Food As Medicine--CRITICAL POINTS:

1. Eat well yourselves so you can influence all those in your sphere
2. Cook more
3. Don't forget the other pillars of wellness: physical activity and sleep
4. Get rid of processed food—if you can't make the item from ingredients in your pantry, don't buy it
5. Read the labels on food for sugar content—it will surprise you
6. "Plant Slant"—you don't have to be plant based exclusively
7. Feed your microbiome with fiber
8. Join a community garden or create one at home, even just a few herbs on your windowsill.
9. Use herbs and less salt
10. Why not have a "growth chart" for adults like we do with kids
11.
12. If you buy a fast food meal, don't buy a combo meal which includes the soda and fries
13. If you're eating two servings of fish (especially cold water, fatty fish like salmon, sardines, herring, cod and not seafood) don't waste your money on omega 3 supplements
14. Nutritional elements are always much better from whole food than a supplement in a bottle
15. Don't smoke your oil—check out the smoke point on the bottle—be sure to use the appropriate oil for high temp cooking for example—no EVOO for stir fry, saute. Avocado oil is good up to 500 degrees.
16. Meet your patient (and yourself) where you are.
17. Hara hachi bu—eat until you're 80% full. And I like to extend this to eat well 80% of the time and then there's room for that chocolate cake.
18. Avoid liquid calories
19. When purchasing fruits and vegetables, remember that sour, bitter and darker in color are most nutritious.
20. With respect to nutrition, stone fruits are a less expensive alternative to berries.
21. Eat raw: red peppers (more vit C), onions (richer in allicin which reduces inflammation), beets (25% more folate than cooked)
22. Eat cooked: spinach (more Ca, Fe and Mg), tomatoes (lycopene which reduces ca risk), mushrooms (increased K for lower BP, anxiety), carrots (increased beta carotene)
23. Lightly steam: asparagus (increases polyphenols which helps with aging)
24. PESTICIDES—See lists of the clean fifteen and the dirty dozen from the EWG but here’s few to remember. The top couple to buy organic are strawberries, spinach, nectarines and apples. The top couple that are less harmful if you don’t buy organic are avocados, sweet corn, pineapple, cabbage and onions. Footnote on corn—buy organic if you want to avoid genetically modified food.
25. Keep your metabolism going by moving every 90 minutes but preferably every 30.
26. We need to do better: We are still dying mostly from cardiovascular disease—yes, reducing your cholesterol can reduce risk but what we really want is no risk. If we’re still dying from CV, we’re not doing very well are we? A cholesterol of 150 is the usual for a plant based person but very few people can get down there and even if you use drugs, know that these are not risk free—complications of the usual drugs like Lipitor, Crestor and the rest include decreased cognition and diabetes. So you can feel good about your cholesterol but you’re trading one disease for another. And for diabetes. I see people in the ER with T2DM, taking medications. I draw their chem panel and find their glucose to be 160-180-200. I let them know and they tell me that that’s what “I usually run.” And on obesity, while you can certainly be overweight and metabolically healthy, most people with BMIs in the 30s and 40s are not. They come into the ER with hyperglycemia, back and hips pain, shortness of breath and many other conditions that can be linked to obesity. I am looking at them, taking a history and asking them if they have any medical problems. They usually say no. How do we change this? It’s not a cosmetic issue—but we have to at least recognize and acknowledge that it is a health problem and discuss it without people taking offense.