

Prevent, Arrest
and Reverse
Heart Disease,
Cancer &
Diabetes

Sharing the good
news!



Agenda

- Current Approach
- Future Solution – The good news!
 - Prevent, Arrest and Reverse Heart Disease
 - Prevent, Arrest and Reverse Cancer
 - Prevent, Arrest and Reverse Diabetes

Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

Current State of Health

- Americans are in trouble
 - 2/3 of Americans are overweight or obese
 - Every 52 seconds an American dies from Heart Disease (more than 140 people will have died during this presentation)
 - Some research estimates that the lifetime risk of acquiring cancer is 1 in 2.
 - Nearly 50% of Americans have pre-diabetes or diabetes



Most deaths are preventable and related to nutrition

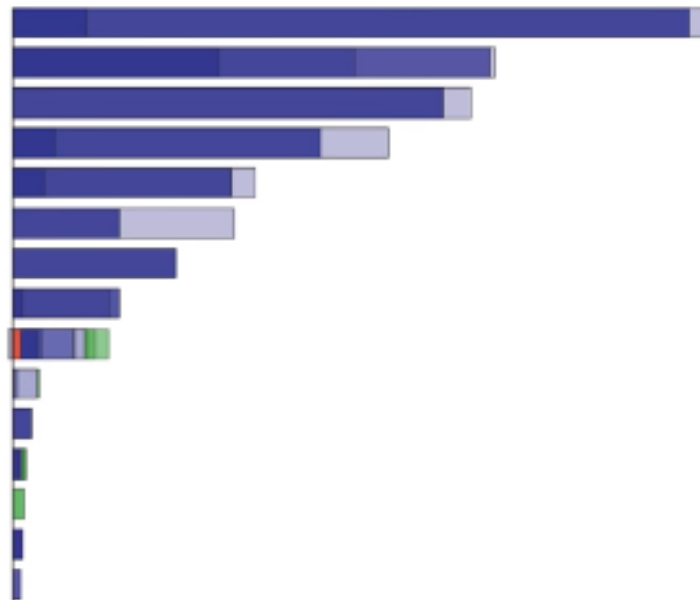
Figure 3. Number of Deaths and Percentage of Disability-Adjusted Life-Years Related to the 17 Leading Risk Factors in the United States in 2010 for Both Sexes Combined

A Risk factors and related deaths

Risk Factors

Dietary risks

- Tobacco smoking
- High blood pressure
- High body mass index
- Physical inactivity and low physical activity
- High fasting plasma glucose
- High total cholesterol
- Ambient particulate matter pollution
- Alcohol use
- Drug use
- Lead exposure
- Occupational risks
- Low bone mineral density
- Residential radon
- Ambient ozone pollution



Diseases and injuries

- Intentional injuries
- Unintentional injuries
- Transport injuries
- Other noncommunicable
- Musculoskeletal disorders
- Diabetes/urogenital/blood/endocrine
- Mental and behavioral disorders
- Neurological disorders
- Digestive diseases
- Cirrhosis
- Chronic respiratory diseases
- Cardiovascular and circulatory diseases
- Cancer

Prevent, Arrest and Reverse Heart Disease, Cancer & Diabetes



Prevent, Arrest and Reverse Heart Disease

- Caldwell Esselstyn, MD
- Whole food plant based food with absolutely no oil, nuts, avocados to reverse heart disease.
- Must read - Prevent and Reverse Heart Disease
- <http://www.dresselstyn.com/site/>



Prevent, Arrest and Reverse Cancer

- Colin Campbell
- Whole food plant based low in nuts and seeds and no processed foods.
- Must read - The China Study
- www.nutritionstudies.org

