

Using Lifestyle to Heal Patients

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Participate in polling questions and submit your questions to <https://aafp4.cnf.io/>



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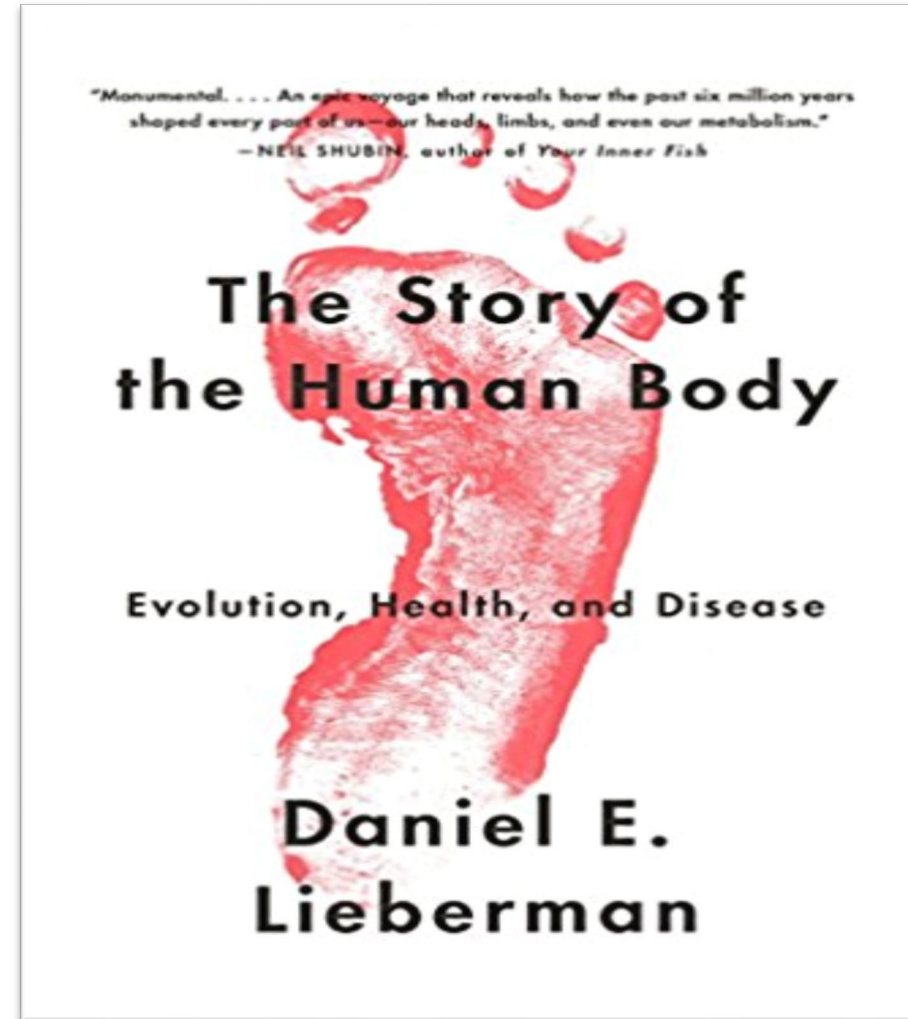


Learning Objectives

By the end of this educational activity, participants should be better able to:

- Describe the lifestyle causes of many of the current chronic diseases.
- Discuss how to evaluate the risk factors for chronic diseases.
- Describe the role of functional medicine in promoting healing from chronic diseases.





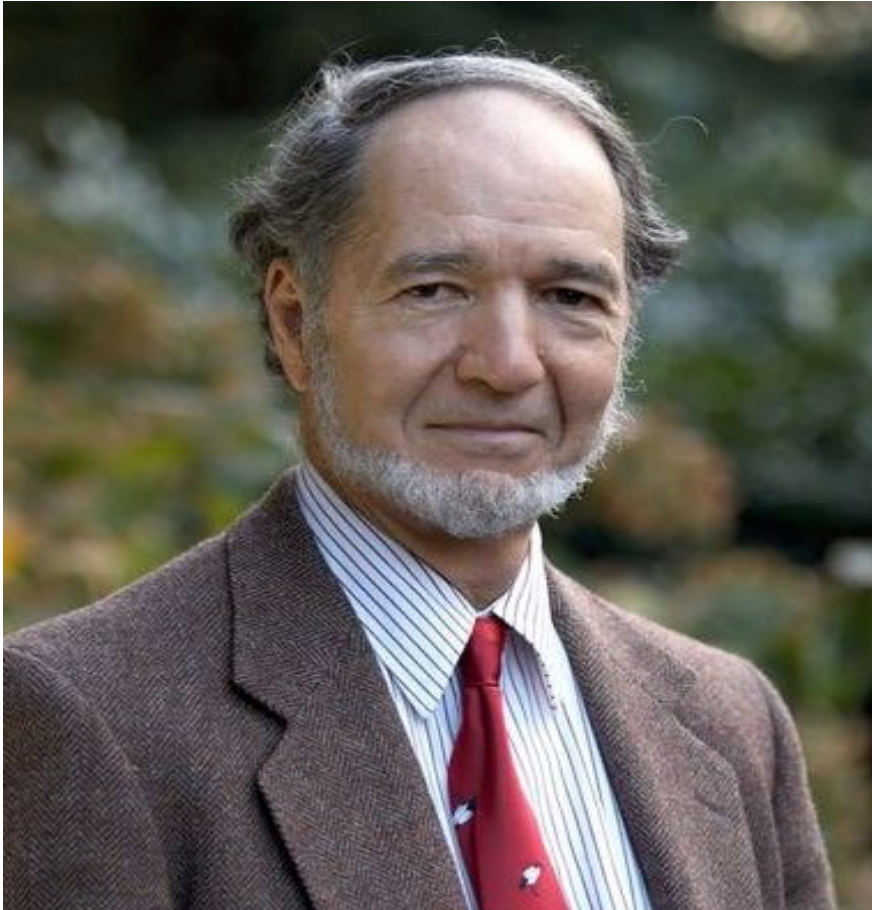
Human Evolution

- Human species
 - Homo sapiens
 - Agrarian age transforms the Paleolithic to the Neolithic ages
 - Industrial age results in modern culture
- 2.5 million years
 - 300,000 years
 - 10,000 years ago
 - 250 years ago

We have a hunter gatherer body living in an industrial age culture.

