

Optimal Health

Presented to Amway India ABOs

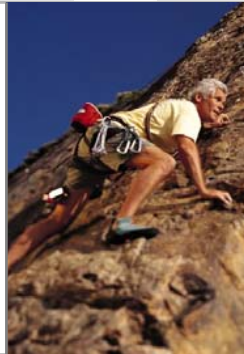
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NUTRILITE 
HEALTH INSTITUTE



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Section **1**



Pillars of Optimal Health

Risk Factors

Optimal Health

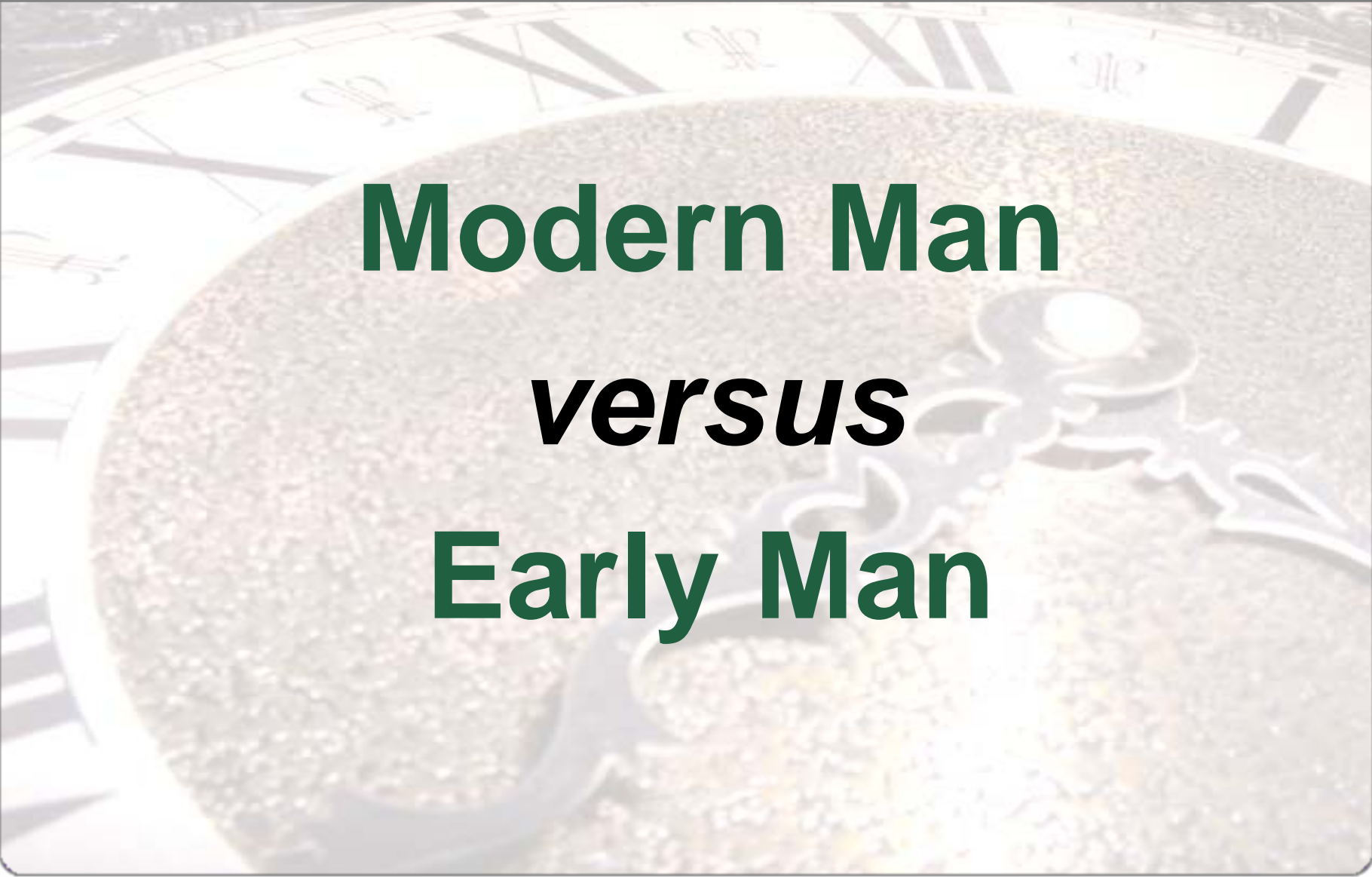
versus

Perfect Health

Optimal Health
is
Achievable

Eight Pillars of Optimal Health

- 1. Reduce Risk Factors**
- 2. Exercise**
- 3. Proper Nutrition (macro)**
- 4. Supplementation (micro)**
- 5. Daily Rest**
- 6. Positive mental attitude**
- 7. Good medical care**
- 8. Clean Air & Water, Good Hygiene**



Modern Man *versus* Early Man



**As Modern Lifestyle Spreads,
Western Diseases
Become Global Diseases**

Two Leading Causes of Early Death Among Industrialized Nations:

1 Heart disease

2 Cancer

World Health Organization Data

- More deaths attributed to cardiovascular diseases in India than in all industrialized countries combined**
- 60% of the world's cardiac patients will be Indian by 2010**

