



Headway Health

Empower Your Body and Mind

Who Am I?

- ◆ 2000-2004 self experimentation : vegan / vegetarian
- ◆ 2002 - 2006 attended Academy of Oriental Medicine in Austin (AOMA)
- ◆ 2009 completed Applied Clinical Nutrition program
- ◆ In private practice since 2007
- ◆ LOTS of self study since.

Why Natural Medicine?

- ◆ Always fascinated with Native American cultures and herbal medicine
- ◆ A LOT of cancer and illness in my hometown
- ◆ I incessantly asked WHY are we so sick... what's the cause?
- ◆ A deep belief, a knowing that we can do much better

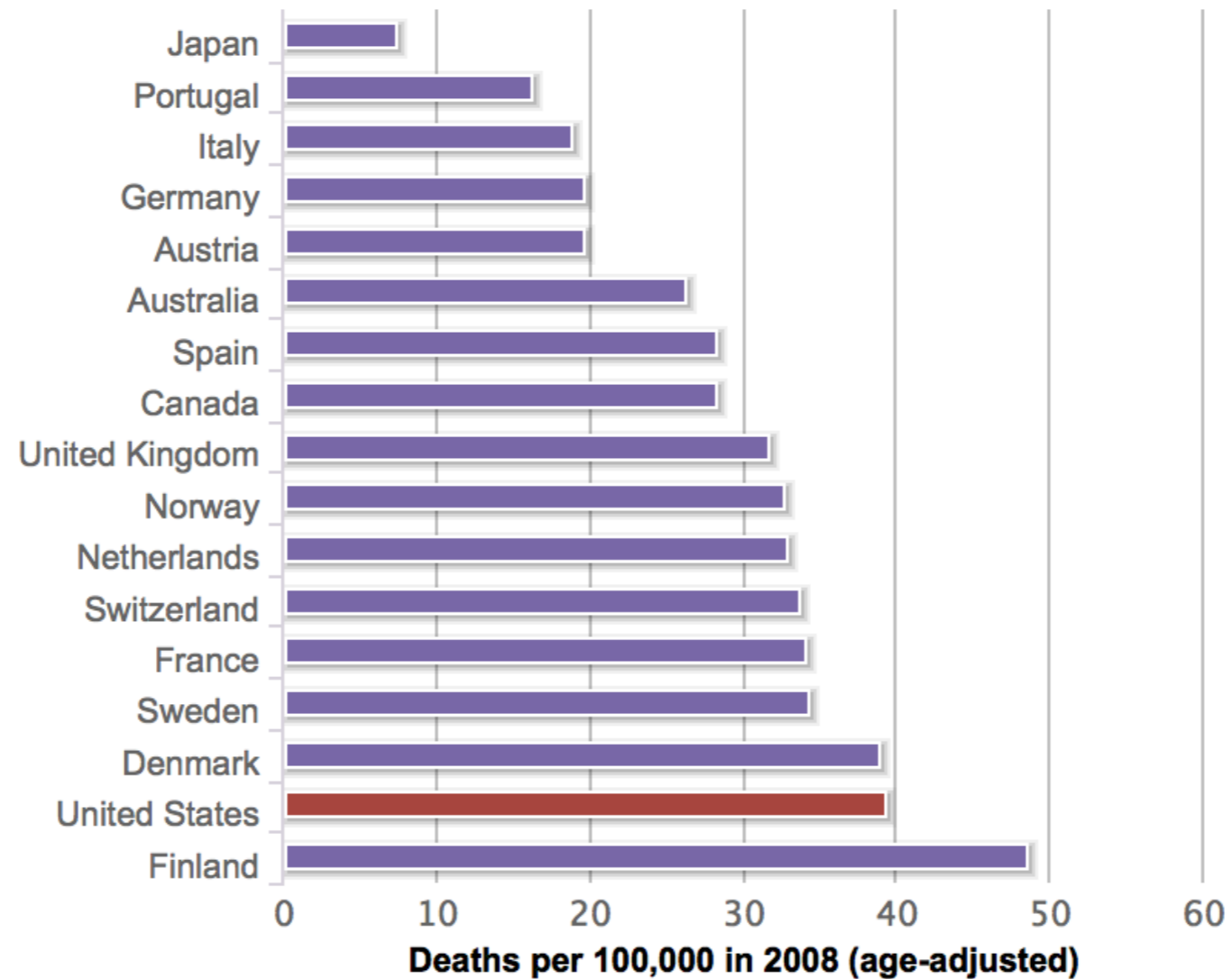
Medicine that works

- ◆ My practice has evolved to providing a synergy of modalities that include
 - ◆ Acupuncture
 - ◆ Dynamic Neurofeedback
 - ◆ Health Coaching
 - ◆ Tonic & Medicinal Herbalism

Why are we so sick?

Neuropsychiatric conditions

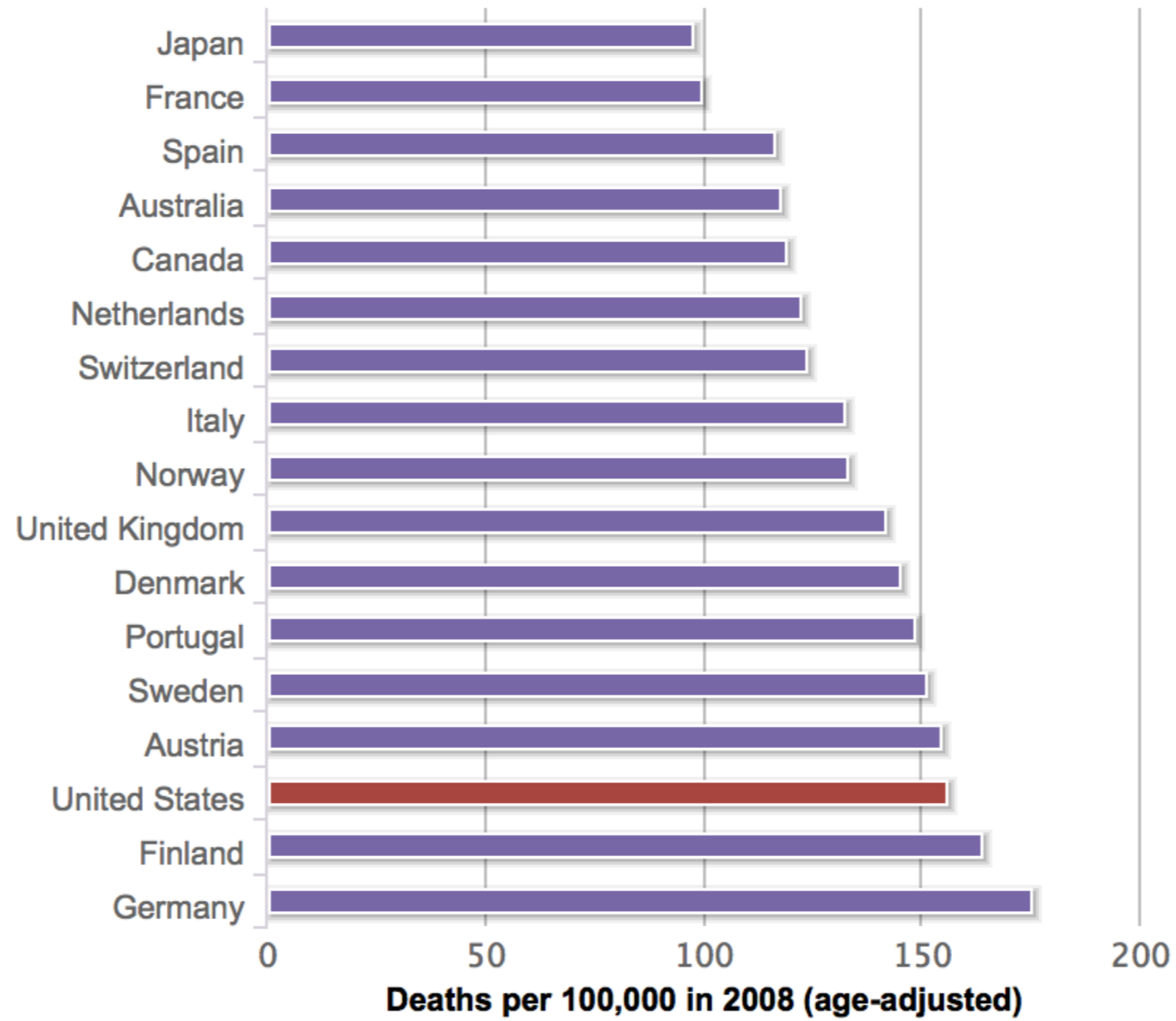
Source: World Health Organization



Includes deaths from unipolar depressive disorder, bipolar disorder, schizophrenia, epilepsy, alcohol use disorders, Alzheimer and other dementias, Parkinson disease, multiple sclerosis, drug use disorders, post-traumatic stress disorder, obsessive-compulsive disorder, panic disorder, insomnia (primary), and migraine.

Cardiovascular diseases

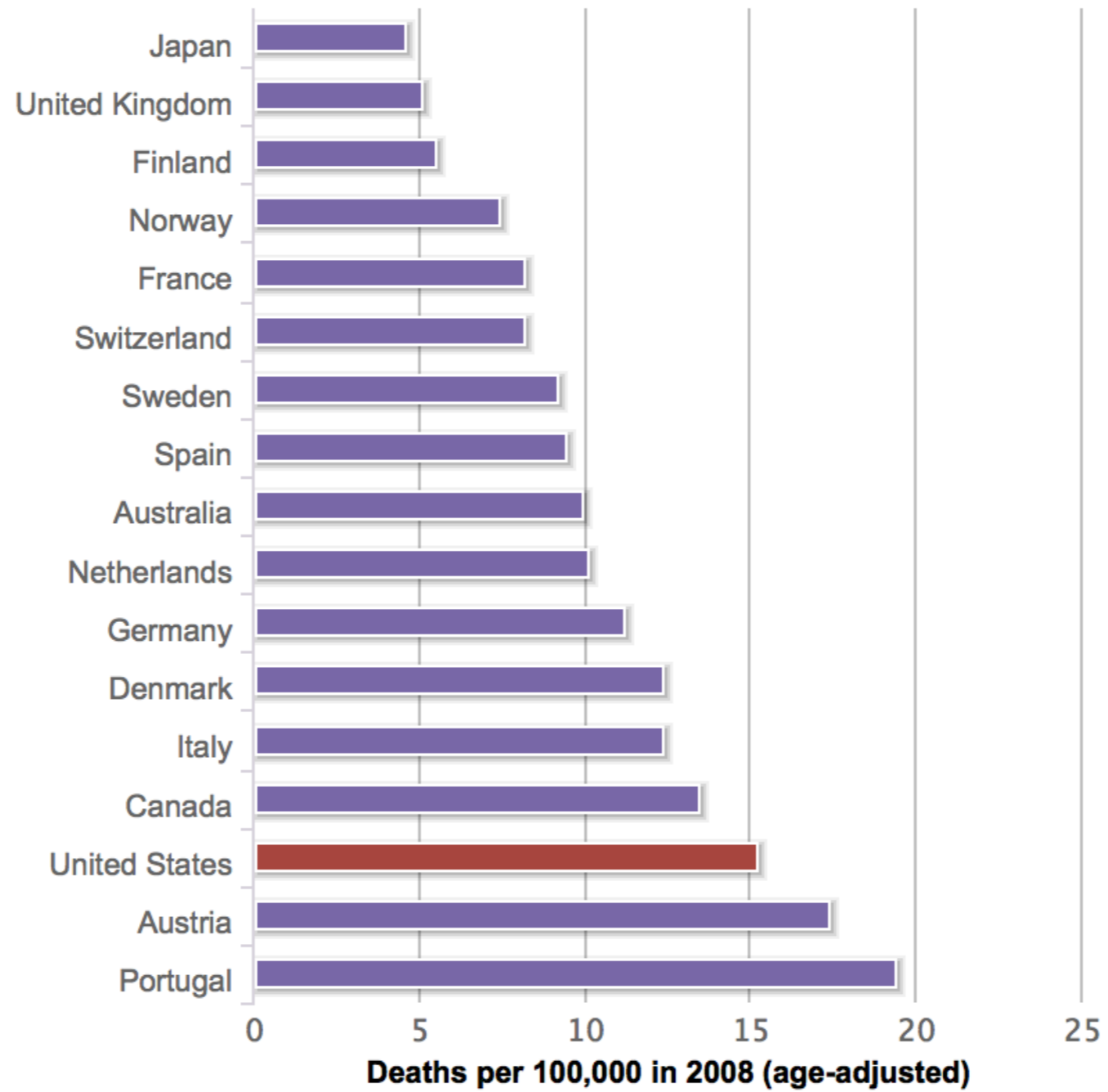
Source: World Health Organization



Includes deaths from rheumatic, hypertensive, ischaemic and inflammatory heart diseases, and cerebrovascular disease.

