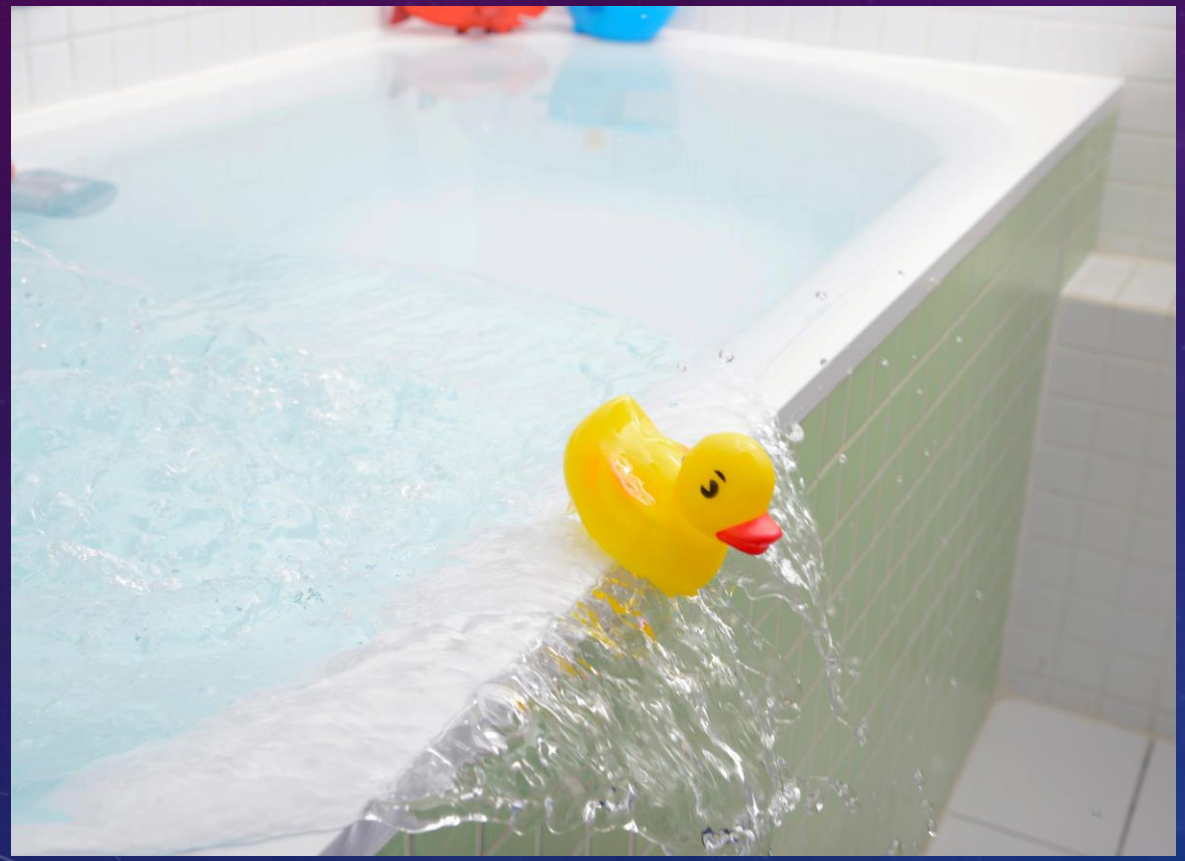
NUTRITION & ITS' ROLE IN GOOD HEALTH

CAROLINE HENRY

NUTRITIONAL THERAPIST

NUTRITIONAL THERAPY



- Targets the root cause of a health concern, not just symptoms.
- Natural therapy.

