

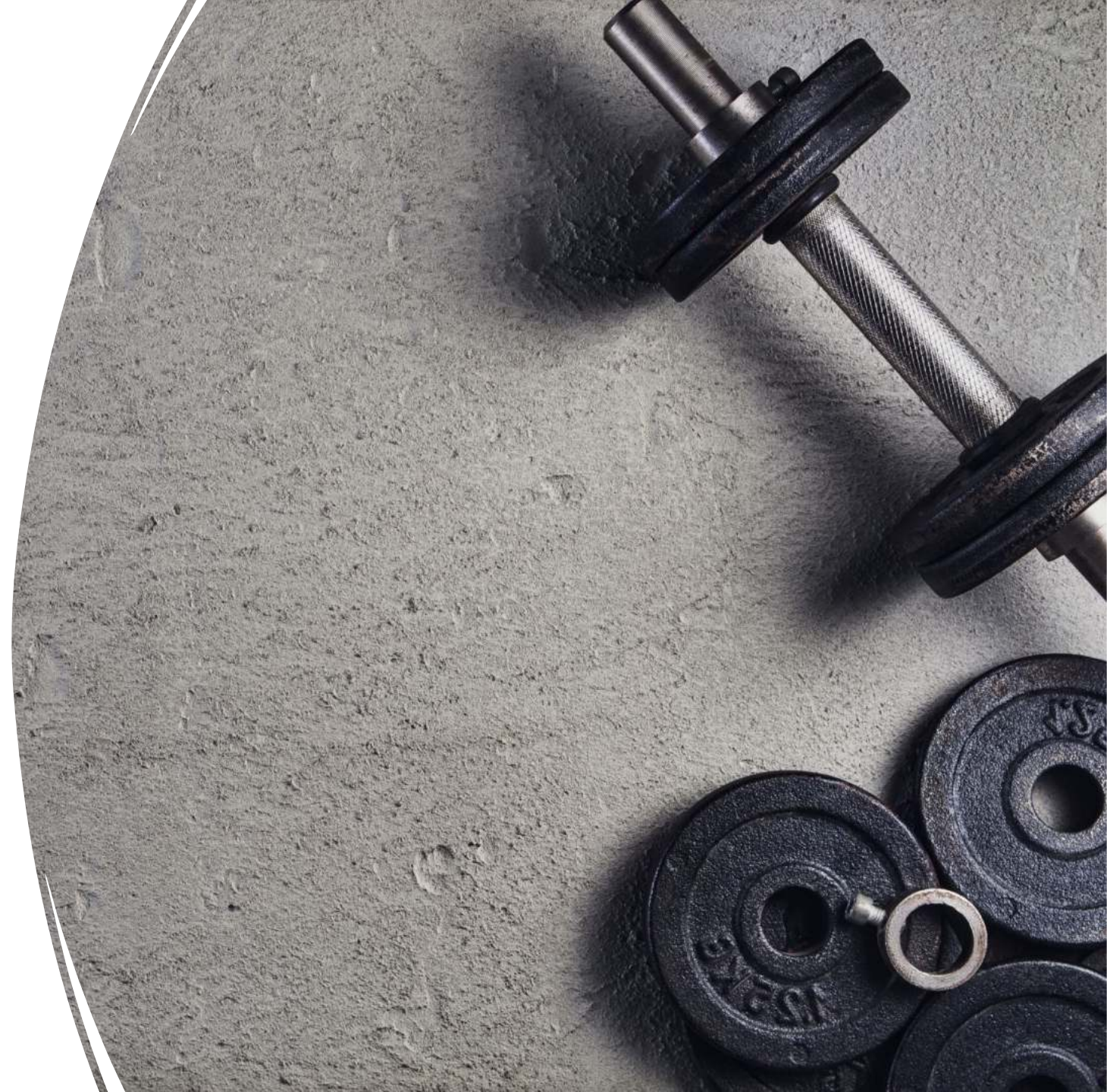


LIVING
edified

Olapeju Olasokan MD

OBJECTIVES

- Discuss a few pillars of lifestyle medicine.
- The role of exercise/nutrition/sleep on health
- Actionable tips for incorporating the pillars into daily life.
- Commitment to action.