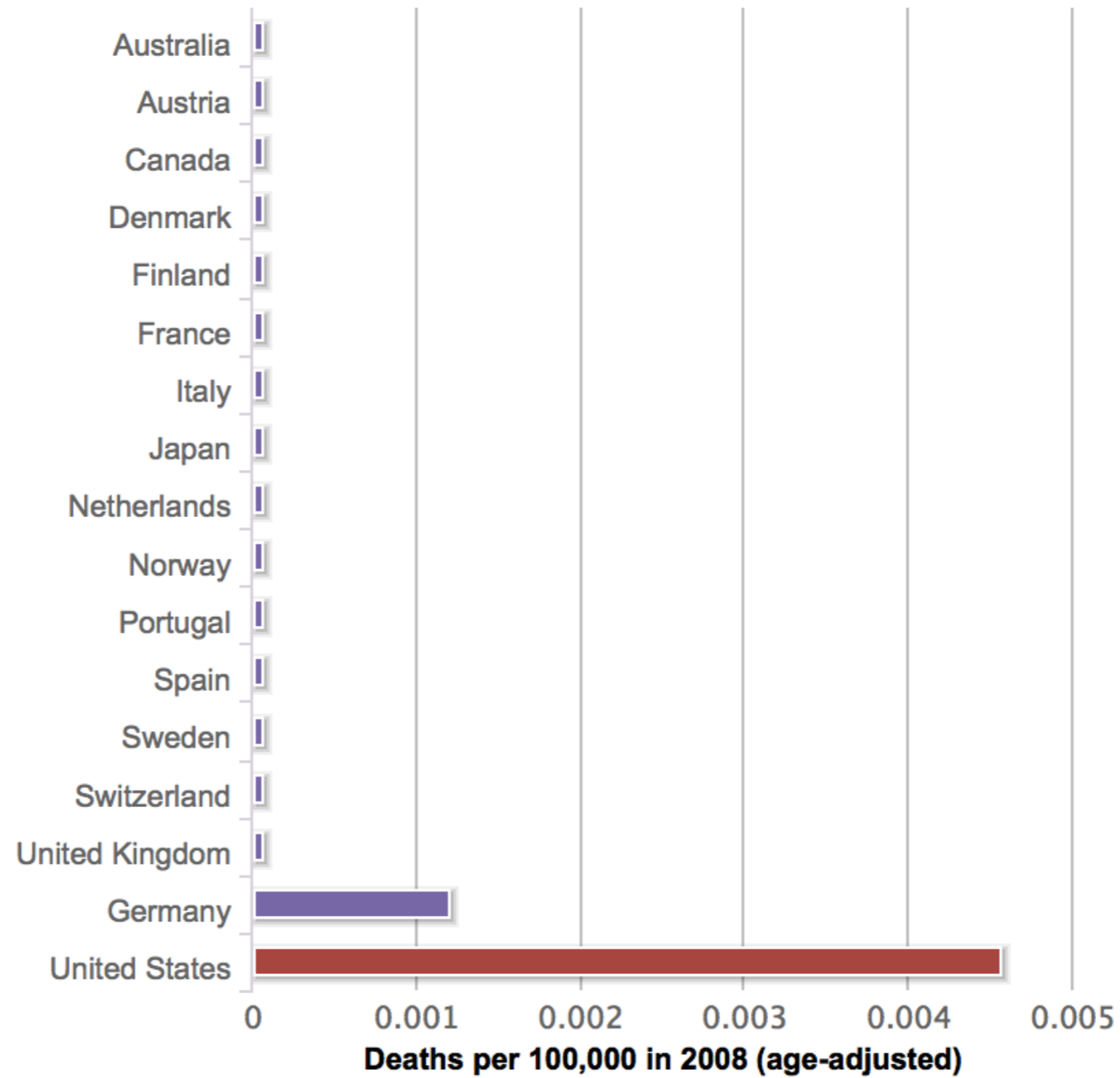
Diabetes mellitus

Source: World Health Organization



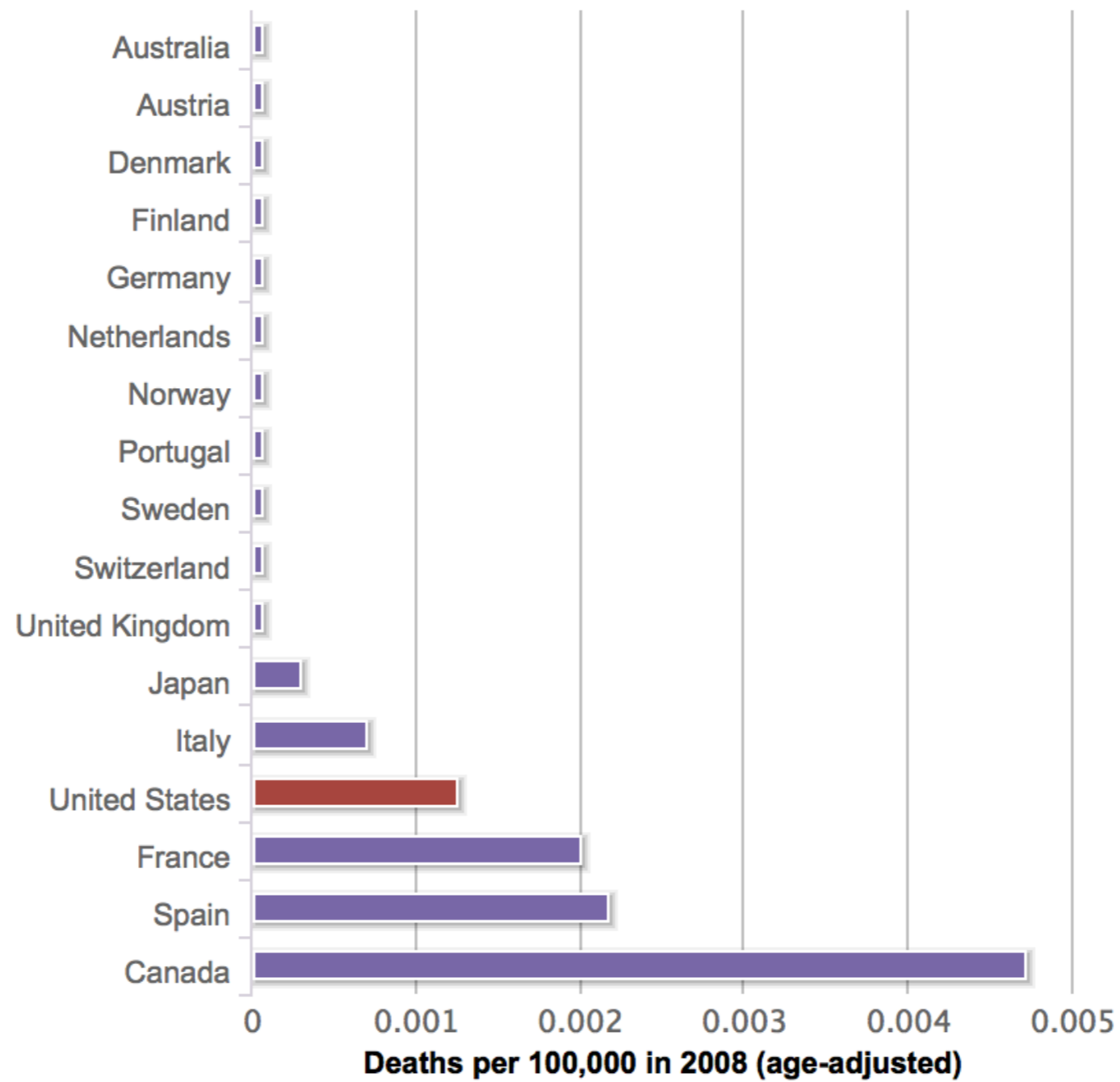
Post-traumatic stress disorder

Source: World Health Organization



Obsessive-compulsive disorder

Source: World Health Organization



Alzheimer and other dementias

Source: World Health Organization

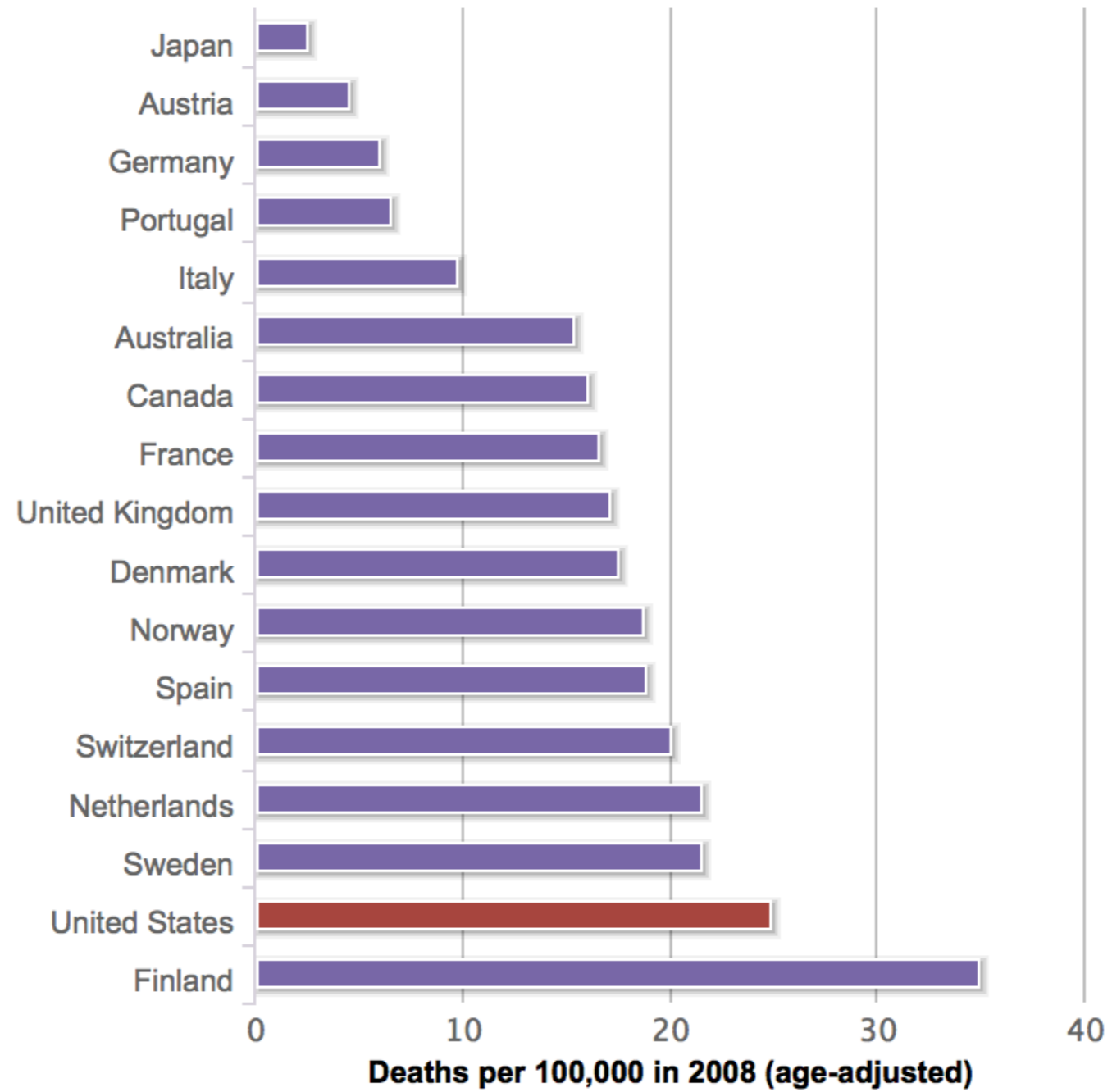
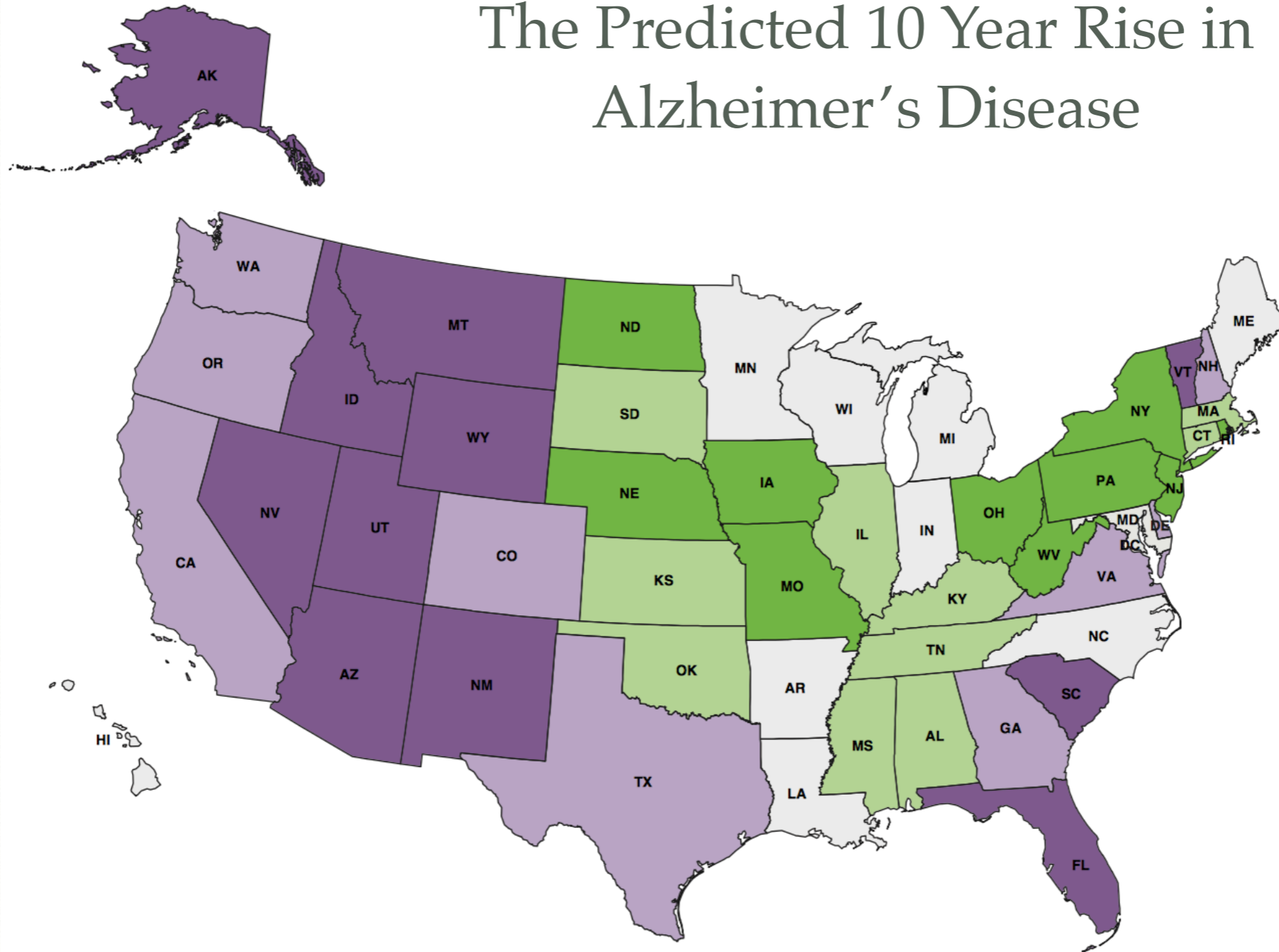


figure 4

Projected Changes Between 2014 and 2025 in Alzheimer's Disease Prevalence by State

14.3% - 23.5% 23.6% - 28.5% 28.6% - 40.0% 40.1% - 49.9% 50.0% - 80.3%

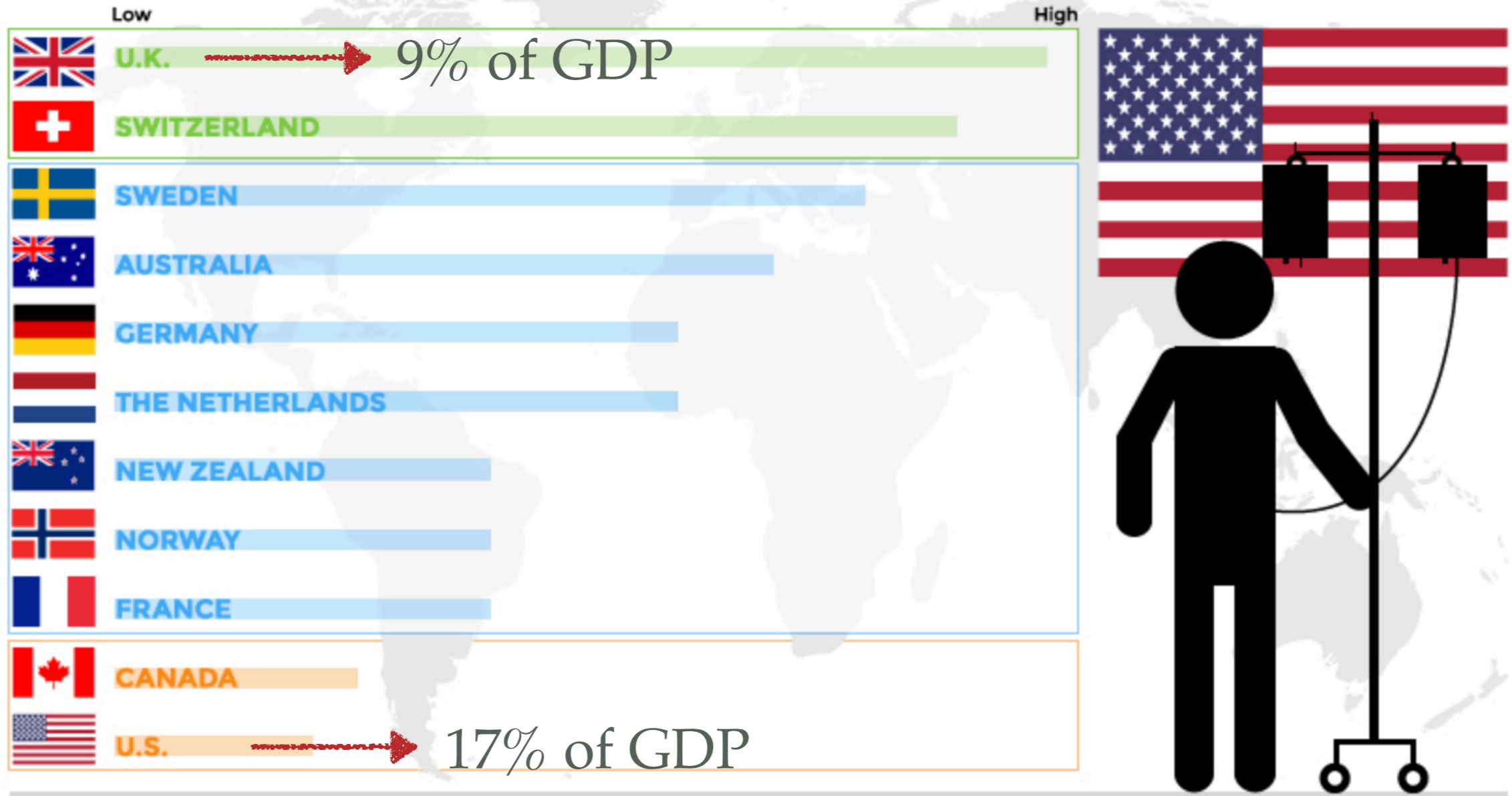
The Predicted 10 Year Rise in Alzheimer's Disease



Change from 2014 to 2025 for Washington, D.C.: -2.2%

Created from unpublished data provided to the Alzheimer's Association by Hebert et al.^{A10}

Overall Health Care Ranking



Source: K. Davis, K. Stremikis, D. Squires, and C. Schoen, *Mirror, Mirror on the Wall: How the Performance of the U.S. Health Care System Compares Internationally*, 2014 Update, The Commonwealth Fund, June 2014.



