

RESET EATING

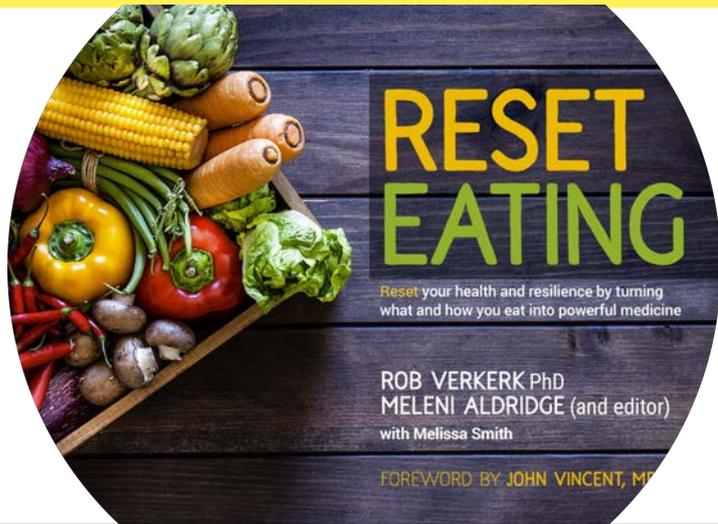
How to reset your physiology to create powerful medicine

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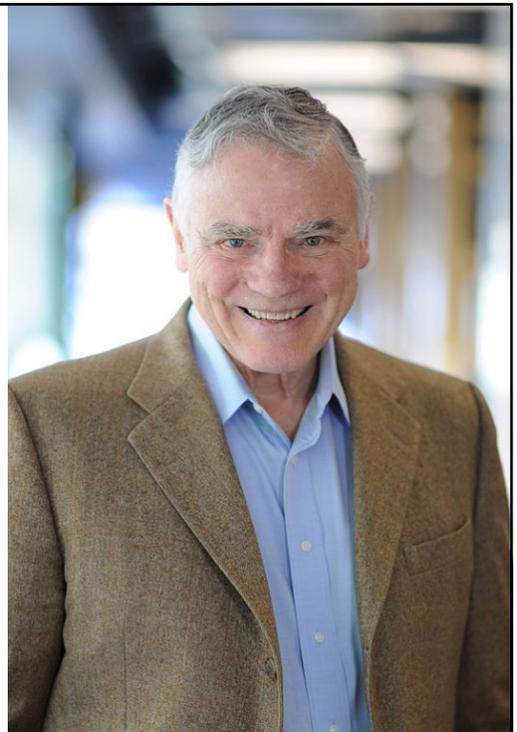
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“If you look at healthcare today, it's all about disease. It's not about understanding wellness at all.”

– Leroy Hood MD PhD (1938 -)



2

Why are so many of us becoming fat, sick and tired?

There are multiple and often competing theories of causation:

WHAT, WHEN AND HOW WE EAT

- We eat too many calories of food each day
- We're eating the wrong combination of macronutrients
- We're not getting enough particular nutrients
- We're eating too often
- We're eating at the wrong times of day/night
- Our gut microbiome is disturbed

WHEN AND HOW WE MOVE

- We're too sedentary
- We're engaging in the wrong types of physical activity
- Our musculo-skeletal structure is insufficient to allow adequate movement
- We're over-training

INSUFFICIENT CAPACITY FOR TOLERANCE, ADAPTATION AND TRANSFORMATION OF STRESS

- We're exposed to too much stress
- We have insufficient tolerance or adaptability to stress
- We are unable to transform -ve stress to +ve stress
- We don't sleep well or long enough
- We are unable to relax or rest sufficiently
- We are socially disconnected
- We are disconnected from nature

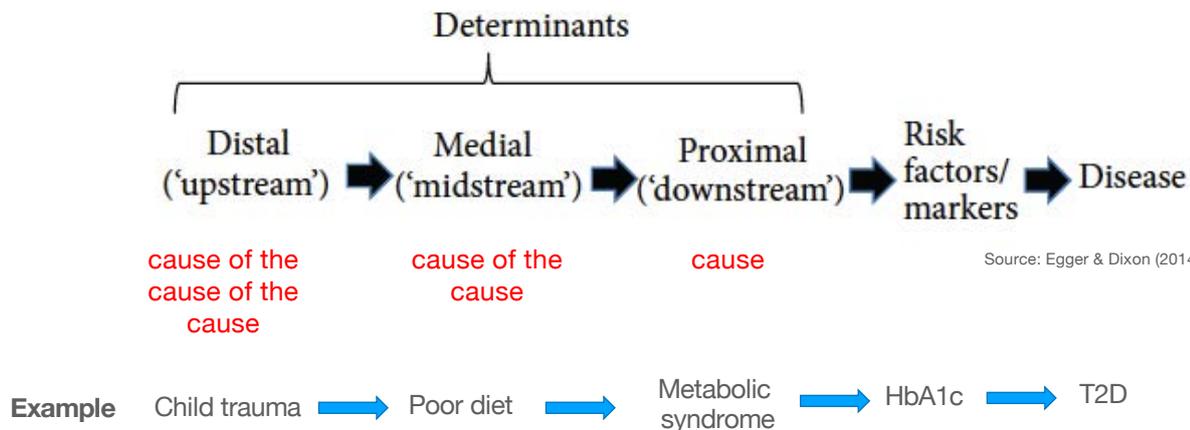
OUR TOXIC BURDEN IS EXCESSIVE

- We're exposed to too many environmental toxins
- We're insufficiently adapted to the kinds of toxins we're exposed to today
- We can't adequately detoxify our bodies

THERE ARE PUBLISHED, VALID SCIENTIFIC DATA THAT SUPPORT EACH ONE OF THESE THEORIES!