MY WHY... MY STORY...

Premedical Journey

Residency

Pregnancy

Life as an attending

Birth of Living Edified

Beloved I wish above all things that you prosper and be in good health even as your soul prospers 3 John 2-5



6 PILLARS OF HEALTH



Exercise



Nutrition



Sleep



**Stress
management**



**Social
connections**



**Substance
use**



PILLAR 1 - EXERCISE

Exercise-Recommendations - USHHS-

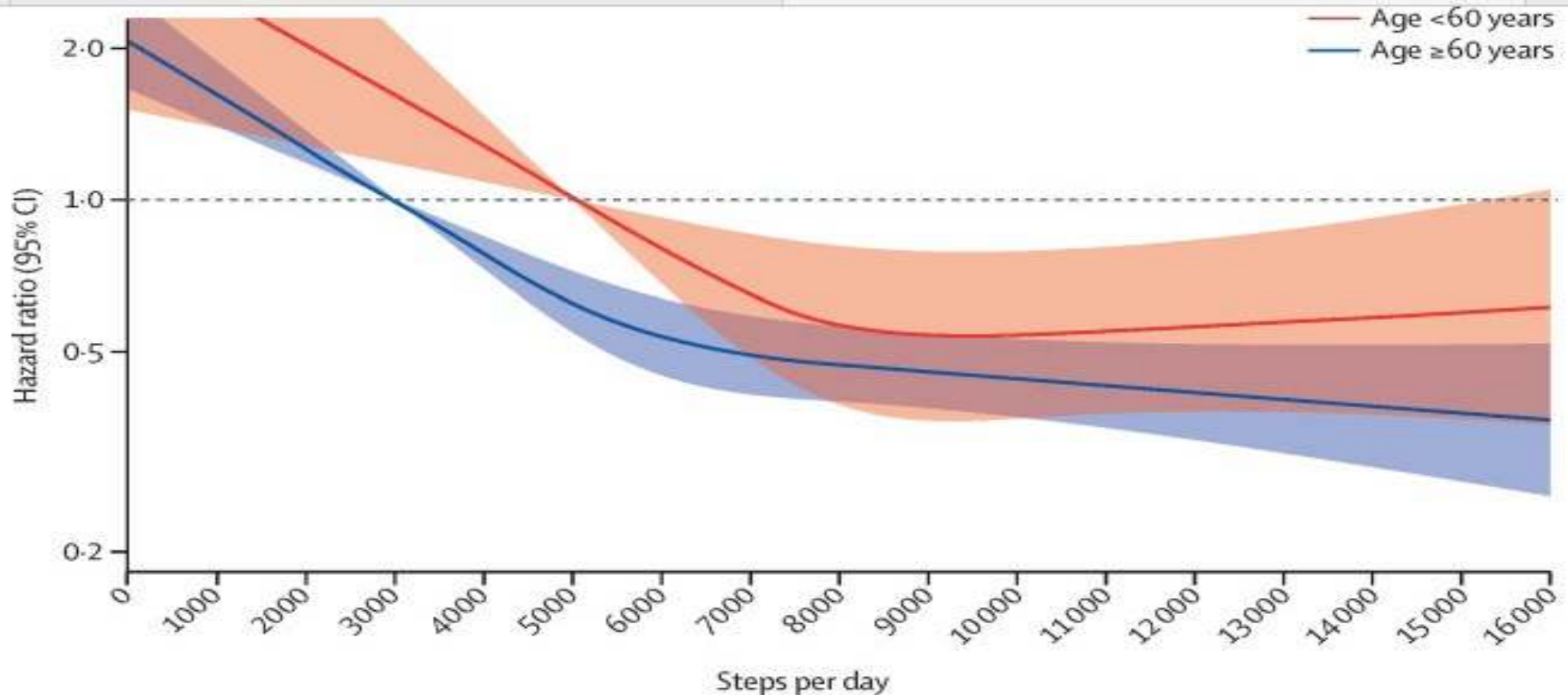
- Accumulate 150 minutes of moderate intensity physical activity each week.