The
COMMONWEALTH
FUND

EXHIBIT ES-1. OVERALL RANKING

COUNTRY RANKINGS

Top 2*
Middle
Bottom 2*



	AUS	CAN	FRA	GER	NETH	NZ	NOR	SWE	SWIZ	UK	US
OVERALL RANKING (2013)	4	10	9	5	5	7	7	3	2	1	11
Quality Care	2	9	8	7	5	4	11	10	3	1	5
Effective Care	4	7	9	6	5	2	11	10	8	1	3
Safe Care	5	10	9	8	7	6	11	10	3	1	7
Coordinated Care	4	8	9	10	5	2	7	11	3	1	6
Patient-Centered Care	5	8	10	7	3	6	11	9	2	1	4
Access	8	9	11	2	4	7	6	4	2	1	9
Cost-Related Problem	9	5	10	4	8	6	3	1	7	1	11
Timeliness of Care	6	11	10	4	2	7	8	9	1	3	5
Efficiency	4	10	9	8	7	6	11	10	3	1	11
Equity	5	9	7	4	8	10	6	1	2	2	11
Healthy Lives	4	10	9	8	7	6	11	10	3	1	11
Health Expenditures/Capita, 2011**	\$3,800	\$4,522	\$4,118	\$4,495	\$5,099	\$3,182	\$5,669	\$3,925	\$5,643	\$3,405	\$8,508

Notes: * Includes ties. ** Expenditures shown in \$US PPP (purchasing power parity); Australian \$ data are from 2010.

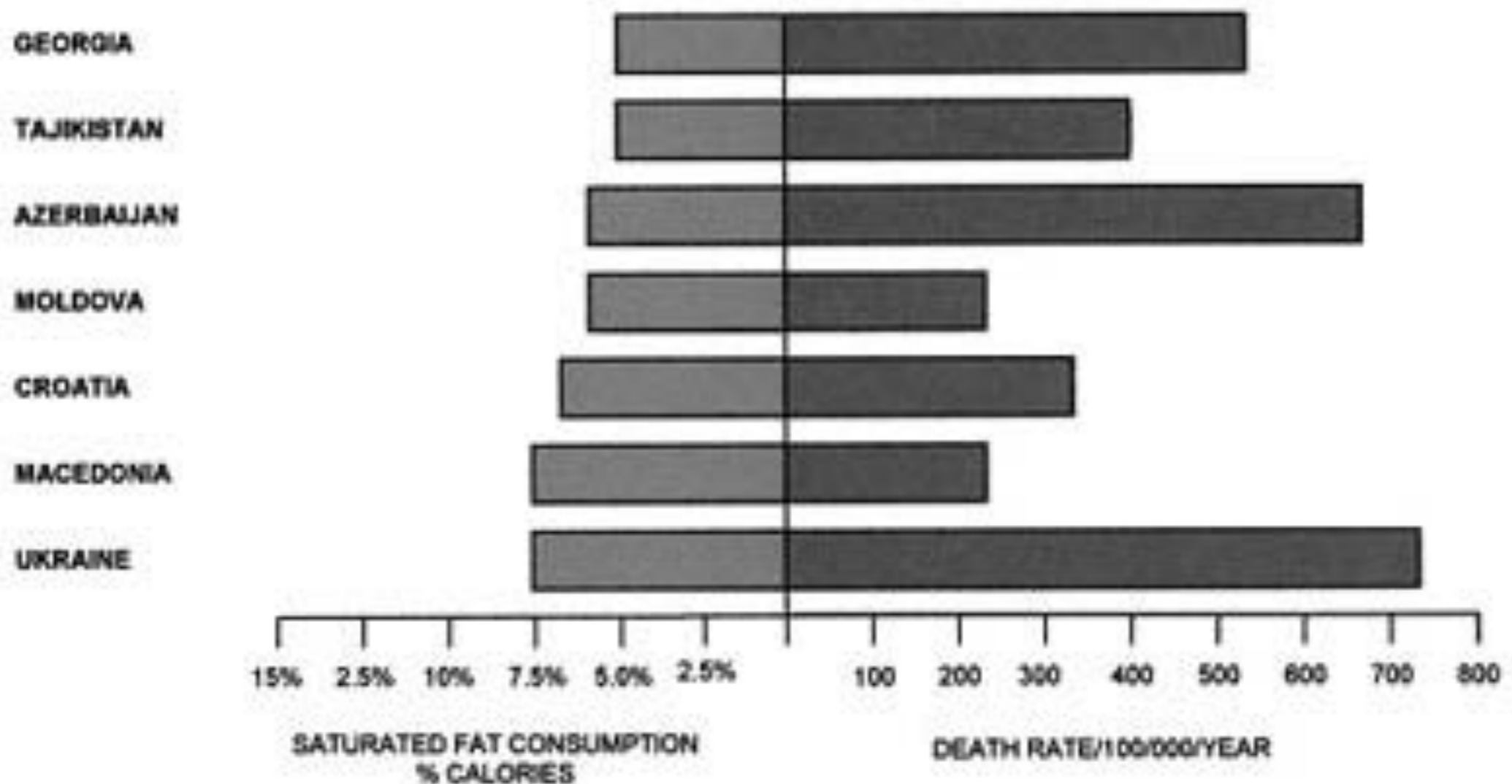
Source: Calculated by The Commonwealth Fund based on 2011 International Health Policy Survey of Sicker Adults; 2012 International Health Policy Survey of Primary Care Physicians; 2013 International Health Policy Survey; Commonwealth Fund *National Scorecard 2011*; World Health Organization; and Organization for Economic Cooperation and Development, *OECD Health Data, 2013* (Paris: OECD, Nov. 2013).

We are formulated to promote the products of commodity agriculture!



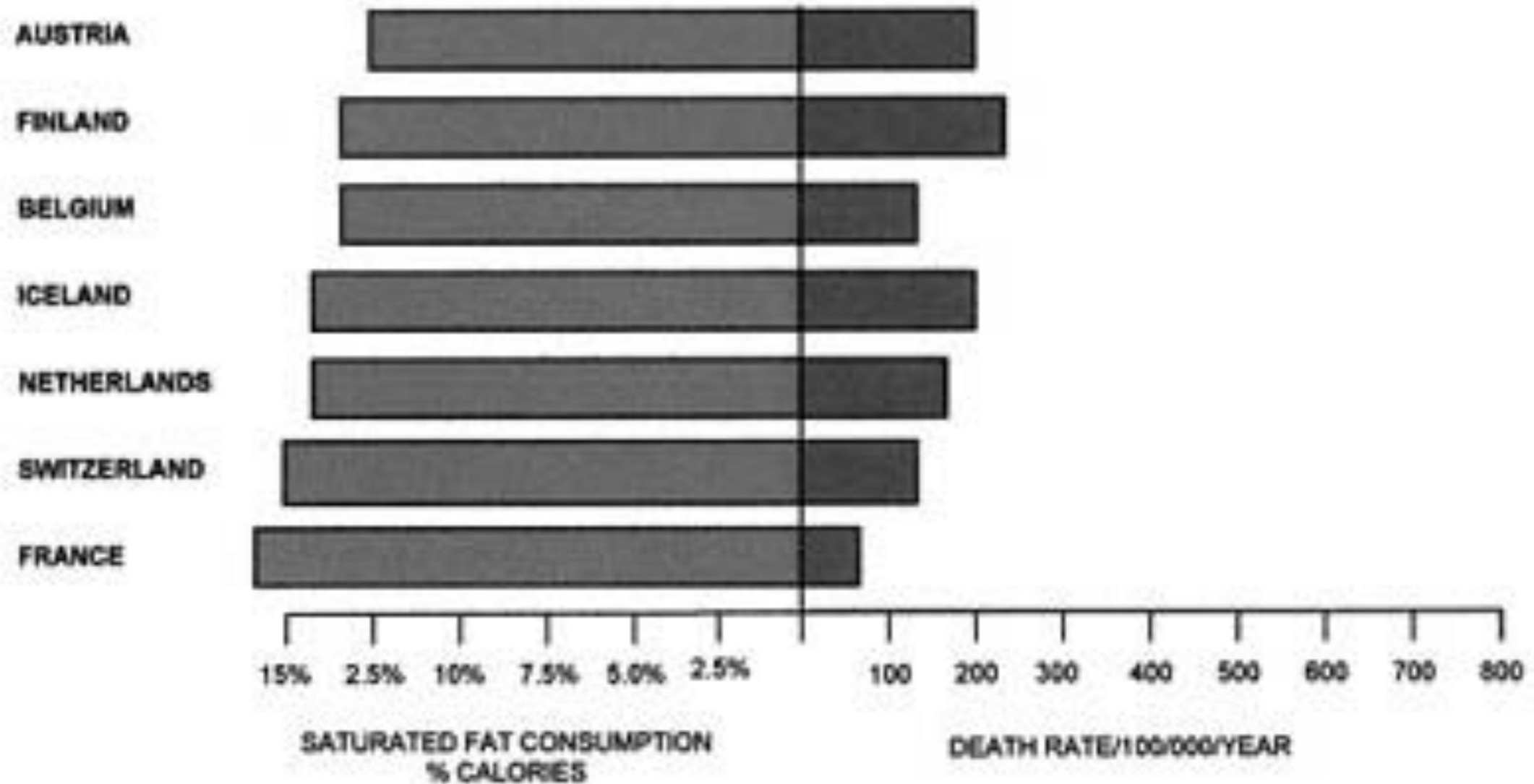
Heart Disease Deaths Vs. Saturated Fat

**(FIG 1) COMPARISON OF HEART DISEASE DEATHS
vs. CONSUMPTION OF SATURATED FAT % CALORIES
(Countries with lowest saturated fat consumption)**



Heart Disease Deaths Vs. Saturated Fat

(FIG 2) COMPARISON OF HEART DISEASE DEATHS
vs. CONSUMPTION OF SATURATED FAT % CALORIES
(Countries with highest saturated fat consumption)



Trans Fats - Hydrogenated Oil

- ◆ People with high levels of trans fats in their blood had significantly worse cognitive performance and less total brain volume.
- ◆ Eating foods high in trans fats or for an extended period of time may cause brain damage.

Real Fat and Nutrients

- ◆ High plasma levels of B vitamins and vitamins D, E and C had more total brain volume and better overall cognitive functioning. Additionally, people with higher levels of marine Omega-3 fatty acids running through their bloodstreams were found to have better executive function.

Cholesterol and Statins

Archives of Internal Medicine found that statins increase the risk of getting diabetes by 71 % in post-menopausal women. *no* association has been found between higher cholesterol and heart disease deaths for those aged 55 to 84; and for those over 85, the association seems to be inverse — higher cholesterol predicts *lower* risk of death from heart disease.

Chronically over 350 are at a slightly greater risk.

Approximately 130 people need to take statins for a year to prevent just one unwanted health outcome, and 500 people have to take them to prevent a single death.



Ancel Keys on the cover of Time Magazine in 1961. He claimed that saturated fats in the diet clogged arteries and caused heart disease.



Time Magazine cover story in 2014. Scientists were wrong about saturated fats. They don't cause heart disease after all.

THE STORY OF CRISCO

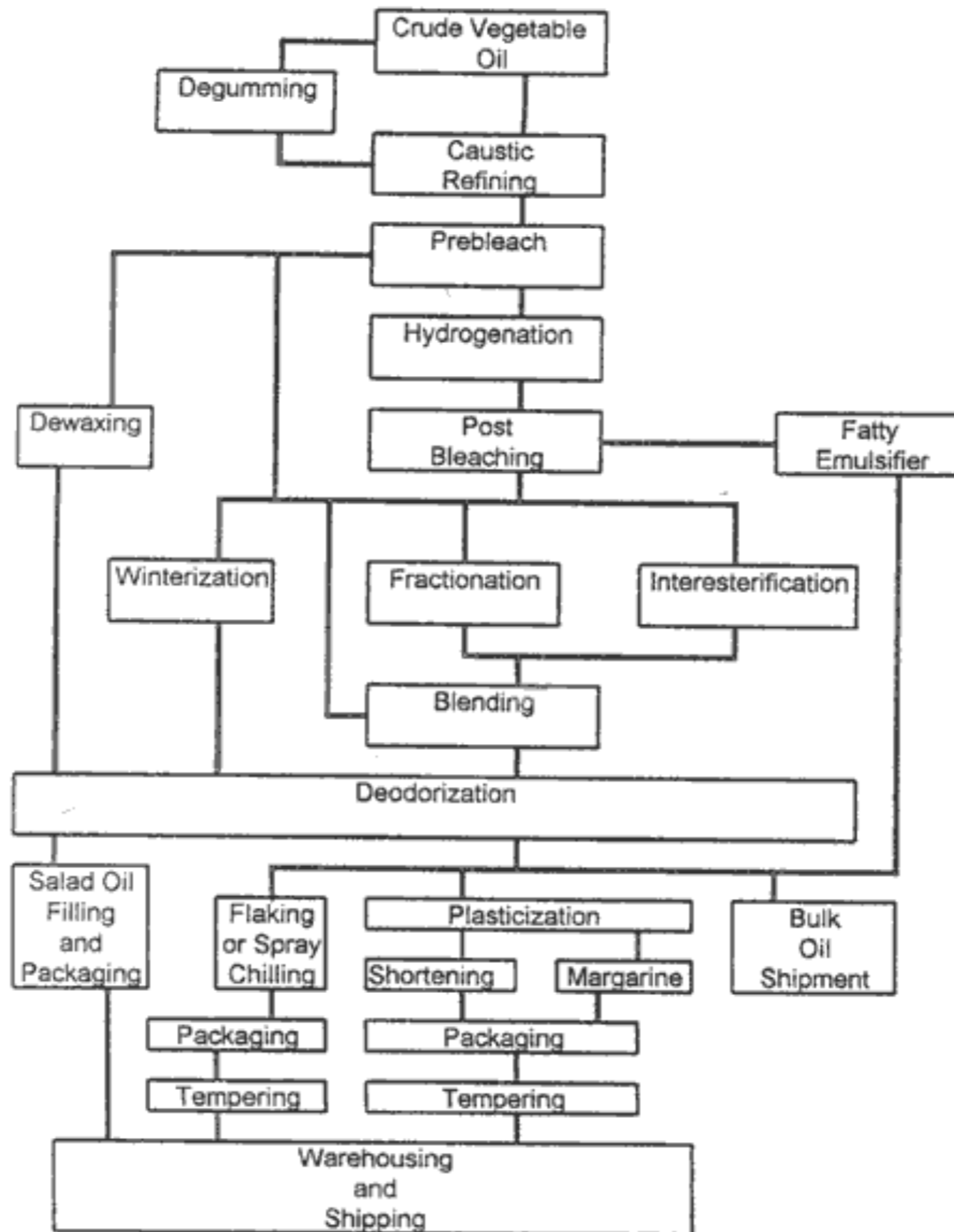


In 1913, Procter and Gamble, the makers of Crisco, published *The Story of Crisco*, in which they claimed that women who used Crisco rather than lard

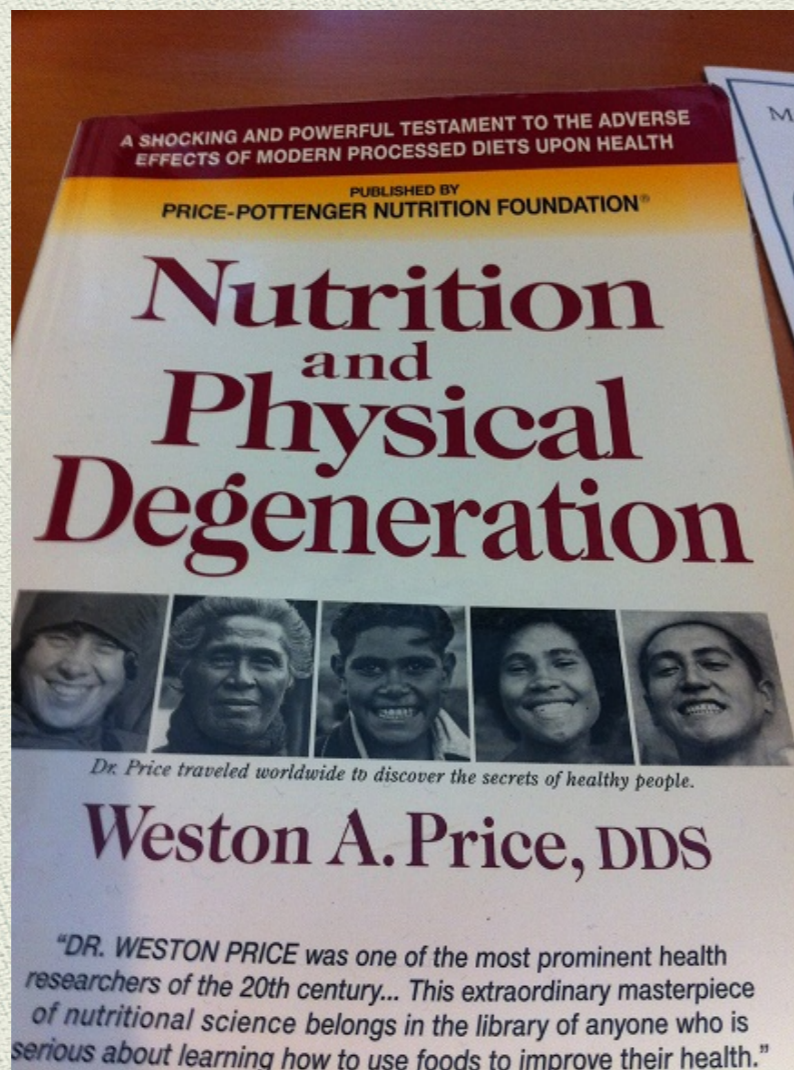
- were more modern,
- were more enlightened,
- had cleaner houses,
- had children of better character

The industry has created the impression that it is somehow **vulgar** to eat lard.





