It is the basis for anyone with a health challenge or to find “a habit of health”!
- Science shows our daily choices, diets, supplements, do make a difference.
- However to reach “optimum health”, adhere to the foundation: Transformational Habit of Health.
- So let's conclude with some easy suggestions...
Just 3, daily!

• How can we feel secure in knowing we can address the 7 essentials everyday without breaking the bank?
• Just look at these easy to do, simple daily essentials, and high quality nutrients:

Start here!

• Nature’s Harvest
• Probiotic Eleven
• Stixated (optional)

Nature’s Harvest #3090

• This tasty nutritional drink mix provides 13 g. of vegetable protein + 75% of the (RDA) for 18 essential nutrients per serving.
• Vegan, dairy-free, lactose-free and gluten-free.
• Benefits: Provides nutrient-dense plants, fruits and herbs for health and energy.
• Contains green foods, antioxidants, essential fatty acids, nutritive herbs, fiber, enzymes, pre-biotic, and more.
• Hint: add an ounce of Ionic Minerals #310 one time a week to round out complete mineral profile.
Natures Harvest #3090

• Suggestion: If want to up the protein count of grams (from 13 g. to about 17 g.) and/or change “taste”, add one scoop of Love and Peas to one scoop Harvest.

Stixated #6540

• Suggestion: add one packet of Stixated to your Harvest (Love and Peas) meal replacement at same time! Up the ante! Get additional benefits of Garcinia cambogia and Chromium picolinate.

Probiotic Eleven #1510

• Suggestion: Best in between meals as capsules but can also be added to meal replacement. (Absorption of microbes also happens in mucosal linings).
How easy is that?

• You can spread these supplements out through the day or do all at once!
• Make sure you are replenishing and repairing the body on a daily basis!
• It is truly “Where to start”.
• Thank you, it’s been an honor!
• Let’s take some questions...

Thank you JAY!