Strength train 2x/week on non-consecutive days.

- Resistance training (also called strength training or weight training) is the use of resistance to muscular contraction to build strength, anaerobic endurance and size of skeletal muscles.



EXERCISE FREQUENCY AND ALL CAUSE MORTALITY.



PILLAR 2 - NUTRITION

	Low-carbohydrate	Low-fat/ vegetarian/vegan	Low-glycemic	Mediterranean	Mixed/balanced	Paleolithic
Health benefits relate to:	Emphasis on restriction of refined starches and added sugars in particular.	Emphasis on plant foods direct from nature; avoidance of harmful fats.	Restriction of starches, added sugars; high fiber intake.	Foods direct from nature; mostly plants; emphasis on healthful oils, notably monounsaturates.	Minimization of highly processed, energy-dense foods; emphasis on wholesome foods in moderate quantities.	Minimization of processed foods. Emphasis on natural plant foods and lean meats.
Compatible elements:	Limited refined starches, added sugars, processed foods; limited intake of certain fats; emphasis on whole plant foods, with or without lean meats, fish, poultry, seafood.					
And all potentially consistent with:	Food, not too much, mostly plants^{a,b,c}.					

^aFrom Reference 135.

^bPortion control may be facilitated by choosing better-quality foods which have the tendency to promote satiety with fewer calories.

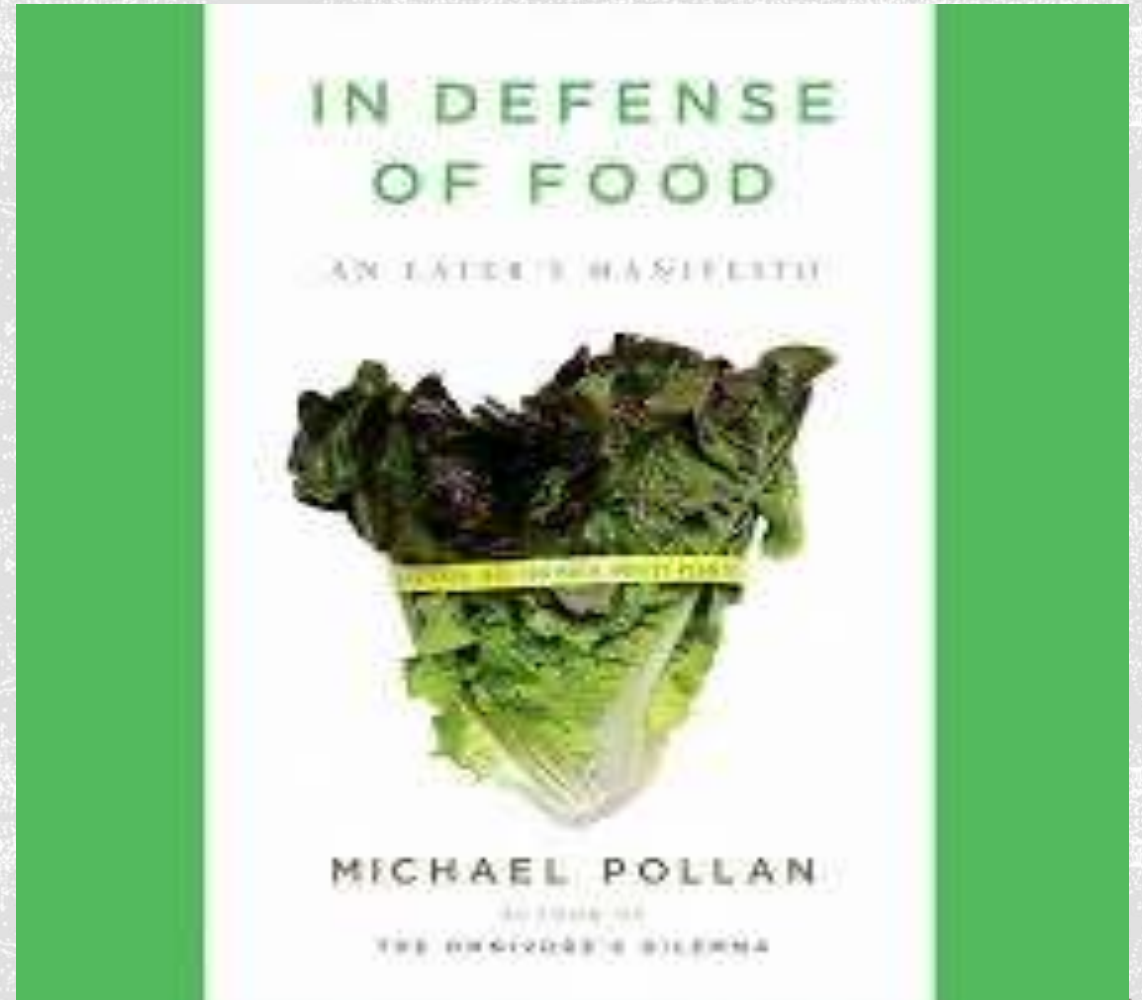
^cWhile neither the low-carbohydrate nor Paleolithic diet need be "mostly plants," both can be.

