

Simple things that make a big difference



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Things to know:

- I will go fast
- Use your printout to make notes or questions
 - Circle a slide to review
 - “Star” a slide that is important to implement.
- Please send me questions, via the Q/A feature or e-mail to clients@wellupmed.com



Let's start with
Water ...

Water promotes
healthy skin by improving
elasticity,
**reduces the appearance of
fine lines and wrinkles,** and
promotes a **clear complexion.**



It is also **crucial** for overall health

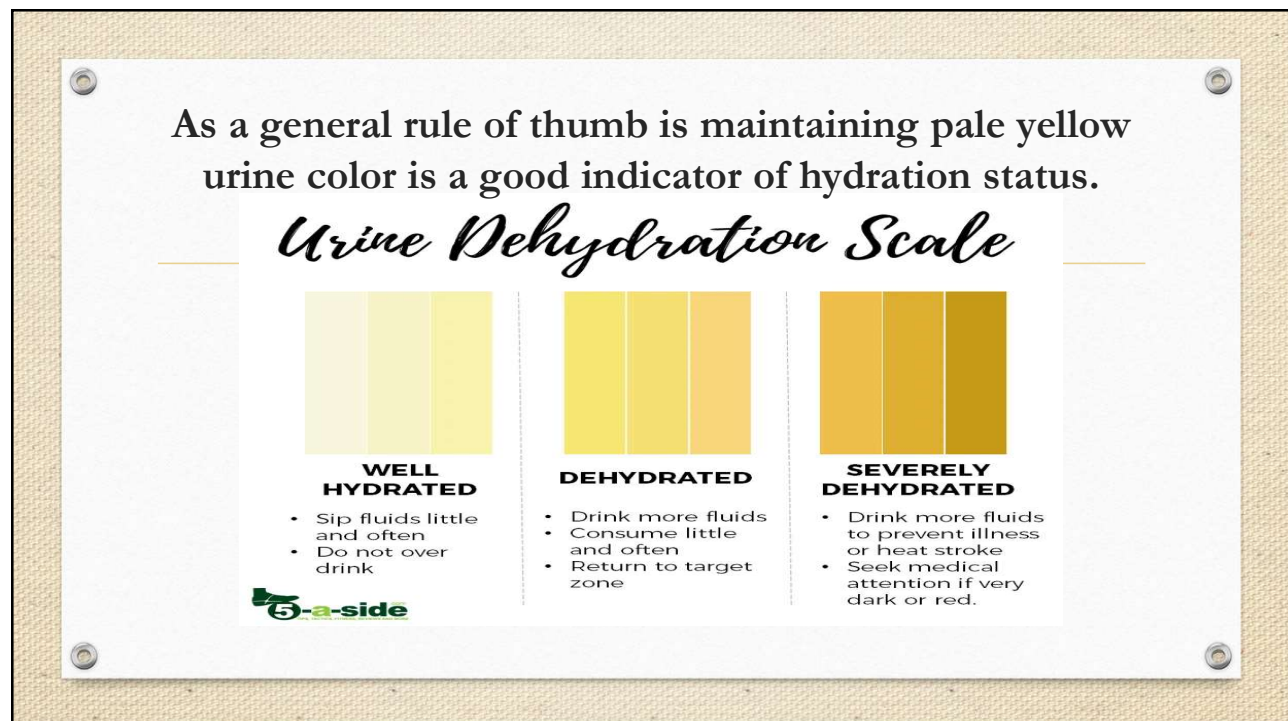
- Improves **cognitive function**, including memory and concentration.
- **Boosts mood:** dehydration can lead to irritability, fatigue, and mood disturbances.
- **Aids in weight loss:** by promoting feelings of fullness thus reducing caloric intake.
- **Reduces risk of disease** including kidney stones, constipation, and urinary tract infections, reduces swelling in legs, improves kidney function



May prevent heart attacks & cancer

- A six-year study published in the American Journal of Epidemiology found that people who drank **more than five glasses of water** a day were
 - **41% less likely to die from a heart attack** during the study period than those who drank less than two glasses.
- Bonus: Drinking all that water may **reduce cancer risk** as well.
 - Research shows that staying hydrated can reduce risk of **colon cancer by 45%**, **bladder cancer by 50%**, and possibly reduce breast cancer risk too.





Tips to get more water.

- After emptying your bladder have an **8 oz glass of water** – instantly replenished.
- Water with your meals
 - As reminders:
- **Rubber bands** on your wrist in the morning
- Phone apps that will notify you



Don't love the taste of water?

- In summer, **infuse with fruits, vegetables**, or herbs, such as **lemon**, oranges, **cucumber**, mint, or ginger.
- Try **herbal teas** in the winter
- Get a RO system for your home



What to drink from?