Source:

http://www.who.int/chronic_conditions/burden/en/

<http://www.cdc.gov/tobacco/who/india.htm>

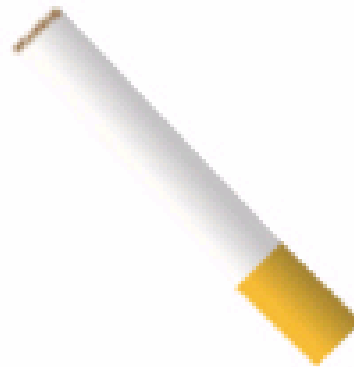
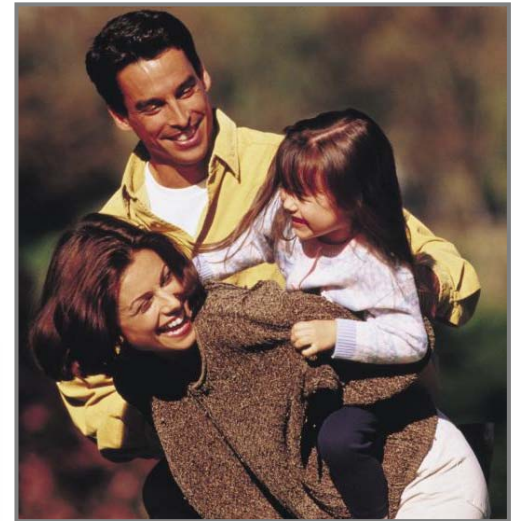
Section **2**



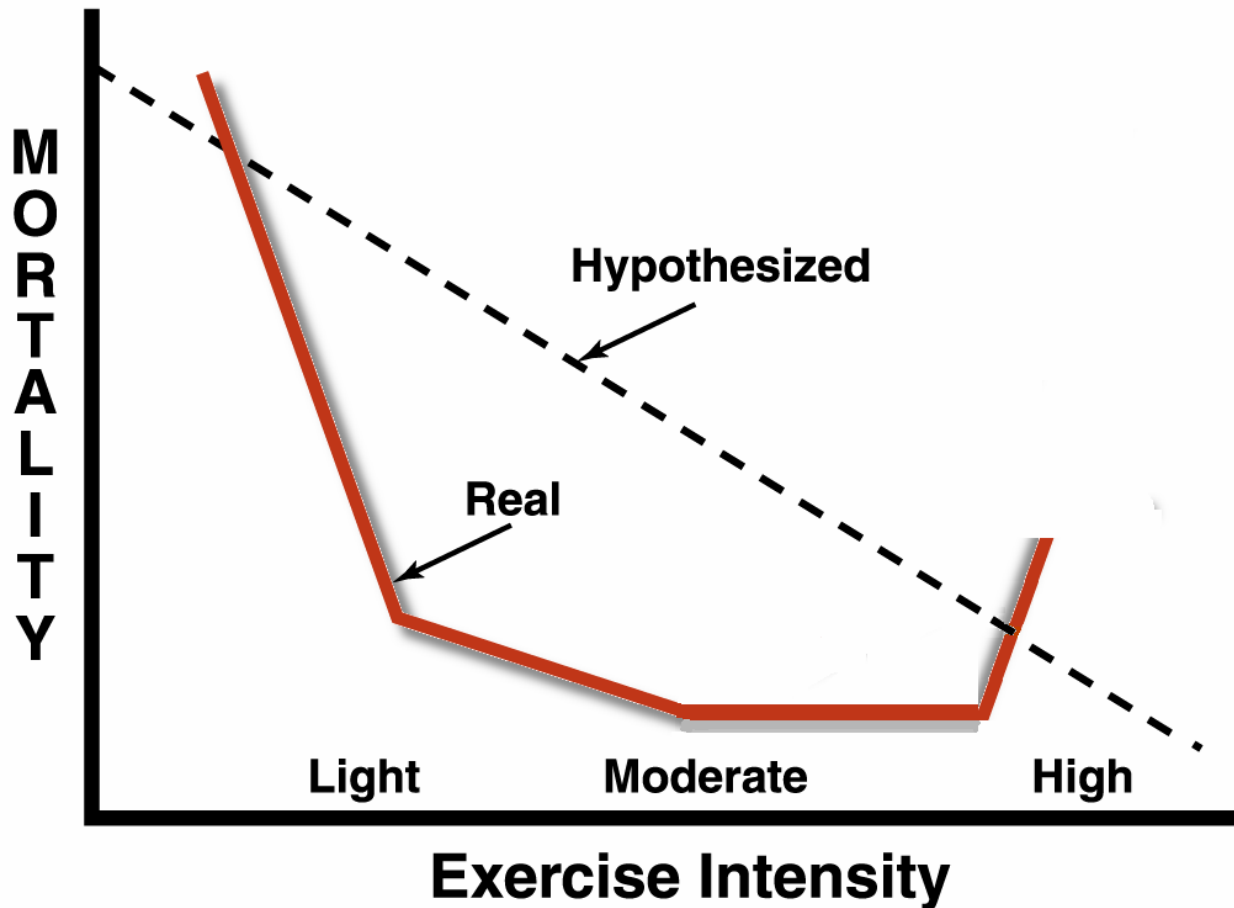
Risk Factors of Heart Disease

Risk Factors

- Genetic factors
- Diabetes
- Smoking
- Hypertension
- Lack of exercise



Effects of Exercise



- Genetic factors
- Diabetes
- Smoking
- Hypertension
- Lack of exercise
- Depression/Lack of optimistic thinking
- Obesity
- Stress
- Elevated cholesterol, triglycerides
- Elevated Homocysteine
- Lack of faith
- Inadequate intake of fruits & vegetables
- C-Reactive Protein
- Hypothyroid
- Inadequate Omega-3