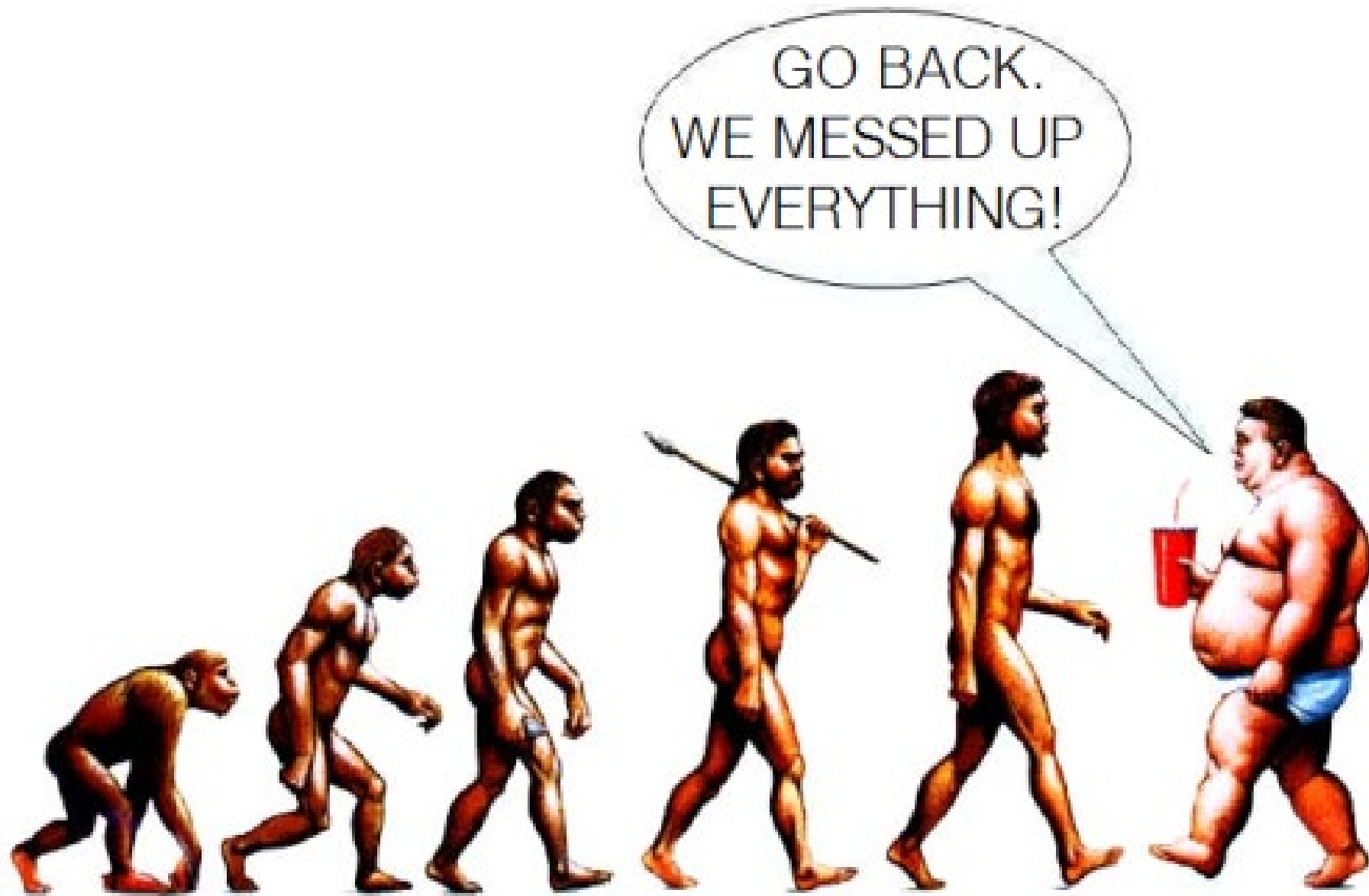
Progress, Mismatch and Dysevolution





**The Worst Mistake in the History of the
Human Race Discover Magazine May 1987**

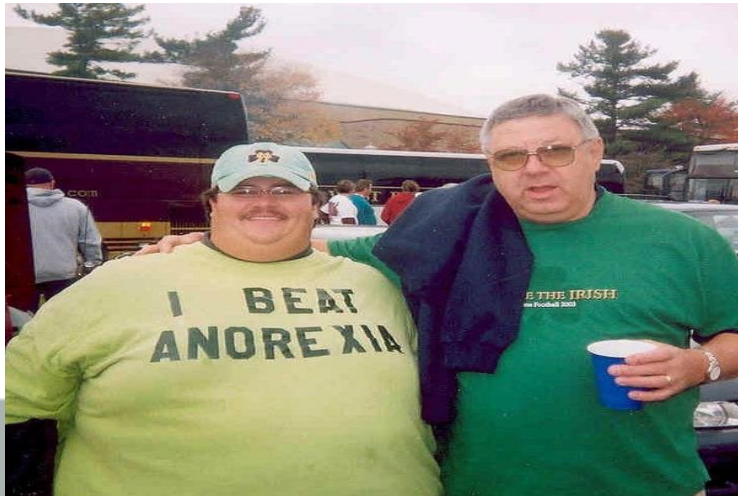




Mismatch Diseases

- Acne
- Alzheimer's disease
- Asthma
- ADHD
- Cancer (only some)
- Cavities
- Chronic Fatigue Syn.
- Crohn's disease
- Depression
- Diabetes type 2
- Endometriosis
- Fatty liver
- Fibromyalgia
- Hypertension
- Impacted wisdom teeth
- Multiple sclerosis
- Myopia
- Polycystic ovaries