FOUR PILLARS OF HEALTH

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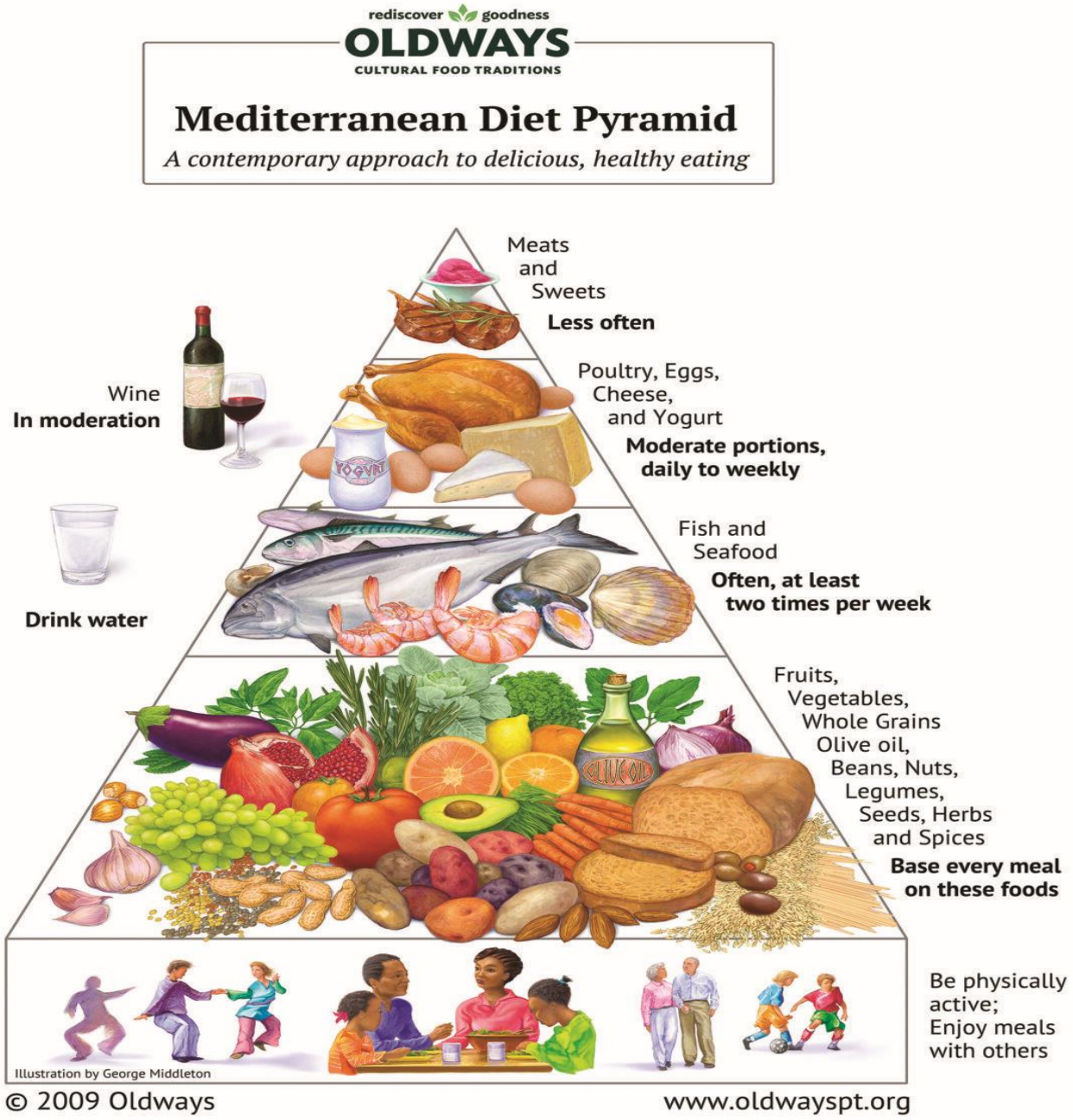
Nutrition Exercise Sleep Mental Health

Also consider:

Water intake Gut microbiome Digestion



MEDITERRANEAN DIET

- Incorporates exercise and social interaction.
- Emphasis on variety of brightly coloured fruit & vegetables, wholegrains, olive oil, nuts & seeds, herbs & spices.
- Moderate intake of wine.
- Importance of water and staying hydrated.

EAT A RAINBOW EVERY DAY!