AR Katz DL, Meller S. 2014.
Annu. Rev. Public Health. 35:83–103





NUTRITION



WHAT IS FOOD

- Food : Any nourishing substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, etc.
- Very often, it isn't," he says. "We are eating a lot of **edible food-like substances**, which is to say **highly processed things** that might be called yogurt, might be called cereals, whatever, but in fact are very intricate products of food science that are really **imitations of foods.**"
- **Processed Food** – any process that changes the natural form of a food. Can including freezing, canning, drying, baking, milling.



UNPROCESSED

FRUIT



VEGETABLES



NUTS



EGGS



MILK



MEAT



PROCESSED INGREDIENTS

OILS



BUTTER



VINEGAR



SUGAR



SALT



HONEY



PROCESSED

HAM



CHEESE



FRESH BREAD



BACON



SALTED NUTS



TINNED FRUIT IN SYRUP



ULTRA-PROCESSED

SUPERMARKET BREAD



READY MEALS



BREAKFAST CEREAL



BISCUITS



CAKES



CRISPS





Foods close to nature

- ↑ Greater nutrient density
- ↑ High in fibre, vitamins, minerals

Highly-processed foods

- ↓ Low in fibre, vitamins, minerals
- ↑ Often high in saturated fat, sugar & salt

PROCESSING...





NOT TOO MUCH

- Portion sizes: Eat it on small plates, they don't have seconds, they don't snack."
- Eat until you are 80% full
- Calories per serving. Know your serving size
- Weighing food



MOSTLY PLANTS

- Eating Mostly Plants is in essence a plant-based diet with a focus on vegetables, fruits, whole grains, legumes, nuts and seeds with the inclusion of meat and other animal products in moderation.
- There is incontrovertible but boring evidence that eating your fruits and vegetables is probably the best thing you can do for preventing cancer, for weight control, for diabetes, for all the different, all the Western diseases that now afflict us,"
- In addition, studies have demonstrated that people who consume a plant-based diet also consume more of every essential nutrient the body needs, dispelling the myth that meat-free diets are nutrient deficient
- Imply add protein-rich foods like legumes, nuts, seeds, whole grains, and vegetables to boost your protein intake.