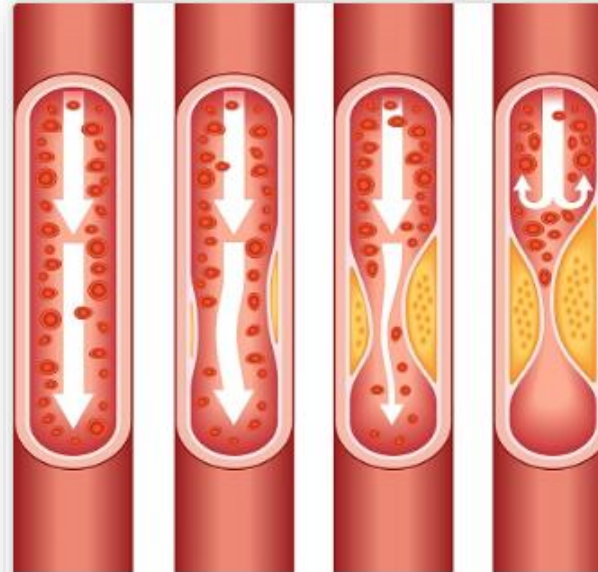


Prevent, Arrest and Reverse Diabetes

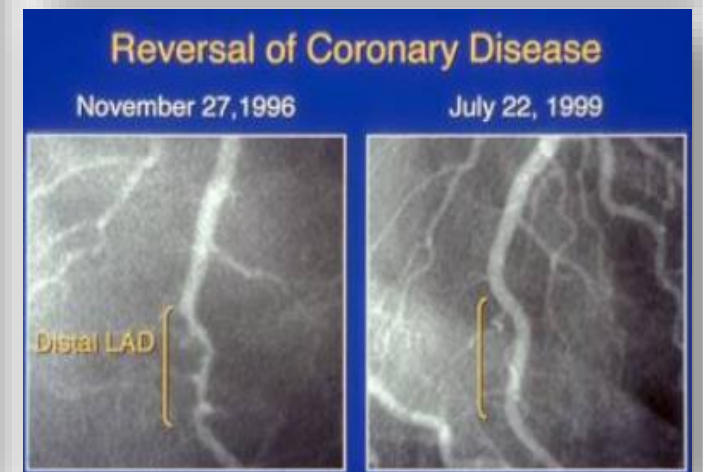
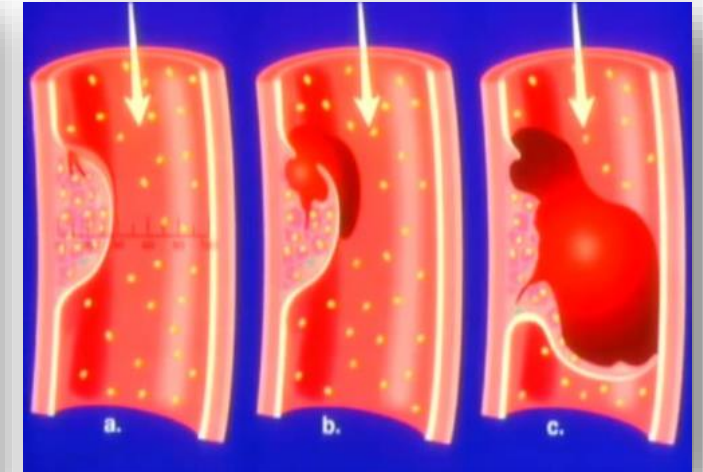
- Neal Barnard, MD
- Whole food plant based
- Must read - Dr. Neal Barnard's program for diabetes reversal
- www.pcrm.org

Heart Disease

- Cardiovascular disease (CVD) describes diseases of the heart and blood vessels, such as high blood pressure, coronary heart disease (CHD), heart failure, stroke, and congenital defects.
- Current Methods:
 - Medications
 - Bypass Surgery
 - Angioplasty
 - Stents