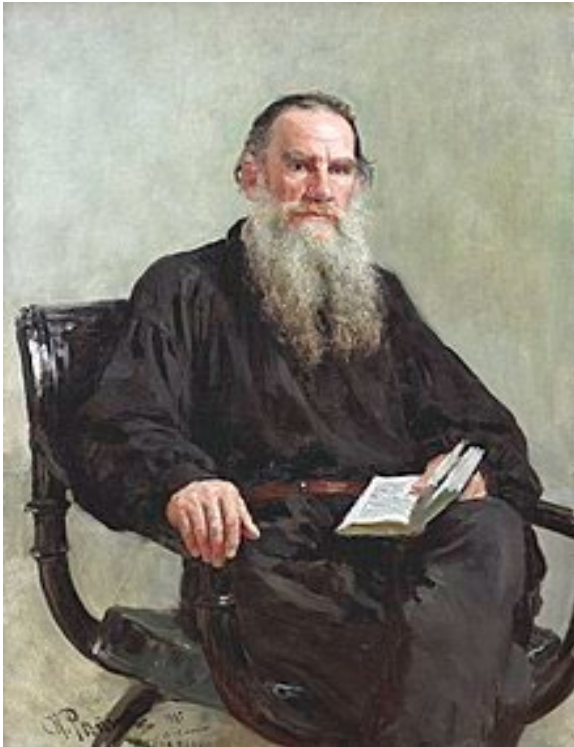


Determinants of Health

- Shelter
- Safety
- Clean water
- **Good Food**
- Education
- Meaningful work
- Medical care
- Physical activity
- Social networks

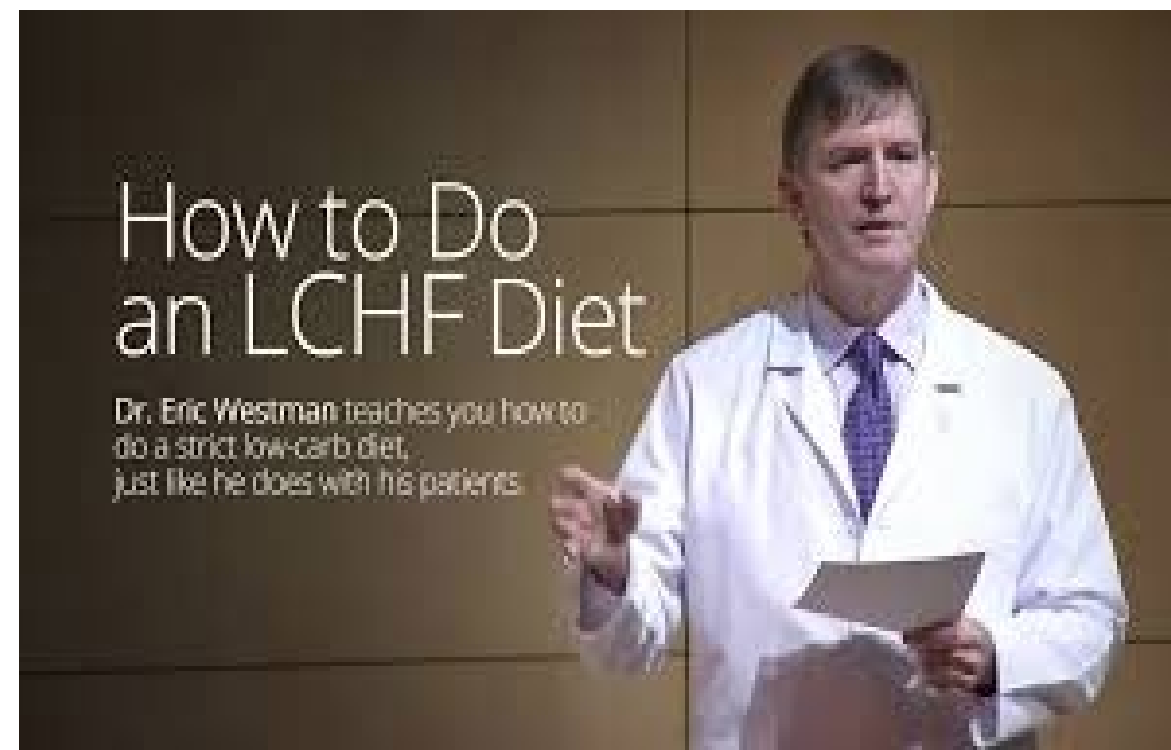
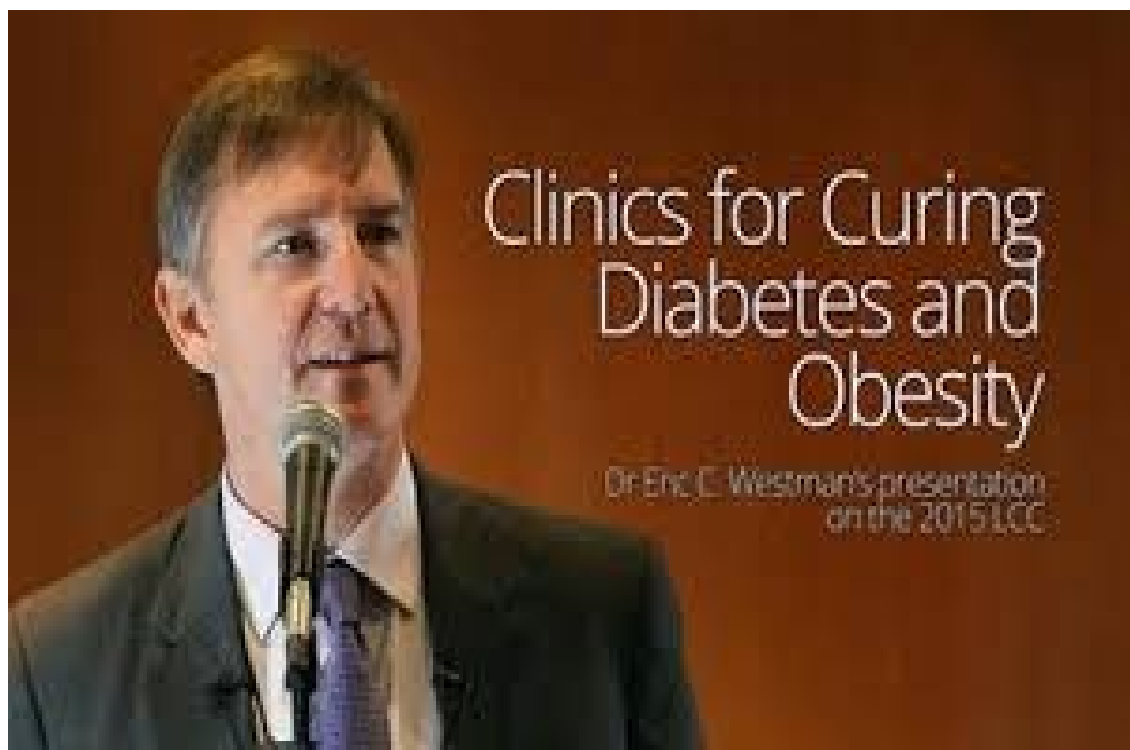