EAT FOOD. MOSTLY PLANTS. NOT TOO MUCH

- American College of Lifestyle Medicine (ACLM) position statement – Consuming a fiber-filled, nutrient-dense, antioxidant-rich eating pattern based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



INTERMITTENT FASTING

16-8 schedule: Fast 16 hours, Eat 8 hours 7am-3pm or 1-9pm or variation

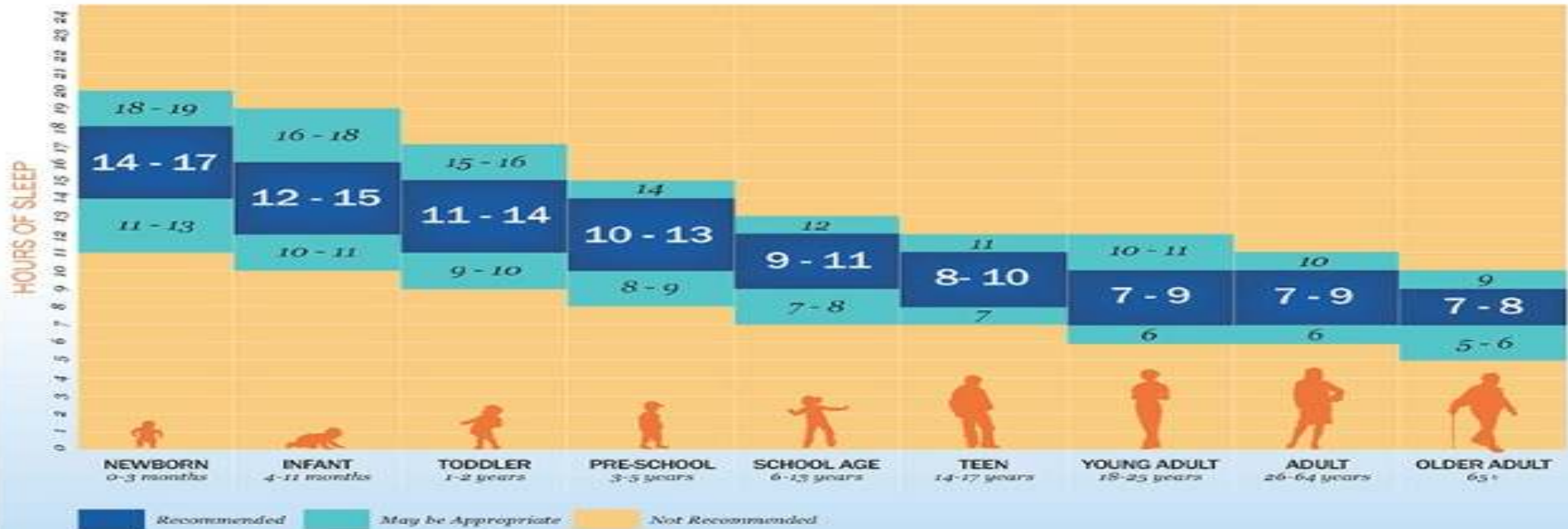
- Human Growth Hormone (HGH): Increasing as much as 5-fold. This has benefits for fat loss and muscle gain
- **Insulin: Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible.**
- Cellular repair: Cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells.
- Gene expression: There are changes in the function of genes related to longevity and protection against disease