- Hot or cold – think metal, ceramic or glass
- Choose something attractive to have with you all the time
- Bring your own to social events or vendors



Restorative sleep is important for

- Immune resiliency
- Decreasing inflammation

WITHOUT IT:

- Impaired short term memory (may increase the risk of Alzheimer's)
- Increased blood pressure
- Insulin resistance (unable to process sugars)



Sleep Hygiene: **key** for those who have problems sleeping



- Create a sleep-conducive **environment** by making it dark, quiet, and cool.
- **Consistent** sleep schedule: to bed and wake up at the same time every day, even on weekends.
- Establish a relaxing **bedtime routine**, such as taking a warm bath, drinking a calming herbal tea like chamomile, lavender tea & passionflower.
 - Reading a PAPER book, with a small book light



Falling asleep and staying asleep

- **Paced breathing (4-7-8, draw a box) or Progressive relaxation.**
- **Aim for 7-9 hours** of sleep each night
 - **Think in 1.5 hours cycles** = 6 – 7.5 – 9 hours
- Avoid taking long naps, limit it to 15 to 30 minutes, and set an alarm.



Sleep and Electronic disruptors

- Limit exposure to smartphones, tablets, and TV for at least 1(one) hour before bed
- Blue light emitted by these devices can **disrupt** natural **sleep-wake cycle**.
- If you must use electronics **block the blue ...**



Blue-blocking eyeglass Companies

- Always purchase from a brand that is known to produce high-quality glasses
 - Uvex: on Amazon \$12 = \$36 for a 3 pk
 - **TrueDark glasses block blue, green light & violet, \$69 & \$79**
 - BluBlox block blue & green light wavelengths. They offer a 100% satisfaction guarantee. \$99-\$120
 - Ra Optics designed to block blue light and reduce eye strain. \$164



Electronics & Mitochondria damage

Mitochondria are the energy-producing organelles in every cell.
***Their* health is critical** for *your* overall health & preventing disease.

- Being damaged by electronics in computers, cell phones, wireless clocks, thermostats, Alexa, home weather stations, microwaves, high power lines and cell towers.
- So, give yourself a break at least the hours you sleep



Create a sleeping sanctuary for 8 hours.

- Get the cell phones and other electronic devices out of the bedroom, you can hear them ring from the bathroom.
- Use black out shades with silver backing to protect from environmental radio frequencies
- Wear blue blocking glasses when using electronic



Reducing stress is a process ...

- **Gratitude is linked to** improved sleep, better relationships, and **increased resilience to stress.**
- To practice gratitude:
 - **Focusing on the things that you are thankful for and express appreciation** for them
 - Shift your focus away from negative thoughts and worries, which can help reduce the stress hormones and increase joy and contentment.
 - This can be done in prayer or journaling



Mindfulness

- **Focusing your attention on the present moment.** Thinking about what you are doing and enjoy the moment:
 - Think about the water feels like in the shower (not your to do list for the day),
 - Taste and feel the warmth of your morning beverage.
 - See the birds and flower blooms.
 - Enjoy the colors, smells and textures of your meals.
- Take every thought captive and quiet the mind, with a Bible verse.



When stressed try deep breathing

- Try taking slow, deep breaths **in through your nose** (smell the roses) and **out through your mouth** (blow out the candles).
- The 4-7-8 breathing technique
 - Inhaling for 4 seconds, holding for 7 seconds, and exhaling slowly for 8 seconds. Do this only 4 times in a row.



Communing is connecting:

- Boosts our **mental health** by reducing feelings of loneliness and isolation, increasing feelings of self-esteem and belonging, and providing emotional support during challenging times.
- **Reduce the risk of** cardiovascular disease, lowering blood pressure, and improving immune system function.
- **Buffers the negative effects** of stress and increase resilience



Benefits continued:

- Gives us **purpose and meaning in life**, which can improve overall wellness and **reduce depression and anxiety**.
- Social interaction improves **cognitive function**, both memory and **problem-solving abilities**.



One way to connect: Be a friend

- When you meet **someone new in town**, show them around
- Ask someone older, friends or acquaintances to **teach you their favorite hobby**
- Invite a friend to try a explore a hiking trail, just to walk and talk



Try something new

- Join a community garden, start a book club.
- Learn a new sport (like curling, pickleball or chess)
- Video chat instead of texting
- Use food as connection,
 - Eat together as a family as often as possible
 - Schedule dinner dates – alternate cooking at each other's home



A simple way to Move Well is Stretching

- Increases flexibility and **range of motion in the joints**, which can help to **prevent injury** and improve overall athletic performance.
- Relieve muscle tension and tightness, and **alleviate soreness and stiffness**.
- Can help to **improve balance and coordination**, which can help to prevent falls and improve overall mobility.