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When we try solve a health problem we often don't look sufficiently upstream at underlying causes



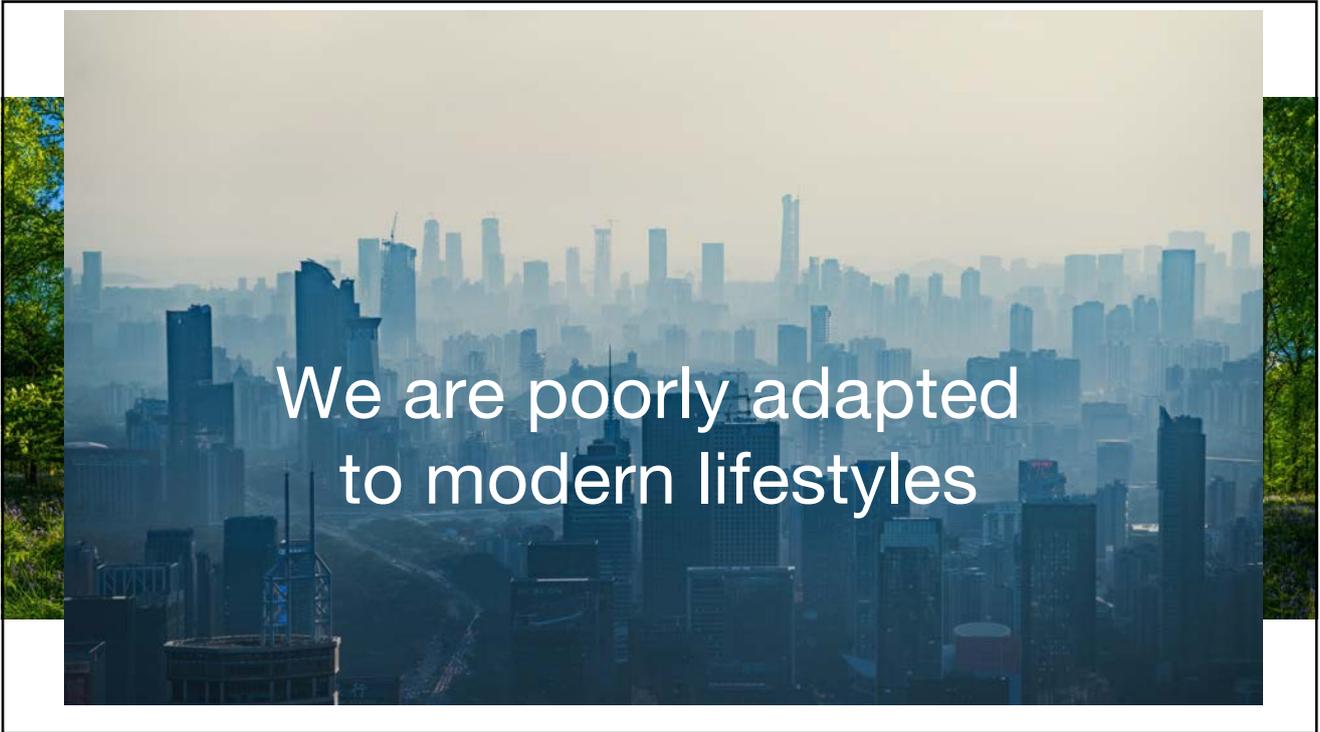
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What on Earth happened?

Remember the 1970s?

A collage of two images. On the left is a scene from a Native American film with the text "THOSE SHOCKING DAYS SHAKING" overlaid. On the right is a large group photograph of young people in 1970s-style clothing.

<https://www.anhinternational.org/news/a-crash-course-in-resilience-the-video/>

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What is food?

- Substances we eat or drink to maintain life or growth
- An energy carrier (not source)
- Source of nutrients for us and our microbiome
- Information
- Involves our our most intimate interactions with the outside world

Nutrition Facts/Datos de Nutrición

6 servings per container/6 raciones por envase	
Serving size/Tamaño de la porción	1 cup/1 taza (230g)
Amount per serving/Cantidad por porción	
Calories/Calorías	245
<small>% Daily Value*/% Valor diario*</small>	
Total Fat/Grasa total 12g	14%
Saturated Fat/Grasa Saturada 2g	10%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 8mg	3%
Sodium/Sodio 210mg	9%
Total Carbohydrate/Carbohidrato Total 34g	12%
Dietary Fiber/Fibra Dietética 7g	25%
Total Sugars/Azúcares Totales 5g	
Includes 4g Added Sugars/Incluye 4 g de azúcares añadidos	8%
Protein/Proteínas 11g	
Vitamin D/Vitamina D 4mcg	20%
Calcium/Calcio 210mg	16%
Iron/Hierro 3mg	15%
Potassium/Potasio 380mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. * El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.</small>	

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Remember January 2019?

New plant-focused diet would 'transform' planet's future, say scientists

'Planetary health diet' would prevent millions of deaths a year and avoid climate change



▲ The planetary health diet allows an average of 2,500 calories per day. Photograph: Molly Katzen/Eat Forum

The first science-based diet that tackles both the poor food eaten by billions of people and averts global environmental catastrophe has been devised. It requires huge cuts in red meat-eating in western countries and radical changes across the world.

The "planetary health diet" was created by an international commission seeking to draw up guidelines that provide nutritious food to the world's fast-growing population. At the same time, the diet addresses the major role of farming - especially livestock - in driving climate change, the destruction of rainforests, and the pollution of rivers and oceans.

NewStatesman

NS POLITICS CULTURE WORLD SCIENCE & TECH LONG READS MAGAZINE EVENTS SPOTLIGHT SUBSCRIBE Q

FOOD & DRINK 21 JANUARY 2019

Why a planetary health diet probably won't save the world

New dietary advice follows an old formula: place the onus for climate change on individuals' behaviour.



BY HARRY HARRIS



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what's new in **FOOD** technology www.foodprocessing.com.au

Cloud communication

Processing Packaging Materials Handling Sustainability Food Design The Food Plant Prepared Food

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FRESH PERSPECTIVE
NEW DOCS IN PRACTICE

Tuesday Apr 02, 2019

« Your State Legisla... | Main | Objection! Can We Br...

EAT-Lancet Recommendations Have Value, and are Feasible?

For a long time, I've wondered what the physician's role in combating climate change is predicted to bring horrific consequences for population health, water insecurity; resource-based conflicts; forced migration; spread of infectious diseases; air quality that impacts respiratory, cardiovascular and mental health. As a result, advocacy as an extension of my work as a physician.

The AAFP does its part by setting policy on this topic and as a member of the Medical Society Consortium on Climate and Health. (mcsoc.org) But those are big-picture, organizational efforts. As an individual doctor, how thrilling would it be to advocate for sustainability from inside the exam room by recommending a diet that not only improves the health of my patients, but also the health of the planet?