Risk Factors
Have
Multiplicative
Relationships



Section **3**



Cancer Risk Factors

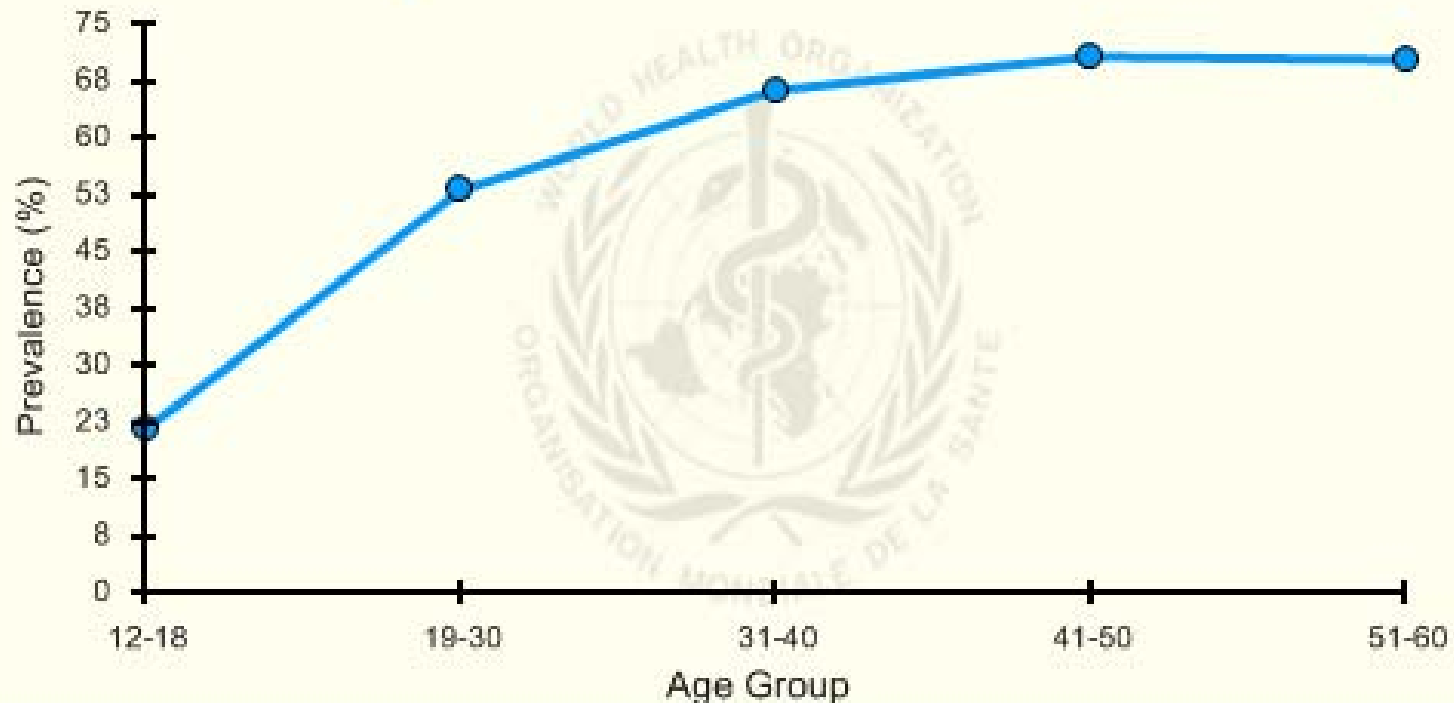
Risk Factors

Cancer Risk Factors:

1 Genetic factors

2 Smoking

Tobacco Use - prevalence - current user
India by Age Group
males

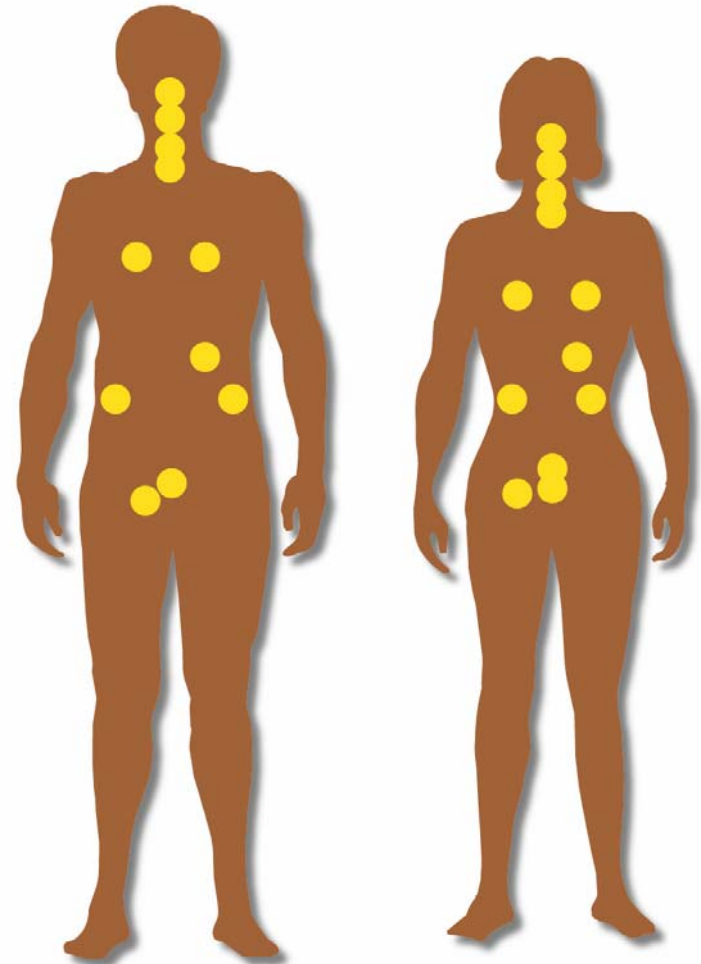


Graph Details:

Graph generated by the WHO Global InfoBase (infobase.who.int)