Dr. Weston A. Price



PRIMITIVE ALASKAN PEOPLE



FREE OF TOOTH DECAY AND DEGENERATIVE DISEASE.

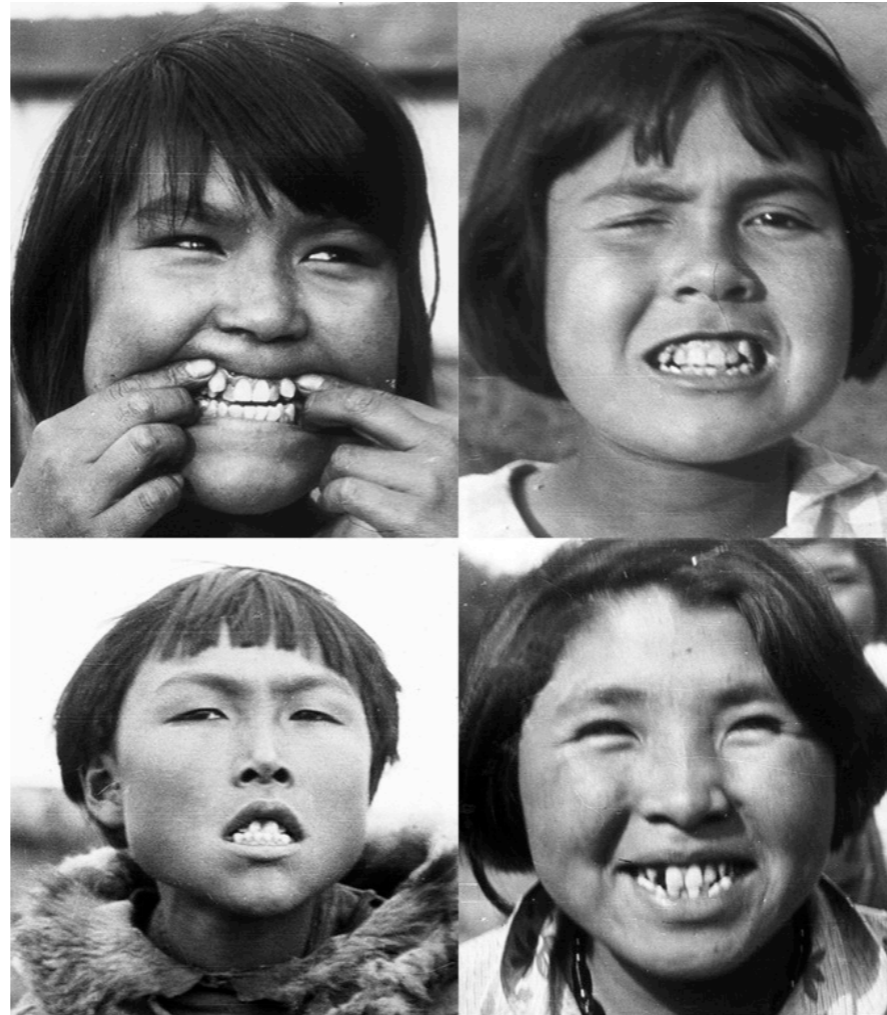
COPYRIGHT PRICE-POTTENGER NUTRITION FOUNDATION. ALL RIGHTS RESERVED. PPNF.ORG

MODERNIZED ALASKANS



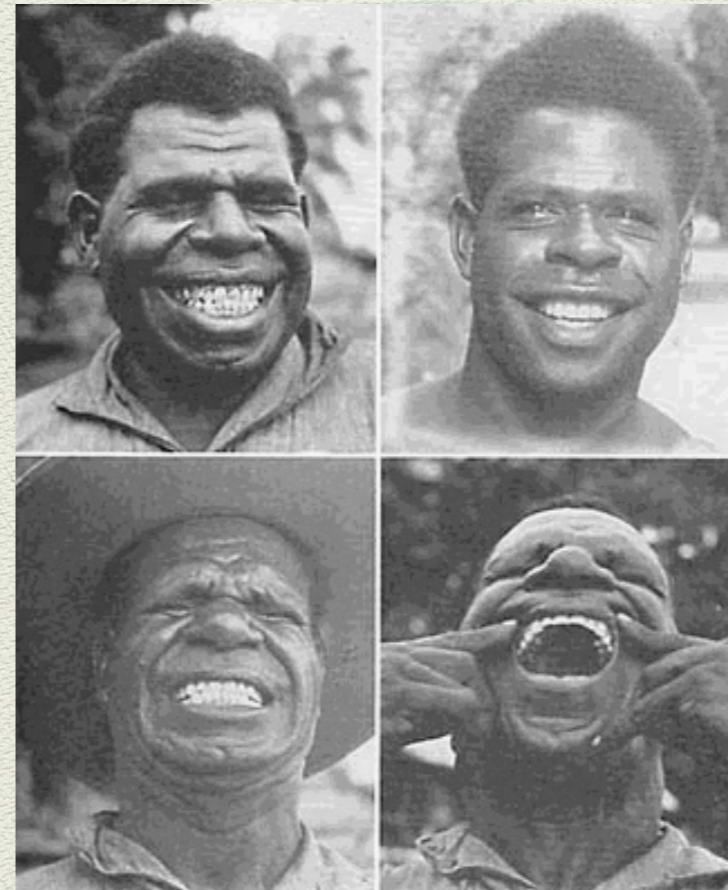
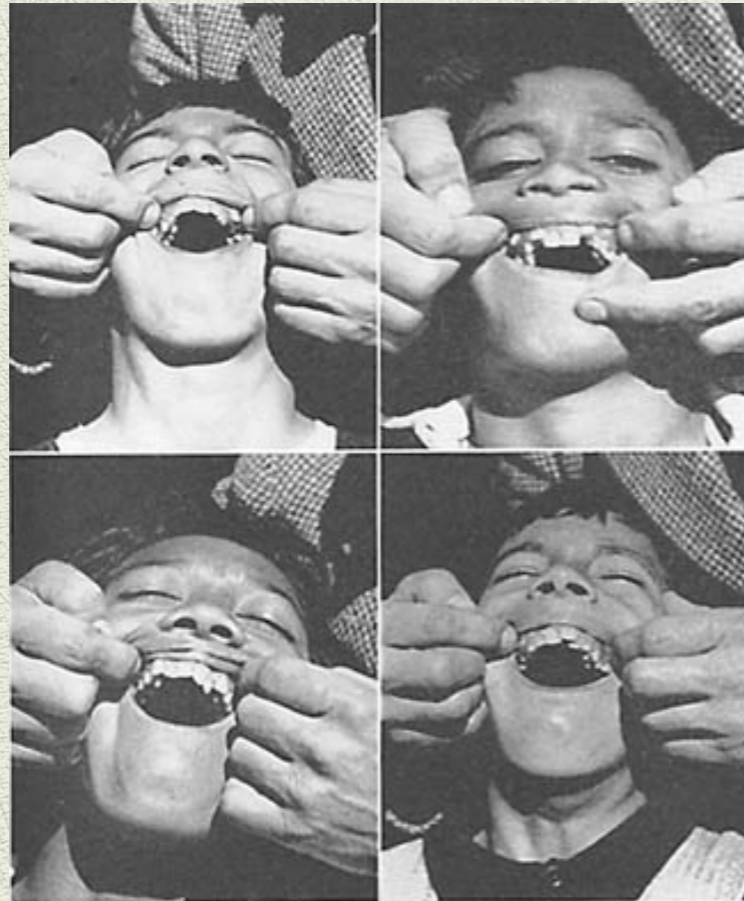
FIRST GENERATION SUFFERED FROM TOOTH DECAY.

MODERNIZED ALASKANS

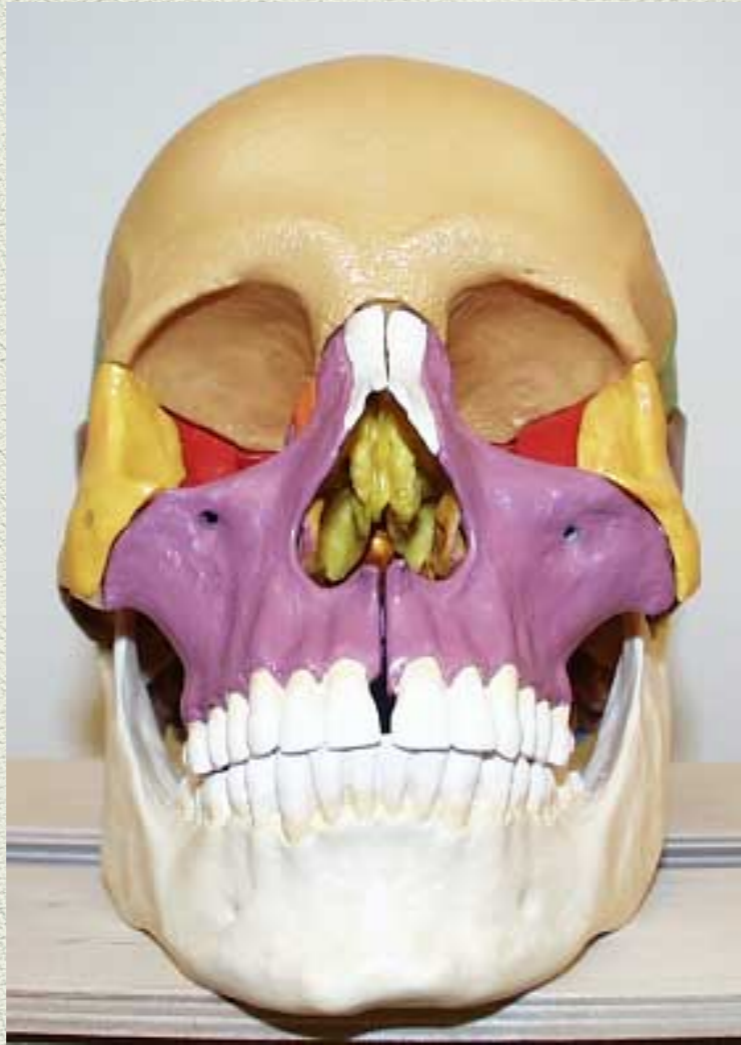


SECOND GENERATION HAD MORE NARROW FACES,
AND SUFFERED FROM DENTAL CROWDING AND MODERN DISEASES.

People Used to be Strong & Healthy



Differences in Bone Structure



Comparison of African Diets

HERDERS	HUNTER-GATHERERS	AGRICULTURISTS
Mostly Animal Foods	Mixed Plant and Animal Foods	Mostly Plant Foods
No Tooth Decay	No Tooth Decay	Some Tooth Decay
Very Tall and Slender	Tall and Muscular	Short and Chubby

DR. PRICE'S CONCLUSION

The ideal diet avoids the extremes of too much animal food or too much plant food.

Traditional Diet



Most all primitive & traditional diets included:

- ◆ Fermented foods
- ◆ 30-80% fat intake
- ◆ balanced omega-3 to omega-6 ratio
- ◆ 4% of calories were from polyunsaturated oils in food
- ◆ Saturated :
Monounsaturated balance
- ◆ Animal protein (some raw)
- ◆ Animal bones (bone broths)
- ◆ Salt
- ◆ Special nutrient-rich foods for parents-to-be
- ◆ Education for children on the proper way to eat

“SAD”: Standard American Diet

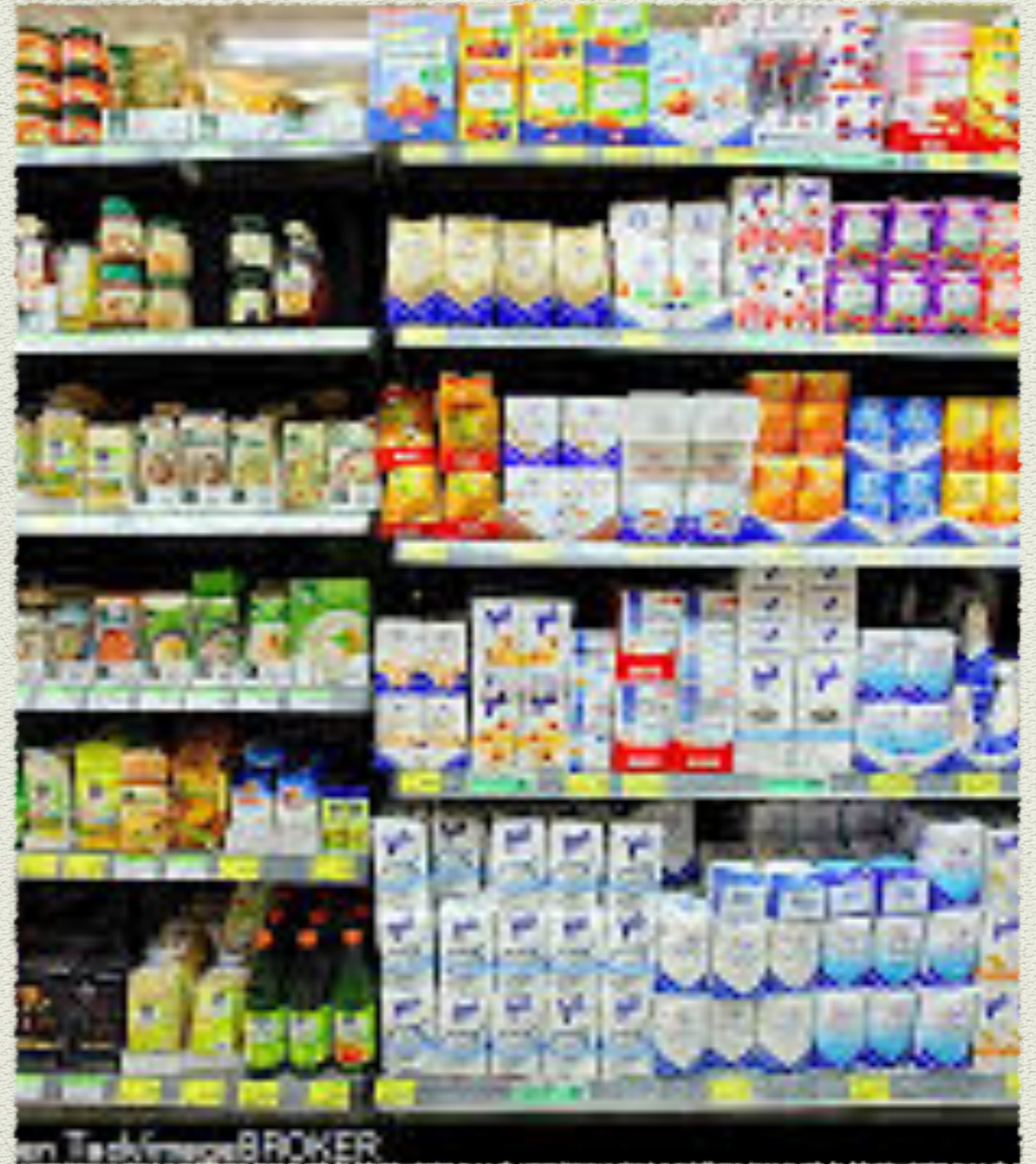
The modern dietary model has contributed to:

- ◆ increased inflammation
- ◆ increased heart disease
- ◆ increased cancer
- ◆ decreased sex hormones
- ◆ decreased neurotransmitter activity
- ◆ decreased probiotic variety