With this goal in mind, I attended the United Nations Feb. 5 Summit (www.un.org) of the EAT-Lancet Commission report (www.thelancet.com) in New York City.

Meat industry concerned over sustainable food targets

Wednesday, 24 April, 2019

A report by the EAT-Lancet Commission has recommended limiting red meat consumption to a maximum of 28 g a day, but Meat and Livestock Australia (MLA) fears the implications this may have on the Australian red meat industry.

The EAT-Lancet Commission's 'Healthy Diets from Sustainable Food Systems' report, published in January, addresses the need to feed a growing population a sustainable and healthy diet. Line Gordon, Director of the Stockholm Resilience Centre which managed the scientific coordination of the report, concluded that this will require changes to diets and global food production.

"The world must do three big things in particular. It needs to halve the amount of food waste by 2050. It must move to more efficient and sustainable production systems and invest more in healthier crops. And people need to eat more fruit, vegetables, nuts and legumes and reduce their dairy and red meat consumption. Our analysis indicates that moving to such a balanced diet could prevent 11 million premature deaths per year," Gordon explained in his commentary 'Feeding the Ten Billion'.

E IRISH TIMES Sat, Apr 27, 2019

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Irish Government 'needs to act' on report that urges 50 per cent cut in meat-eating

-author says Irish Government needs to step up - not just individuals

5, 2019, 18:54

Prof. Jessica Fanzo of the Irish launch of the EAT-Lancet Commission Report, which she co-authored, at the Centre for Food Policy, City University London.

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UN Agenda 2030



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"I had a question..."



The bankrollers: Petter and Dr Gunhild Stordalen



Prof. Walter Willett
TH Chan Harvard

Prof. Johan Rockström
Stockholm Resilience Centre

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ANH Special Report

30 January 2019

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@G_stordalen

<https://www.anhinternational.org/news/anh-intl-special-report-analysis-of-the-eat-lancet-report/>



SPECIAL REPORT

HAS THE EAT-LANCET COMMISSION FOUND A 'WIN-WIN' FOR PEOPLE, FOOD AND PLANET?

ANH-Intl analysis of the EAT-Lancet report aims to separate science from ideology

ANH-Intl critique of: Willett W, Rockström J, Loken B, Springmann M, Lang T, et al. Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems. Lancet. 2019; Jan 16; pii: S0140-6736(18)31788-4. doi: 10.1016/S0140-6736(18)31788-4.

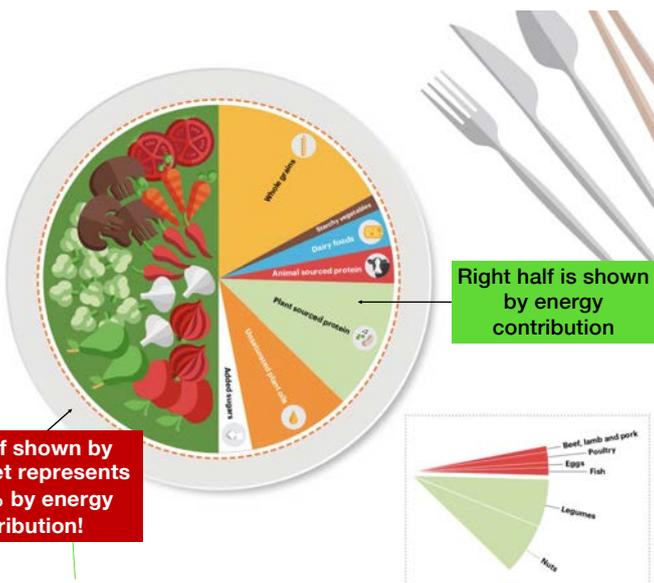
NOTE: This document contains hyperlinks, including references to peer reviewed journals.

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Contact and correspondence: Robert Vermaak PhD (founder, executive and scientific director) T +44(0)1309 540 800 E info@anhinternational.org

www.anhinternational.org 30 January 2019

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The Planetary Health Diet: mixing currencies misleads



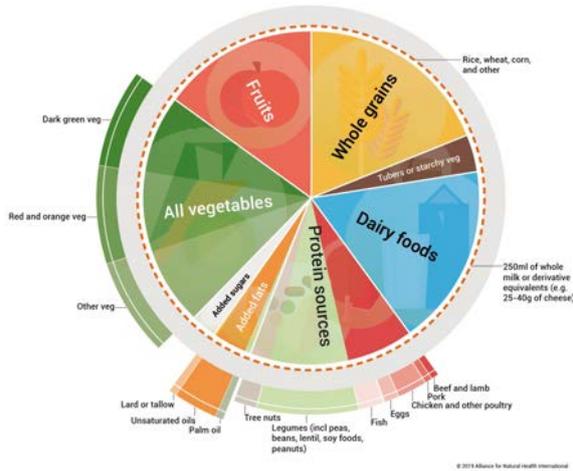
- Zero to 80 g of meat (beef, lamb, pork or poultry) a day
- Zero to 25 g eggs per day
- Zero to 100 g fish per day
- Zero to 500 g of whole milk or equivalent derivatives (e.g. cheese butter)
- Zero to 225 g per day of legumes (dry beans, lentils, peas, soy foods, peanuts)
- Not less than 100 g and not more than 300 g of fruit per day
- Minimums of 200 g of vegetables and 100 g of fruit per day
- Maximums of 600 g of vegetables and 300 g of fruit per day
- A vegetable to fruit ratio between 1:1 and 6:1
- Added fats: a minimum of 20 g and maximum of 92 g
- Added sugars and other sweeteners: zero to 31 g
- Not more than 6.8g of palm oil per day

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When you don't mix up your currencies...

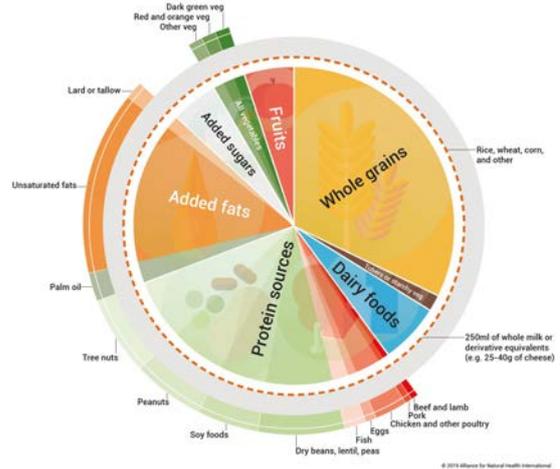
By fresh weight

A. EAT-Lancet ('Planetary Health Diet') recommended daily intakes of food groups by fresh weight based on a daily energy intake of 2,500 kcal (10,460 kJ).