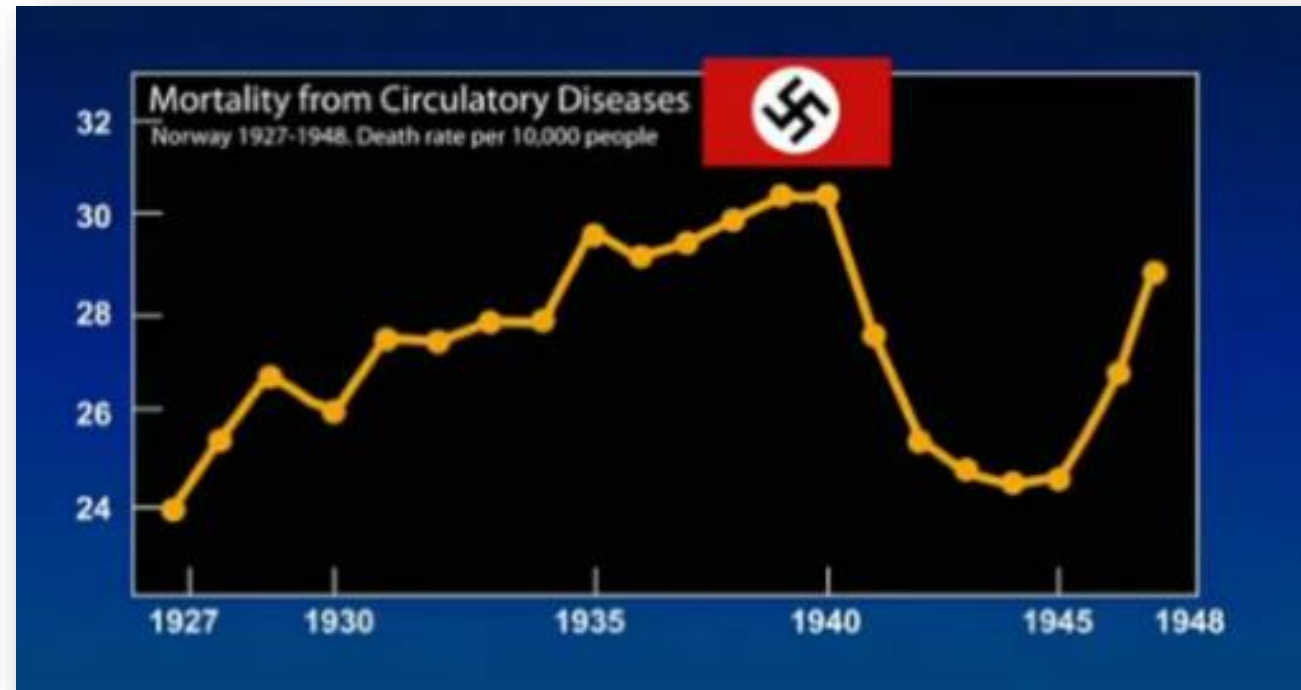
As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood. Plaques can also rupture (break open) and when they do a blood clot can form on the plaque, blocking the flow of blood.



After adopting a whole food plant based diet

Heart Disease

- In World War II the Germans occupied Norway.
- They confiscated all the livestock and farm animals to feed their soldiers.
- This forced Norwegians to consume a mostly plant based diet
- Deaths in Norway from heart disease dropped significantly.
- With the cessation of hostility in 1942 back comes the meat, the dairy as well as the strokes and heart attacks.





Make yourself heart attack proof



<https://youtu.be/EqKNfyUPzoU>

Heart Disease (Cause = Cure)

- Good News - You can prevent, arrest and reverse heart disease by:
 - Avoiding tobacco
 - Cutting back on or eliminating saturated fats and cholesterol intake
 - Reducing low-density lipoproteins (LDL) by avoiding cholesterol and saturated fat
 - Reducing triglycerides through healthy nutrition
 - Reaching and maintaining a healthy weight
 - Exercising regularly and improving your physical activity
 - Eliminating type 2 diabetes and improving control of type 1 diabetes
 - Eliminating high blood pressure
 - Reducing or managing stress

How not to die from Heart Disease



HOW NOT TO DIE FROM Heart Disease



Michael Greger M.D.