Stretching

- **Improves posture** by lengthening tight muscles that can pull the body out of alignment.
- Helps to **increase blood flow** to the muscles, which can improve circulation and nutrient delivery, helping **to reduce inflammation** and promote healing.
 - A new study found that **stretching is superior to brisk walking for reducing blood pressure.**
- **Reduces stress** and tension in the body, promoting relaxation, a sense of calm, and improving overall well-being.



Start at your feet and work up

- Foot exercise: Roll toes under, raise up in a “tippy toes” position
- Ankle roll
- Calf & Achilles stretch
- Front of thigh: Quadriceps Stretch
- Back of thigh: Hamstring Stretch
- Inner thigh – put your leg a chair to your side and slowly work up to putting your leg on top of the bathroom counter



Continue up the body

- Low back: Gently twist your torso to each side, looking behind you
- Arch upper back – not tilting head back
- Chest stretch, in a door way
- Shoulder rolls and Shoulder circles
- Neck Stretch – rolling gently



Just a few seconds per stretch
just a few minutes/day

- Don't force any movements.
- If you feel pain – stop.
- The grinding will improve over time
- Start doing GENTLE stretching every day

You will be surprised how soon you start to feel a difference.



Let's use food as Medicine for inflammation: acute sx

- **Fever** is a common sign of systemic inflammation. This occurs when the immune system releases chemicals called pyrogens in response to infection or injury.
- **Fatigue:** Systemic inflammation can cause feelings of extreme tiredness and fatigue, even after getting adequate rest.
- Inflammatory chemicals released by the immune system can cause **pain and stiffness in the muscles and joints**, and reduced mobility.



But, inflammation is not just joint swelling

- Inflammation can cause changes in blood vessels and increase pressure on the brain, leading to **headaches**.
- **Loss of appetite** can be a result of the body redirecting resources to fight the inflammation
- Inflammatory chemicals can also cause digestive symptoms such as **nausea and vomiting**
- **Skin rashes and hives** can be caused by an inflammatory response.



Those were the acute symptoms...

- Chronic Inflammation is linked to diseases like:
 - Auto-immune
 - Heart disease
 - Cancer
 - Diabetes
 - Alzheimer's



Start with avoiding inflammatory foods

- **Charred foods:** grilling or broiling
- **Processed meats:** preserved and/or flavored by smoking, curing, salting, or adding chemicals.
- Tran saturated fats are fats that have been **chemically modified**. In processed foods... like fried foods, baked goods, and snacks
- **Refined Sugar** ... is killing Americans



Processed meats...eat rarely

- Ham and Bacon are cured and smoked
- Sausages is clearly processed... make your own.
 - Pepperoni and Salami are a type of cured sausage
 - Hot dogs are a type of sausage often smoked and flavored
- Corned beef is cured beef by brining with salt and other spices.
- Beef jerky is a type of dried and cured meat
- Pâté is a type of spreadable meat product
- Lunch meats: usually cured or smoked, sliced and packaged for convenience and often high in sodium and may contain nitrates to prolong shelf life.



Refined Sugars: processed and purified from natural state

- **High fructose corn syrup** has been processed to convert some of its glucose into fructose. It is commonly used in processed foods and beverages.
- **Granulated sugar** is made by purifying sugar cane or sugar beet juice
 - **Powdered sugar/confectioner's sugar**, this is granulated mixed with cornstarch
 - **Brown sugar** is granulated sugar mixed with molasses
- **Corn syrup** is made from corn starch broken down through a chemical process.
- **Cane syrup** is made from the juice of sugar cane that has been boiled down



Foods that are anti-inflammatory (handout)

- **Fatty fish** such as salmon, mackerel, tuna, and sardines
- **Berries** such as blueberries, strawberries, raspberries, and blackberries
- **Cruciferous** vegetables such as **broccoli**, cauliflower, Brussels sprouts, and cabbage (handout)
- **Nuts and seeds** such as almonds, walnuts, **chia seeds**, and **flaxseeds**
- **Olive Oil**



More anti-inflammatory foods

- **Whole grains** such as brown rice, quinoa, and oat GROATs
- **Tomatoes**
- **Leafy greens** such as spinach, kale, and collard greens
- **Turmeric** and other spices such as **ginger, cinnamon, and cumin**
- **Green tea**



What about a little sweetening?