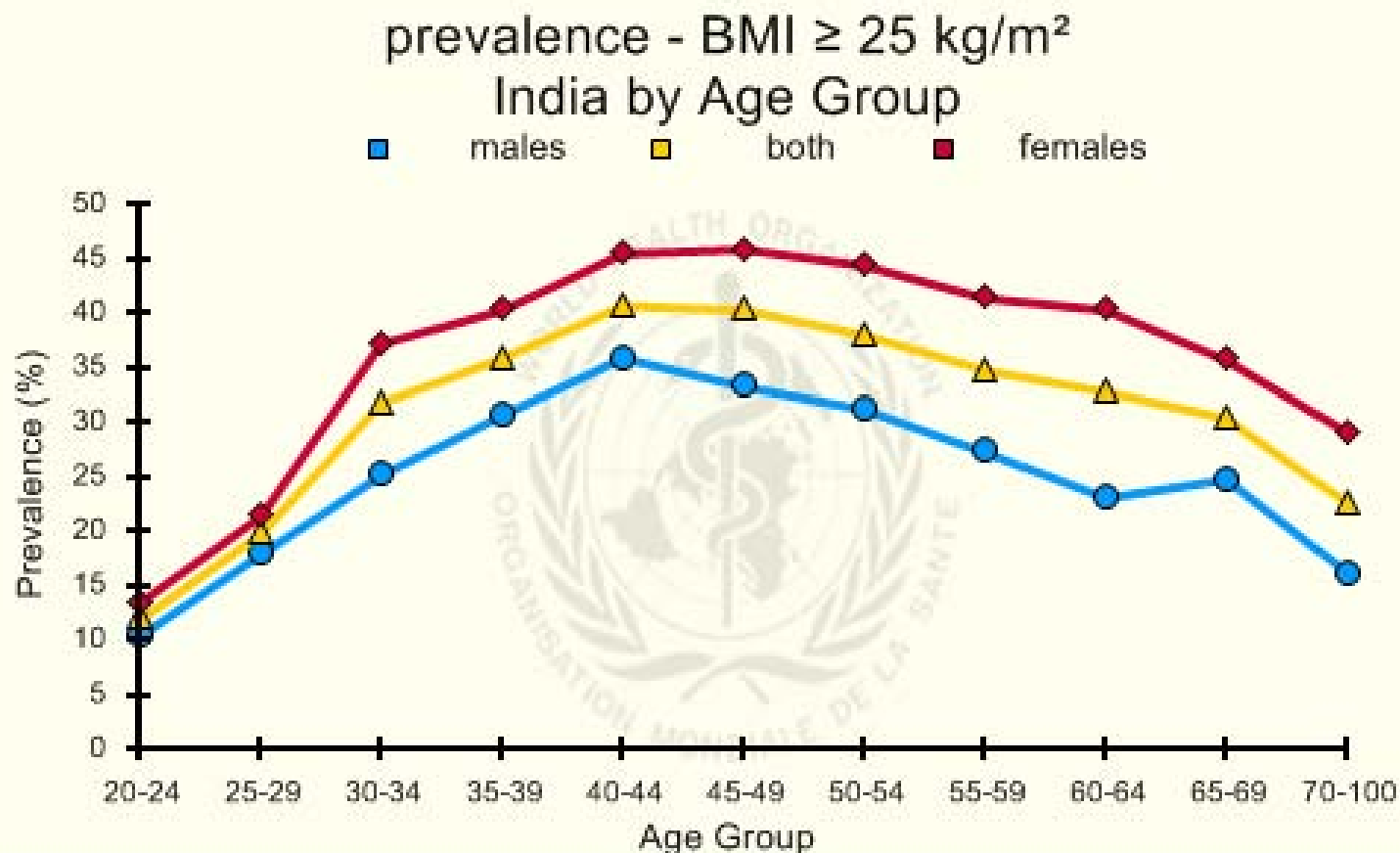
Cancers associated with smoking

- Mouth
- Throat
- Nasal passages
- Esophagus
- Lung
- Pancreas
- Cervix
- Bladder
- Kidney
- Colon



- Genetic factors
- Smoking
- Lack of exercise
- Obesity





Graph Details:

Graph generated by the WHO Global InfoBase (infobase.who.int)

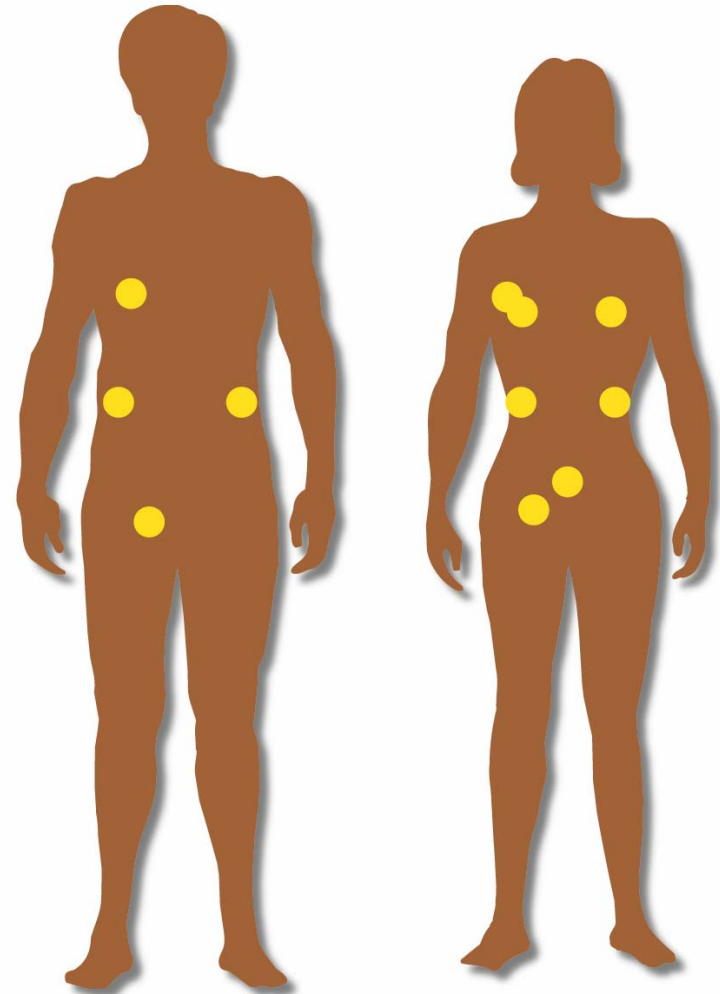
Kidney

Uterus

Breast

Colon

Gall Bladder



- Genetic factors
- Smoking
- Lack of exercise
- Obesity
- Stress
- High saturated fat diet
 - Especially animal fat