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Cancer

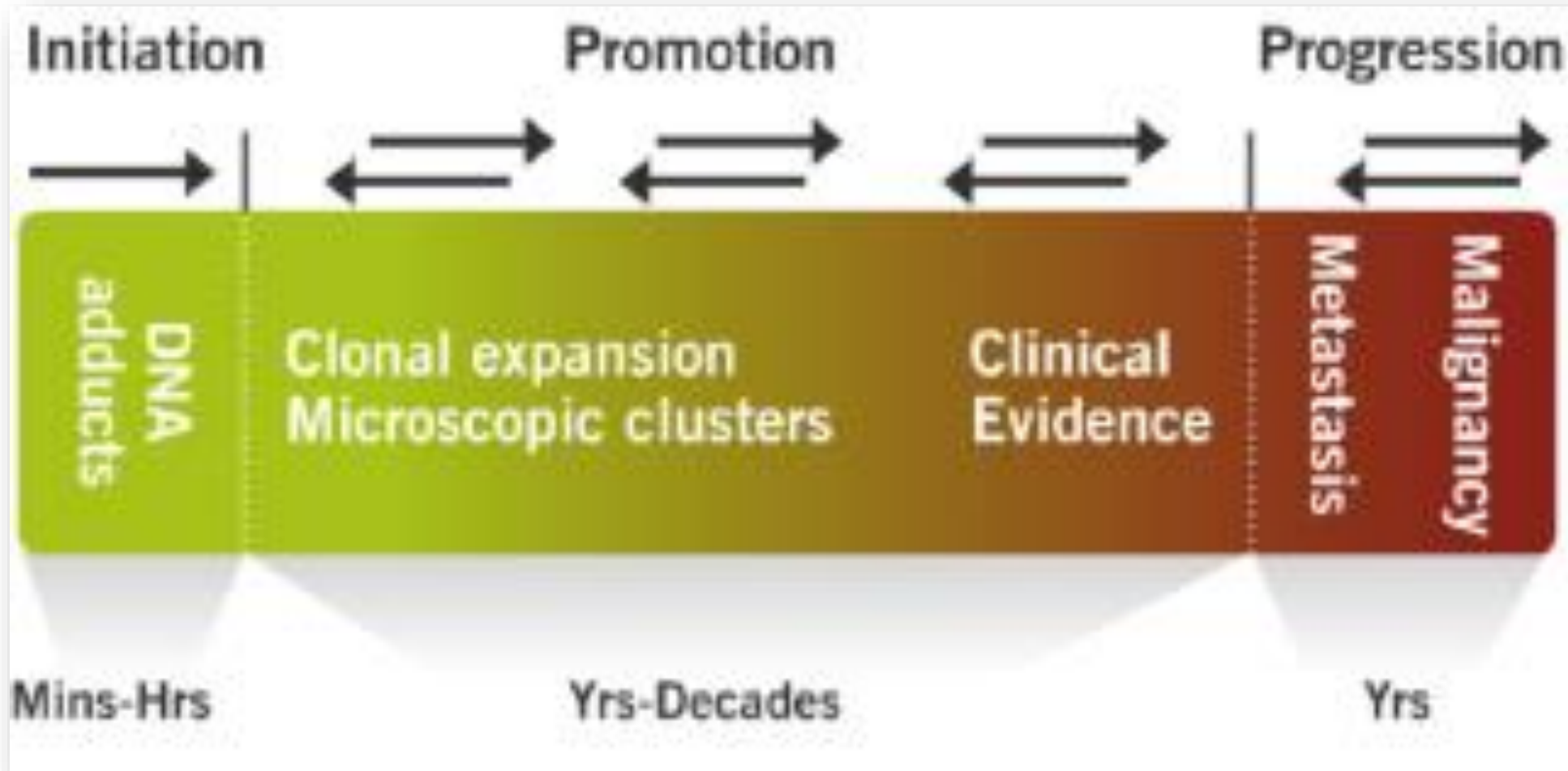
- Uncontrolled growth and abnormal cellular development results in neoplasm. Benign tumors are harmless and consist of ordinary looking cells enclosed in a fibrous shell or capsule that prevents them from spreading. Malignant tumors are not enclosed in a shell and can spread to other organs in a process called metastasis. Malignant cells disrupt RNA and DNA, producing mutant cells.
- Current Methods:
 - Surgery
 - Chemotherapy
 - Radiation