SLEEP

 NATIONAL SLEEP FOUNDATION

SLEEP DURATION RECOMMENDATIONS



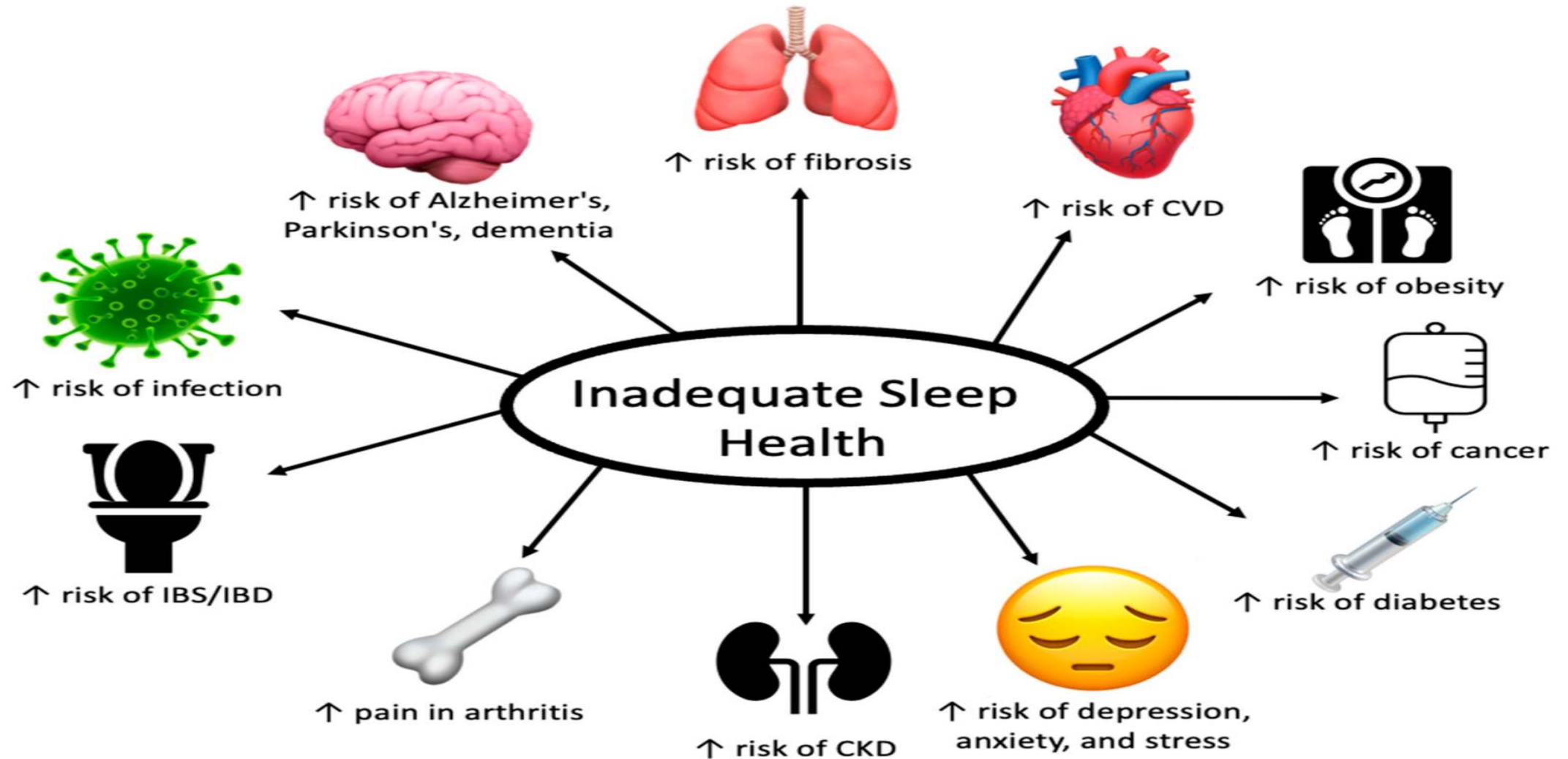
SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