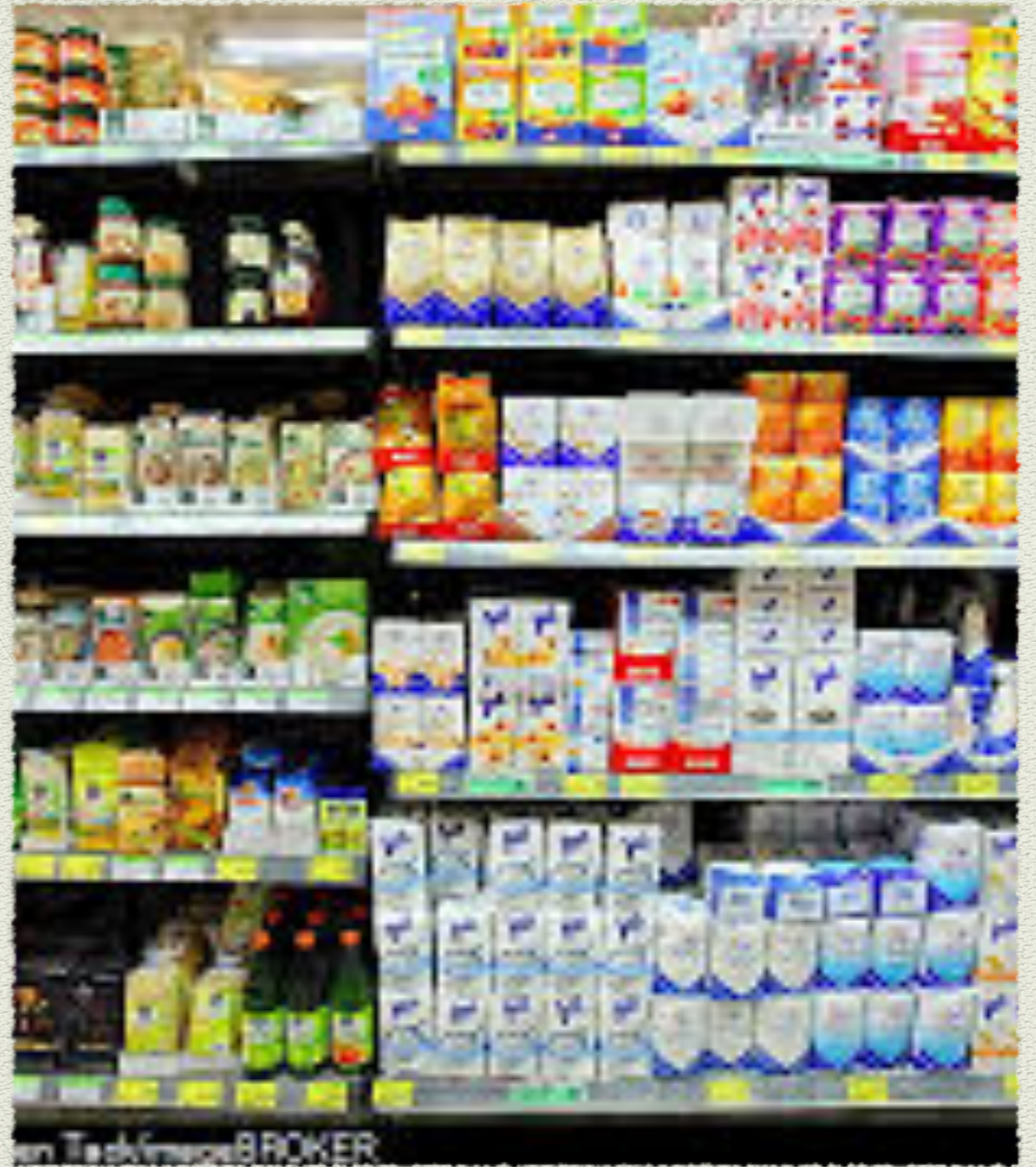
Added Sugar

- ◆ The average American consumes 156 pounds of added sugar per year.
- ◆ Glucose, fructose, and corn syrup is found in 74 percent of packaged foods in our supermarkets.
- ◆ WHO recommends 5 % of daily caloric intake come from sugar, the typical American diet has 13 % of calories from sugar.
- ◆ It is predicted that 1/3 of Americans will have diabetes by 2050.



Added Sugar

- ◆ Brain cells require 20% of our total daily energy requirements.
- ◆ This energy is derived from glucose (blood sugar), the gasoline of our brains. Naturally occurring sugars – as found in fruit and grains – is vital. Sugar is not the brain's enemy — *added* sugar is.
- ◆ Many packaged foods are highly processed, filled with excess sugars and sodium that exceed the recommended daily intake



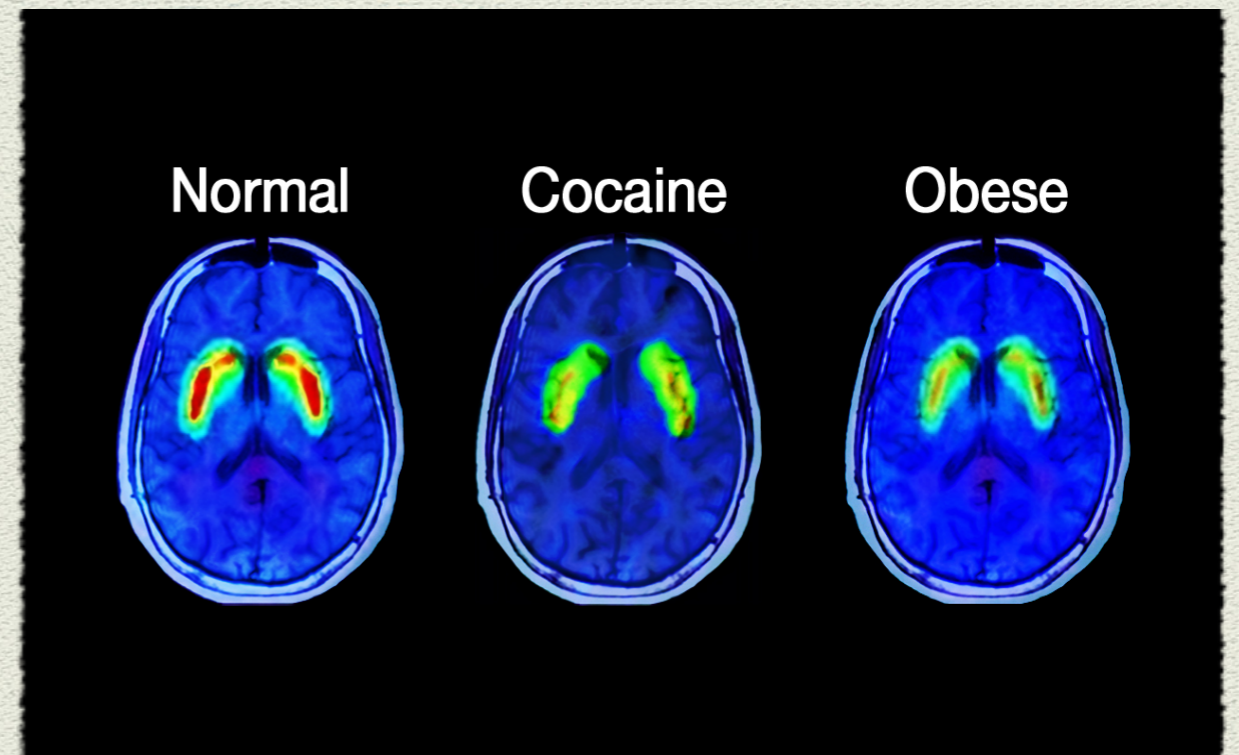
Added Sugar

- ◆ Sugar activates our brain's reward system (just like sex, alcohol, and nicotine do), causing pleasure-inducing dopamine to be released. The problem is, eating too many sugar-rich foods (and sugar comes in so many different forms) causes the spike in dopamine to remain at a high level—and you'll continue to crave more sugary foods.
- ◆ Chronic consumption of added sugar dulls the brain's mechanism for telling you to stop eating.



Added Sugar

- ◆ These fMRI images indicate the similarities between receptor response of a drug addicted brain and the brain of a person with obesity.



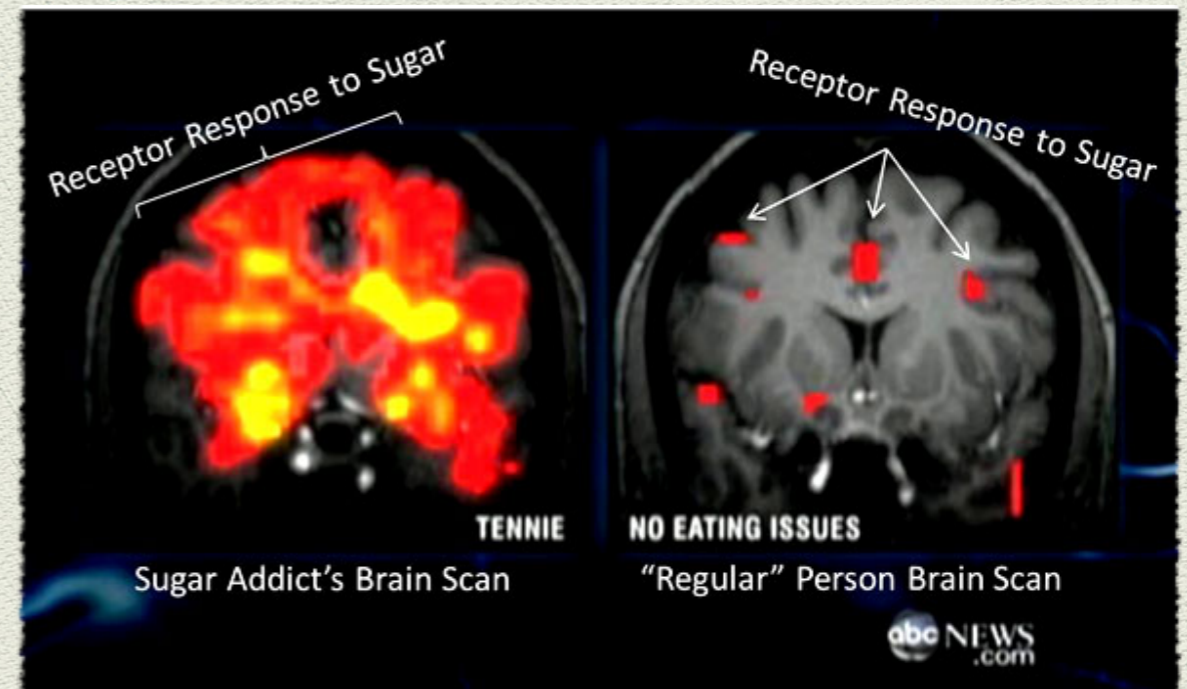
Added Sugar

- ◆ A diet high in added sugar reduces the production of a brain chemical known as brain-derived neurotrophic factor (BDNF).
- ◆ Lack of BDNF is linked to
 - ◆ the formation of new memories and remembering
 - ◆ linked to depression and dementia
 - ◆ linked to cancer



Added Sugar

- Brain scan of a sugar addict's receptor response to sugar, versus a non-addicted person's response.



Guilty Eating

People who eat and feel guilty at the same time are less likely to achieve and maintain their weight-loss goals.

**Let food be a
celebration of
life & togetherness!**



Are these any good?

A Yale study showed that alternative sweeteners such as Aspartame can:

- ◆ Increase belly fat
- ◆ Cause sugar cravings
- ◆ Lead to obesity
- ◆ Lead to Type II Diabetes



Coffee is
awesome...

But water is better!



Water: Your #1 Brain Nutrient

Drink at least
1/2 your weight
in ounces daily!



The quality of our fuel

We can only expect to be as healthy as the ingredients we put into our tank.

- ◆ The SANE diet
- ◆ Paleo / Primal versions
- ◆ Low Carb High Fat (LCHF)
- ◆ Weston A. Price's Traditional

Upgrade and Add-In



Butter is Better!


- ◆ Short chain Fatty Acids:
Enhance immune system /
anti-microbial
- ◆ CLA: Anti Tumor / Anti
Cancer
- ◆ Arachidonic Acid: Enhance
Brain function
- ◆ Great Omega-3 to 6 ratio



Butter is Better!

- ◆ Great sources of vitamins A, D, E, K2, Factor X
- ◆ and Iodine, manganese, zinc, selenium
- ◆ Good Cholesterol source:
Maintains Intestinal Health
- ◆ Modulate inflammation

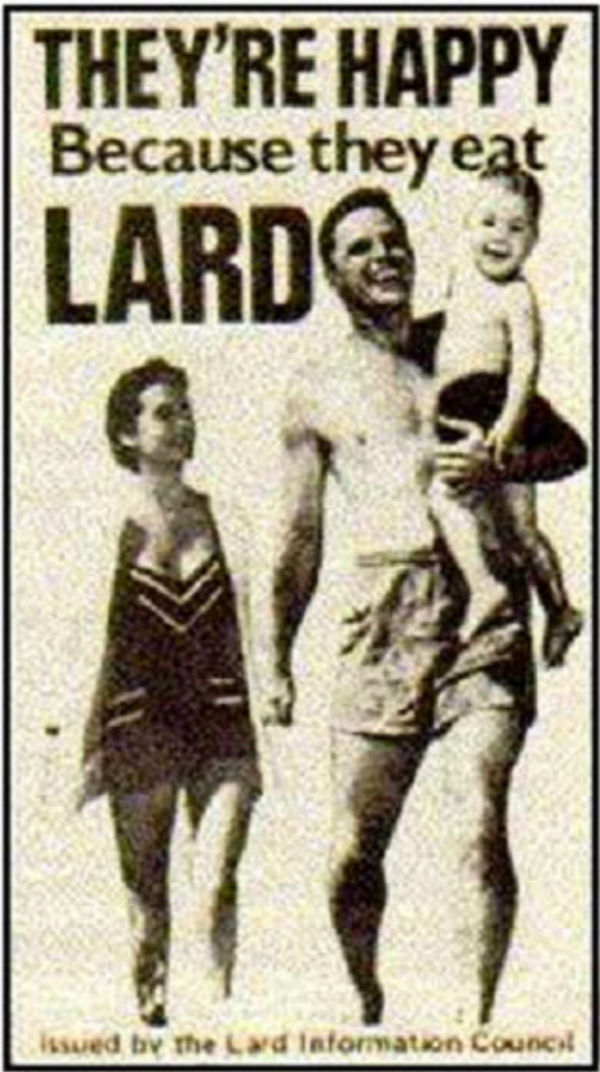




"If you're afraid
of butter,
use cream!"