Link between dairy protein, casein and cancer



<https://youtu.be/xEWAf6sOGv0>

Cancer



Cancer

- **Initiation:**

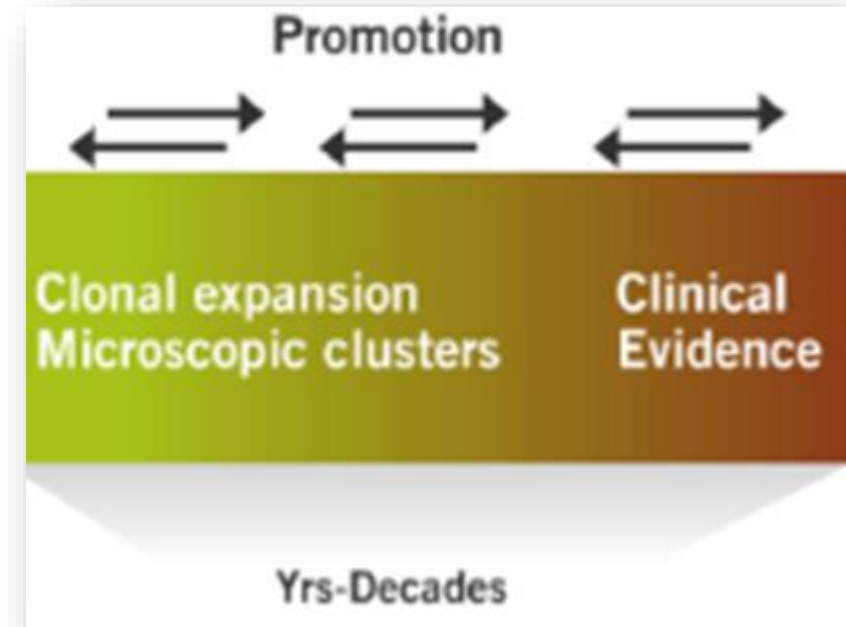
- Chemicals capable of causing cancer (i.e. carcinogens) are consumed, absorbed, then enzymatically converted to products that are excreted from the body.
- A very small amount of the chemical is converted to a highly reactive product that attacks and converts normal genes (DNA) to “cancer” (i.e. damaged) genes (mutation)



Cancer

- **Promotion:**

- Future generations of initiated cells (clones of first cell) continue to multiply as years pass. If conditions are right.
- Early in the promotion stage, these cells begin to cluster together to form foci that often may be seen microscopically
- Promotion is reversible



Cancer

- **Progression:**

- Clusters of “pre-cancer” cells gradually grow larger into tumors, become more active and eventually are diagnosed as cancer
- Tumors may stay at their primary site and remain benign or they may leave and invade neighboring or distant tissue (metastasis)
- Cells that are cancerous become relatively independent, aggressive and resistant to their destruction (malignancy)



Cancer (Cause = Cure)

- Acquired (lifestyle/environmental) risks include any factor or any condition that favors cancer development at any of its stages
- Good News -You can prevent, arrest and reverse cancer by:
 - Avoiding tobacco, drug and alcohol consumption
 - Cutting back on or eliminating saturated fats and cholesterol intake
 - Consume a high nutrient diet consisting primarily of whole unprocessed plant foods
 - Exercising regularly and improving your physical activity
 - Reaching and maintaining a healthy weight
 - Reducing or managing stress
 - Decrease inflammation
 - Prevent certain infectious agents
 - Avoid certain medical treatments
 - Excessive sun exposure
 - Exposure to carcinogens

Together we can Prevent Cancer!

