

Diabetes, Inflammation, Metabolic Syndrome - Eating Lightly

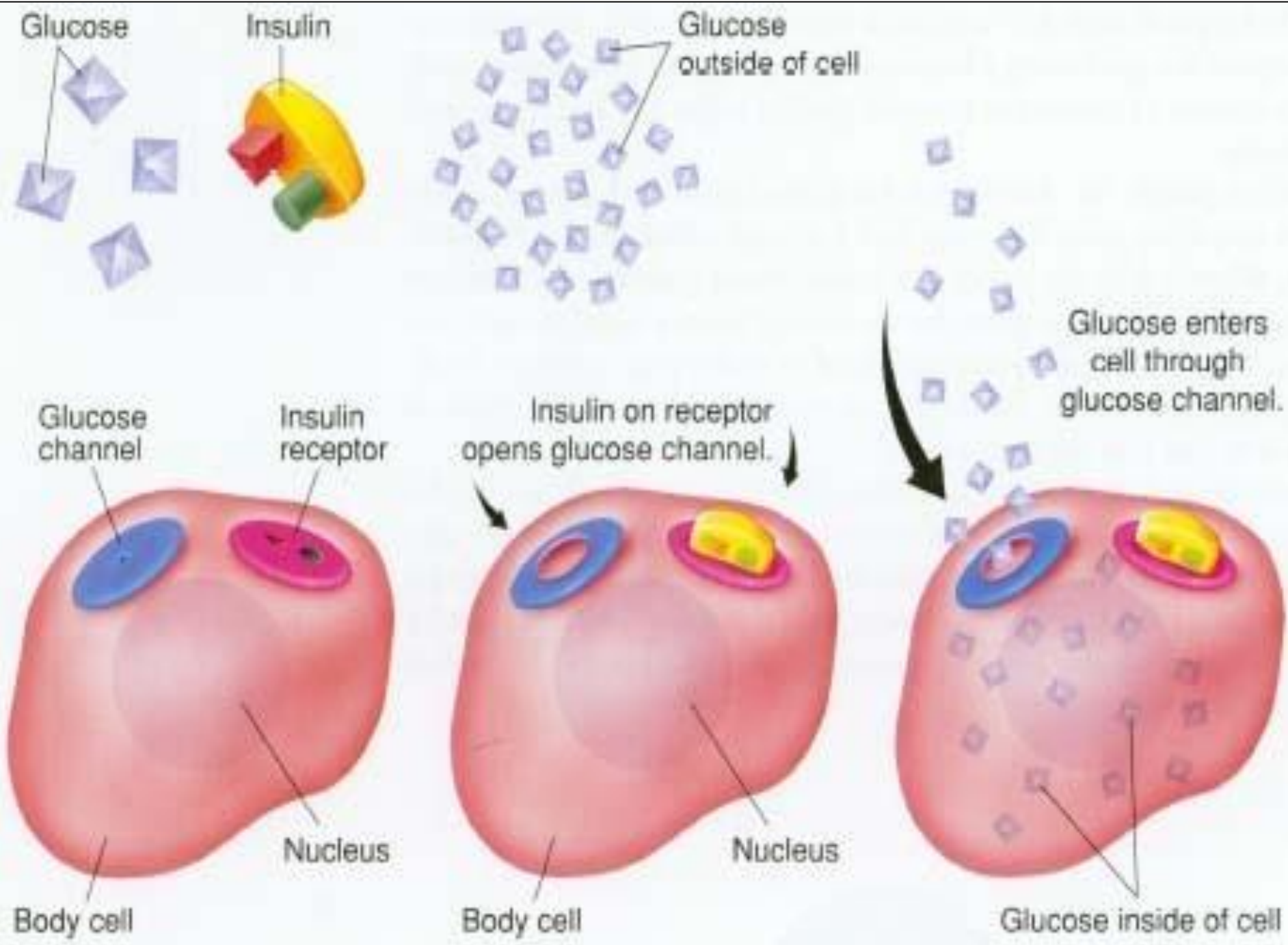


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Common

denominator:

