



LIFESTYLE — BEYOND FOOD

YOUR NAME AND LOGO HERE

DISCLAIMER

This presentation is for educational purposes only. It does not provide health care, medical or nutrition therapy services; diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. The presenter is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional. Any advice given by the presenter is not meant to take the place of advice by these professionals.

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MEET YOUR PRESENTER



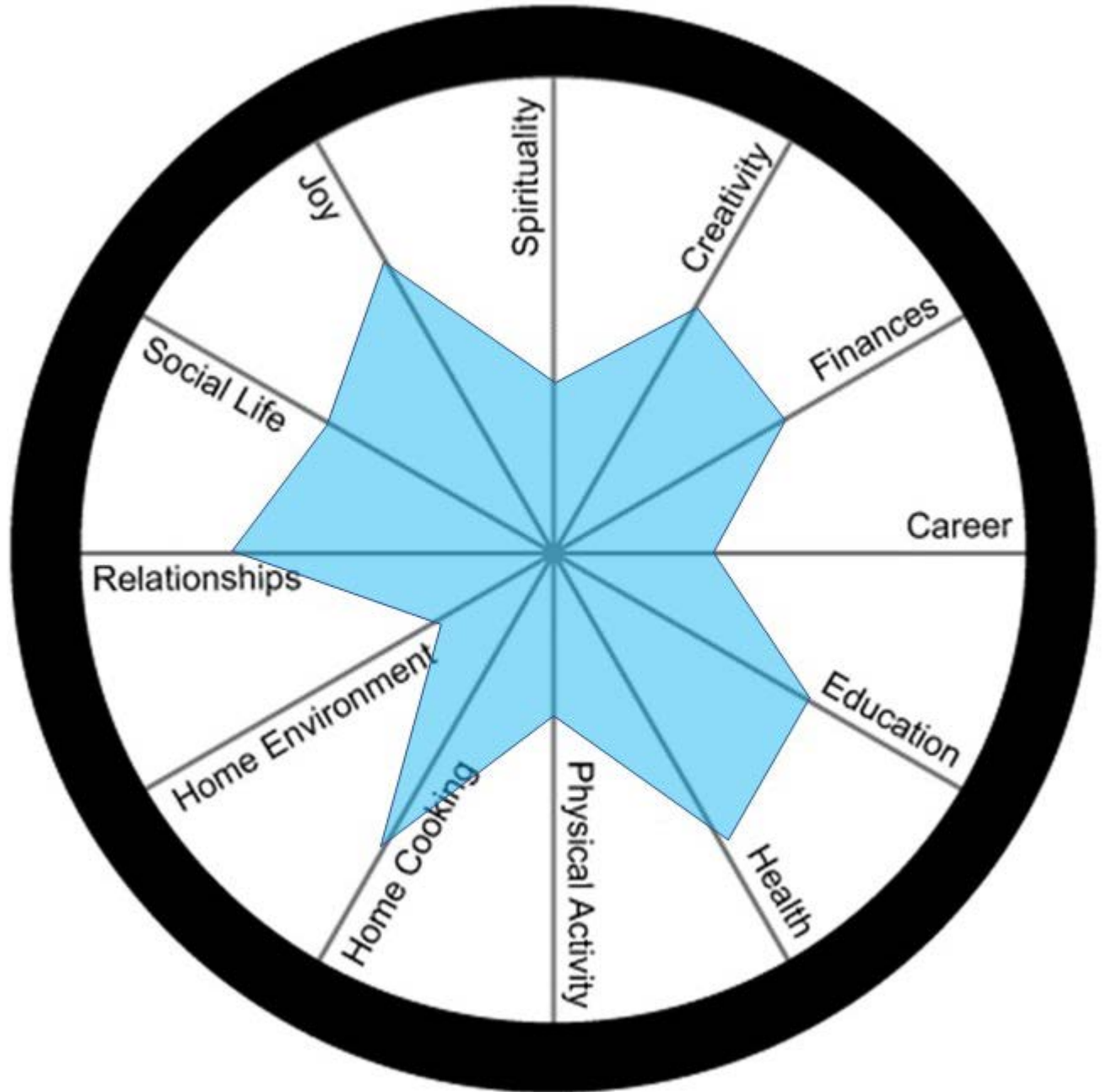
- **Your bio**
- **Key qualifications**
- **Your story**
- **Your education**
- **Why you do what you do...**

AGENDA



- **Beyond food**
- **Exercise and movement**
- **Stress**
- **Sleep**
- **Breathing**
- **Meditation**
- **Attitude**
- **Supplements**

BEYOND FOOD



HEALTH - FACTORS THAT SUPPORT / DETRACT



- **Dietary habits**
- **Stress**
- **Physical activity**
- **Mental attitude**
- **Relationships: family, social, work**