- RED: Peppers, radishes, tomatoes, cherries, cranberries, strawberries, raspberries, apples, & watermelon.
- ORANGE: Apricots, butternut squash, carrots, mangoes, oranges, pumpkin & sweet potatoes.
- YELLOW: Banana, lemon, pear & pineapple.
- DARK GREEN: Broccoli, kale, spinach, Brussels sprouts, cucumber, green beans, leeks, lettuce & peas.
- LIGHT GREEN: Kiwi, avocado, cauliflower, celery, lime & onion.
- PURPLE: Beetroot, blueberries, blackberries, currants, grapes & plums.

PORTION CONTROL PLATE

WATER

- Increase water intake.
- Aim for 6 – 8 glasses a day
- Drink away from meals.
- Helps to absorb nutrients, combats cravings & helps to fight infections and support the immune system.
- Sometimes we mistake being thirsty for being hungry.
- Glass of water thirty minutes before meals helps to prepare stomach for digestion of meals.

MINDFUL EATING

- Chew food well & focus on what you're eating.
- "Our stomachs don't have teeth!"
- Don't eat on the go.
- Turn off all stimulators while eating i.e. no television, newspaper or radio.
- Never shop while hungry & stick to shopping list.
- Takes 20 minutes for the brain to register that the stomach is full.

GUT BACTERIA

- Gut system is like an ecosystem.
- Contains around 500 species of bacteria.
- Control digestion, metabolism, inflammation, production of vitamins, nutrients & antibody production.
- Gut bacteria thrive on what we feed them.
- Can produce toxins & create dysbiosis i.e. harmful interaction or imbalance between them & host.
- Symptoms include IBS, bloating, belching, heartburn, indigestion, abdominal pain, fatigue, brain fog, sugar cravings, weight gain, joint pain, skin problems and nail fungi.

PROBIOTICS

- Probiotics are live micro-organisms that confer health benefits when taken in adequate amounts.
- Choose supplements that have been researched thoroughly and have proven results & are of good quality.

  Examples include:

- Udo’s Super 8
- Solgar Advanced Acidophilus
- Optibac Probiotics
- Quest Acidophilus
- Quest Tum Biotix