Increased insulin –

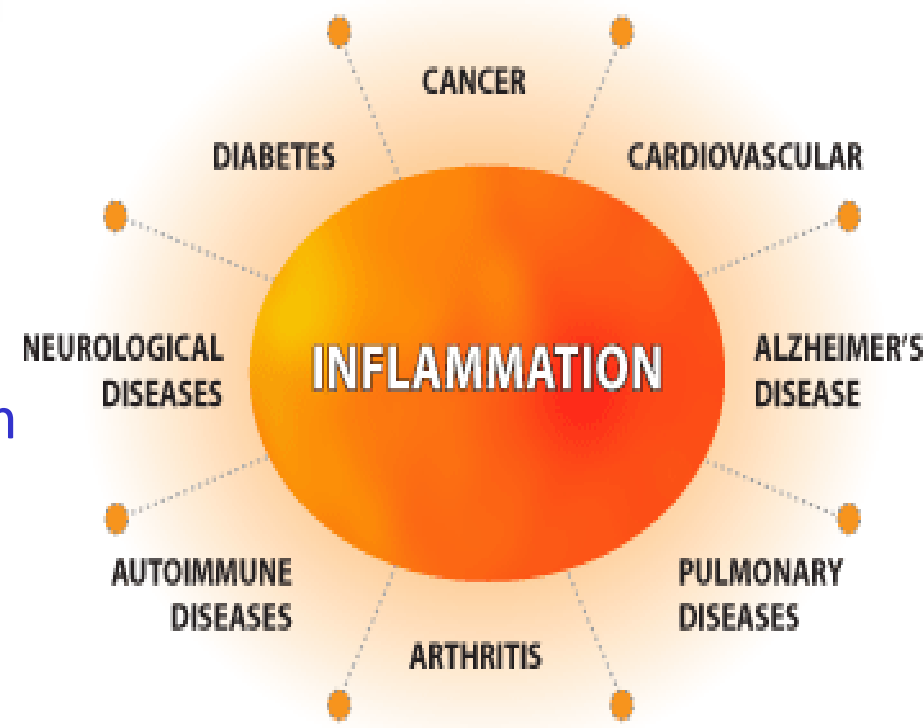
Insulin resistance!

Inner milieu:

Stressful!



Definition: local response cellular injury - capillary dilatation, leukocytic infiltration, redness, heat, pain, swelling, loss of function - mechanism initiating elimination of noxious agents, damaged tissue. **Built-in natural STOP! Problem: Renegade fire of ongoing inflammation!**



Metabolic Syndrome

- Waist circumference:
abdominal circumference > 102 cm men, > 88 cm women.
- Triglycerides: 1.7mmol/L or >
- HDL: < 1.0 mmol/L men; < 1.3 mmol/L women.
- Blood pressure : 130 mmHg systolic; 85mmHg diastolic or >
- Fasting glucose >5.5 mmol/L
- Insulin resistance



- 2010 - 150 million people diagnosed with metabolic syndrome
- 20% actually diagnosed - utmost importance of regular health, wellness screenings
- Increase to 300 million by 2030
- Compare: 35 million HIV+ people globally, 22 million of those in Africa
- Metabolic syndrome much bigger health challenge - integrative medical and wellness solutions essential

Statistics

MetS prevalence



Number of adults with metabolic syndrome

Source: American College of Preventive Medicine



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Secret to Longevity: Eating Lightly, Featherheart Living

Sunlight, vitamin D, fresh, raw, wellness food garden,
intermittent fasting



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Intermittent



Fasting



5 Intermittent Fasting Methods



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Eat a Rainbow for Health!

- RED** improves heart and blood health and supports joints
- ORANGE** prevents cancer and promotes collagen growth
- YELLOW** helps your heart, vision and immune system
- GREEN** powerful detoxers, fights free radicals, and improves immune system
- BLUE/PURPLE** improves mineral absorption, powerful anti-oxidants
- WHITE** activates our natural killer cells and reduces cancer risk

rawforbeauty.com



Gardening is Cheaper than Therapy and You Get Tomatoes



Food as Medicine: Antioxidants

Vitamin B12

Beef (Grass-Fed)

Beef Liver

Salmon (O3, Vit D)