- **Honey** contains antioxidants, enzymes, and vitamins
- **Maple syrup** is not considered refined because it is sap boiled down to remove the water content and does not involve any chemicals or additives. The concentrated syrup that is rich in flavor and contains calcium, potassium, magnesium, and zinc and small amounts of B vitamins
- **Stevia** without additives
- Molasses is a byproduct of the sugar refining process that is generally considered to be a healthier option among refined sugars because it is less processed and contains vitamins and minerals such as iron, calcium, magnesium, and potassium.



Fat is your **new energy** source:
Which fats? (handout)

- **EAT ...Unsaturated fats:** liquid at room temperature and can help lower cholesterol levels and reduce the risk of heart disease.
 - Monounsaturated fats have one double bond in their chemical structure.
 - nuts, seeds, avocados, and olive oil.
 - Polyunsaturated fats have two or more double bonds in their chemical structure.
 - fatty fish, nuts, and seeds



How then to cook?

- Charring produces compounds called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which are known to be carcinogenic.
- Cooking methods that minimize the formation of HCAs and PAHs:
 - **Baking (lower, slower)**
 - **Boiling**
 - **Steaming**
 - **Roasting (higher, faster)**
 - Lastly pan frying (is better than grilling or broiling)



Make your own processed foods...

Smoothies (handout)

- Green tea base
- Pomegranate juice
- **Veggie “stems” and leftover salads**
- Berries from the freezer
- Whey protein – lowers blood pressure
- Flax seeds



What about dessert?

- Fruit
 - A bowl of raspberries or strawberries
 - Bake an apple with almond butter inside
 - Put frozen fruit in the blender and make fresh sorbet
 - Chocolate pudding made from chia seeds, milk and 100% cacao
 - Dark chocolate – a couple little square – make it 70% or more
- In time you'll be surprised how little you miss refined sugars.



What is the hype about Green Tea?

EGCG is a type of catechin found in green tea and is known to have a number of potential health benefits.

- **A potent antioxidant**, which means it can help protect cells from damage caused by free radicals.
- May help **boost metabolism** and promote weight loss.
- Beneficial effects on **blood pressure, cholesterol levels, and heart health.**



EpiGalloCatechin Gallate (EGCG)

- May **improve cognitive function** and memory.
- Has been shown to have **anti-cancer properties** and may help reduce the risk of certain types of cancer.
- **Reduce inflammation** (on the shopping list)
- May have beneficial effects on **skin health, including reducing the signs of aging and protecting against sun damage**



Don't love the taste of green tea,
but want the benefits ?

- Brew a of jar of green tea just for your smoothies
- Or try oolong it tastes like black tea
 - has a little less EGCG
- Some people may be sensitive to caffeine and experience jitters, anxiety, **or sleep disturbances.**



Black coffee, yes, black...

- Low in calories: with less than 5 calories per 8-ounce cup.
- The caffeine in black coffee **can help boost metabolism** and promote weight loss.
- Coffee **contains antioxidants**
- **May lower risk of conditions** such as **type 2 diabetes, liver disease, and some types of cancer.**
- **BUT**, some high levels of coffee consumption may be linked to **increased risk of heart disease**



Moderation is key when it comes to beverages, too.

Worst beverages for health – limit these to once or twice a week as a treat

- **Sweetened** coffee drinks.
- **Sugary** drinks: such as soda and sports drinks
- **Energy** drinks are often high in caffeine and sugar
- Excessive **alcohol** consumption



Time Restrictive

Limiting the number of hours during the day when you can eat.

- 16:8 method: this involves fasting for 16 hours
 - eat all your meals between noon and 8 pm / or 10 am – 6 pm
 - fast from 8 pm until noon / from 6 pm to 10 am
- 14:10 or 18:6 or 20:4
- **FAST is always longer than the eating window**



Benefits:

- **Reductions in body weight, body fat, and waist circumference.**
- **Improved insulin sensitivity**
- **Reduce inflammation markers** in the body.
- Some studies suggest that it may **improve brain function** and **reduce the risk of age-related**
 - **cognitive decline like Alzheimer's**
 - **neurodegenerative diseases like Parkinson's**



If you eat well, do you need supplements?

I recommend only a few (see my notes on Fullscript)

- **Vit D3** – 4000 IU
- **Magnesium** – 100 – 400 mg a day
 - Mag citrate for constipation,
 - Mag oxide for headaches,
 - Mag glycinate, malate, & L-threonate for insomnia
- Methylated B complex for brain health, as needed
 - 400 mcg a day of methyl folate (B9)



Simple changes can have significant impact

- Drink more water
- Sleep/ Relax Well
- Stress Well
- Commune Well
- Move Well
- Eat Well



What one thing stood out?

- Be Inspired.
- You now have more education
- You do have time to implement one or two simple changes and make a big difference in your life.
- Expand that as you get comfortable with each change.

Then,
hopefully one day we'll be able to meet in person and have individualized analysis.