~Julia Child

www.foodrenegade.com

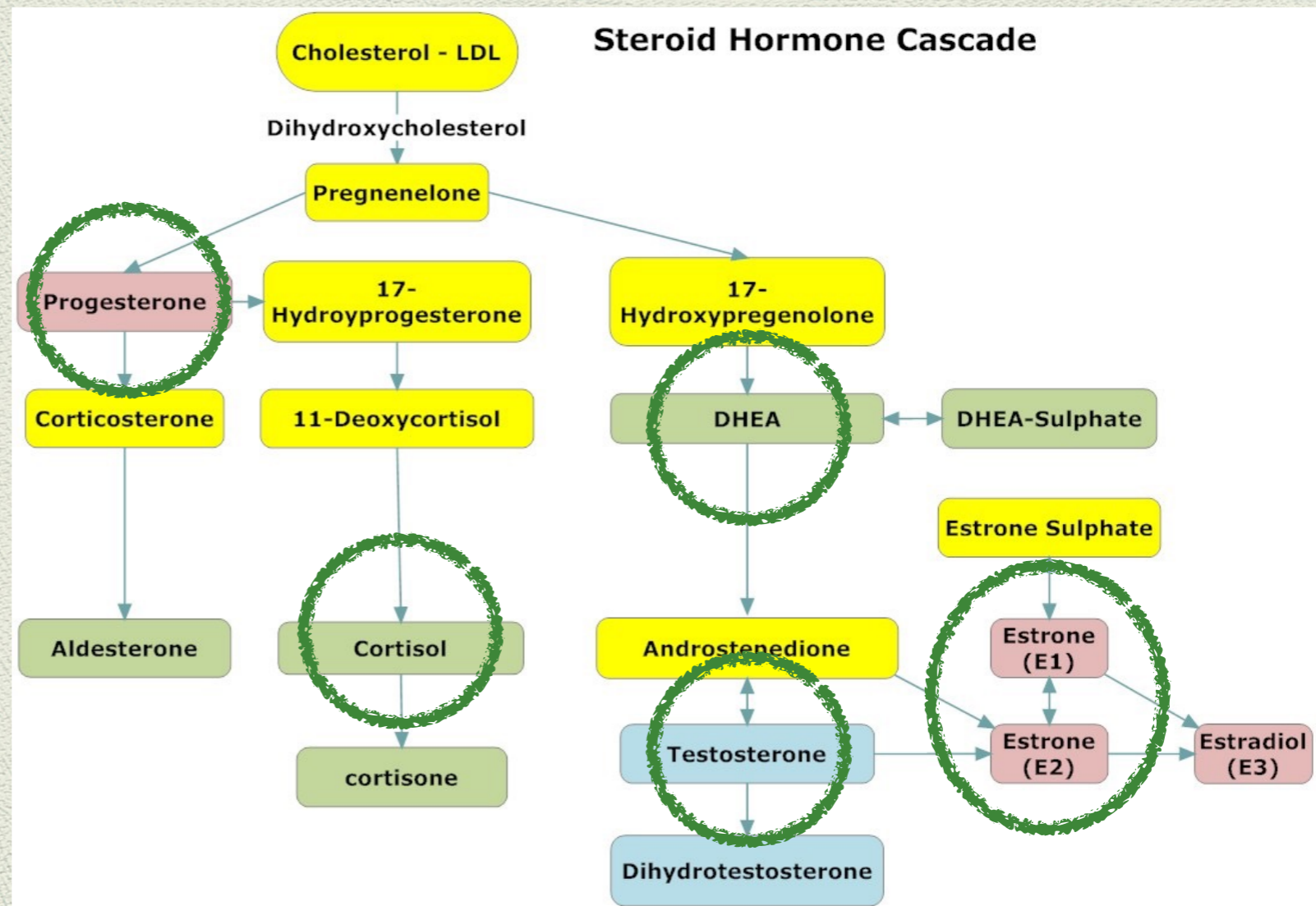


“Bad” Cholesterol

Cholesterol goes up when hormones decline



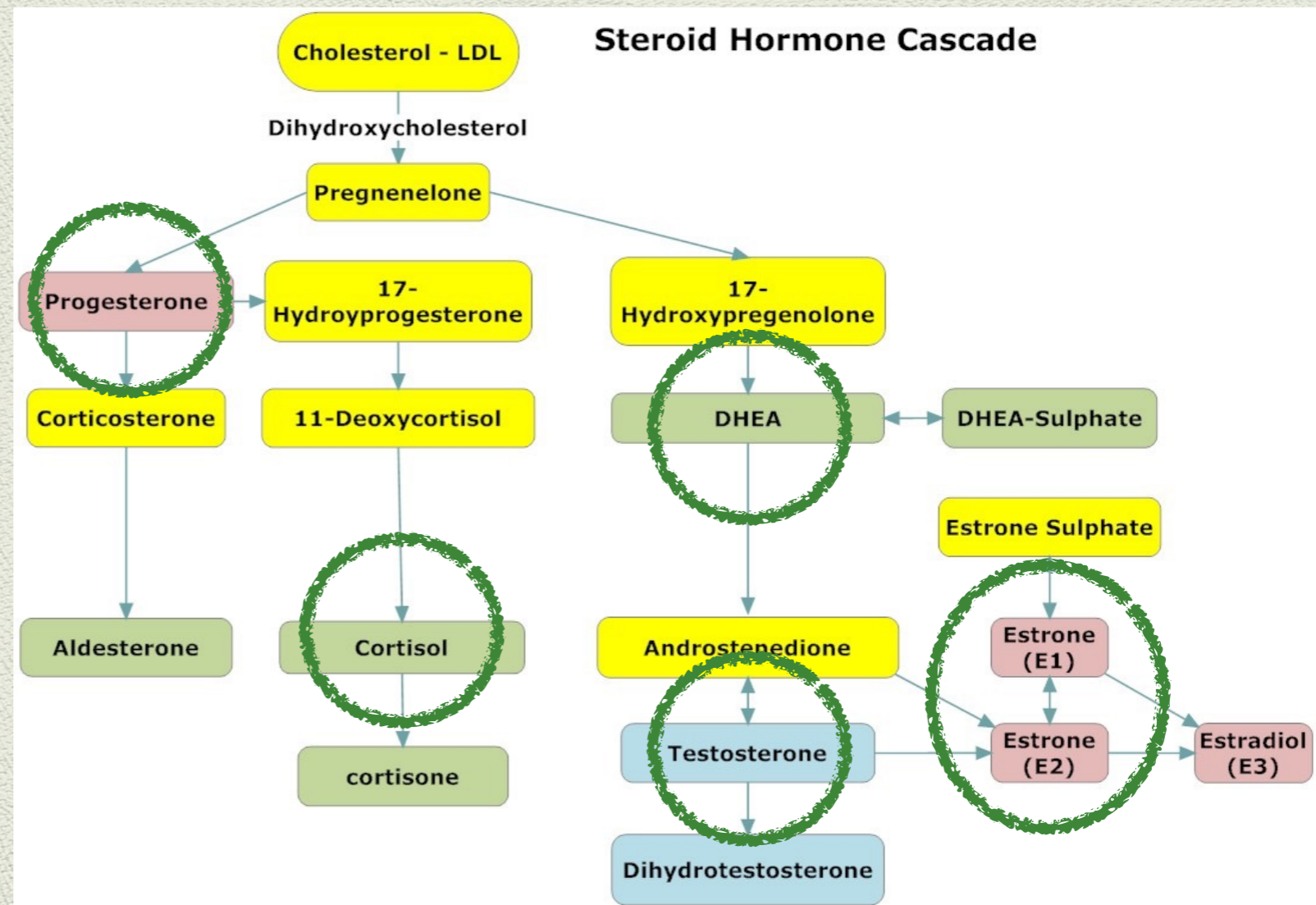
Hormones start to decline after age 35



“Bad” Cholesterol

Trans fats inhibit enzymes that make these conversions.

Vitamin A is needed for each conversion.



Complete Cholesterol Picture

- ◆ HDL / Cholesterol ratio: Divide your HDL level by your total cholesterol. This percentage should ideally be above 24 percent
- ◆ Triglyceride / HDL ratio: Divide your triglycerides by your HDL level. This percentage should be below 2

Bitter Foods - HERBS

- ◆ Help reset the taste buds
- ◆ Increase bile production & enhance digestion & immunity
- ◆ Relax the body
- ◆ Benefit brain health
- ◆ Maintain good probiotic balance
- ◆ Prevent and squelch cancer cells through vitamin B17 content.

Vitamin E and Omega-3



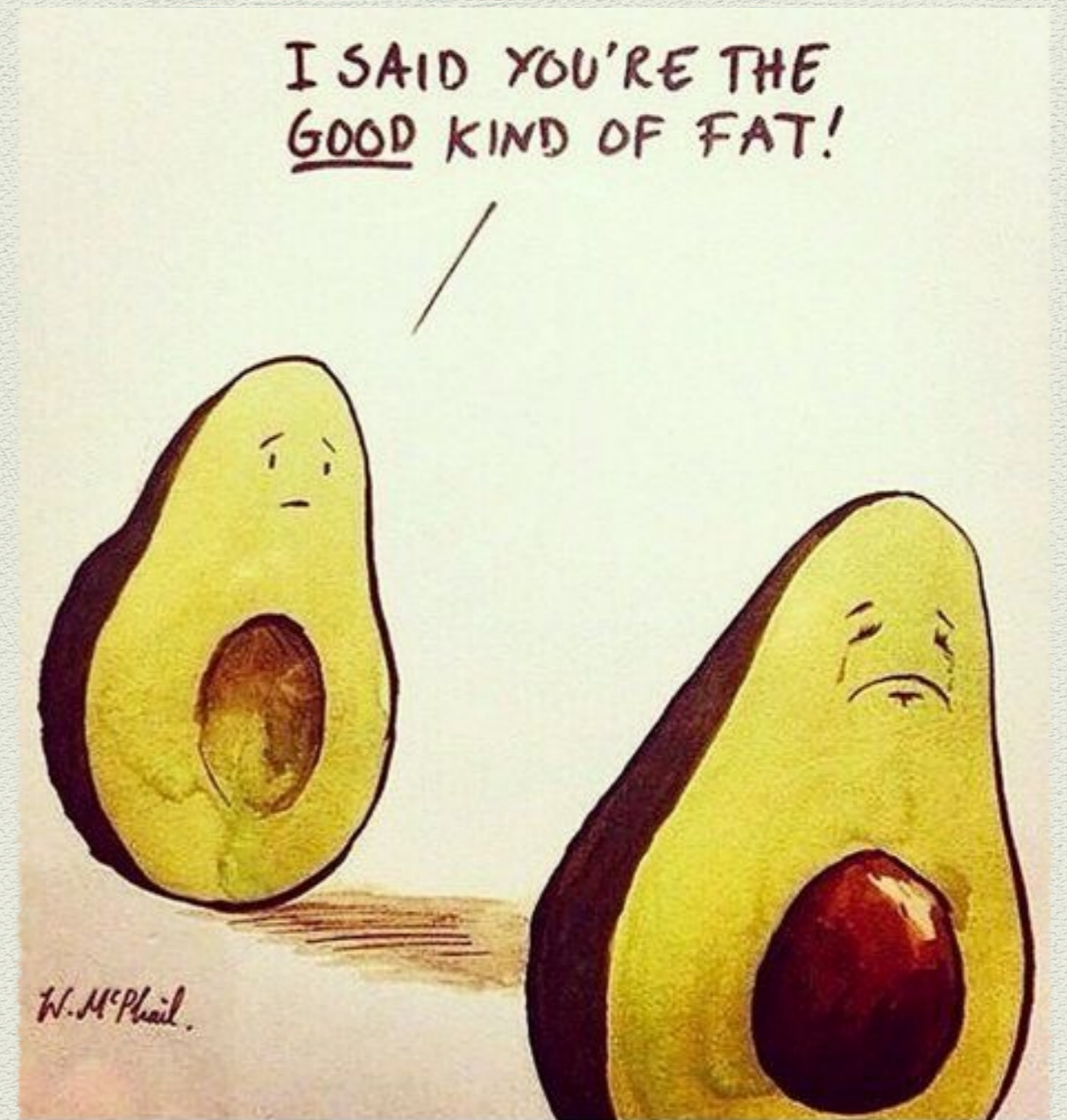
1 ounce of walnuts (7-9) a day improves balance, coordination and spatial memory in rats.

- *British Journal of Nutrition*

- Pumpkin & Sunflower = Tryptophan
- Sunflower also has thiamine
- Peanuts / Pecans / Walnuts = Choline
- Almonds = Phenalanine and boosts dopamine
- Cashews = high in magnesium

Heal and Seal the gut

Gotta LOVE that Fat!



The Best Avocado Ever



fb/david avocado wolfe

Omega 3 & AntiOxidants



Vitamin E enters
blood-brain
barrier



Anthocyanins are
powerful antioxidants
found in the brilliant
colors of natural foods



We NEED these foods



+



= **Even Better!**



Cross Plants and Produce in Kyle



Greens & Other Veg

- ◆ Eating 2.8 servings of vegetables a day leads to 40% slower rates of cognitive decline than eating less than one serving per day. - neurology.org
- ◆ Rich sources of fiber and nutrients: vitamin C, E, K, Folate, etc. etc. etc. etc. etc.

MEET KALE:



**YOUR NEW FRIEND
WITH BENEFITS**

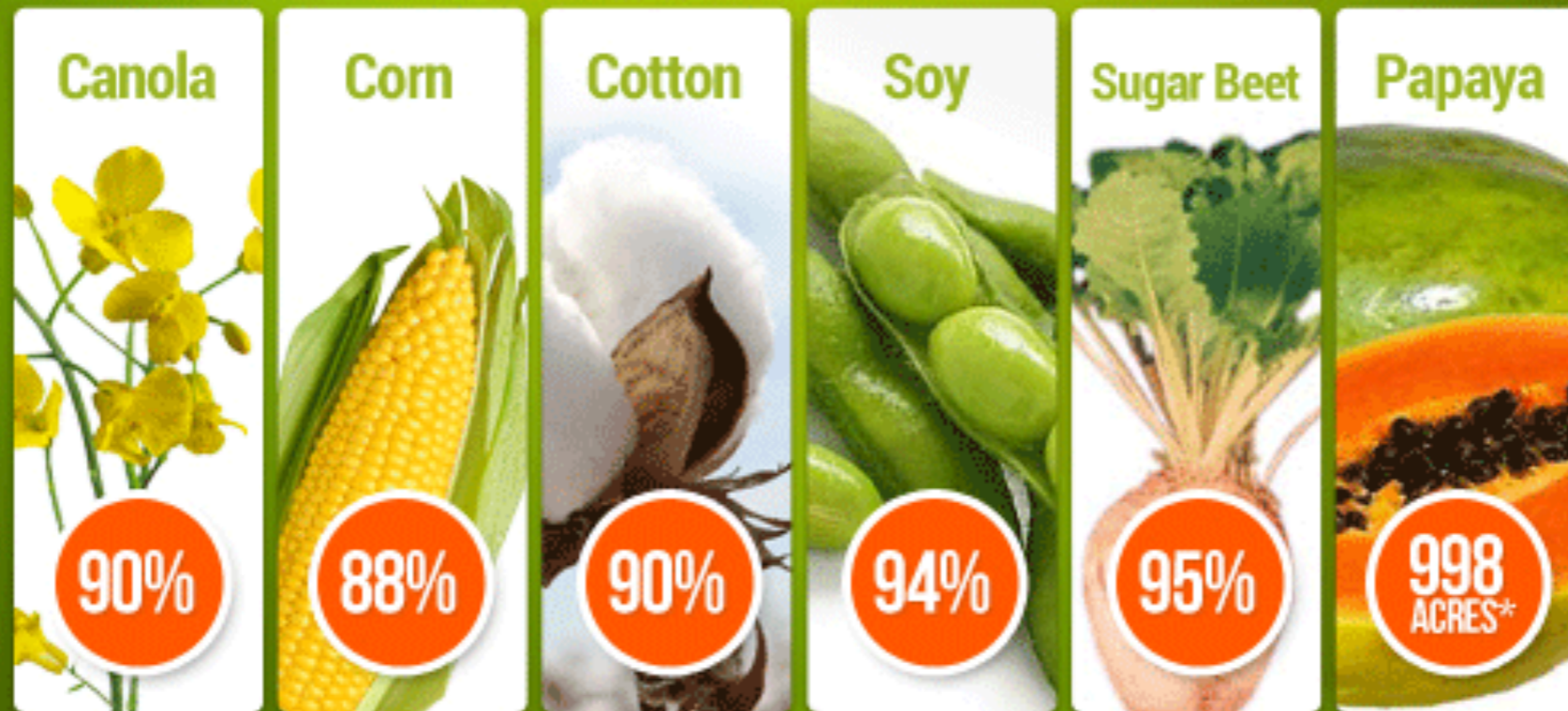


Just Say NO to GMO



Just Say NO to GMO

According to the Non-GMO Project the majority of major crops in the U.S are grown from genetically engineered seeds. % of U.S. Crops



The Gut - Brain Connection

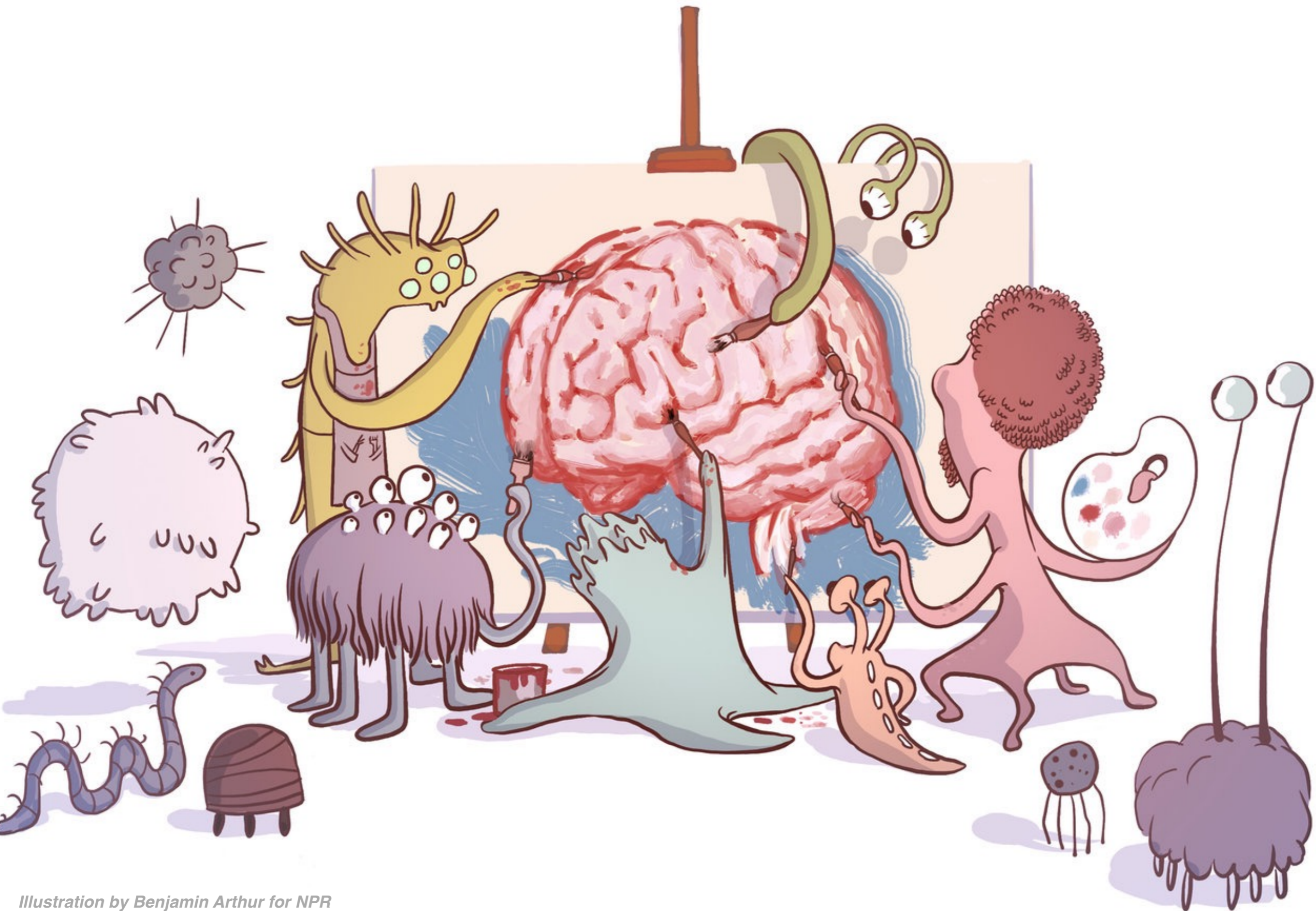


Illustration by Benjamin Arthur for NPR

Embrace the Storm!