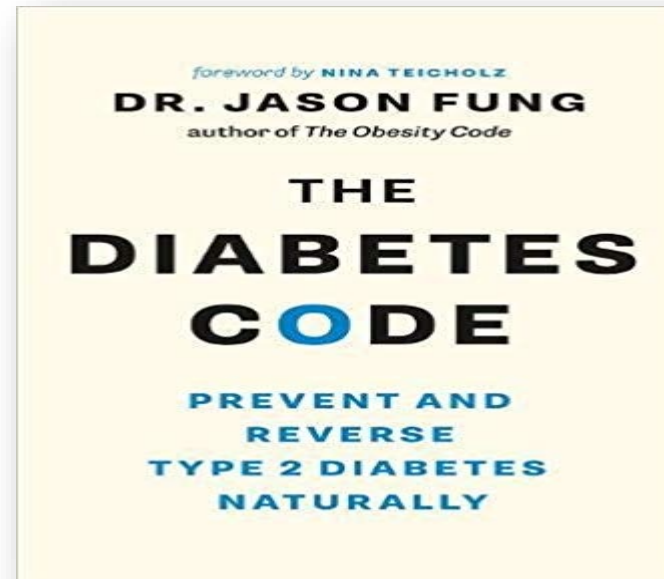
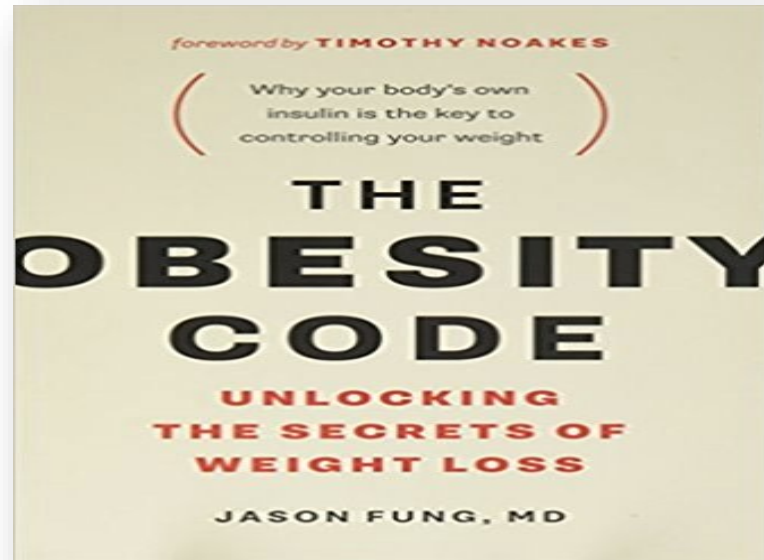
Tolstoy might say



**All healthy bodies are alike,
each unhealthy body is
unhealthy in its own way**







Insulin is the hormone that drives obesity and type 2 diabetes

Insulin drives sugar into cells

Stimulates lipogenesis

Blocks lipolysis

The New York Times Bestseller

Always Hungry?