By energy contribution

B. EAT-Lancet ('Planetary Health Diet') recommended daily intakes of food group by energy contribution based on a daily energy intake of 2,500 kcal (10,460 kJ).



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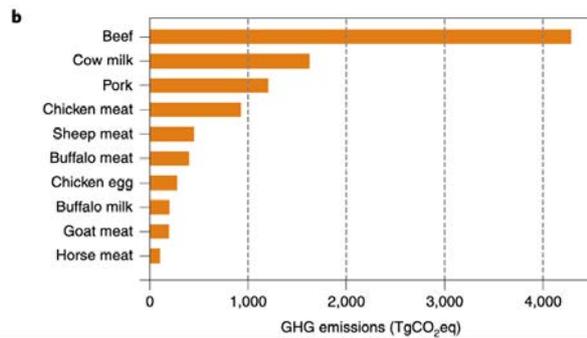
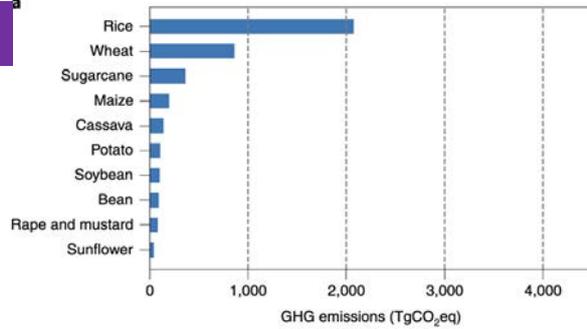
The Planetary Health Diet

	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day	
Whole grains Rice, wheat, corn and other	232	811	→  = 2.3 large portions of pasta
Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39	
Vegetables All vegetables	300 (200-600)	78	→ = 3 portions non-starchy veg
Fruits All fruits	200 (100-300)	126	
Dairy foods Whole milk or equivalents	250 (0-500)	153	
Protein sources			
Beef, lamb and pork	14 (0-28)	30	→ = 15g roast beef (=1/3 of a small portion)
Chicken and other poultry	29 (0-58)	62	
Eggs	13 (0-25)	19	→ = one-third of a small boiled egg
Fish	28 (0-100)	40	
Legumes	75 (0-100)	284	
Nuts	50 (0-75)	291	
Added fats			
Unsaturated oils	40 (20-80)	354	
Saturated oils	11.8 (0-11.8)	96	
Added sugars All sugars	31 (0-31)	120	→ = 7.4 teaspoons of sugar

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GHG emissions

- Beef > wheat
- Rice and wheat > Sheep meat, chicken eggs, buffalo milk, etc .



Source: Xu et al. *Nature Food* 2021; 2: 724–732.

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Exploring the flex

Flexitarian

Vegan

- Basic flexitarian
- Lower carb flexitarian
- Physically-active, higher protein flexitarian

- Basic vegan
- Lower carb vegan
- Physically-active, higher protein vegan

FLEXITARIAN 1 (basic flexitarian)							
Food group	Food	Fresh wt	Leaf	Protein	Sugars	Fibre	Fats
Wholegrains	Rice (long-grain and wild)	100	25.7	8.93	0	3.6	0
	Rolled oats	75	281	9.38	1.88	7.5	0
	Brown rice pasta	57	273	5.45	1.36	4.1	2.73
Tubers and starchy veg	Sweet potato	50	50	0.99	2.73	0.8	0
	Kale	100	36	2.94	1.21	4	0
Vegetables	Red peppers	50	13	0.49	2.1	1.1	0
	Butternut squash	50	44	0.81	1.22	0.8	0
	Broccoli	100	35	1.58	2.35	2.4	0
Fruits	Apple (Granny Smiths)	100	52	0	10.4	3.2	0
	Blueberries	50	28	0.37	4.98	1.2	0
	Orange	50	24	0.55	4.35	1.1	0
Dairy foods	Mature cheddar	50	214	12.5	0	0	16.07
	Butter	30	215	0.25	0.02	0	24.3
	Cheddar	39	40	1.97	0.39	0.6	1.65
Protein sources	Chicken	28	57	4.54	2.56	0	2.96
	Peanut	50	40	2.81	2.25	2.2	0
	Tofu	25	29	2.23	0	0	2
Added fats	Peanut oil	25	152	6.25	0.89	3.6	10.71
	Almonds	25	145	5.29	1.09	3.1	12.48
	Extra virgin olive oil	40	34.7	0	0	0	40
Added sugars	Brown cane sugar	31	115	0	31	0	0
	TOTALS	1115	2548	66.94	70.78	99.3	112.9
	Energy contribution:	10.3% energy from protein (0.96g/kg body weight for a 70 kg adult)					
	49.6% energy from carbohydrates (34.6% energy from wholegrains)						
	39.9% energy from fats						

VEGAN 1 (physically active, higher protein vegan)							
Food group	Food	Fresh wt	Leaf	Protein	Sugars	Fibre	Fats
Wholegrains	Rice (long-grain and wild)	100	25.7	8.93	0	3.6	0
	Rolled oats	75	281	9.38	1.88	7.5	0
	Brown rice pasta	57	273	5.45	1.36	4.1	2.73
Tubers and starchy veg	Sweet potato	50	50	0.99	2.73	0.8	0
	Kale	100	36	2.94	1.21	4	0
Vegetables	Red peppers	50	13	0.49	2.1	1.1	0
	Butternut squash	50	44	0.81	1.22	0.8	0
	Broccoli	100	35	1.58	2.35	2.4	0
Fruits	Apple (Granny Smiths)	100	52	0	10.4	3.2	0
	Blueberries	50	28	0.37	4.98	1.2	0
	Orange	50	24	0.55	4.35	1.1	0
Protein sources	Chickpea	100	114	9.02	1.8	7.9	0
	Peanut	50	40	2.81	2.25	2.2	0
	Tofu	25	29	2.23	0	0	2
Added fats	Peanut oil	25	152	6.25	0.89	3.6	10.71
	Almonds	25	145	5.29	1.09	3.1	12.48
	Extra virgin olive oil	40	34.7	0	0	0	40
Added sugars	Brown cane sugar	31	115	0	31	0	0
	TOTALS	1366.8	2924	56.98	92.3	53.1	147.91
	Energy contribution:	8.7% energy from protein (0.82g/kg body weight for a 70kg adult)					
	40.8% energy from carbohydrates (24.3% energy from wholegrains)						
	50.7% energy from fats						

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What we found ...

