



DIET & WELLNESS

Norse Foundation

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DIET

- Smart dietary choices can reduce your chances of dying from any pathological cause by 38%.
- Poor dietary choices can increase your chances of premature death by 67%.
- A high fat American style diet is clearly unhealthy.
- A vegetable-based diet is good for you. Vegetarians on average live longer!





SUPPLIMENTS, VITAMINS & MINERALS

There are 6 key nutrients that we need;

- **Vitamin D3** – bone, brain, metabolic, cardiovascular, muscle, lung and immune health.
- **Omega – 3 Fish oil** – lowers risk of congestive heart failure, coronary heart disease, sudden cardiac death, and stroke.
- **Magnesium** – 45% of population is deficient – improves brain and cardiovascular health, normalise blood pressure, helps blood sugar metabolism.
- **Vitamin K1/ K2** – supports blood clotting, heart / blood vessel and bone health.
- **Choline** – helps neurotransmitters, supports liver and brain function.
- **Creatine** – helps with age related muscle mass and helps with forms of brain injury.

In numerous studies antioxidants postpones the appearance of diseases such as CVD and Cancer. We also know that free radicals are involved in the development of plaques associated with Alzheimer's.





DIET – CALORIE RESTRICTION – INTERMITTENT FASTING

The problem with CR diets is that they are uncomfortable.

THE 16:8 DIET

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MIDNIGHT							
4 AM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
8 AM							
12 PM	First meal	First meal	First meal	First meal	First meal	First meal	First meal
4 PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM
8 PM							
MIDNIGHT	FAST	FAST	FAST	FAST	FAST	FAST	FAST

IF may achieve the same results without the same level of pain.

There are various examples of blue zones in Greece, and China where communities go without one meal a day, sometimes due to religious practices and they are some of the longest living people on the planet.