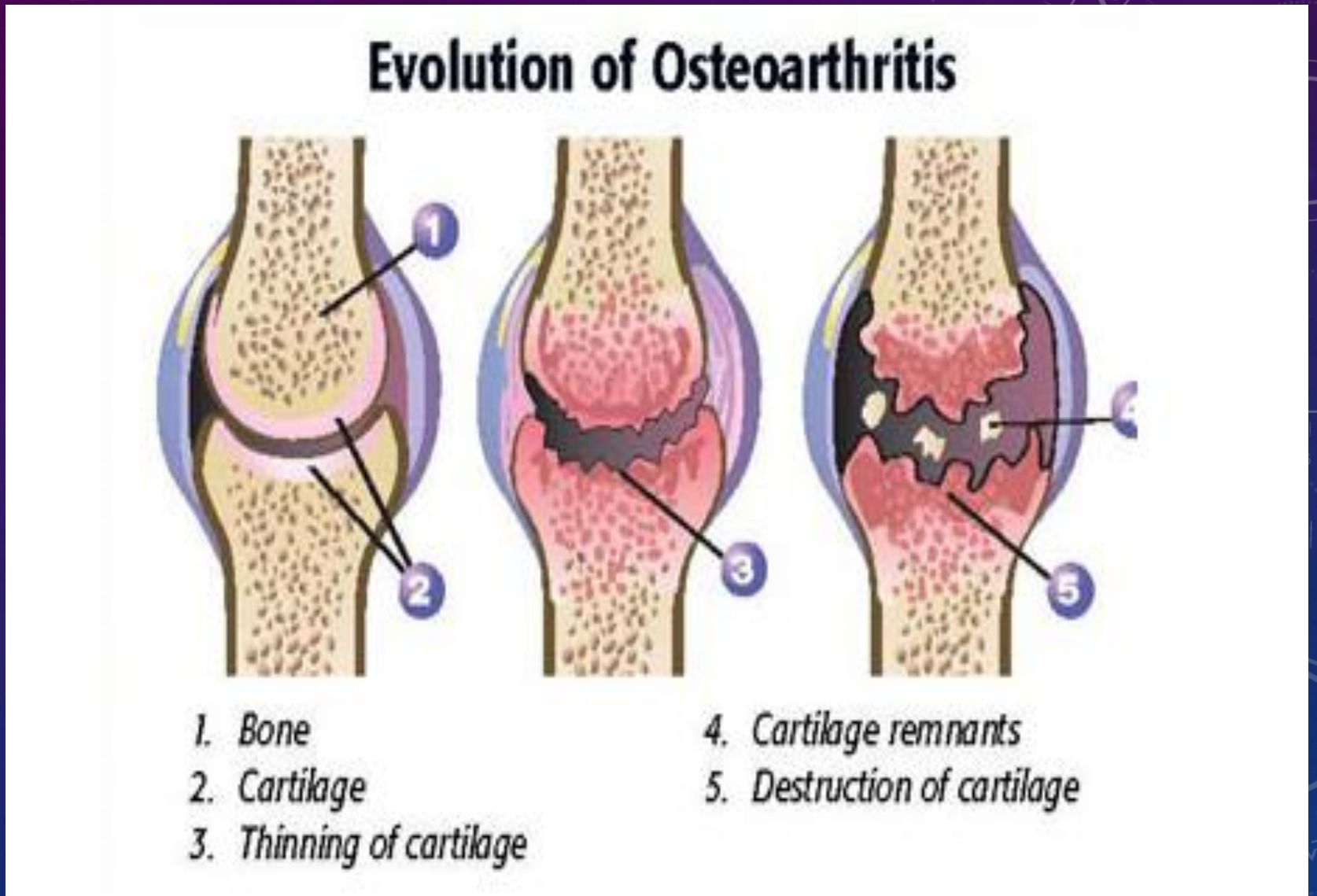
RHEUMATOID ARTHRITIS

- Degenerative auto-immune disease.
- Joints are attacked by an abnormal immune response and slowly destroyed.
- Diagnosed with a rheumatoid factor blood test, ANA blood test and CCP antibody test and test for ferritin.
- Stiffness in joints in mornings that lasts an hour before improvement, presence of swollen nodules or lumps & changes in x-rays e.g. erosions of joints and swellings in at least three different joints out of a specified fourteen joints.

OSTEOARTHRITIS

- Degenerative joint disease.
- Results in pain and a limitation of joint motion.
- Affects around 400,000 people in Ireland.
- Affects both men and women but in women the symptoms tend to occur earlier and appear to be more severe.
- Symptoms include deep aching pains that are localised to the joints, stiffness after rest, joint swelling and tenderness & a grating noise when the joint is moved.
- The most commonly affected areas are the spine, knee, hip, hand and foot.

JOINT DEGENERATION



OSTEOARTHRITIS

- Risk factors: Increasing age, obesity, diabetes, food sensitivities and allergies, past trauma to the joint, osteoporosis, genetic factors and a history of inflammatory arthritis.
- Treatment is NSAIDS (non-steroidal anti-inflammatory drugs).
- Key factor in OA is achievement of normal body weight in the case of obesity & decrease the rate of damage and enhance the repair and regeneration of the collagen matrix.
- Excess weight means increased stress on weight-bearing joints so a reduction in weight can reduce pain and improve cartilage function, especially when combined with exercise.
- When a patient starts to suffer from OA, they reduce their activity level. Lack of exercise decreases the hydration of the joint cartilage and decreases muscle strength.
- This muscle weakness increases joint wear and tear and this inactivity can lead to weight gain which can worsen osteoarthritis.

RHEUMATOID ARTHRITIS & OSTEOARTHRITIS

- Increase antioxidants from fruit & vegetables, especially cruciferous vegetables like broccoli.
- Need to increase intake of the following vitamins & minerals:
- Calcium (dairy products, dark green leafy vegetables, almonds, egg yolk, sardines)
- Magnesium (Dark green leafy vegetables, cashews, seeds)
- Boron (apples, dates, hazelnuts, almonds, legumes, pears, prunes, raisins)
- Silicon (barley, peppers, brown rice, oats, root vegetables)
- Vitamin D (fish, egg yolk, milk, butter)
- Vitamin K2 (dark green leafy vegetables, eggs, asparagus, oats).