The good news...

- All scenarios met 30g fibre target set by Reynolds et al 2019



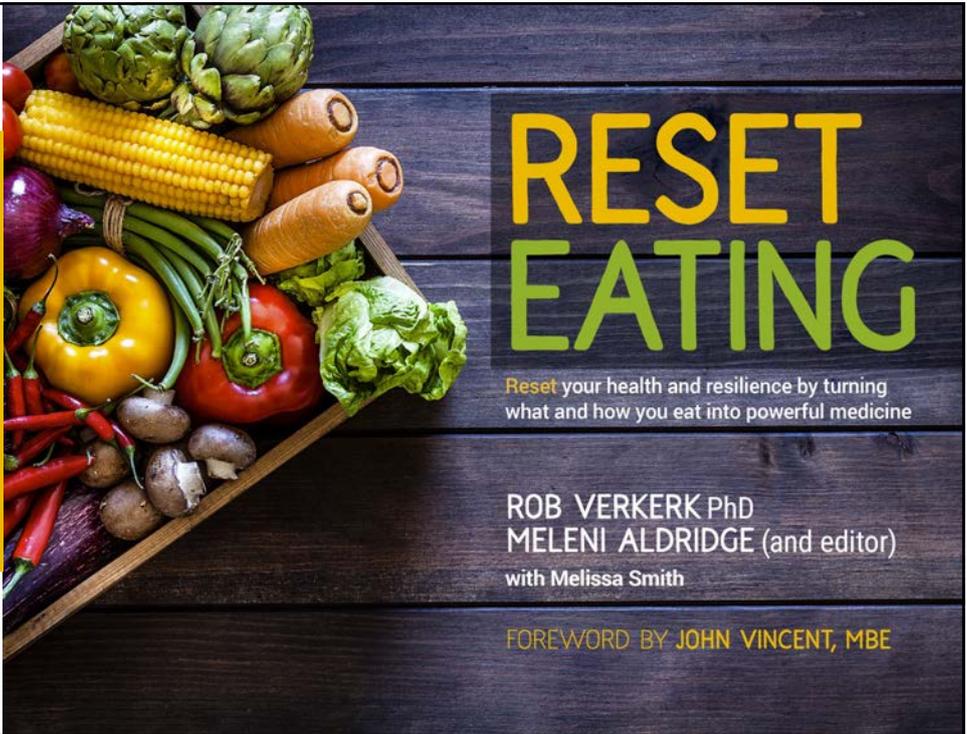
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What we found ... The bad news...

- **NOT ENOUGH PROTEIN.** Physically active vegan diet 8.7% of E. Less than 0.83g/kg set by WHO/FAO Expert Group 2007 which applies only to inactive, young, healthy adults
- **MISSING AMINOS.** Amino acid profiles in vegan scenarios may be deficient in some amino acids (e.g. arginine, leucine, histidine)
- **GRAIN HEAVY.** Total E from grains 52% for basic vegan, but just 20% for Low-carb Flexitarian
- **NOT ENOUGH ABOVE GROUND. NON-STARCHY VEG.** Either in amount or for phytonutrient diversity
- **MISSING MICROS.** Vegan diets likely to be deficient in some micronutrients, notably haem Fe, B12, n-3 FAs
- **ANTI-NUTRIENTS.** High phytate may limit Zn, Cu and Fe absorption; lectins in legumes may cause leaky gut
- **FOOD SUBSTITUTION UPSETS.** Changes in gluten, phytate, goitrogens, oxalates, etc. can upset GI system
- **CULTURALLY INSENSITIVE.** Cultural, social, microbiome adaptations to specific diets are key.

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Are you ready for a metabolic, health and resilience reset?



RESET EATING

Reset your health and resilience by turning what and how you eat into powerful medicine

ROB VERKERK PhD
MELENI ALDRIDGE (and editor)
with Melissa Smith

FOREWORD BY JOHN VINCENT, MBE

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WHAT?

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Are all calories equal?

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Which systems of your body does your food need to communicate with?

FOOD IS INFORMATION

A healthy, diverse diet contains a multitude of components that provide the plethora of interacting biochemical pathways the information they need to regulate the 12 key body systems

BODY SYSTEMS	
BODY SYSTEM NAME	AREA OF FUNCTION
ENDOCRINE	HORMONAL
CARDIOVASCULAR	HEART AND CIRCULATION
RESPIRATORY	BREATHING/RESPIRATORY
IMMUNE	IMMUNE
NERVOUS	NERVOUS
REPRODUCTIVE/GENITAL	SEXUAL
RENAL/URINARY/EXCRETORY	DETOXIFICATION
GASTROINTESTINAL	DIGESTIVE
MUSCULAR	MUSCULAR
SKELETAL	BONES AND JOINTS
INTEGUMENTAL	SKIN, HAIR AND NAILS
OPHTHALMOLOGICAL	VISUAL/EYE

ANH-Intl's **Food4Health** Guidelines for adults and **Food4Kids** Guidelines for young children, will help you make better choices in what, when and how you eat!

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Navigating animal & plant foods

ANIMAL FOODS

- Production system: industrial or family/smallholding?
- Animal welfare standards
- Fish: farmed or wild caught?
- Farm animals: Grazed or fed with animal feed?
- Not all red meat is equal (beef vs lamb)
- Provenance: regional or local?

