You’re About To Discover...

Science “Behind the Plate” – Food as Pharmacy for Depression, Memory & Chronic Illness

with Kellie Hill, NTP
The Right Plan
Have You Ever Wondered?
Would You Like Me To Share?
You’re About To Discover
The Problem
What Is Whole Food Nutrition?
Why Whole Food Nutrition?
The Time Is NOW
Who Am I & Why
Listen To Me?

Meet Kellie Hill
Everything you eat has a purpose and a plan . . . Make it your purpose and The Right Plan
Hmmm?
Whole Food = FREEDOM
CHALLENGES
MYTHS
Best FOODS to Optimal Health

1. Fermented Foods
2. Salmon & Cold-water Wild-caught Fish
3. Nuts & Seeds
4. Spinach and Leafy Greens
5. Extra Virgin Olive Oil
Fermented Foods

-- Digest, absorb & eliminate
Fermented Foods

-- Digest, absorb & eliminate

-- Good flora is vulnerable to antibiotics
Good and Bad Bacterial Flora

**GOOD**

**BIFIDOBACTERIA**
The various strains help to regulate levels of other bacteria in the gut, modulate immune responses to invading pathogens, prevent tumour formation and produce vitamins.

**ESCHERICHIA COLI**
Several types inhabit the human gut. They are involved in the production of vitamin K2 (essential for blood clotting) and help to keep bad bacteria in check. But some strains can lead to illness.

**LACTOBACILLI**
Beneficial varieties produce vitamins and nutrients, boost immunity and protect against carcinogens.

**BAD**

**CAMPYLOBACTER**
C Jejuni and C coli are the strains most commonly associated with human disease. Infection usually occurs through the ingestion of contaminated food.

**ENTEROCoccus FAECALIS**
A common cause of post-surgical infections.

**CLOSTRIDIUM DIFFICILE**
Most harmful following a course of antibiotics when it is able to proliferate.
Fermented Foods

-- Digest, absorb & eliminate
-- Good flora is vulnerable to antibiotics
-- Gut & ENS = “second brain”
Salmon and Cold-water Wild-caught Fish

-- High in omega-3 fatty acids
Salmon and Cold-water Wild-caught Fish

-- High in omega-3 fatty acids
-- Full variety of nutrients for health
--
Salmon and Cold-water Wild-caught Fish

-- High in omega-3 fatty acids
-- Full variety of nutrients for health
-- Versus farmed
<table>
<thead>
<tr>
<th></th>
<th>Total Omega 3 Fats</th>
<th>Total Omega 6 Fats</th>
<th>Ratio of Omega 3 to Omega 6 Fats*</th>
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<tbody>
<tr>
<td>Wild Coho Salmon</td>
<td>0.92 grams</td>
<td>0.06 grams</td>
<td>15.3</td>
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<tr>
<td>Farmed Coho Salmon</td>
<td>1.42 grams</td>
<td>0.46 grams</td>
<td>3.1</td>
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</table>

Higher fat content

Leather
Cleaner
Naturally pink
Good for our oceans
Nuts & Seeds

-- Neural regeneration
Nuts & Seeds

-- Neural regeneration
-- Alpha-linolenic acid
3 Nuts & Seeds

-- Neural regeneration
-- Alpha-linolenic acid
-- Enhances mood
Leafy Greens
-- Decreases homocysteine
--
4 Leafy Greens

-- Decreases homocysteine
-- Methylation
Leafy Greens

-- Decreases homocysteine
-- Methylation
-- Full variety of nutrients for health
Extra Virgin Olive Oil

-- Full of healthy “good fats”
Extra Virgin Olive Oil

-- Full of healthy “good fats”
-- Versus canola oil
--
Extra Virgin Olive Oil

-- Full of healthy “good fats”
-- Versus canola oil
-- Use for low or no-heat cooking
Wrong Focus = Wrong Results

- Human Biology: 30%
- Environmental: 5%
- Social: 15%
- Lifestyle & Behavior: 40%
- Focus: Medical Care: 10%

I am a big fan of functional medicine and anti-inflammatory diets. Usually I don't get too involved with prescribing more than saying eat whole foods; there’s not enough time. Kellie makes it easy. Spending the time to explain why [whole foods] is super important.

- Dr. Jeffrey Taylor, DC
Whole Foods Is More Important Now Than Ever Before!

Food is a living, breathing, active (and interactive), dynamic substance. The food that’s most replete with these attributes is organic food grown on your own land in a terrain with fresh water, air, sunlight and soil, or meats that are wild and that roam in areas free from human influence. The more a food strays from these values, the less "whole" it is. Of course, highly processed foods such as Wonder bread barely deserve the designation of "food" and are almost worthless in terms of supporting health. Given the unconscionable load of oxidation we must contend with in the 21st century, eating whole foods is more important now than ever before.

- Dr. Daniel Smith, ND
Osteopathy and Nutrition

Whole foods are the most universally useful dietary medicine due to SIMPLE TIME-TESTED ACCEPTABILITY or familiarity to the organism. . . or RECOGNIZABILITY. This may be why whole foods are the first choice among so many DO’s who practice traditional osteopathic medicine. Andrew Taylor Still was quoted as saying that “. . . All you need is osteopathy and good old fashioned nutrition”.

- Dr. Stefan Hagopian, DO
Will YOU Provide the Next Success Story?
Join Me At 2:00 p.m. Breakout


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