RHEUMATOID ARTHRITIS & OSTEOARTHRITIS

- Reduce inflammation e.g. curcumin and ginger.
- Epsom salt baths for 20 minutes – contains magnesium that helps muscles to relax & is a natural stress reliever.
- Try to reduce stress levels – chronically elevated cortisol increases bone loss & inflammation.
- Massage, acupuncture and relaxation techniques i.e. listening to classical music.
- For RA, omega 3 fatty acids have been shown to be as effective as NSAIDS.
- They have ability to reduce the duration of stiffness, joint pain, number of swollen or tender joints and length of fatigue.
- More studies need to be carried out on OA and omega 3's.
- Before you start any form of supplement, you need to check with your GP for any contra-indication with your current medication.

SKIN HEALTH

- Our skin is a barometer of our body's health.
- Poor digestion, insufficient intake of nutrients and poor absorption of nutrients can affect the health of our skin.
- Our largest organ & protects us from infection, radiation and dehydration.
- Influenced by what we eat and drink.

Skin can become inflamed and irritated by the following:

- Air pollution, Air conditioning and central heating
- Hot baths
- No sun exposure, then two weeks of extreme sun exposure on holidays
- Excessive use of Sanitisers
- Laundry detergents
- Chemicals in clothing manufacture
- Chemicals applied directly onto it.

SKIN HEALTH

- Eat a rainbow to ensure to provide plenty of antioxidants especially the carotenoids in green and orange fruit and vegetables: berries, green tea, vitamin C rich foods and fat-soluble antioxidants – vitamins A & E in avocados, nuts and seeds.
- Sufficient protein and essential fats (oily fish, flaxseeds, sesame seeds, pumpkin seeds, extra virgin olive oil, coconut oil).
- Increase skin hydration with plenty of fluids.
- Essential minerals – Zinc (pumpkin seeds, sunflower seeds, beef, egg yolks, milk),
  Boron (apples, dates, hazelnuts, almonds, pears, prunes and raisins) and
  Silica (barley, peppers, brown rice, oats, root vegetables).
  Magnesium (dark green leafy vegetables, almonds, cashews, seeds).
- Avoid smoking, high alcohol intake, avoid a high sugar intake and excess UV radiation.
- Calming herbs like lemon balm.
- Reduce stress levels e.g. mindfulness, yoga, time for relaxation.

HAIR & NAILS

- Role of stressors
- Ageing
- Environment
- Hormones
- Medications
- Inflammation
- Nutrition
- Chemicals
- Smoking
- Lifestyle
- Genetics
- Menopause
- Infection
- Disrupted sleep