PLANT FOODS

- Soil grown
- Regenerative ag systems
- Zero or minimal pesticide inputs
- Seed stock – heritage/heirloom?
- Diversity
- Root to tip where possible
- Bitter principles
- Minimum post-harvest interval
- Focus on 6 phytonutrient colour groups
- Prioritise non-starchy veg

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Human health & planetary choice criteria

Provenance

- Local /regional
- Regenerative (non-industrial) farming system
- Soil-grown crops
- Heritage/heirloom genetics
- Naturally-reared animals with high welfare standards

Quality

- High nutrient density (kcal irrelevant)
- Zero or minimal synthetic fertilizers or pesticides
- Unprocessed or minimally processed
- Zero or minimal additives
- Natural flavours, incl bitter/sour, umami

Composition

- Diversity
- 6 phytonutrient colors
- Veg > fruit
- Non-starchy veg (minimise starchy)
- High fiber
- Minimal simple or refined carbs

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The 10 key Food4Health guidelines

1. Macronutrient contribution by energy (kcal or kJ) should be approximately 20% protein (4 kcal/g), 25% carbohydrates (4 kcal/g) and 55% fats (9 kcal/g) - based on daily 'plate' illustrated above
2. Minimise consumption of highly processed foods and avoid all refined carbohydrates
3. Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan/brown)
4. Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
5. Healthy fats for cooking include virgin coconut oil, unfiltered extra virgin olive oil, virgin avocado

6. Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)
7. Avoid snacking and try to maintain 5 or more hours between meals
8. Consume at least 1.5 litres of spring or filtered water daily between meals (more if exercising intensively)
9. Avoid all foods which trigger sensitivity, intolerance or allergy
10. Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)

Food4Health guidelines

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Eat a rainbow every day

PHYTOCHEMICAL(S)	PLANT-COLOUR	PLANT-SOURCE	POTENTIAL-HEALTH-BENEFITS
Carotenoids (such as beta-carotene, lycopene, lutein, zeaxanthin)	Orange, Yellow, Red	Red, orange and green fruits and vegetables including broccoli, carrots, cooked tomatoes, leafy greens, sweet potatoes, winter squash, apricots, cantaloupe, oranges and watermelon	<p>May inhibit cancer cell growth, work as antioxidants and improve immune response</p> <p>Protective role against cognitive decline associated with ageing</p> <p>Role in protection against hepatotoxicity</p>
Flavonoids (such as anthocyanins, flavonols, flavanones)	Purple, red, blue, black	Apples, citrus fruits, onions, coffee and tea	<p>May inhibit inflammation and tumour growth; may aid immunity and boost production of detoxifying enzymes in the body</p> <p>Anti-oxidative, anti-inflammatory, anti-mutagenic and anti-carcinogenic properties</p> <p>Cardiovascular protective</p>
Indoles and Glucosinolates (sulforaphane)	Green, white	Cruciferous vegetables (broccoli, cabbage, collard greens, kale, cauliflower and Brussels sprouts)	<p>May induce detoxification of carcinogens, limit production of cancer-related hormones, block carcinogens and prevent tumour growth</p>

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Eat a rainbow every day

PHYTOCHEMICAL(S)	PLANT-COLOUR	PLANT-SOURCE	POTENTIAL-HEALTH-BENEFITS
Isothiocyanates (sulforaphane)	Green, white	Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, horseradish, kale, kohlrabi, mustard, radish, rutabaga, turnip, and watercress	<p>May induce detoxification of carcinogens, block tumour growth and work as antioxidants</p> <p>Help with management of blood glucose, particularly in diabetic patients</p> <p>Helps reduce inflammation</p>
Polyphenols (such as ellagic acid and resveratrol)	Green, Purple	Green tea, grapes, wine, berries, citrus fruits, apples, whole grains and peanuts	<p>May prevent cancer formation, prevent inflammation and work as antioxidants</p> <p>Essential phytochemicals for modulating the effects of aging and promoting healthy longevity</p> <p>Gut protective - reduction of inflammation in inflammatory bowel disease</p>
Terpenes (such as perillyl alcohol, limonene, carnosol)	Red, yellow, green	Cherries, citrus fruit peel, rosemary	<p>May protect cells from becoming cancerous, slow cancer cell growth, strengthen immune function, limit production of cancer-related hormones, fight viruses, work as antioxidants</p> <p>Antihyperglycemic and hypolipidemic</p>

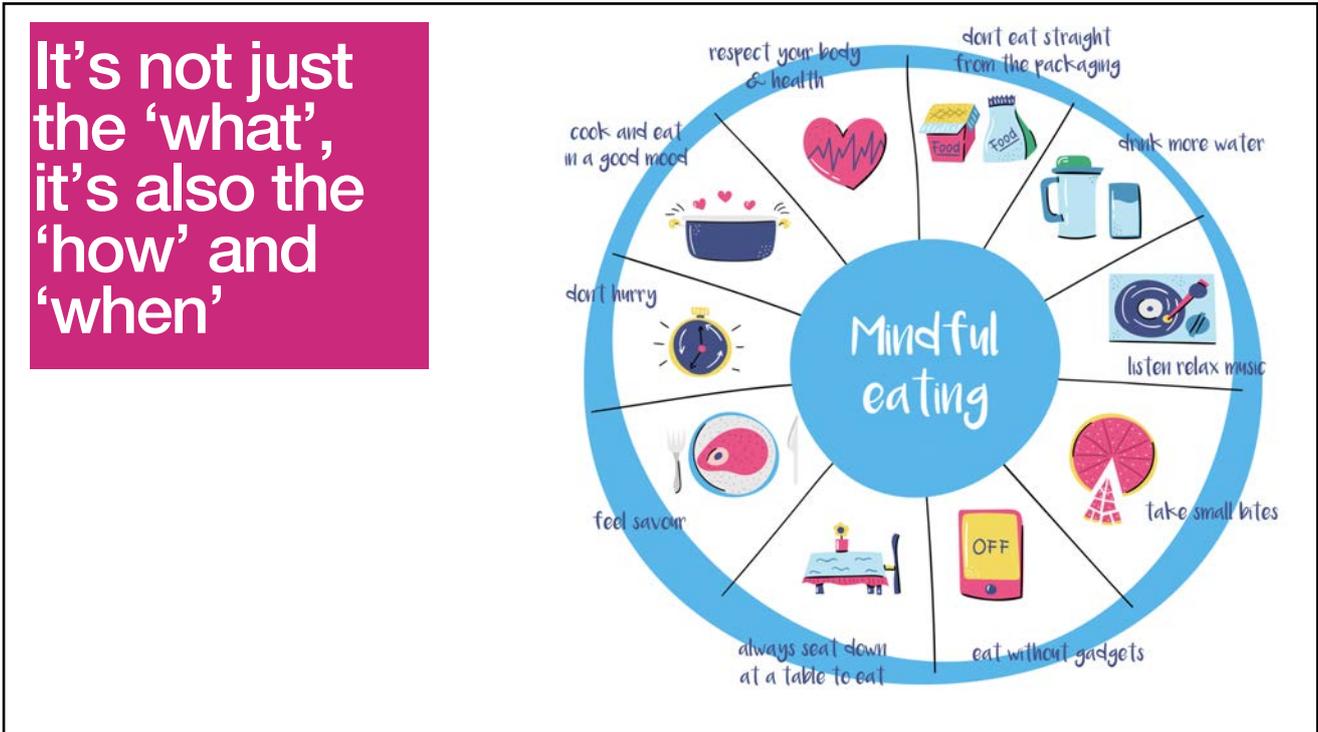
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METABOLIC FLEXIBILITY