Haddock

Trout

Milk

Vitamin C

Kiwi

Strawberry

Orange

Grapefruit

Mango

Bell Peppers

Raspberries

Vitamin E

Turnip Greens

Spinach

Broccoli

Almonds

Peanuts

Olive Oil

Papaya



Feel good / long life: Serotonin, Dopamine

- Rice, potato, pasta
- Bananas, hot peppers
- Legumes/beans
- Walnuts, almonds
- Sesame, pumpkin seeds
- Negative ionizer bedroom
- Exercise, making love
- Kissing: oxytocin
- 10-20 minutes sunlight per day - early am, late afternoon
- 5 HTP, St John's wort
- Oils: lavender, rose, orange blossom
- Feelings of peace, joy, bliss



Cortisol (i.e. STRESS!) Reducing Foods



**Wild Salmon
for Omega 3 Fatty Acid**

Omega 3 is known to have a calming effect on the nervous system. The fatty acids EPA and DHA found in Omega 3 is believed to reduce mental stress. Omega 3 is known to reduce inflammation & oxidative stress in the body.



**Citrus Fruits
for Vitamin C**

Vitamin C provides a subtle cortisol-lowering effect. Increase your intake of oranges, bell peppers and dark green leafy vegetables to boost your Vitamin C level and reduce cortisol.



**Green Tea
for L-Theanine**

This essential nutrient is almost exclusively found in green tea. Theanine can cross blood-brain barrier and cause relaxation without feeling drowsy. While green tea contains caffeine, researchers believe that its theanine content is so effective that it can override the effect of caffeine and end up reducing cortisol levels.



**Cheese
for Glutamine**

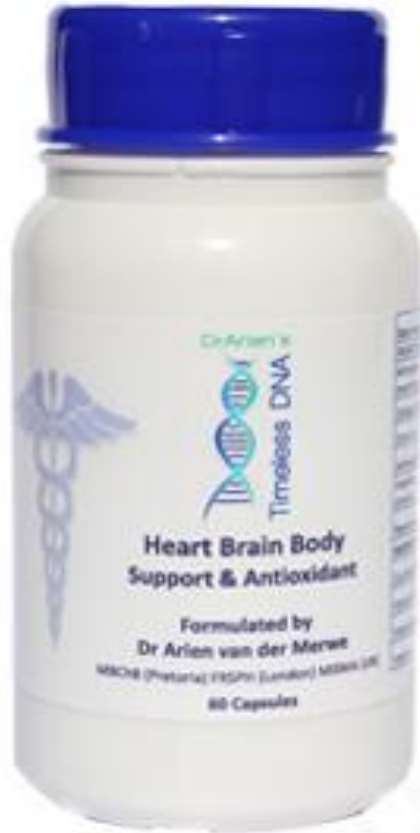
Glutamine is the most common amino acid in muscle cells and help preserve the muscles by managing cortisol levels. Also, it provides other benefits such as increase in protein synthesis and enhanced immune function.



**Soybeans
for Phosphatidylserine**

PS is a known cortisol blocker, removing toxins from cells and driving nutrients into.

Antioxidants



- Abnormal glucose metabolism in diabetics - lots of free radicals due to oxidative stress – inflammation!

One of factors that leads to many of the side effects of diabetes

- Antioxidants most important supplements for high / low blood sugar levels



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Herbal remedies

- **Gymnema sylvestre:** enhances blood sugar control, assists regeneration pancreas tissue
- **Cinnamon:** reduces serum glucose, TGL, LDL cholesterol, total cholesterol levels type 2 DM
- **Fenugreek:** reduce fasting blood glucose levels type 2 DM, improve glucose tolerance
- **Bilberry:** treatment for diabetes in adults, eye prot.
- **Milk thistle:** lower blood glucose, decrease complications of diabetes. Supports detoxification liver



Regular physical activity

Wellness definition of fitness:

- Ability to meet the needs of your lifestyle with ease
- Exercise improves insulin sensitivity in muscles, better glucose uptake, more energy/fuel in muscles, drop in blood glucose levels



Do something you enjoy – many health benefits:

- Dance, yoga, swimming, tai chi, walk, PlayFunFitness
- Music & mood
- Healthy spine, core: pelvis, chest, head