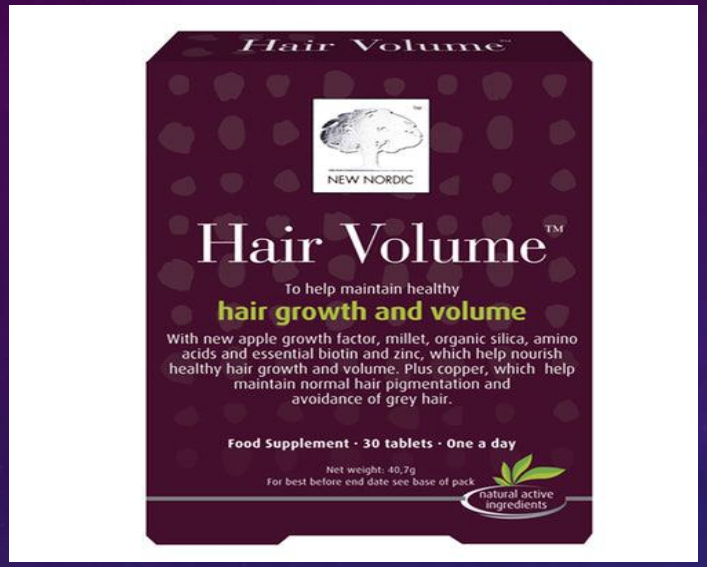
HAIR & NAILS

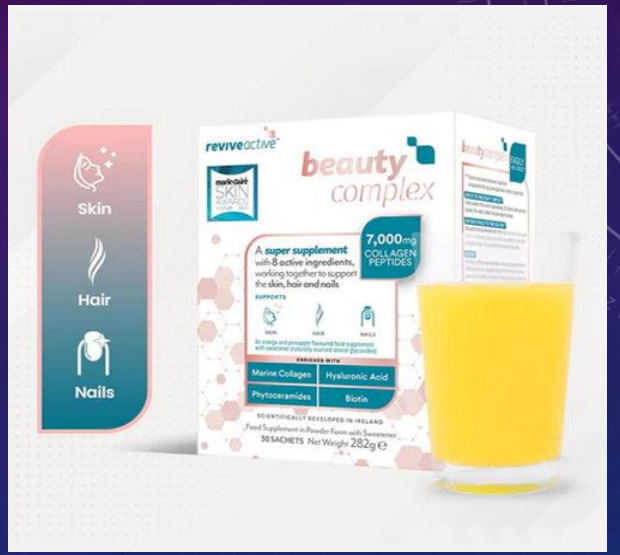
- Investigate any underlying issues e.g. thyroid issues, low testosterone or oestrogen, autoimmunity or immunity issues or stressors.
- Iron deficiency can contribute to hair loss - vegetarian or vegan, pre-menopausal, malabsorption disorders, celiac disease.
- Iron sources include meat, poultry & seeds.
- Plant-rich diet containing phytochemicals.
- Increase protein intake – essential building blocks of hair.
- Good quality protein source at each meal.
- Protein eaten with carbohydrates is slow releasing energy and will help in feeling fuller for longer e.g. meat, fish, nuts, seeds, quinoa, lentils, chickpeas and beans.

HAIR & NAILS

- Provide the building blocks for hair and nail growth.
- Zinc (pumpkin seeds, sunflower seeds, beef, egg yolks, milk).
- Copper (avocado, beans, broccoli, mushrooms, prunes, pecans, sunflowers seeds).
- Selenium (Brazil nuts, poultry, dairy, broccoli, cashews, celery, eggs, fish).
- Silicon (peppers, oats, root vegetables).
- Calcium & Magnesium.
- Increase sources of biotin/vitamin B7 – eggs, fish, sweet potatoes, nuts and seeds.
- Essential fatty acids – can't be synthesized in the body – oily fish, nuts and seeds.
- Decrease oxidative stress, fried foods, processed foods, sugar intake.
- Avoid toxin laden shampoos, hair dyes and switch to natural ones.
- Scalp massage, yoga, meditation.

SUPPLEMENTS





SLEEP

- Sleep is an in-house cleaning time.
- Need adequate sleep and rest to lower risk of developing heart disease, stroke, obesity, diabetes, osteoporosis, cognitive impairment and cancer.
- Have internal clock that lasts about 25 hours. This resets itself daily when it is exposed to daylight.
- Get 20% less sleep per night on average than we were 40 years ago.
- Deep sleep helps to manage cortisol levels during the day.
- Sleep deprivation causes an increase in appetite & sugar cravings.
- Need sufficient sleep to help prevent weight gain, diabetes and heart disease.

SLEEP

- Have a night-time routine e.g. bath with essential oils, like lavender or bergamot.
- Go to bed at the same time every night or listen to relaxing music.
- Avoid heavy meals about 3 hours before bedtime, as this will put a strain on your digestive system.
- Try to avoid stimulants like caffeine after 2pm, as they will damage your quality of sleep.

SLEEP

- Comfort - mattress, natural fibre bed linen etc.
- Sound - sounds that stimulate too much cognitive activity can prevent sleep and reduce quality/duration.
- Lighting - sufficient daylight exposure. Reduce light exposure in evenings. Dim lights on electronics & minimise use after 8pm. Fit blackout blinds in the bedroom.
- Temperature - optimal temperature is 18-22 degrees.
- Electromagnetic frequencies - some people may be sensitive to EMF, so try not to use mobile phones late at night. Remove all screens from bedroom.
- Emptying the mind of things to do i.e. writing a to-do list or by using meditation.
- Exercise earlier in the day.