“

The ability to efficiently adapt metabolism by substrate sensing, trafficking, storage and utilization, dependent on availability and requirement is known as metabolic flexibility.

”

Metabolic flexibility as an adaptation to energy resources and requirements in health and disease

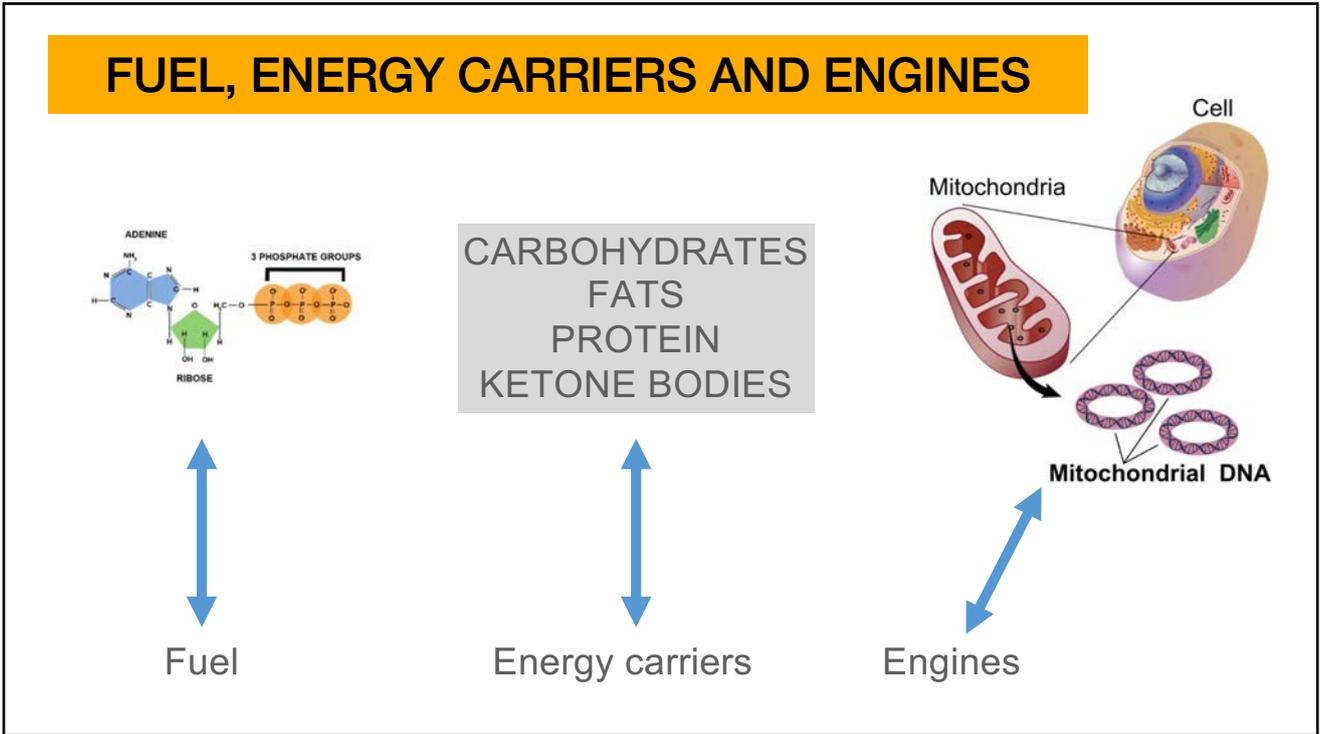
Reuben L. Smith, Maarten R. Soeters, Rob C.I. Wüst, and Rieckelt H. Houtkooper

Endocrine Reviews
Endocrine Society

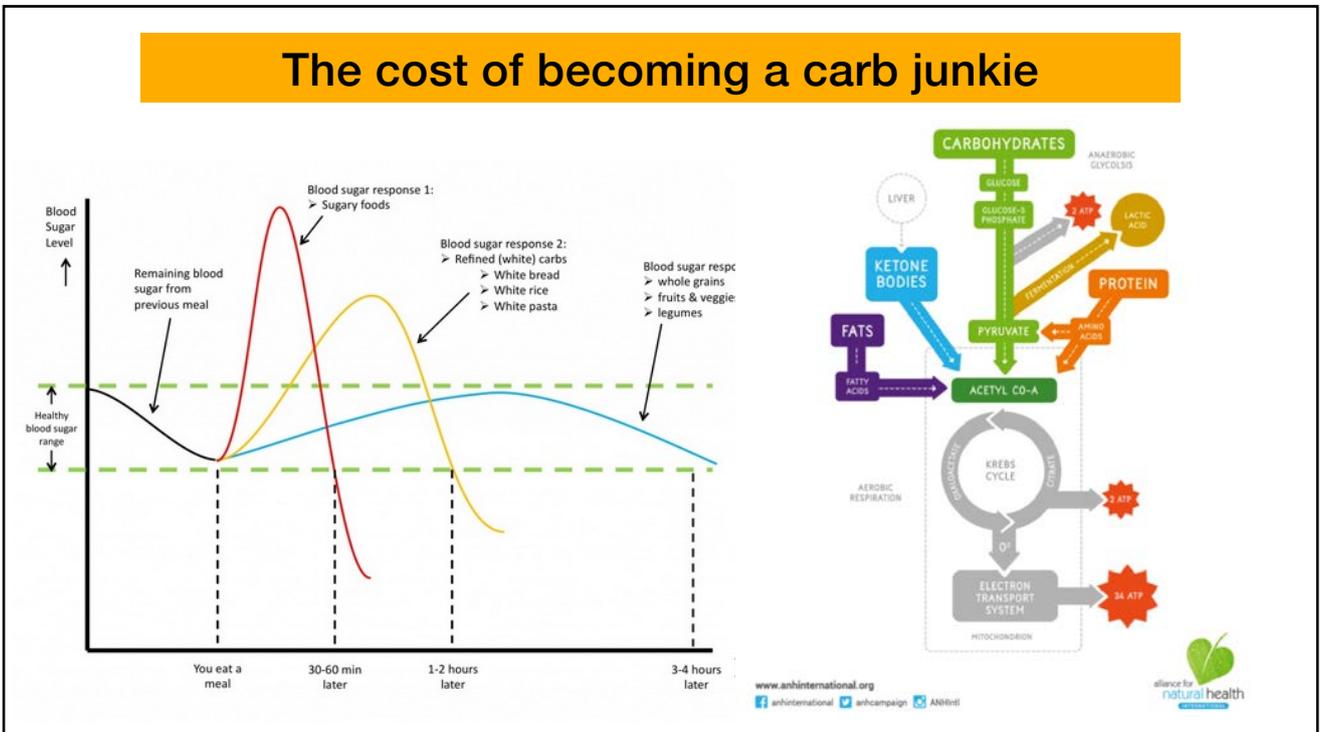
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Smith et al. *Endocrine Reviews*, 2018; 39(4): 489–517.