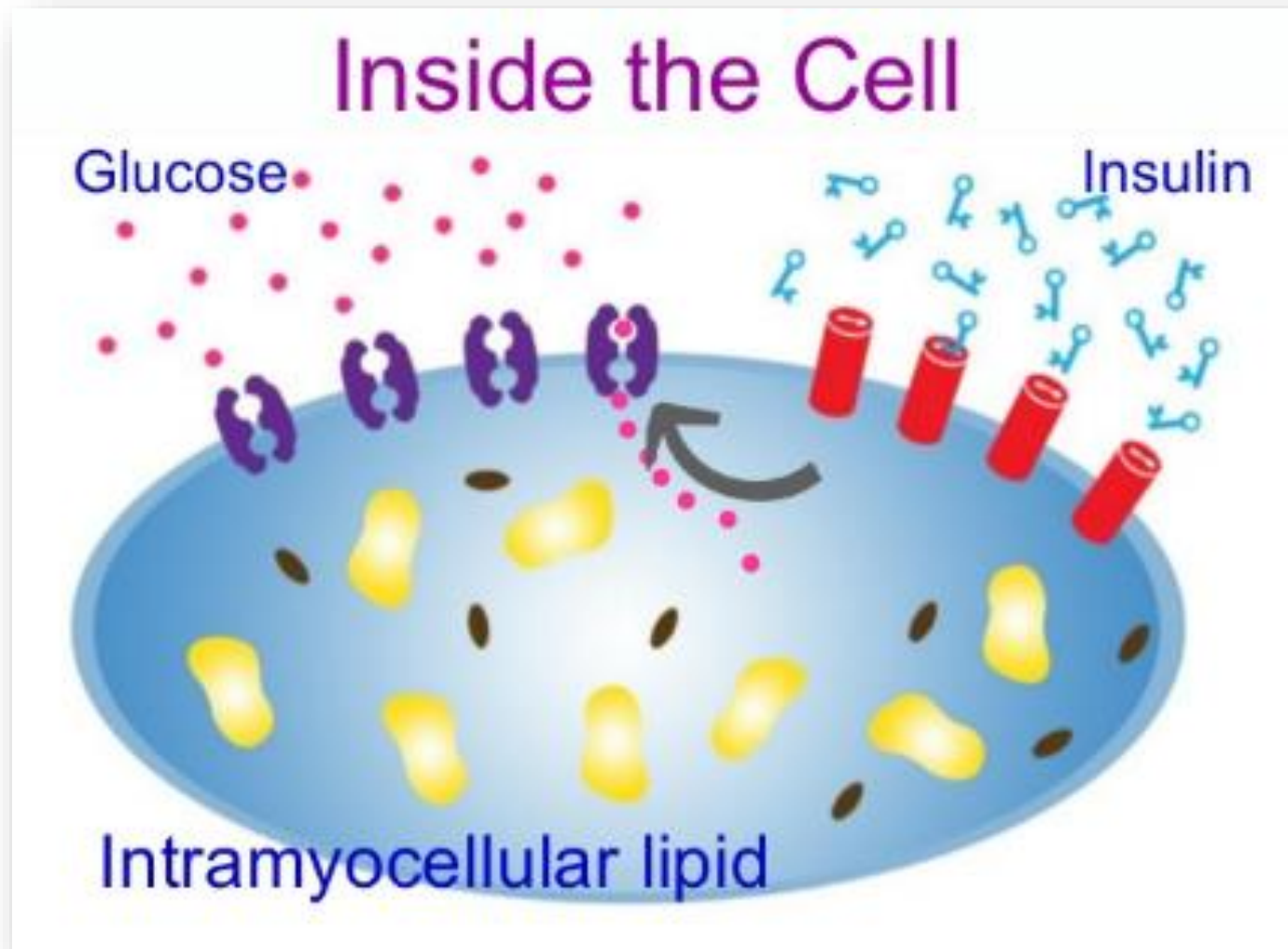


Diabetes

- Diabetes is characterized by a persistently high level of sugar (glucose) in the blood. Type 1 diabetes is an immune disorder (immune system attacks and destroys insulin-making cells in the pancreas). Type 2 diabetes is a metabolic disorder in which the pancreas does not make sufficient insulin or body cells are insulin resistant.
- **Current Methods:**
 - Medications
 - Insulin injections
 - Gastric bypass
 - Avoiding carbohydrates/ eating more fat