Cancers associated with a high saturated fat diet

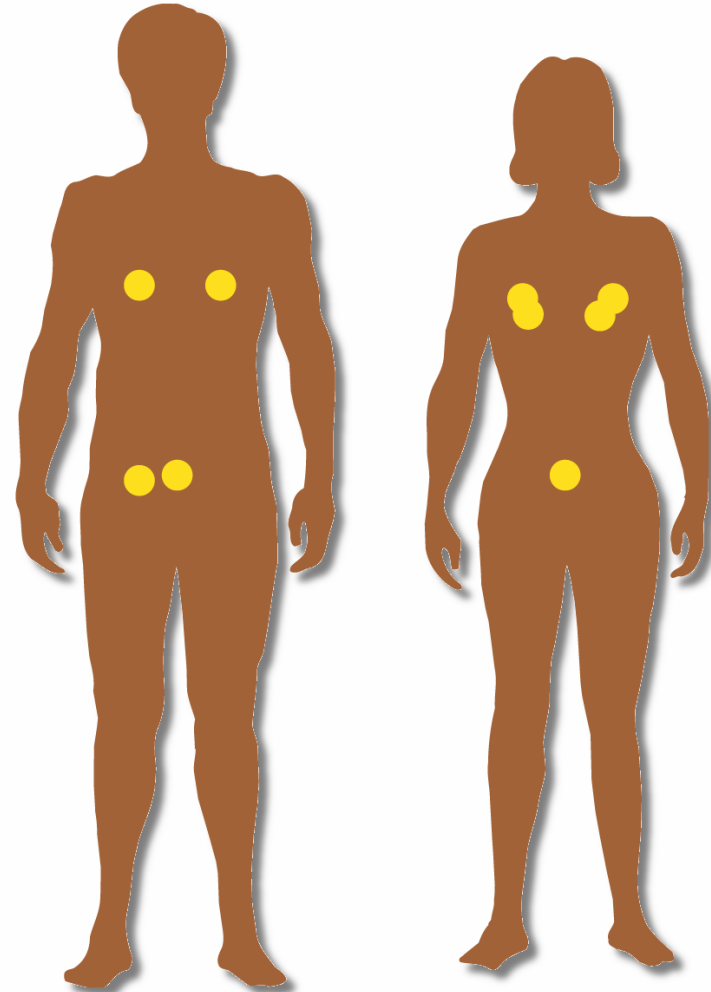
Prostate

Uterus

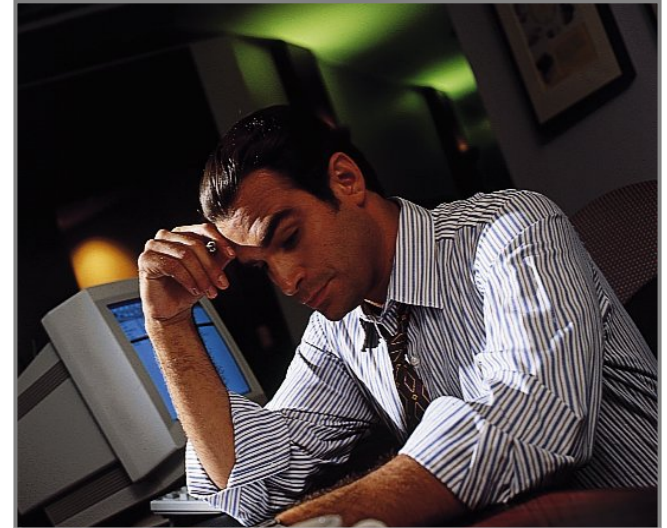
Breast

Colon

Lung

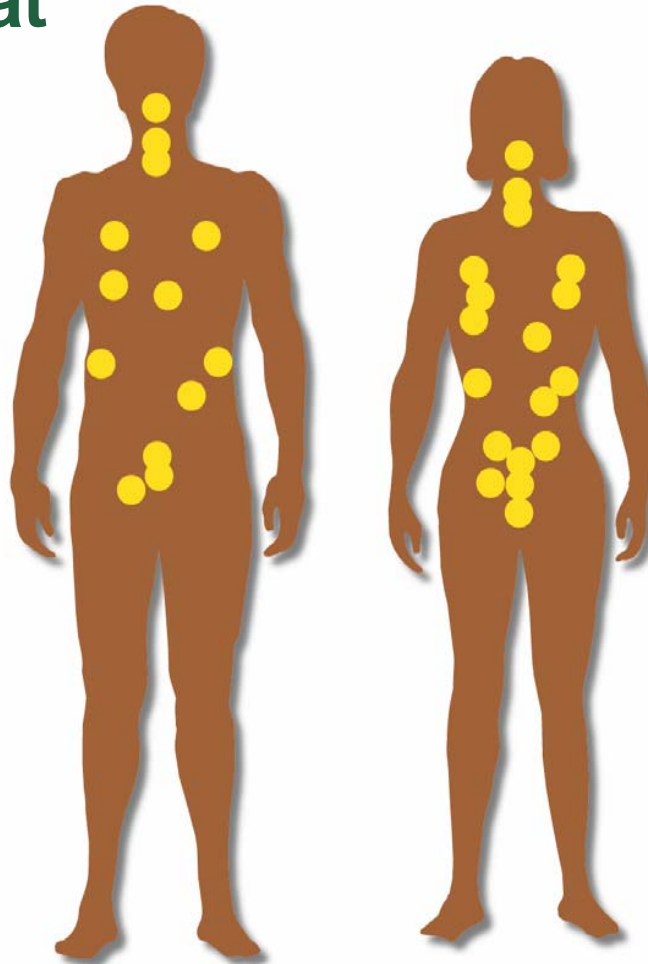


- Genetic factors
- Smoking
- Lack of exercise
- Obesity
- Stress
- High saturated fat diet
- Inadequate fruit and vegetable intake