Photo credit: National Sleep Foundation



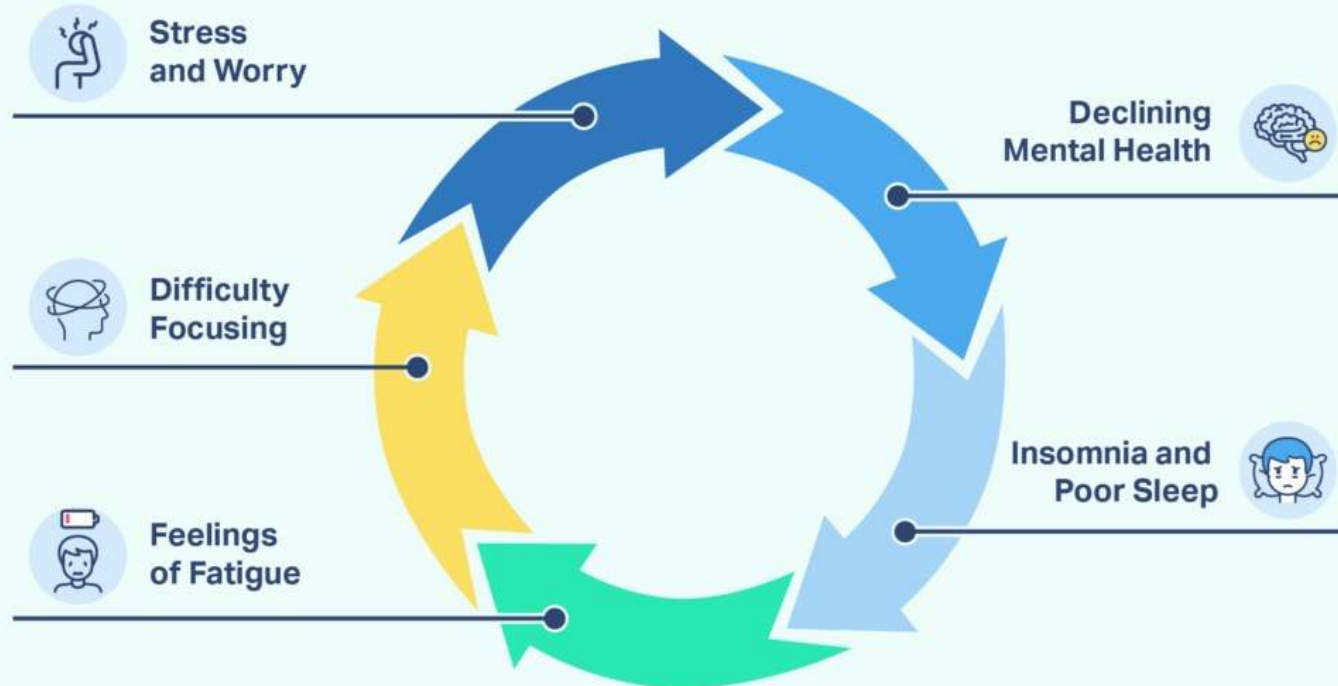
SLEEP HEALTH



SLEEP

Sleep and Mental Health

A negative feedback loop can worsen sleep *and* mental health.



Did you know that driving while drowsy has similar effect as alcohol on your cognitive function?

- **High blood pressure**
- **Cardiac Disease**
- **Obesity**
- **Diabetes**
- **Weight gain**

<https://www.sleepfoundation.org/mental-health>



SLEEP TIPS



Quit drinking
after dinner



Get moving



Dim the lights
at night



Reduce long
daytime naps

Tips for Improving Sleep



Skip the
caffeine



Keep cool



Understand chronic
health issues

HOW CAN WE HELP?



- At **Living Edified** is a Health education and coaching platform. we take a personalized approach to health and wellness. Our team of certified health coaches is dedicated to assisting you in achieving your unique health goals. Whether your aim is to shed excess weight, boost energy levels, manage a chronic condition, or simply enhance overall well-being, we are committed to providing unwavering support and guidance at every turn.





- www.livingedified.com/contactus
- 1. Sign up for a free consultation – First 5 women to sign up get a 60 min free session.
- 2. Sign up for our month newsletter to begin your journey with living edified.
- 3. Free download of slides used in this presentation
- 4. Free accountability calendar to kickstart your journey to living edified.





FEEDBACK

- 1. Fill out a brief survey to provide your feedback for this session.



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Health Education - Preventive Medicine - Lifestyle Medicine.