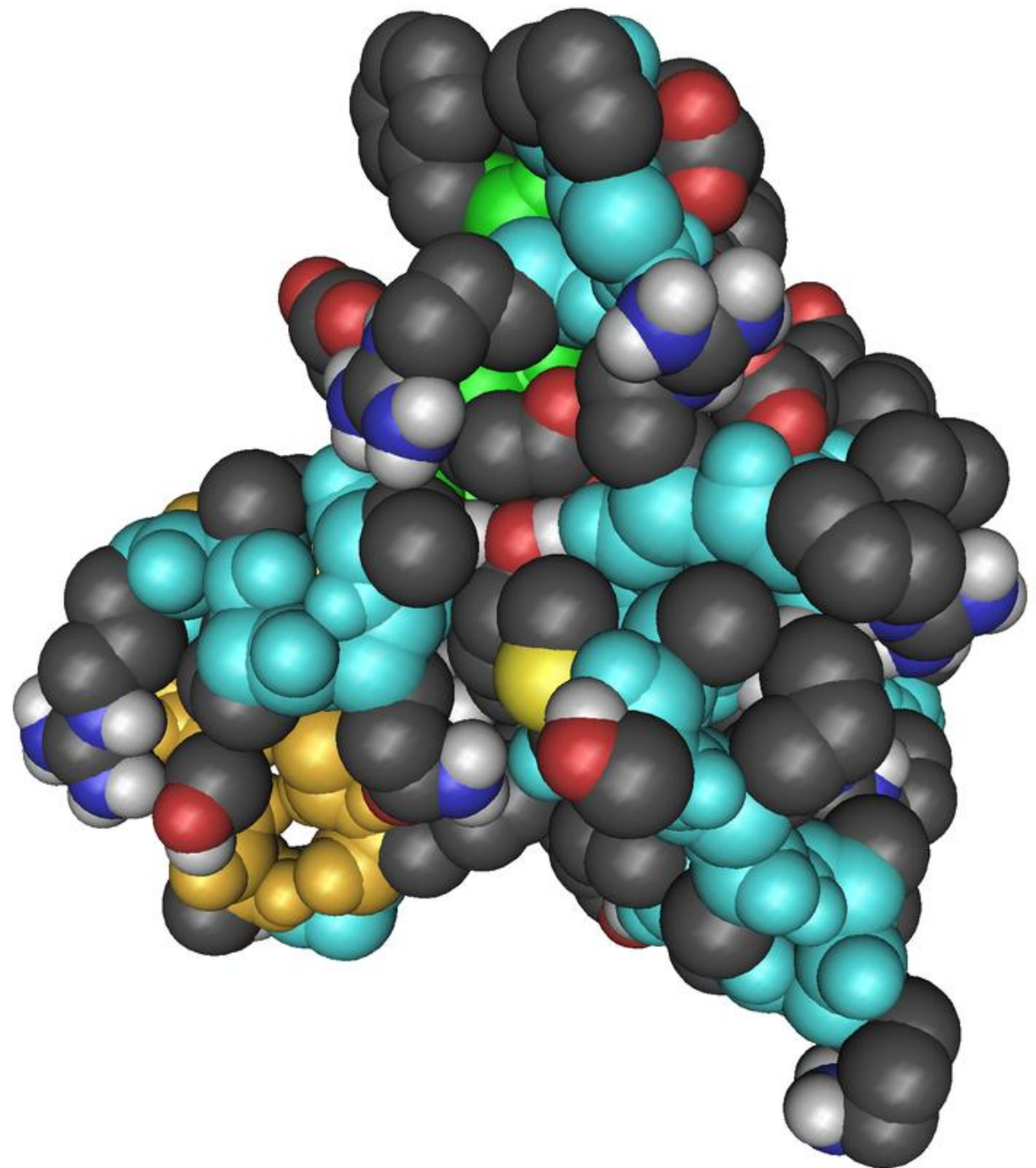
DIET – CALORIE RESTRICTION – INTERMITTENT FASTING

There are a variety of IF methods;

- The classic 16 / 8 diet.
- The 5 / 3 diet.

The process of IF seems to increase the production of IGF – 1 which is linked to people who live longer.

Insulin-like growth factor 1 (IGF-1) is a hormone that functions as the major mediator of growth hormone (GH)-stimulated somatic growth, as well as a mediator of GH-independent anabolic responses in many cells and tissues.





SUGAR & SODA DRINKS

“SUGAR IS POISON” Peter Diamandis & Dr Lustig’s.

Gary Taubes author of The Case Against Sugar concludes that “enough evidence exists to consider sugar is very likely to be a toxic substance.”

www.youtube.com/c/RobertLustigMD



SUGAR & SODA DRINKS

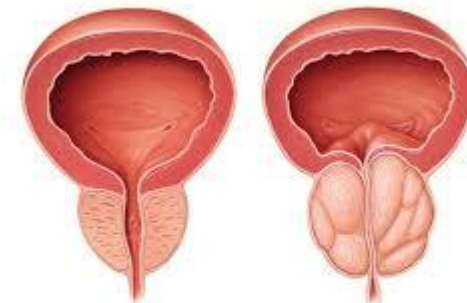
- Sugar sweetened beverages (SSBs) includes everything from soda, squash, fruit drinks and energy drinks. In the USA it accounts for roughly 200kcal a day of the average person's diet.
- Studies show that people who drink one or two SSBs a day have 26% greater risk of developing type 2 diabetes.
- Caffeinated SSBs have been shown to cause a dangerously rapid rise in blood pressure.



AMINO ACIDS – RED MEAT

- We need 9 amino acids to live. Basically protein. Normally we process these AA from the meat that we eat.
- Most mammals are in the same boat, they can't produce these AA on their own so mammals eat other mammals.
- But there is a risk.
- Too much meat in your diet is bad for you.

In a study of 926 men who ate a western diet filled with red and processed meats, high fat dairy, refined grains, and sugar desserts had a 250% higher risk of prostate cancer and a 67% higher risk of premature death from any cause.