EXERCISE

- Exercise releases endorphins making us feel rejuvenated and revitalized, it reduces stress as it uses up adrenaline & increases alertness by increasing the supply of oxygen to the brain.
- Boosts our self-esteem as it improves our mood and confidence and it boosts our metabolic rate so it helps us burn calories faster.
- Find an exercise you enjoy participating in.
- More likely to stick with it for the long run.
- Swimming, walking, dancing, wheelchair basketball, chair yoga can all be beneficial.
- 150 minutes per week/30 minutes for 5 days.
- If you have someone to exercise with, more likely that you will go for a walk or to the gym and less likely to stay in, because of bad weather or feeling tired etc.

STRESS

- Cortisol is main stress hormone.
- Consistent high levels of cortisol cause increased blood sugar & cholesterol levels.
- It promotes the accumulation of belly fat.
- Causes muscle loss, suppresses the immune system, interferes with thyroid hormones & affects sleep.
- Stress can affect our minds and bodies.
- Chronic stress inhibits our digestion and immune function, as well as increasing blood pressure, heart rate and respiratory rate.
- Stress can be perceived and different people can react in different ways to the same stressor.

MENTAL HEALTH

- How we feel about ourselves, how we feel about others and how we are able to meet the demands of life.
- 1 in 5 young people in Ireland aged between 19 and 24 years of age, experience a mental disorder.
- 1 in 6 aged between 11 and 13 experience this.
- 10% of the Irish population will suffer from depression.
- If you experience mental ill health at a young age, it puts you at an increased risk of developing further episodes during your adult life.

MENTAL HEALTH

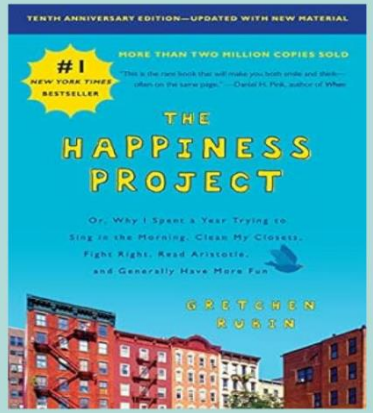
- Emotional support and friendship.
- Friendships are similar to a pension plan in that you don't expect to get to 65 and have a full pension pot to use. You need to invest in your friendships just like you would your pension.
- Relaxation techniques - breathing properly, massage, yoga classes.
- Free chair yoga exercise sessions by the HSE. Helps to focus on breathing, reduces anxiety, alleviates stress and improves sleep.
- https://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/chair-based-yoga-exercises-videos.html
- Social and creativity outlets - Pilates, meditation, creative writing, gardening, walking, singing in the choir, something you enjoy to do.
- Group singing proven to lower stress, relieve anxiety & elevate endorphins.

THE HAPPINESS PROJECT

- Participants read a chapter of book per month and try to incorporate advice and techniques into their lives as the author did.
- Meet once a month to discuss book and advice given and find out how everyone is getting on.

flourish at The Family Centre

presents



Sign up now!

Free of charge

We are looking for a group of people in Mayo to unite and read the above book and test out techniques and tools to try and increase their happiness levels throughout the year.

We will read the book chapter by chapter (or listen via an audiobook) and connect in once a month via zoom. We will link in for walks/ trips and activities throughout the year- tick a few things off your bucket list. No committment necessary and all are welcome!

Contact us to register your interest

(094) 9025900 flourish@thefamilycentre.com

Flourish_Mayo

OPTIMAL HEALTH

- Optimal health begins with a positive mental attitude.
- The thoughts & emotions we experience on a day-to-day basis can determine the level of health & the quality of our life.
- Need 5 positive thoughts to cancel out just 1 negative thought.
- We can’t control life’s events, but we can control our response to these events.
- Adopt positive mental attitude rather than a pessimistic view.

FOR MORE INFORMATION.....

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