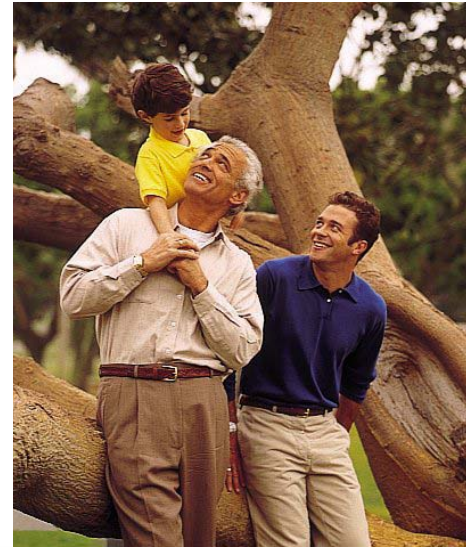
Cancers associated with inadequate fruit & vegetable intake

- Mouth & throat
- Esophagus
- Lung
- Stomach
- Pancreas
- Liver
- Colon



- Ovary
- Uterus
- Cervix
- Prostate
- Thyroid
- Kidney
- Bladder
- Breast

- Genetic factors
- Smoking
- Lack of exercise
- Obesity
- Stress
- High saturated fat diet
- Inadequate fruit and vegetable intake
- Excessive alcohol



Mouth & throat

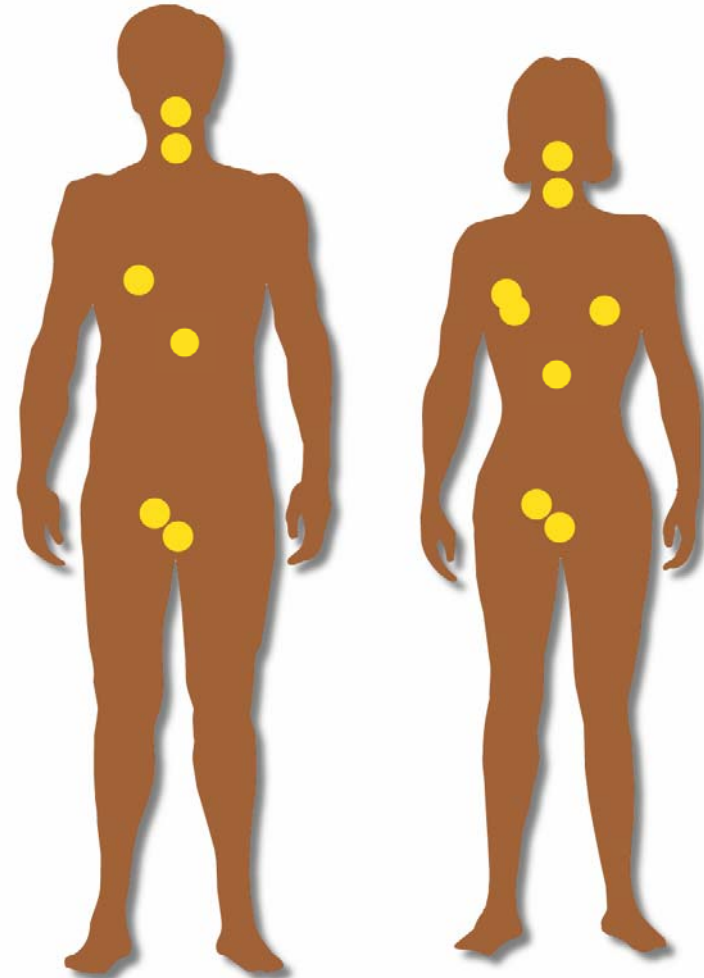
Esophagus

Liver

Colon/rectum

Breast

Pancreas



- Genetic factors
- Smoking
- Lack of exercise
- Obesity
- Stress
- High saturated fat diet
- Inadequate fruit & vegetable intake
- Excessive alcohol
- Vitamin D deficiency
- High salt intake
- Pollution
- Smoked or charred foods
- Excessive sunlight
- Certain infections
 - HPV
 - Hep B&C