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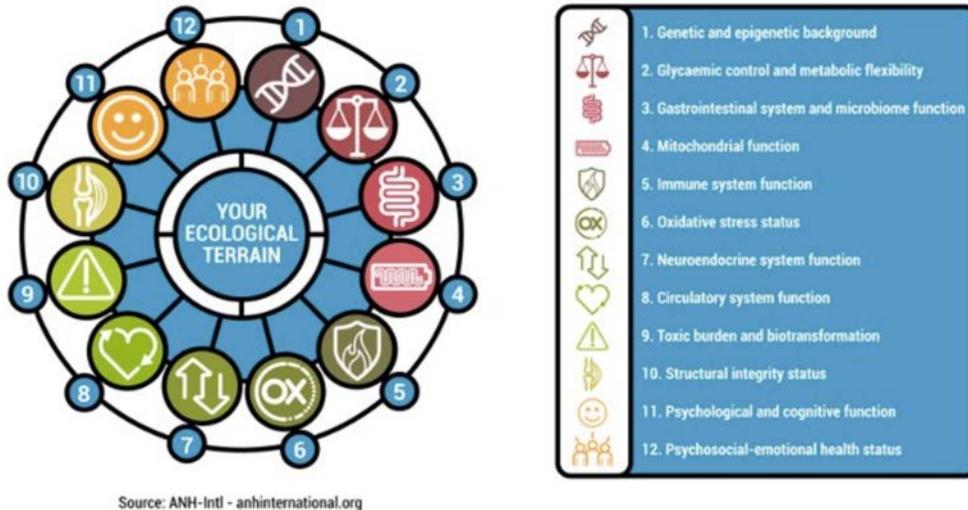


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What, how and when you eat affects all 12 domains of your Ecological Terrain



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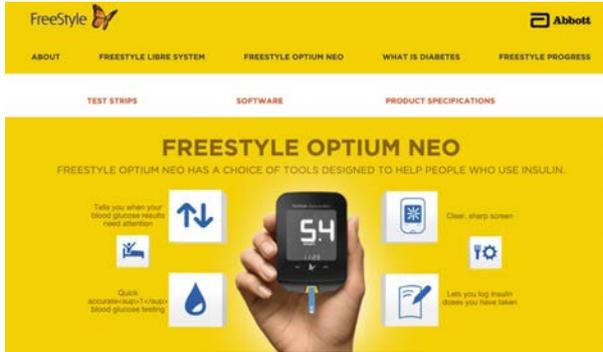
How do we get into nutritional ketosis?

- Caloric restriction / fasting
- Intermittent fasting (>5h between meals)
- Time-restricted feeding (e.g. 8 h window)
- Carbohydrate restriction
(i.e. Low Carb, Low Carb High Fat [LCHF],
Very Low Carbohydrate[VLC])
- Fasted training
- Supplemental support - Additional supplements
(Alpha-lipoic acid: 300-1200 mg/d, Co-enzyme Q10:
30-100 mg/d, Resveratrol: 100-250 mg/d)



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Getting to know your numbers Glucose and B-OHB (ketones)



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Blood ketone level	What you should do
Below 0.6 mmol/L	Readings below 0.6 mmol/L are in the normal range. Follow your healthcare professional's advice before making any changes to your diabetes medication programme.
Between 0.6 and 1.5 mmol/L	Readings in this range, with a blood glucose level higher than 13.9 mmol/L, may indicate the development of a problem. Follow your healthcare professional's instructions.
More than 1.5 mmol/L	Readings above 1.5 mmol/L, with a blood glucose level higher than 16.7 mmol/L, suggest you may be at risk of developing diabetic ketoacidosis (DKA).

B-OHB 0.5-3 mmol/L
Glucose < 6 mmol/L



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Food, gut, microbiome



Food4Health
anhinternational.org/campaigns/food4health-campaign

3 Rs

- Remove
- Replace
- Repair

- Intermittent fasting
- +
- Fermented foods

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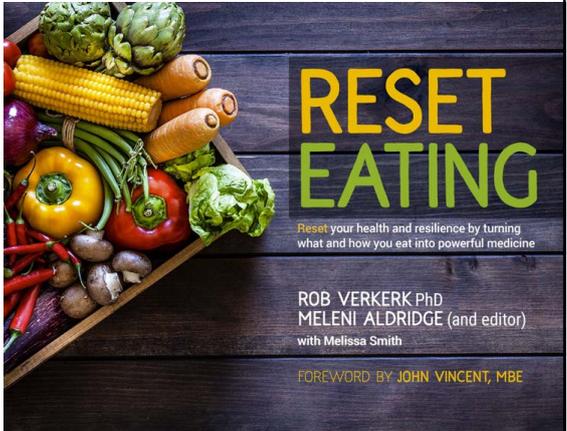
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