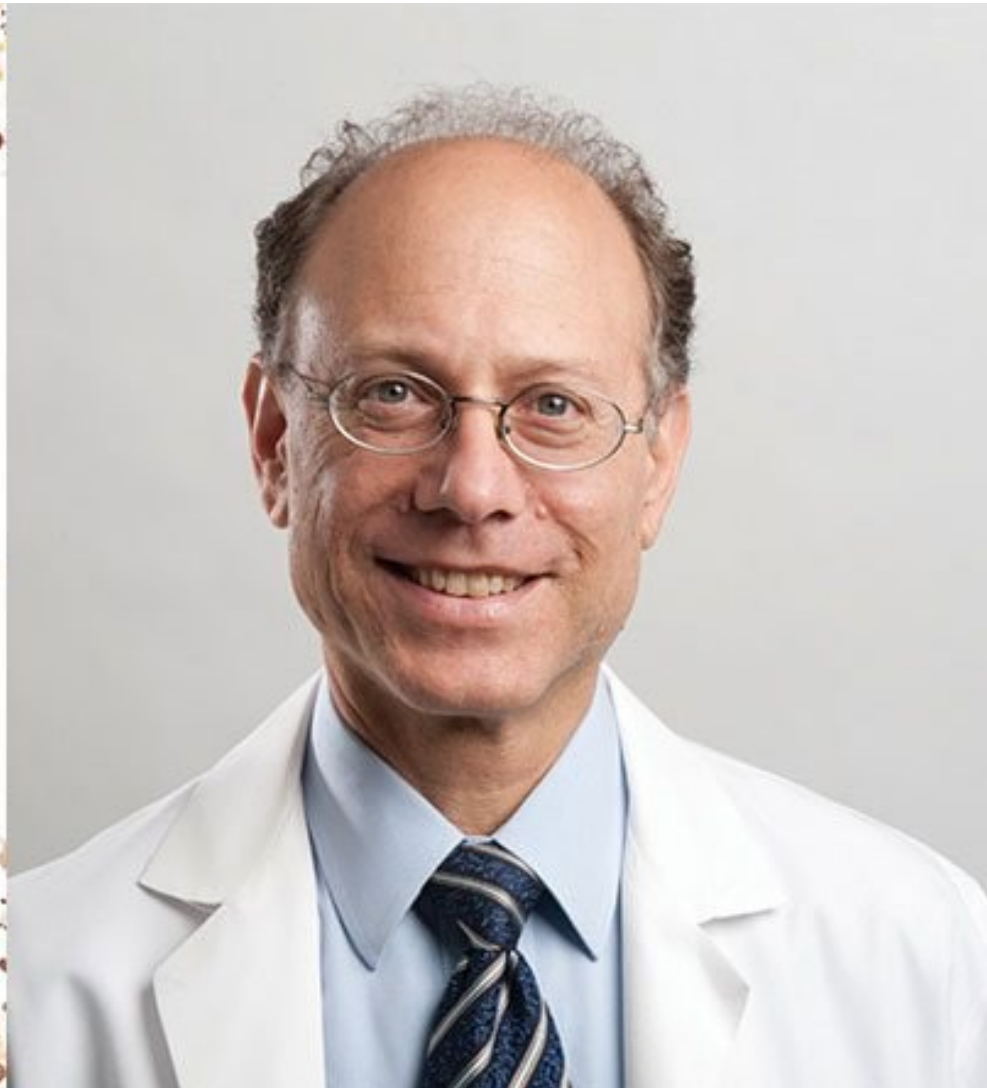
Conquer Cravings,

Retrain Your Fat Cells &

Lose Weight Permanently

David Ludwig, MD, PhD

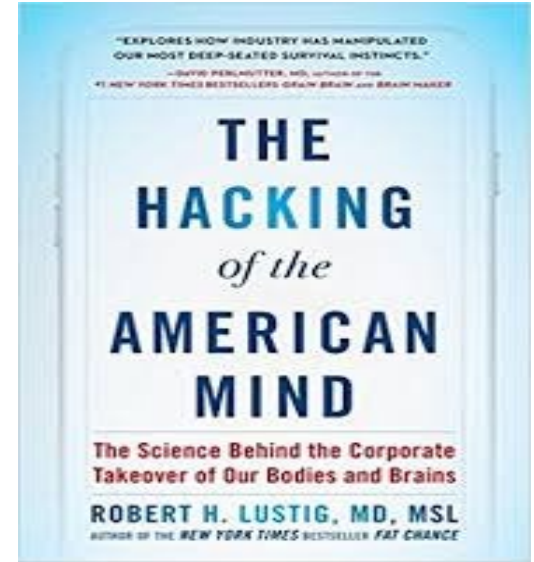
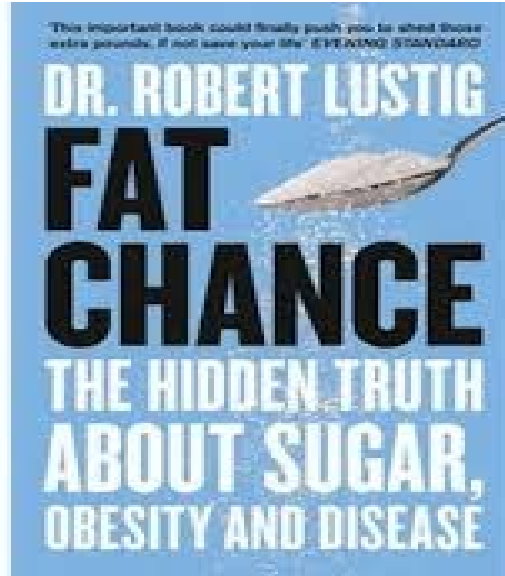
"A brilliant book that shatters every myth about weight loss. Read it to end your struggles with weight once and for all."—Mark Hyman, MD, #1 New York Times bestselling author of *The Blood Sugar Solution*



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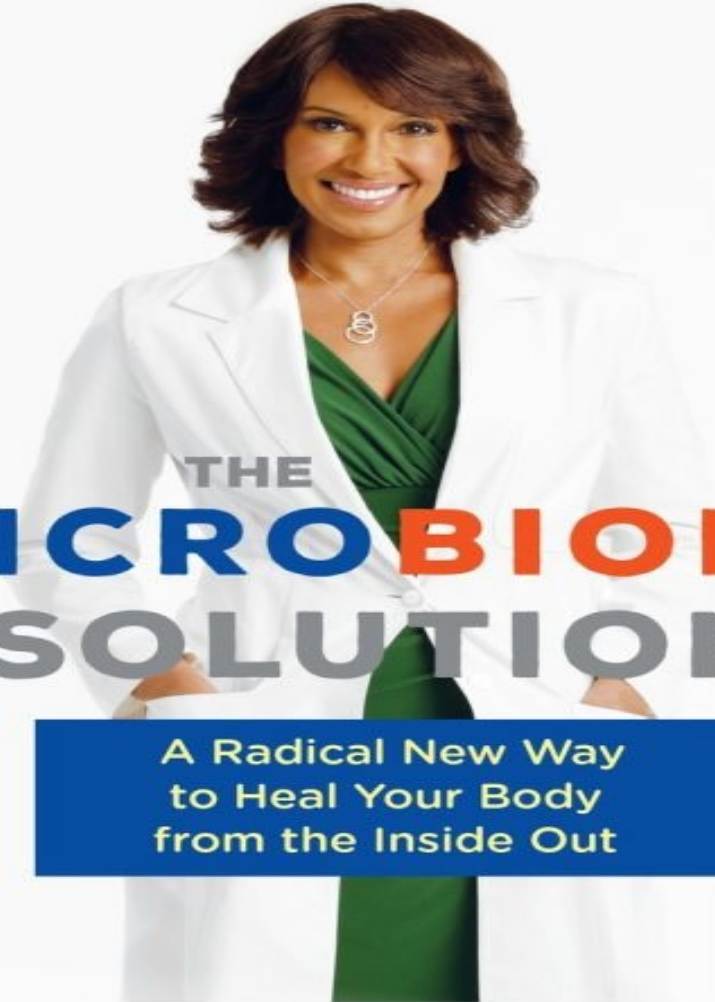
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“Simple, foolproof guidance to bring you optimal health every day.”

—FRANK LIPMAN, MD,

author of the *New York Times* bestseller *The New Health Rules*



THE
MICROBIOME
SOLUTION

A Radical New Way
to Heal Your Body
from the Inside Out

ROBYNNE CHUTKAN

MD, FASGE, founder of the Digestive Center for Women and author of *Gutbliss*

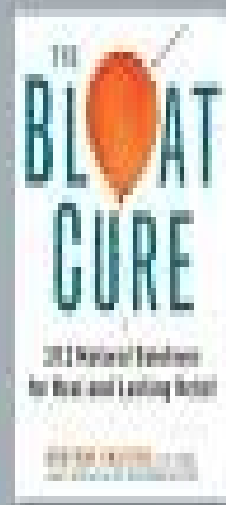


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Looking for a plan to heal your gut?
Your **GUIDE TO GUTBLISS** is
right here.





**BOOST YOUR METABOLISM.
RESTORE YOUR INNER ECOLOGY, AND
LOSE THE WEIGHT FOR GOOD!**

"Dr. Mullin has provided the reader with invaluable practical insight into the gut microbiome and its effect on obesity and our overall health. This is a 'must read' for the public and health professionals."