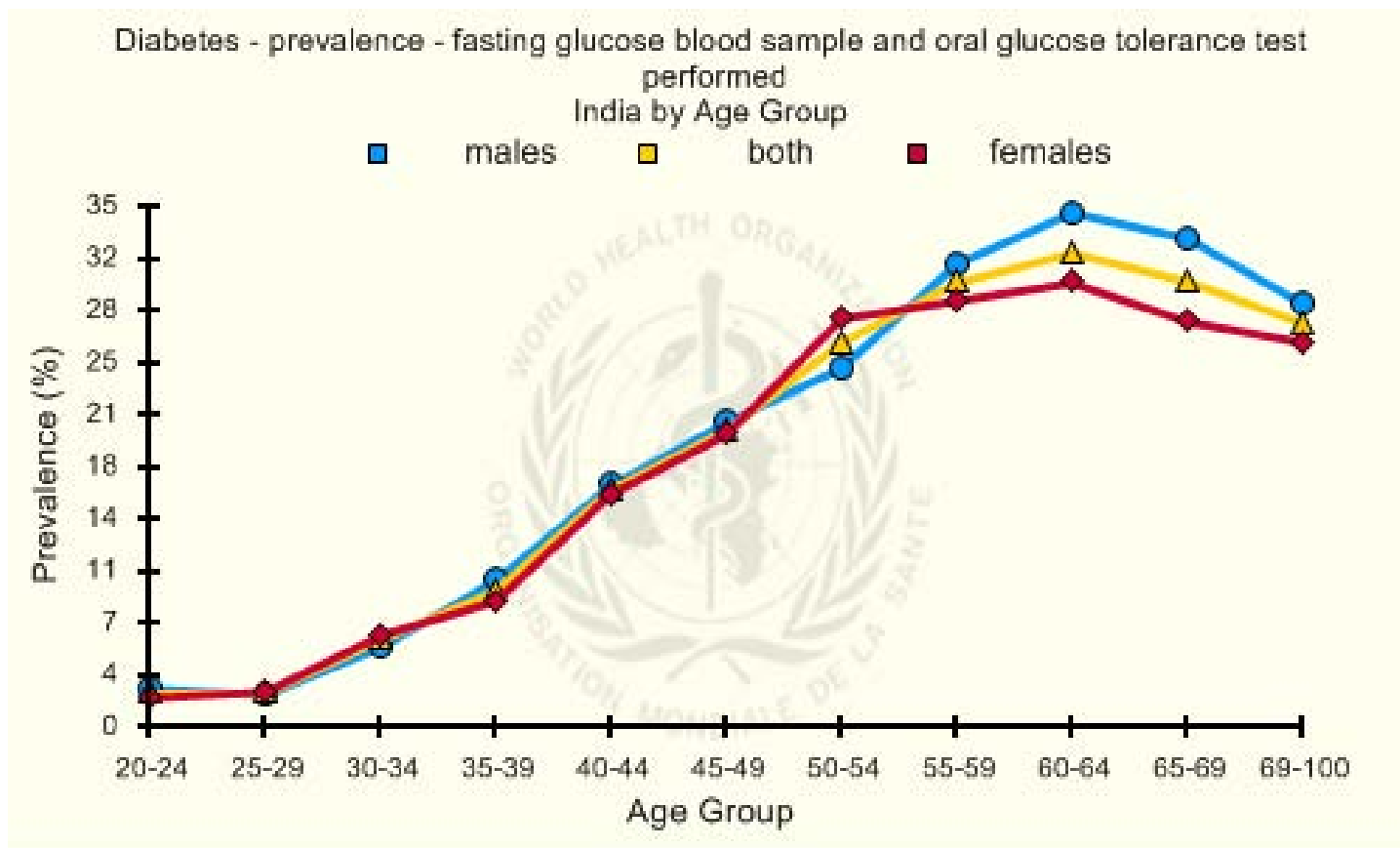
**Notice the *Similarity*
Between Risk Factors
for Heart Disease
and Cancer**

Section **4**



Epidemic of Type II Diabetes

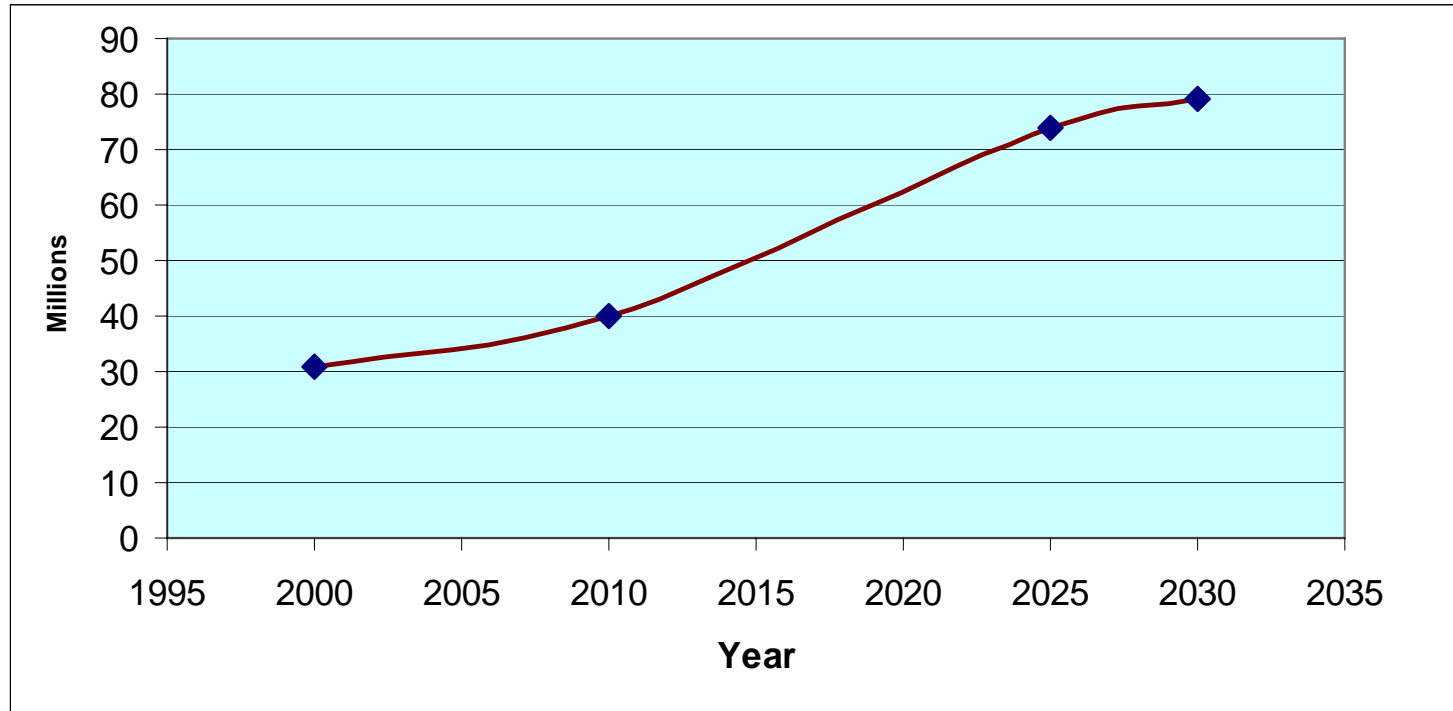
Risk Factors



Graph Details:

Graph generated by the WHO Global InfoBase (infobase.who.int)

India: Diabetes Trends



- ❑ World Health Organization (WHO) has declared India as the country with the largest number of diabetic subjects in the world
- ❑ Every fourth diabetic in the world today is an Indian