- ◆ We've tried to distance and seal ourselves off from nature and therein lies the problem.

The Numbers

- ◆ It is said that you had a 1 in 400 Trillion chance of being born when you were!
- ◆ You have 100 Trillion Microbes in your gut.
- ◆ 1000 known bacteria in your gut, weighing 3 pounds!
- ◆ 10 times more non-human cells to human cells.

“Recent studies have linked the microbiome to a wide range of diseases, including obesity, atherosclerosis, colon cancer, and rheumatoid arthritis in humans, and all sorts of other conditions in mouse models, including [asthma](#), autism, and multiple sclerosis...maintaining gut microbial health may be essential to the health of the rest of our bodies.”

–Rob Knight Ph.D.

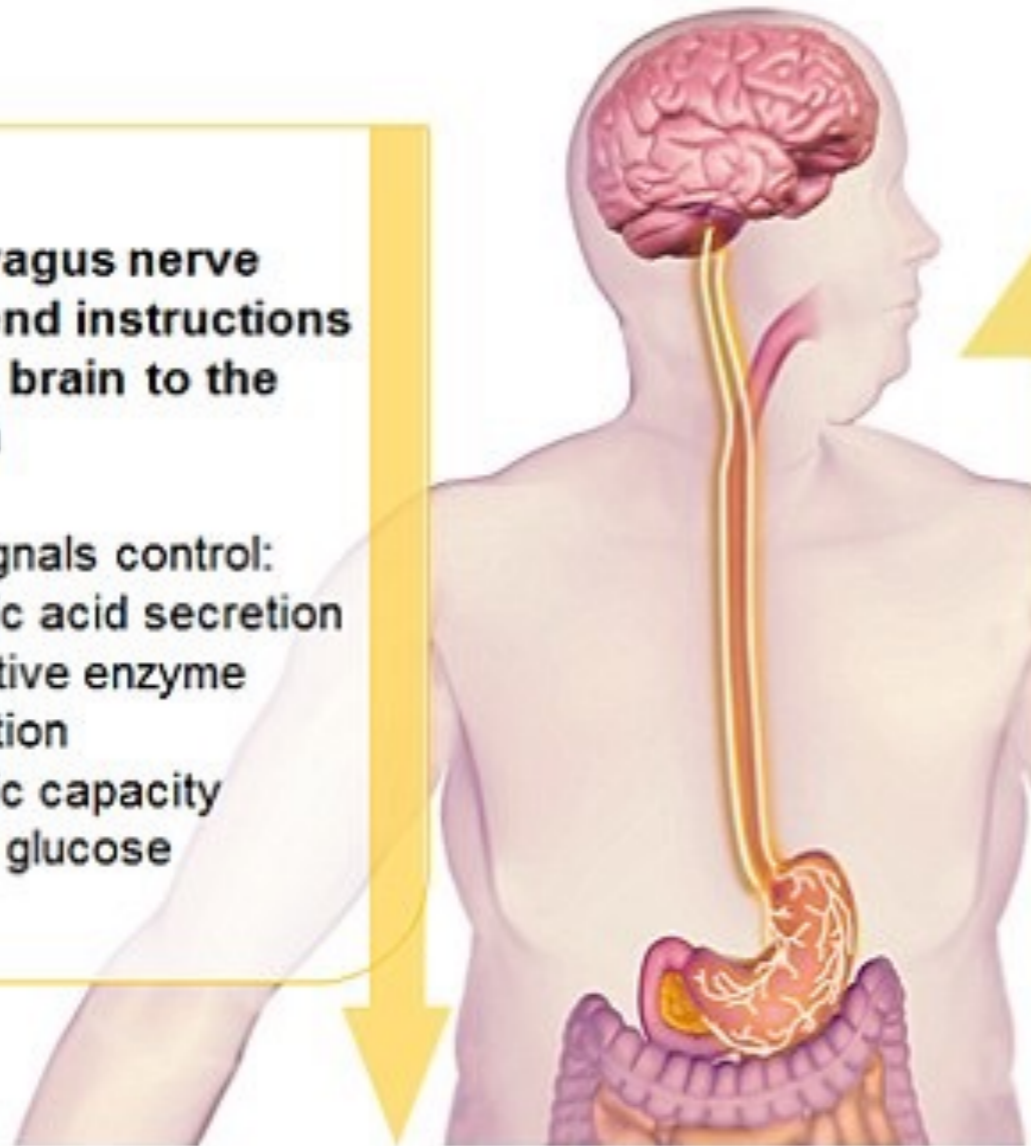
University of California San Diego

Two-Way Communication

20% of vagus nerve fibers send instructions from the brain to the stomach

These signals control:

- Gastric acid secretion
- Digestive enzyme secretion
- Gastric capacity
- Blood glucose



80% of vagus nerve fibers send instructions from the stomach to the brain

These signals control:

- Satiety (Hunger)
- Satiation (Fullness)
- Energy Metabolism

Gut-Brain Research

How the gut and the brain communicate:

- ◆ Directly through the vagal nerve (PSNS)
- ◆ “Educated” circulating immune cells
- ◆ Metabolites (from gut bacteria) that circulate into certain parts of the brain that affect behavior

Gut-Brain Research

- ◆ The gut (enteric nervous system) has more neurons than the entire spinal column.
- ◆ Gut bacteria have an impact
 - ◆ on the immune system
 - ◆ the development of the neuroendocrine system
 - ◆ the metabolic system
 - ◆ and likely much much more

Head Down

- ◆ Complex feelings > can generate anxiety
- ◆ Causing striated muscles to tense
 - ◆ Shoulder tension, headaches, etc.
- ◆ Or smooth muscles to tense
 - ◆ Gut symptoms like IBS, nausea, etc.

Bottoms Up

- ◆ Probiotics have shown an affect on the brain through MRI scans
 - ◆ Affects how the brain regions are connected
 - ◆ Increases the number of connections
 - ◆ Microbes in gut activate multiple brain regions not just emotional region when performing emotional tasks.

Microbiome is heavily influenced by your environment

- How many different kinds of plants you eat every week
- Hours of sleep
- Exercise
- Stress
- Connection to soil microbes
- Indoor environment
- People with more connections between inside and outside tend to suffer less from allergies and AI diseases



The Microbiome

Micro-Organisms in our gut secrete a profound number of mood regulating neurotransmitters like:

- ◆ Dopamine
- ◆ Serotonin
- ◆ GABA

The Microbiome

Probiotics can have an affect on **MANY** mental health issues like:

- ◆ Anxiety
- ◆ Depression
- ◆ OCD
- ◆ Mania

Raw Milk

A Campaign for *Real Milk*

PASTURE-FED UNPROCESSED FULL-FAT

Americans!

Go for the
Real Thing!

Boycott counterfeits!

Vote with your
pocketbooks!

Join A Campaign for

Real Milk



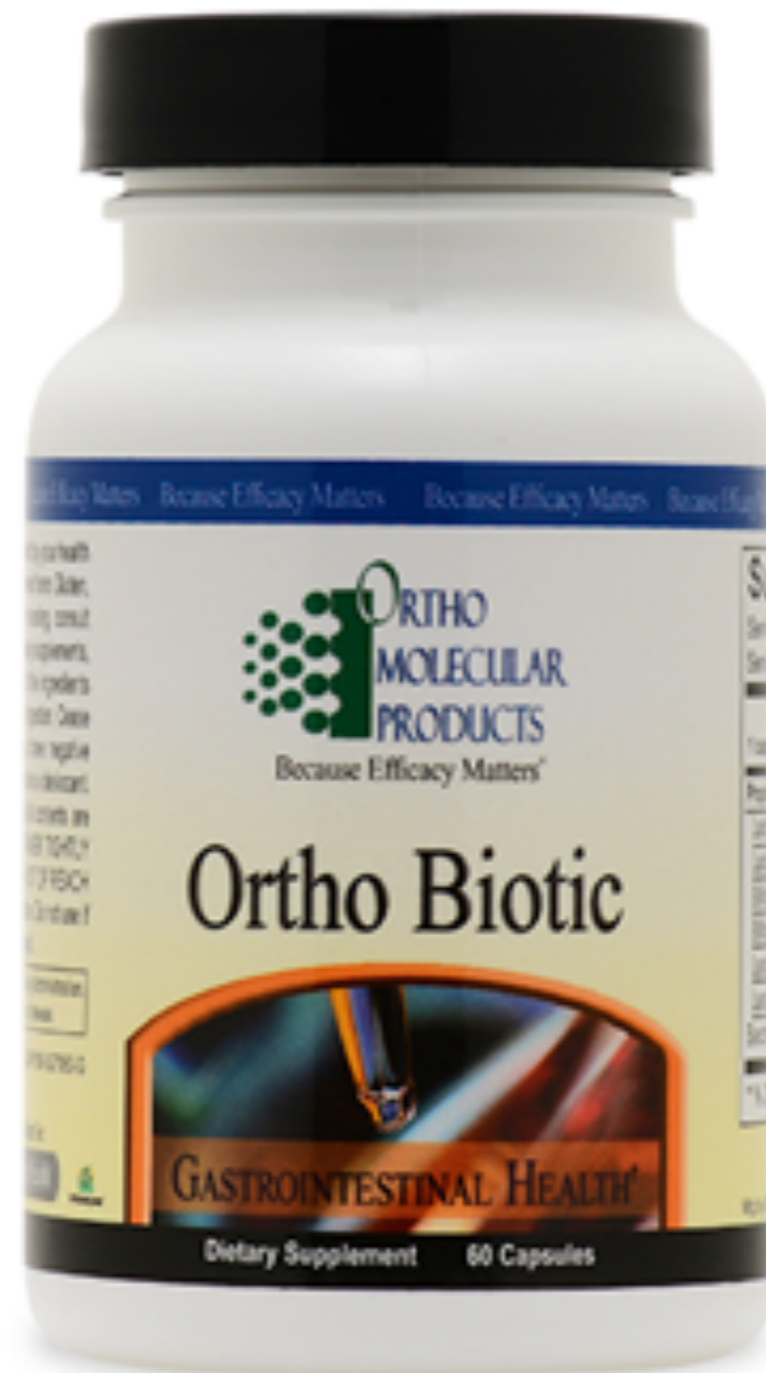
Enter here
to find out
more about

Real Milk

Kombucha



Very
unregulated
industry- quality
is important,
research your
brand or get it
through a
practitioner.



The Microbiome

Diseases that show up in certain gut flora patterns:

- ◆ Obesity
- ◆ Colon Cancer
- ◆ rheumatoid arthritis
- ◆ Autism, depression & multiple sclerosis (mouse studies)

Our Old Friends

- ◆ Lactobacillus rhamnosus: Anxiolytic affect reduce anxiety
- ◆ Bifidobacteria: reduced anxiety in patients with IBS
- ◆ Lactobacillus: reduced anxiety in some w/ CFS and boosted common cognitive deficits in others.

A Matter of the Mind

The Numbers

- ◆ 100 Billion neurons in the brain
 - ◆ Each is connected to 10-100,000 others
 - ◆ that's more synapses than stars in our galaxy!
- ◆ They fire at 200 mph
- ◆ We have 60,000 thoughts a day

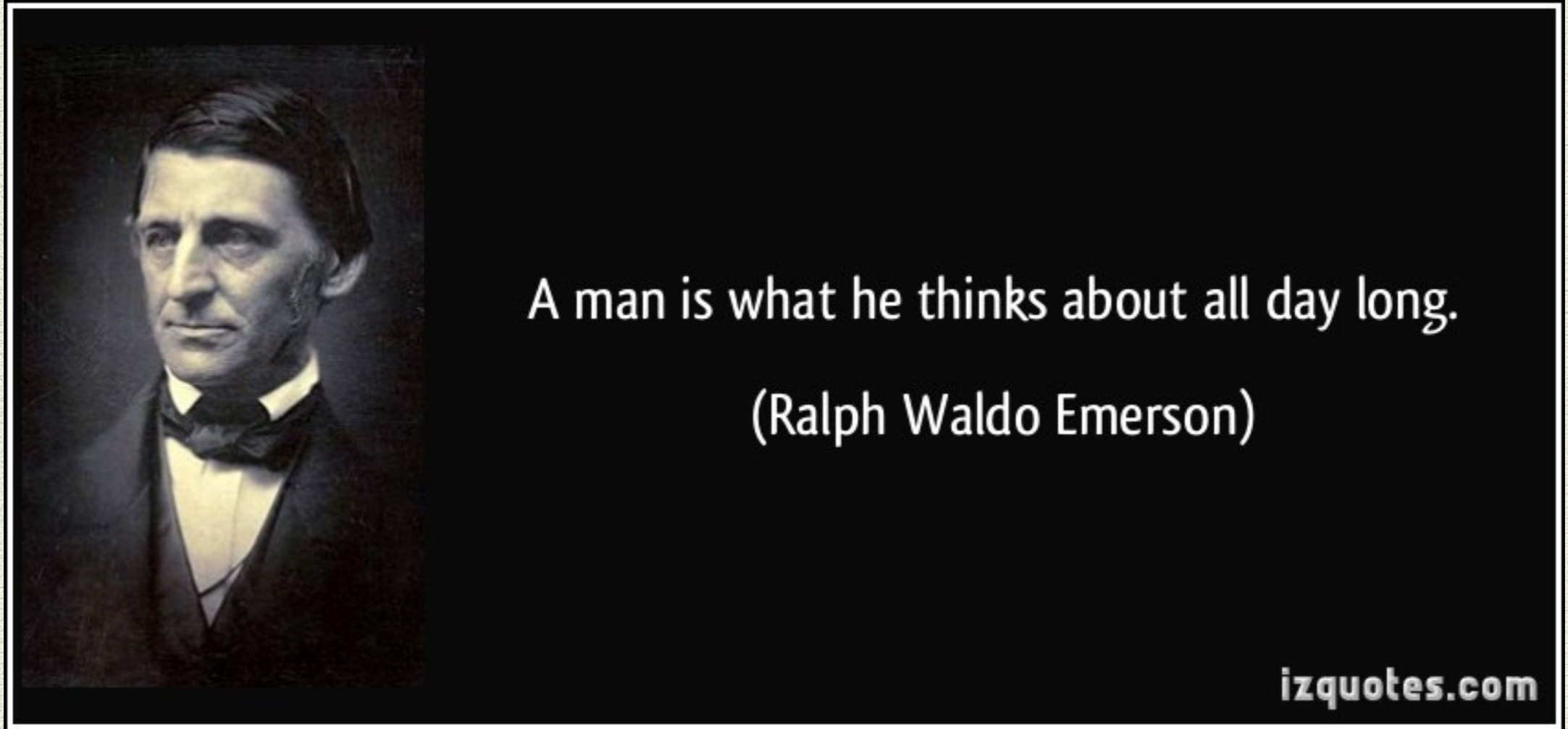


Your Mind is a Fertile Field

Plant Nothing and you will reap nothing.
Plant sticker burrs and you will get LOTS of them.
Plant nourishing thoughts and you will feast!