**-RICHARD S. DAMBERA,
MD, MPH, FACS,
11th Surgeon General
of the United States**



GUT BALANCE REVOLUTION

GERARD E. MULLIN, MD

Associate Professor of Medicine at The Johns Hopkins University School of Medicine

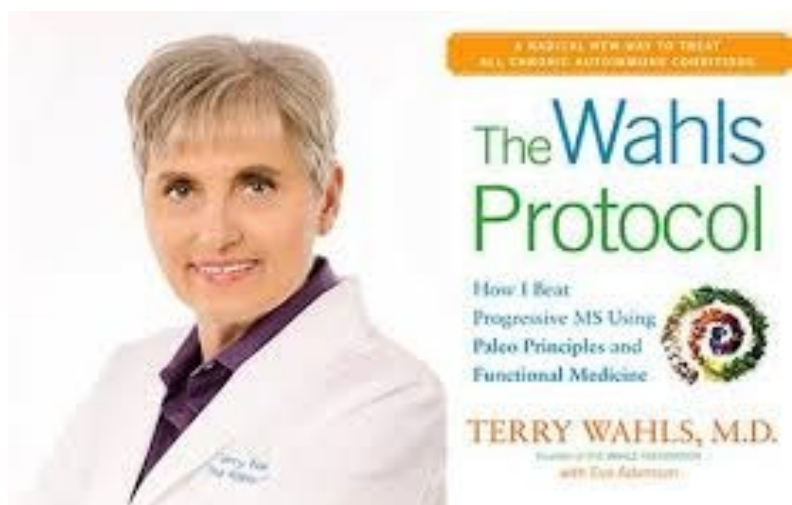
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Before & After



Nutrition and Cancer

- **12 cancer are associated with obesity, 6 of them have lower risk with weight loss**
- **Eating more red meat, especially processed meats, are associated with cancer, especially colon cancer**
- **Sugar feeds cancer**
- **Fasting starves cancer**

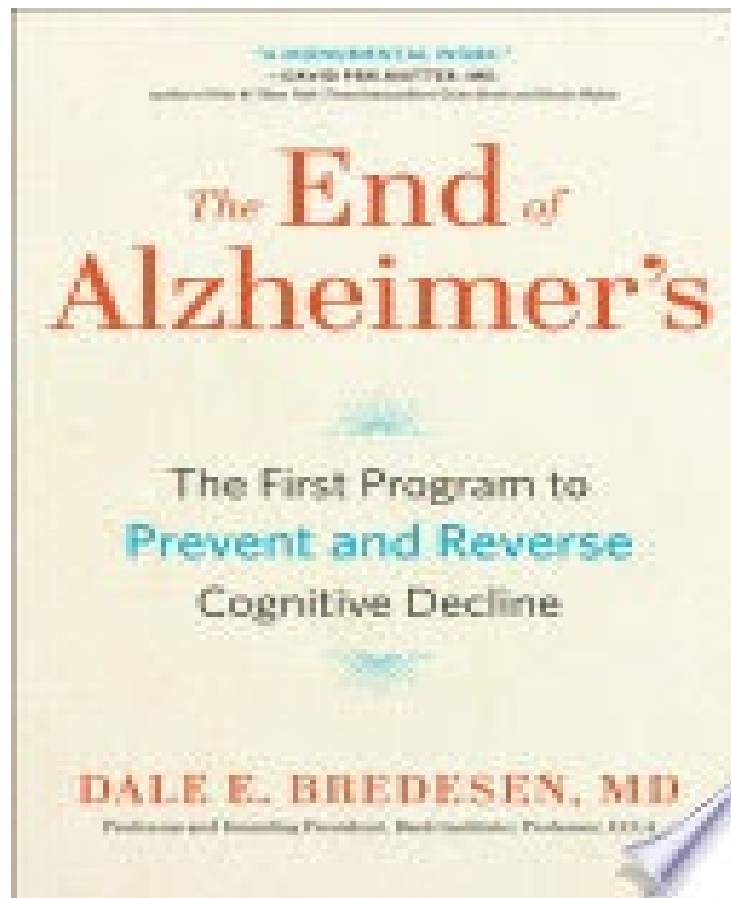
<https://www.nutrition.gov/subject/nutrition-and-health-issues/cancer>



Top Cancer Fighting Foods

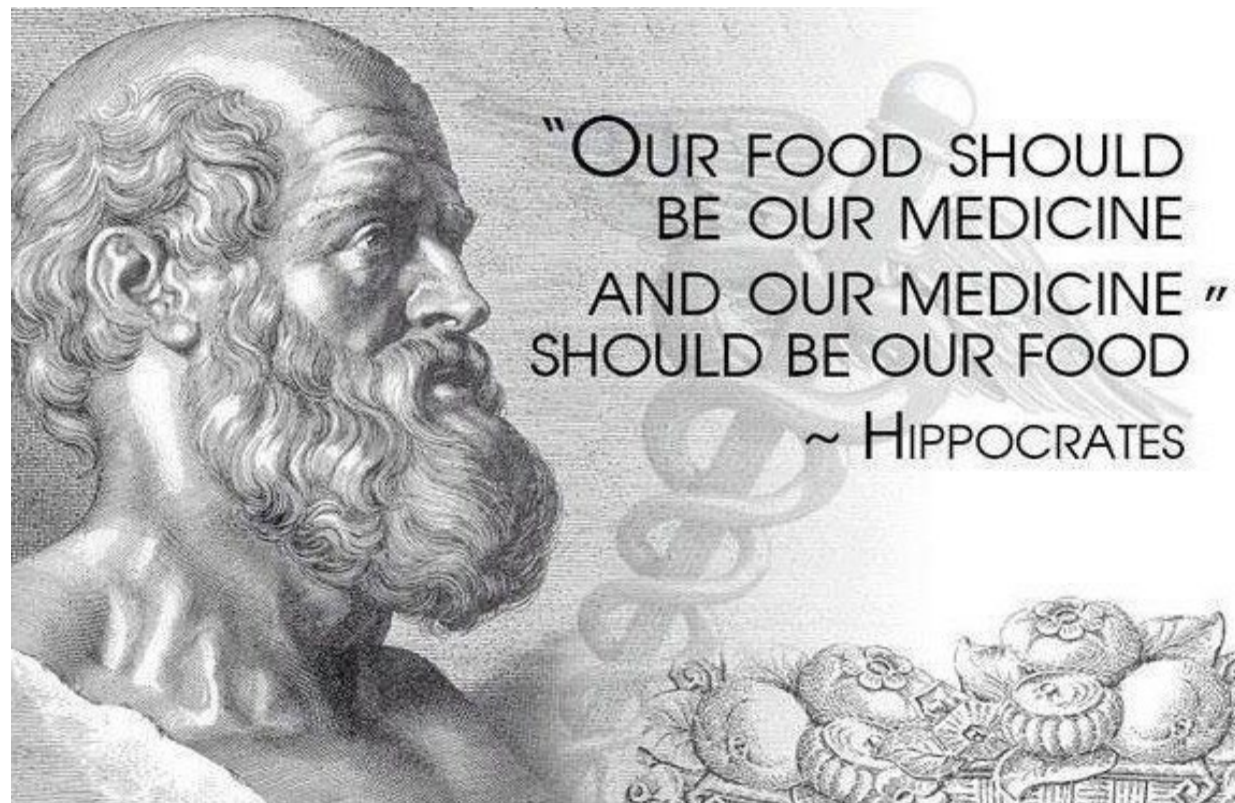
Whole Food Plant Based Diet reduces cancer risk and promotes remission. Wild caught salmon does the same.