Dietary changes without lifestyle changes are superficial

TYPES OF ACTIVITY

- **Strengthening**
- **Stretching**
- **Cardio**

Don't over exercise!

causes oxidative stress and inflammation in the body



STRESS

The ***perception***
of a real or imagined
threat to your body
or your ego

NON-TRADITIONAL SOURCES OF STRESS

- **Excessive Exercise**
- **Food sensitivities**
- **Nutrient deficiencies**
- **Hormonal imbalance**
- **Meal Skipping**



TODAY'S TIGERS



- **Traffic**
- **Jobs / deadlines**
- **Financial issues**
- **Family discord**
- **Electronic devices / interruptions**
- **Media (violence, stimulation)**
- **Lack or recreation / relaxation**

CAFFEINE - COFFEE



- **Coffee**
 - 1-2 max daily
 - Low acid / organic
 - May help cognition

DEALING WITH ADVERSITY

Life is complicated...

What do we do about it?



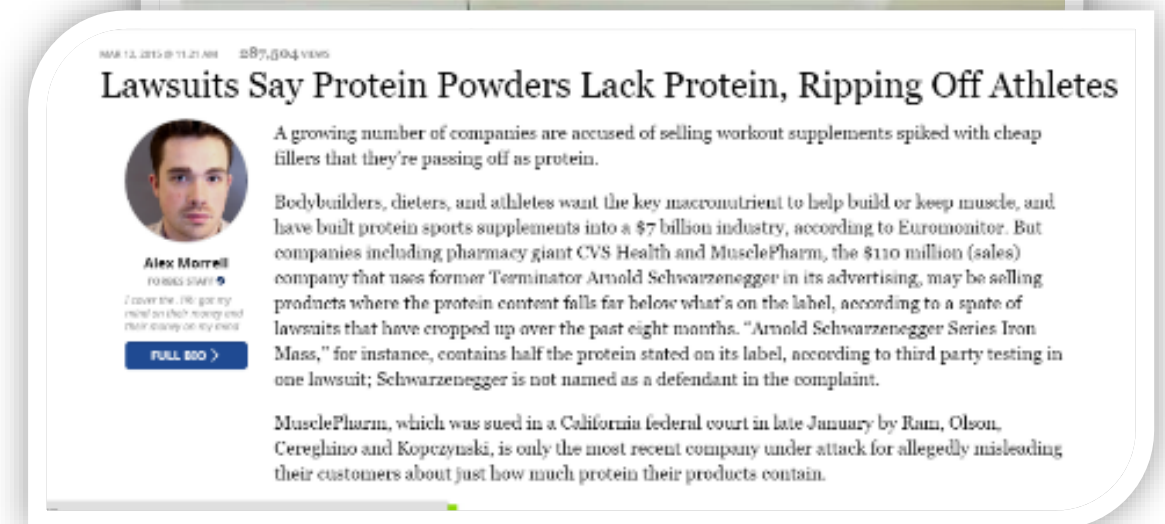
AND THE BEST NEWS IS...



2 minutes a day
shows positive changes to brain!

SUPPLEMENTS — QUALITY

- **Poorly regulated industry**
- **Manufacturers have to self-regulate quality**
- **Lawsuits**



Feedback Wednesday, May 11

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Did OJ have an accomplice? Robert

EXCLUSIVE: The final insult - Jared

Are you washing YOUR clothes

Shrinking lungs, a haywire heart, your immune system shutting down... Calm down! Being angry makes you ill

By PAUL HAYMAN FOR MAILONLINE
PUBLISHED: 17:41 EST, 2 April 2012 | UPDATED: 17:41 EST, 2 April 2012

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Getting angry is a natural human reaction and, for most of us, the occasional outburst may help to release pent-up stress. But what happens to the body when it is continuously subjected to the emotional upheaval that accompanies day-to-day hostility and rage? Scientific evidence suggests frequent angry outbursts may increase the long-term risk of everything from heart attacks and strokes to poor healing and a weakened immune system.

Review

Humor and Laughter May Influence Health IV. Humor and Immune Function

Mary Payne Bennett¹ and Cecile Lengacher²

¹Western Kentucky University, School of Nursing and ²University of South Florida

This is the final article in a four part series reviewing the influence of humor and laughter on physiological and psychological well-being. This final article reviews the evidence for the effect of sense of humor, exposure to a humor stimulus and laughter on various immune system components, with a focus on the effects of laughter on natural killer cell cytotoxicity.

Keywords: Humor—Laughter—Immune Function—Psychoneuroimmunology

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DAILY NEWS 2 September 2010

Brain study links negative emotions and lowered immunity

By Shashi Bhattacharya

Brain activity linking negative emotions to a lower immune response against disease has been revealed for the first time, claim researchers.

Many previous studies have shown that emotions and stress can adversely affect the immune system. But this effect had not been directly correlated with activity in the brain, says study leader Richard Davidson, at the University of Wisconsin, Madison, in the US.

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