What Do You Want to Plant?





A man is what he thinks about all day long.

(Ralph Waldo Emerson)

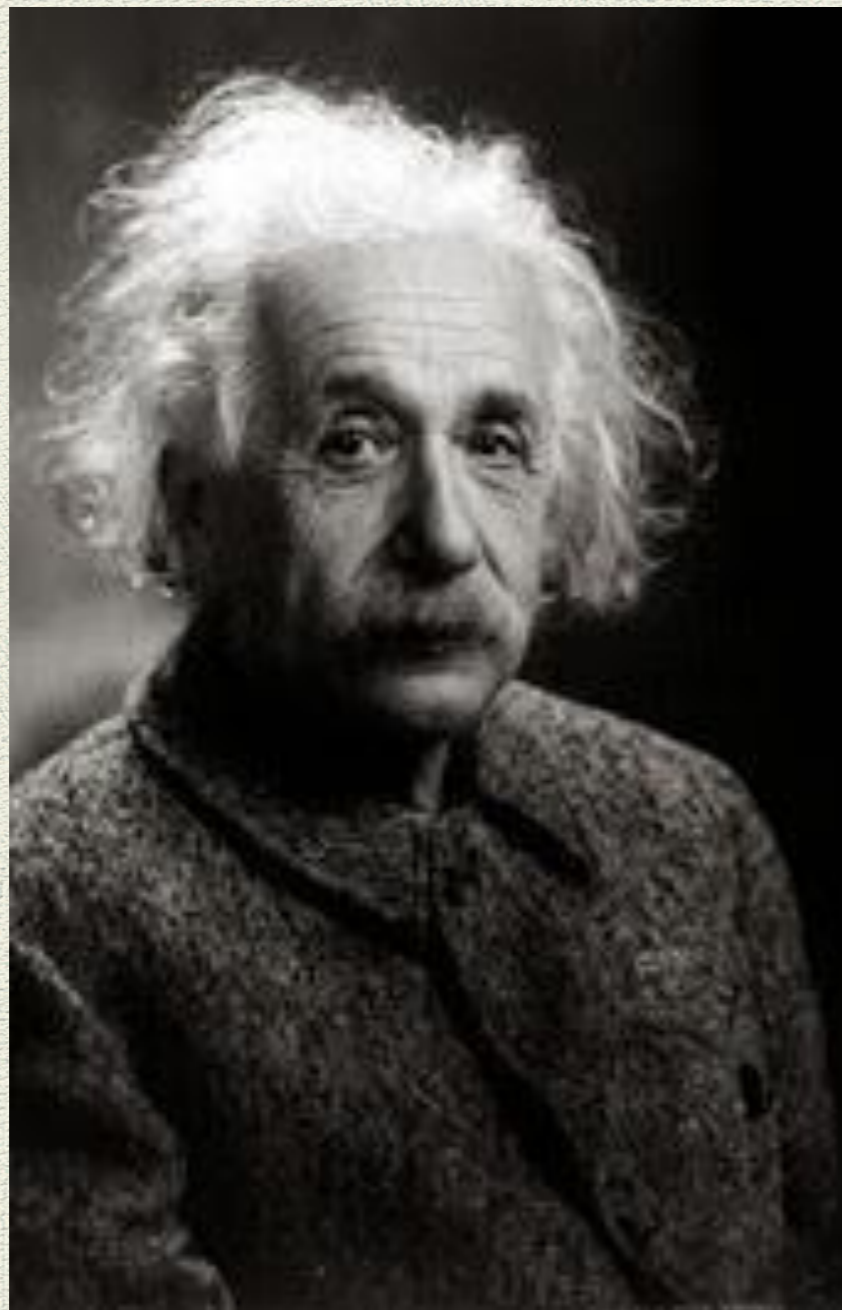
izquotes.com



Become aware of what you
are thinking.

SO... Think in Positive Terms for Positive Results!
Plant the seeds of what you want to see grow.
~Everything starts in the mind~





The intuitive mind is a sacred gift
and the rational mind is a
faithful servant.

We have created a society that
honors the servant and
has forgotten the gift.

— Albert Einstein

“The mind is a wonderful servant,
but a terrible master.”

-Robin Sharma

Your mind has INCREDIBLE power



OVER YOU

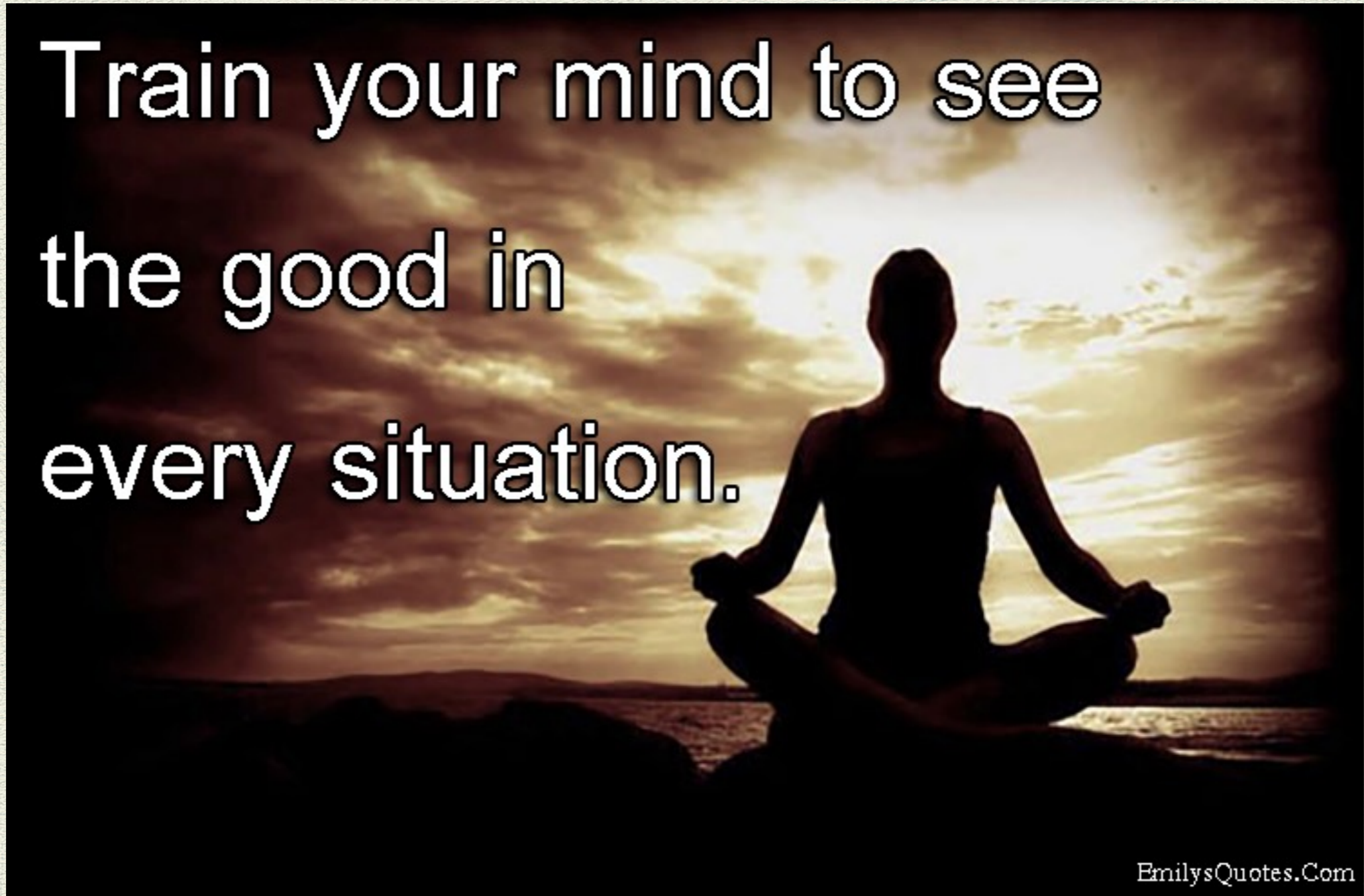
IF You don't harness it.

But if focused
and directed
you can have
anything that
you want!

There are two wolves inside of you. One makes you strong and one makes you weak. Which wolf will you feed?



Train your mind to see
the good in
every situation.



EmilysQuotes.Com

Circumstances are neutral, you decide how you interpret them.

Train Your Brain

Know where you are going
and what you want

Write these things down

Take small but consistent
actions towards your goal



Train Your Brain

- ◆ Out of 60,000 thoughts per day...
- ◆ 95% of them are the same as yesterday's thoughts.
- ◆ And 80% of them are **NEGATIVE**.
- ◆ That's 45,000 negative thoughts a day.



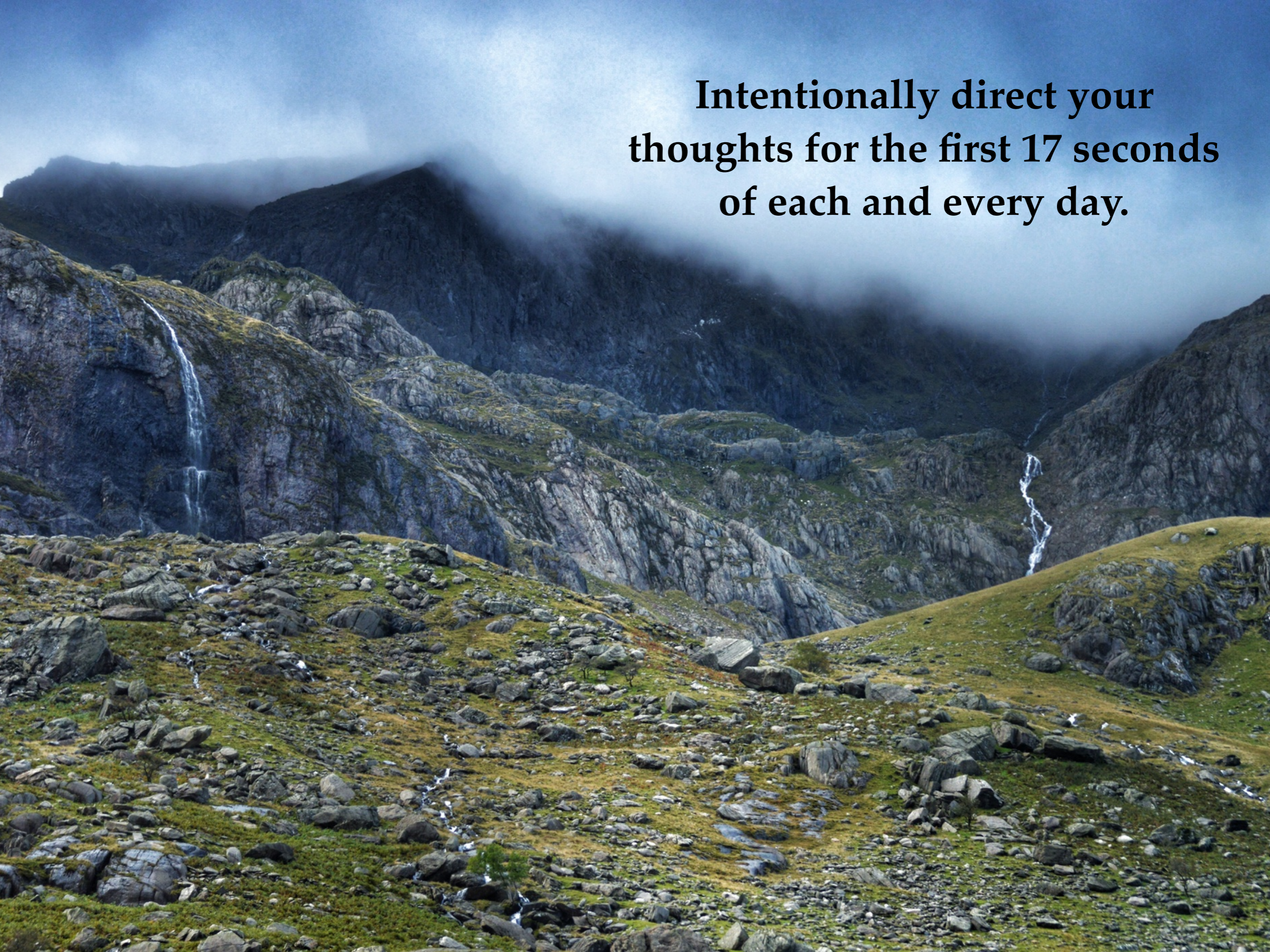
Speak to yourself as if you were speaking to someone else.

Would you say that to your friend?

THEN DON'T SAY IT TO YOURSELF



**Intentionally direct your
thoughts for the first 17 seconds
of each and every day.**



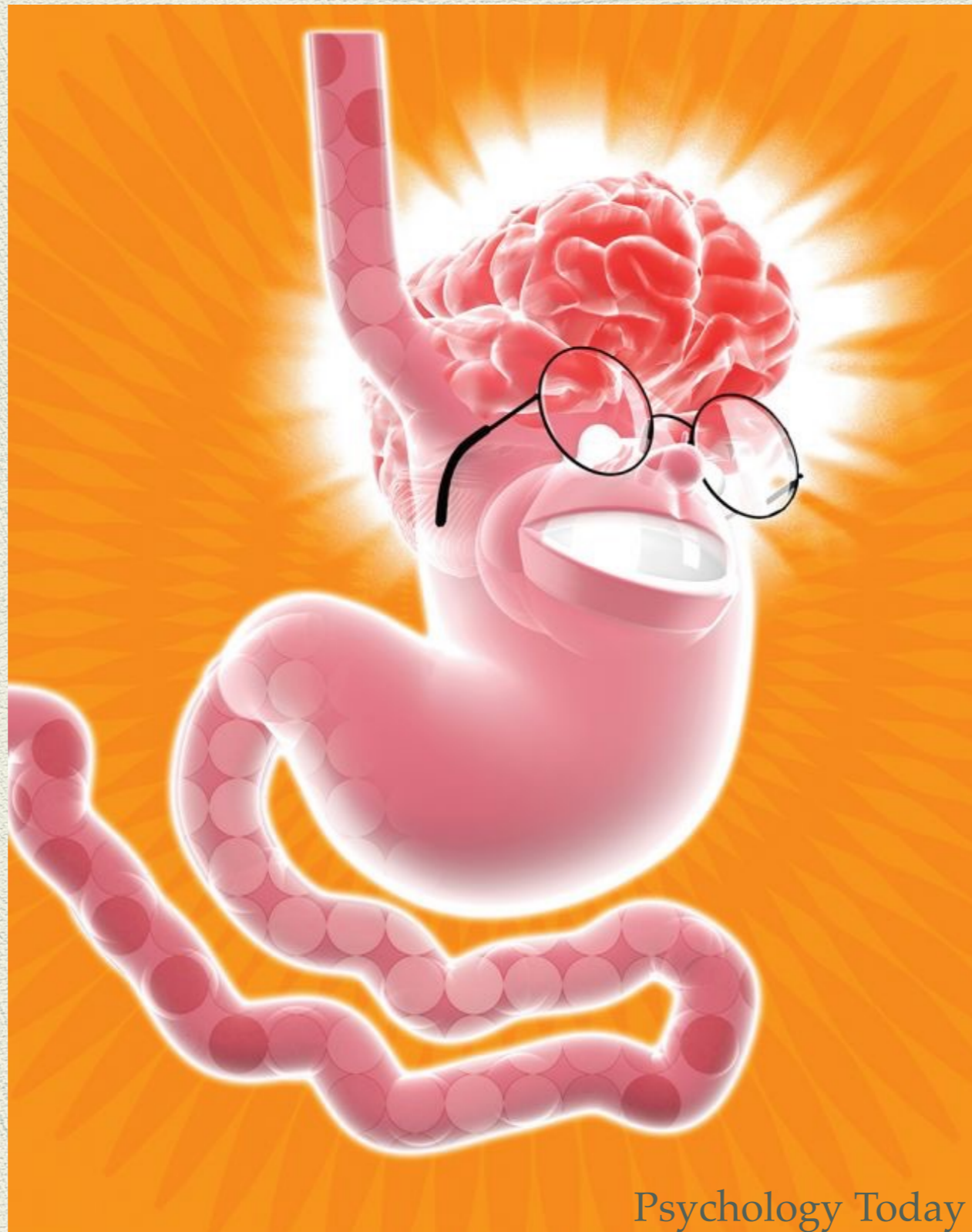
Rich and Valuable Foods

+

Rich and Valuable Thoughts = Rich and Valuable Life!



What's good for the Gut is good for the Brain



Psychology Today

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