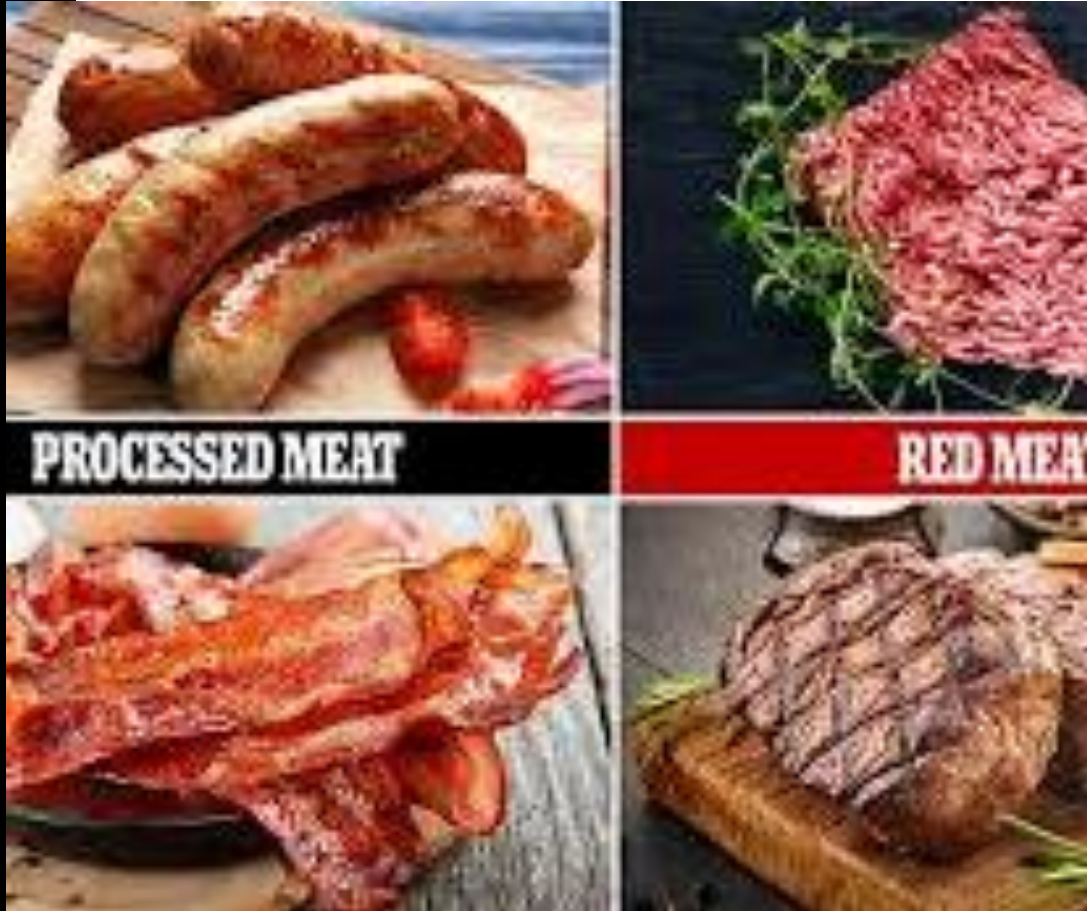


Normal Prostate

Enlarged Prostate



AMINO ACIDS – RED MEAT



- So red meat contains L - Carnitine which gets converted in the gut to TMAO the chemical that is suspected of causing heart disease. Studies also show it increases chances of cancer.
- Processed and ultra processed foods are even worse.
- Sausage, ham, bacon etc are all major no's.
- All of these are heavily linked to colorectal , pancreatic, prostate cancer.

DIETARY – REDUCE MEAT EAT LESS

In small doses, restricting animal protein and reducing dairy reduces the amino acids available and can trigger our mTOR and increase our longevity.

You should attempt to;

- **Lower consumption of chicken, fish and eggs** - only when not needed for repair or growth.
- Be careful with **Leucine** – an amino acid that helps build muscle – found in protein powders for athletes – it disengage our survival circuits by encouraging mTOR – this tells our bodies there is plenty so build up.
- By reducing **Leucine for as little as a week** you can reduce the bodies blood glucose levels. **Lower blood glucose levels are linked to great longevity.**
- This can partly explain why vegetarians suffer less cardiovascular disease and cancer than meat eaters. Statistically vegetarians live longer than meat eaters.
- Going without induces dietary stress and triggers are survival circuits. **Dr David Sinclair states, “if you want one thing to increase your longevity, eat 300 less calories a day.”**



IMPROVING THE IMMUNE SYSTEMS - MITOCHONDRIA

The elderly are more susceptible to diseases and illness.

Maybe this is a natural process of getting older, but does it have to be?

- T cells fight infection.
- Their function declines as you get older.

As we age, we have less mitochondria in these T cells.

Improving the function of mitochondria is important as you get older!!!!

- Mitochondria produce energy in the presence of oxygen.
- Diet and exercise both affect the health of the mitochondria.
- Cardiovascular exercise promotes the health of the mitochondria.