Source: WHO (http://www.who.int/diabetes/facts/world_figures/en/index5.html)

Potential consequences of Increased insulin resistance

- Obesity**
- Increased cholesterol**
- Increased risk of cancer of the breast, colon, uterus, liver and prostate**
- Increased risk of diabetes**
- Increased homocysteine**
- Increased blood pressure**
- Increased heart disease**
- Increased risk of stroke**

Risk Factors for insulin resistance

- ❑ High saturated, trans, and Omega 6 fatty acid diet
- ❑ Lack of exercise
- ❑ Abdominal obesity
- ❑ Smoking
- ❑ Elevated C-Reactive Protein



Ways to reduce insulin resistance

- Reduce obesity
- Stop smoking
- Exercise (*with the clearance of a doctor*)
- Decrease CRP

Dietary Modifications

- Reduce saturated, trans, and Omega 6 fatty acids in the diet
- Eat more whole grains



Ways to reduce insulin resistance

- Increase dietary fiber**
- Increase mono-unsaturated fats**
- Consider becoming a vegetarian**
- Consume low fat dairy products**
- Consider coffee use**
- Choose more organic sources of foods**
- Reduce simple sugars (especially high fructose corn syrup)**

Supplement Considerations

- Adequate calcium intake
- Adequate magnesium intake
- Adequate chromium intake
- Increase Omega 3 in diet
- Consult doctor if the above is not adequate

Section **5**



Common Theme?

Risk Factors



**Is there a common trait to
many of these diseases
and risk factors?**











YES!

- Genetic factors ↑ CRP
- Diabetes ↑ CRP
- Smoking ↑ CRP
- Hypertension ↑ CRP
- Lack of exercise ↑ CRP
- Depression/Lack of optimistic thinking ↑ CRP
- Obesity ↑ CRP
- Stress ↑ CRP
- Elevated cholesterol, triglycerides ↑ CRP
- Elevated Homocysteine ↑ CRP
- Lack of faith ↑ CRP
- Inadequate intake of fruits & vegetables ↑ CRP
- Hypothyroid ↑ CRP
- Inadequate Omega-3 ↑ CRP

Cancer risk factors

- Genetic factors ↑ CRP
- Smoking ↑ CRP
- Lack of exercise ↑ CRP
- Obesity ↑ CRP
- Stress ↑ CRP
- High saturated fat diet ↑ CRP
- Inadequate fruit & vegetable intake ↑ CRP
- Excessive alcohol ↑ CRP
- High salt intake
- Pollution ↑ CRP
- Smoked or charred foods ↑ CRP
- Excessive sunlight ↑ CRP
- Certain infections ↑ CRP
 - HPV
- Vitamin D deficiency ↑ CRP

Diseases associated with inflammation

- Heart Disease 
- Cancer 
- Alzheimer's 
- Parkinson's 
- Ulcerative colitis 
- Arthritis 
- Asthma 
- Multiple Sclerosis 
- Type II Diabetes 
- Allergies 

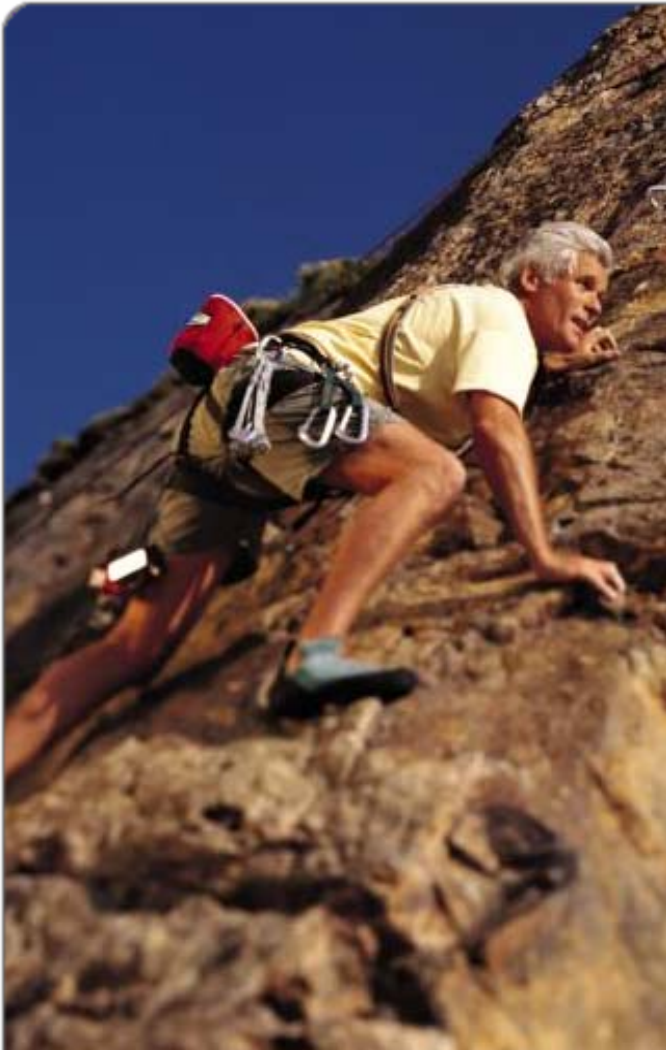
Ways to reduce inflammation

- Reduce risk factors**
- Exercise (with clearance from doctor)**
- Reduce saturated, trans, and Omega 6 fatty acid in diet**
- Eat 7 to 9 servings of fruits & vegetables daily**
- Take Antioxidants**
- Omega 3 supplementation**
- Multivitamin intake**
- Consider low dose aspirin**

A photograph of two men high-fiving outdoors. The man on the left is seen from the side, wearing a blue long-sleeved shirt. The man on the right is smiling broadly, wearing a dark blue polo shirt. They are standing in front of a bright, hazy background that appears to be a beach or a large open field with mountains in the distance under a clear sky.

Can Be Yours

We Want to Help You



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