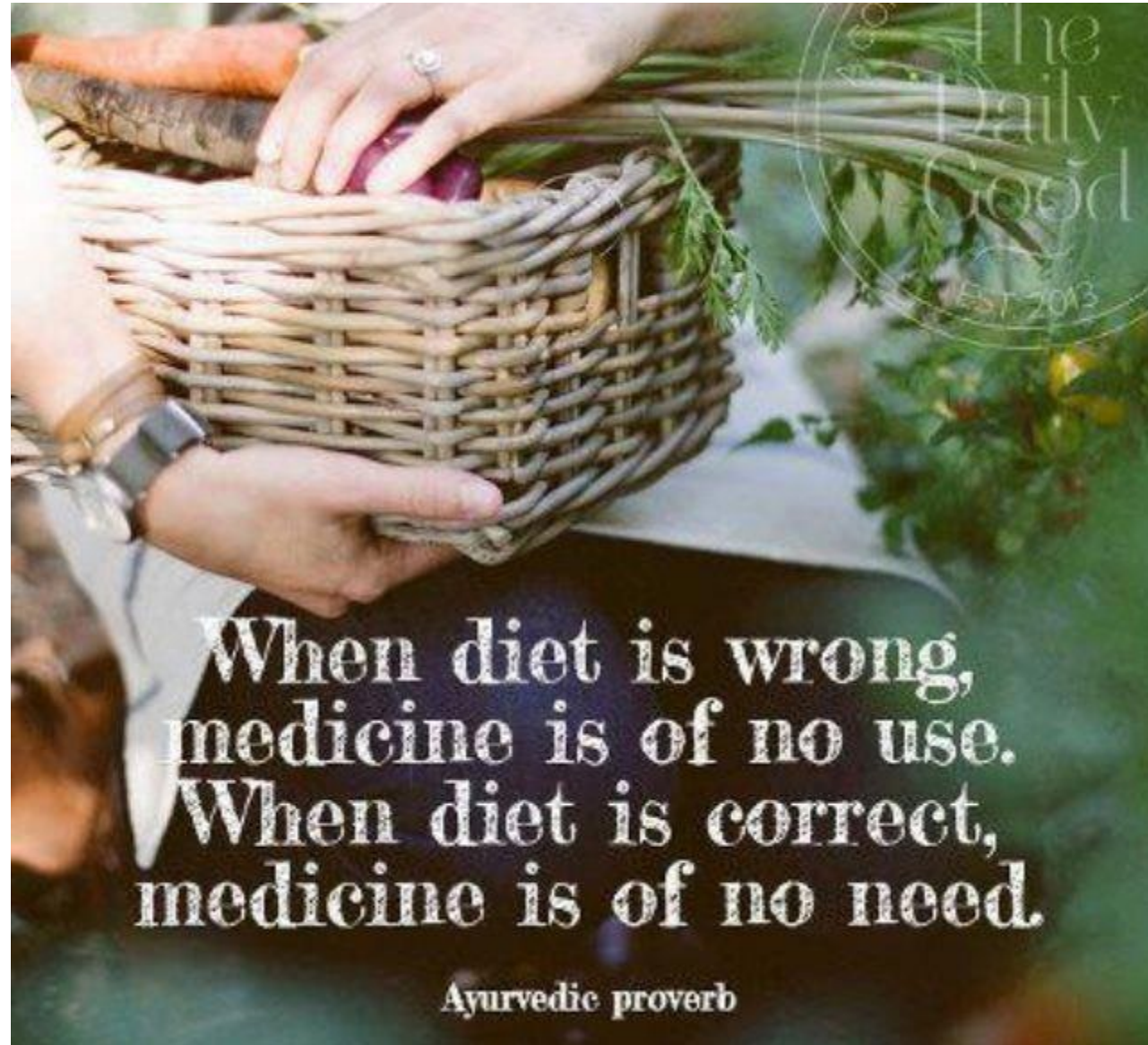
Top cancer fighting foods from Joel Fuhrman and the Blue Zones project: *Greens, Beans, Onions, Mushrooms, Berries, and Seeds.* <https://www.drfuhrman.com/library/eat-to-live-blog/62/the-healthiest-anti-cancer-foods-g-bombs>



Bredesen Protocol for Reversing Cognitive Decline (ReCODE 3.0)

- **Patient Zero**
- **11 patients**
- **Over 200 patients**
- **Reversal of cognitive decline: A novel therapeutic program. Aging 2014;6(9):707-717.**
- **Reversal of cognitive decline in Alzheimer's disease. Aging 2016;8(6):1250-1258.**
- **The End of Alzheimer's . New York: Penguin, 2017**





When diet is wrong,
medicine is of no use.
When diet is correct,
medicine is of no need.