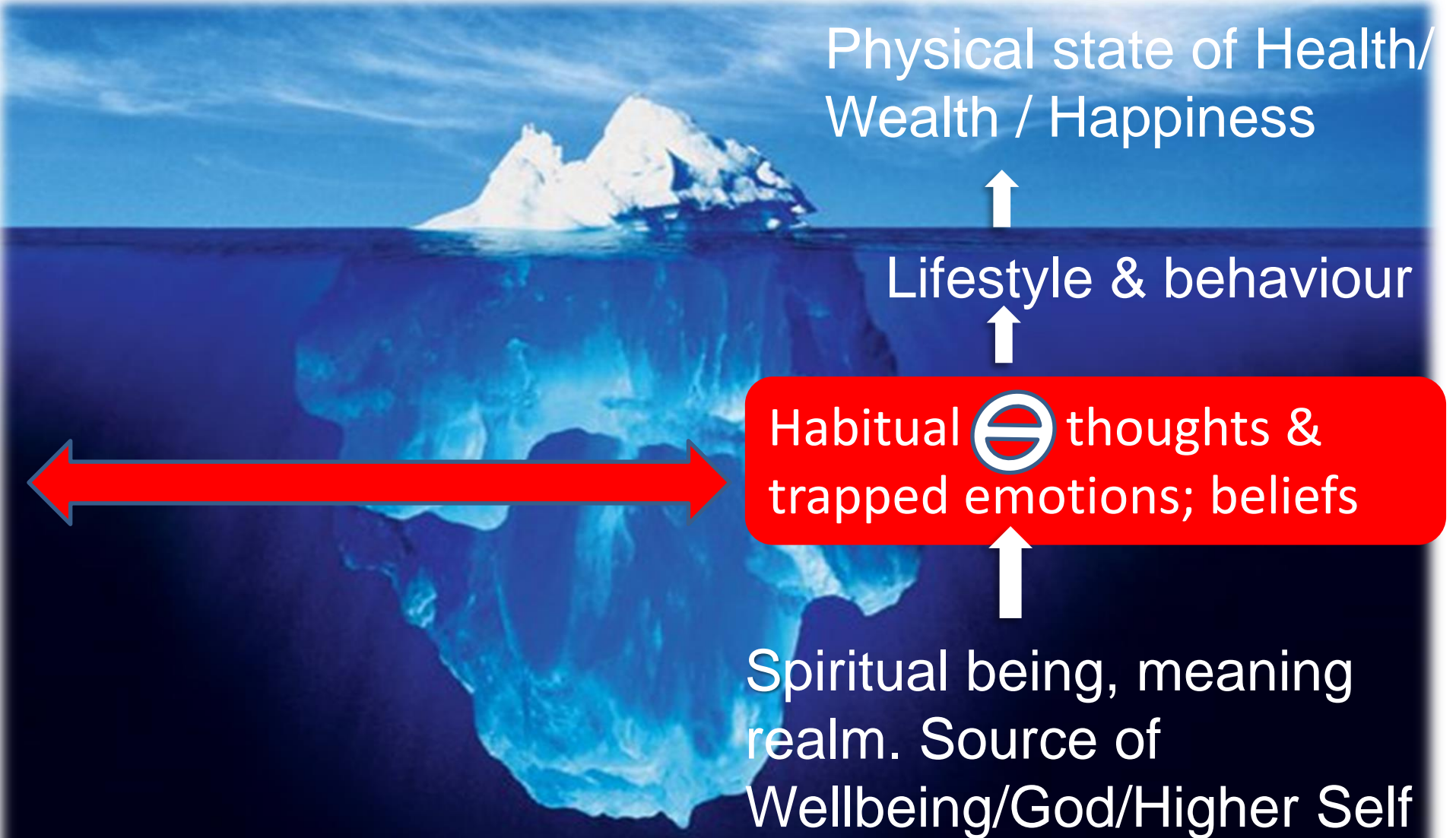


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Adapted Iceberg Model



Support

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• **New book: Managing Diabetes and Related Health Challenges**

- **Human & Rousseau Sept. 2015**

• **Weight Control Clinic – since 1974 – specialising in insulin, glucose metabolism**

• **Screening for diagnosis**

• **Support group sessions**

• **Exercise classes – correct exercise essential!**



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