Ayurvedic proverb

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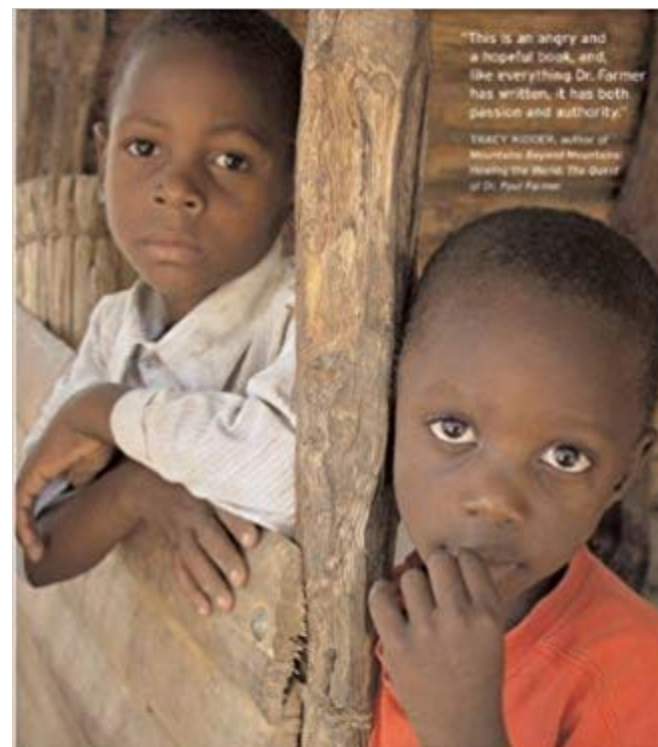
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Any disease that can be treated by diet should not be treated by any other means

Maimonides





PATHOLOGIES OF POWER
HEALTH, HUMAN RIGHTS, AND THE NEW WAR ON THE POOR

PAUL FARMER WITH A NEW PREFACE BY THE AUTHOR
FOREWORD BY AMARTYA SEN



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Structural Violence

The Food Industry Puts Profits over Health

Health Rights are fundamental to Human Rights and
Social Justice





The New York Times

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AMERICAS

In Town With Little Water, Coca-Cola Is Everywhere. So Is Diabetes.



A stream in San Cristóbal de las Casas, which residents claim is contaminated with sewage. Potable water is scarce in the town. PHOTOS COURTESY OF THE NEW YORK TIMES.

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Hooking our children on sugar and
lifelong obesity

Health Academy has a PreMed Program



- **Indio High School federally funded food program with breakfast, lunch and after school snack**
- **Average of 275 g of carbs with 165 g of sugar daily (50 g of carbs daily is recommended for good health, mostly complex sources)**

We have the science, technology and affluence for global health and the basic needs for everyone

Paul Farmer, MD



Lifestyle Medicine

- **Nutrition (80%) – start with the gut**
- **Physical activity**
- **Stress management**
- **Sleep well**
- **Be social**
- **Have meaning and purpose**
- **Love and be loved**

Deliver lifestyle medicine to individuals, groups, regionally and globally

Cure disease rather than palliate disease.
Don't be stooges for the food industry or
the drug industry
Repair the World!

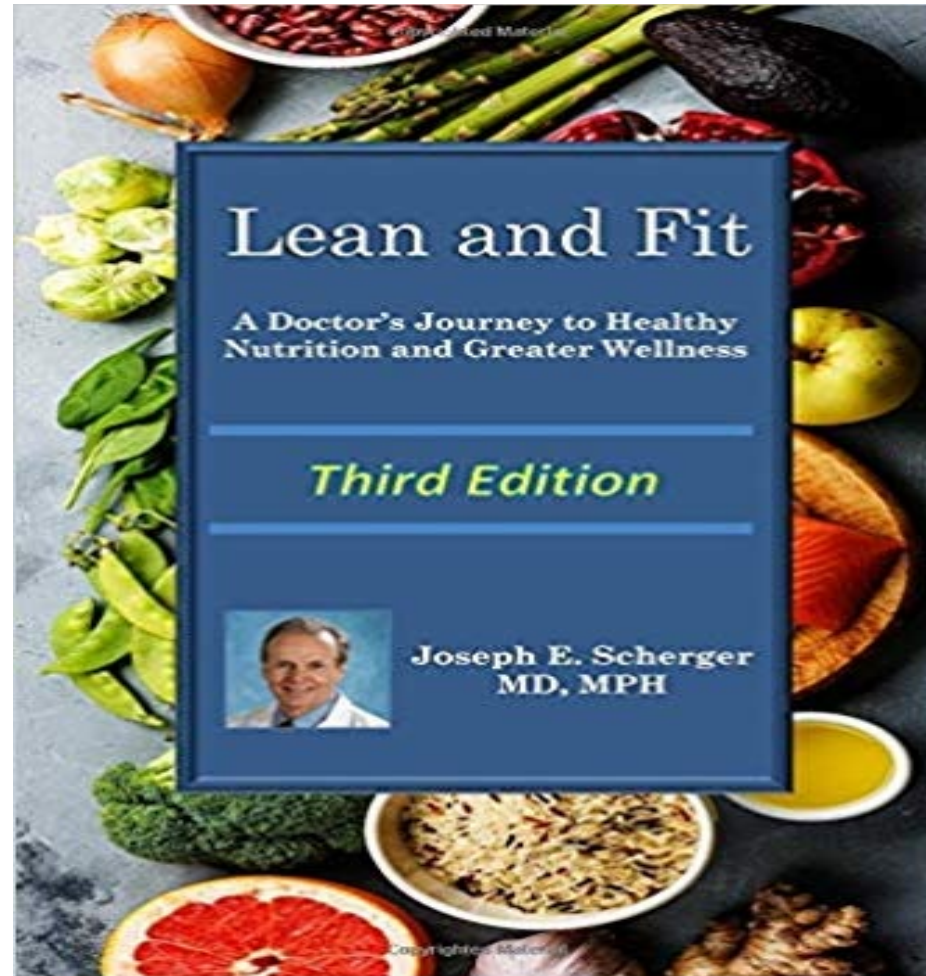


Paracelsus – All things are poisons, for there is nothing without poisonous qualities. It is only the dose which makes a thing poison



PARACELSUS: STORMY PETREL OF MEDICINE

Leanandfitlife.com



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Questions?

Submit your questions to:
aafp4.cnf.io

Don't forget to evaluate
this session!

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