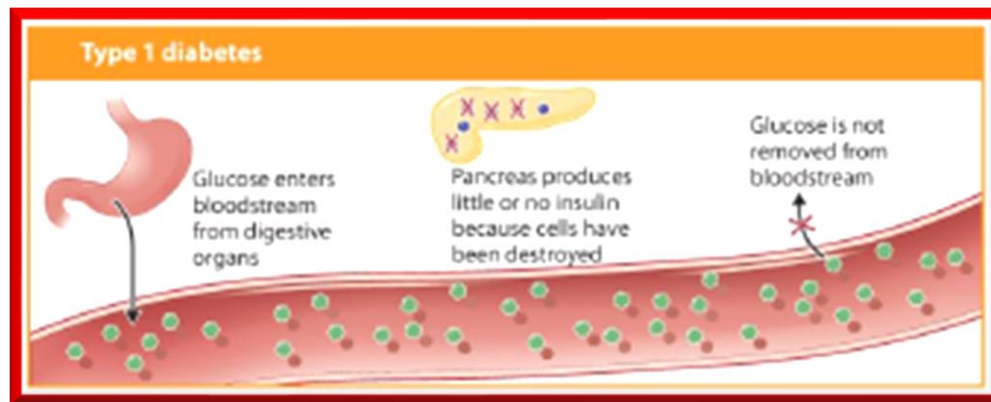
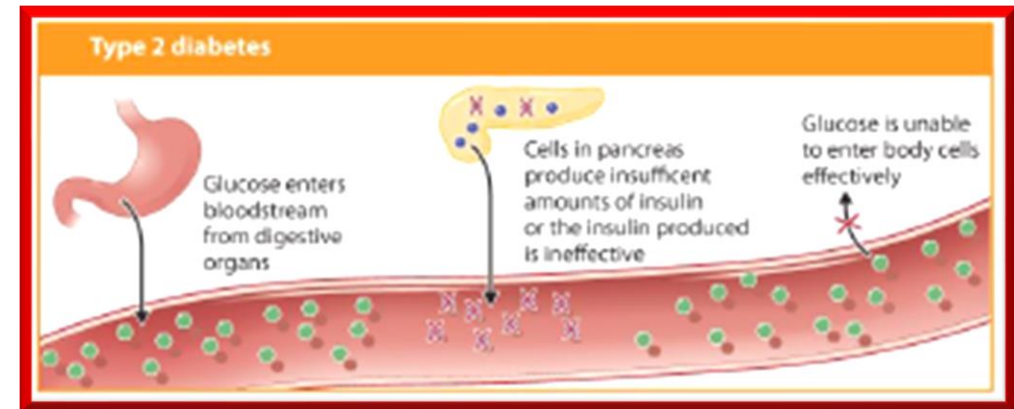
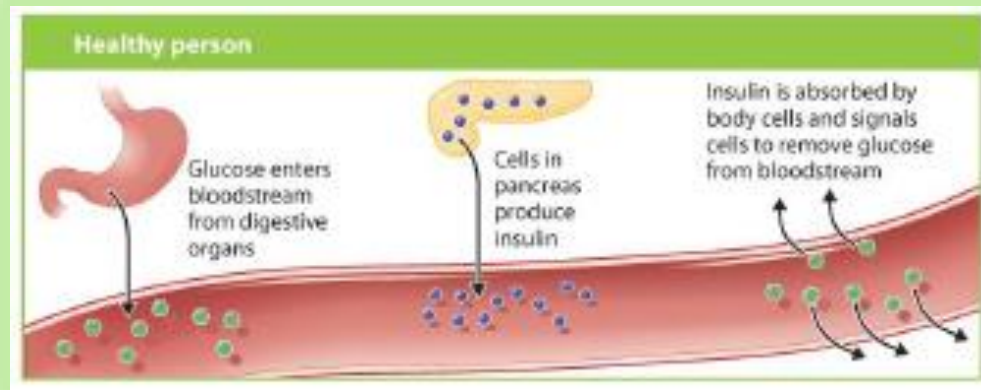
Diabetes



**True or False –
Eating
carbohydrates or
sugar causes
diabetes.**

FALSE - the real
cause of diabetes is
the build up of fat
inside the cells of
the body. When fat
builds up in muscle
or liver cells the
sugar cannot get
inside the cell.

Diabetes



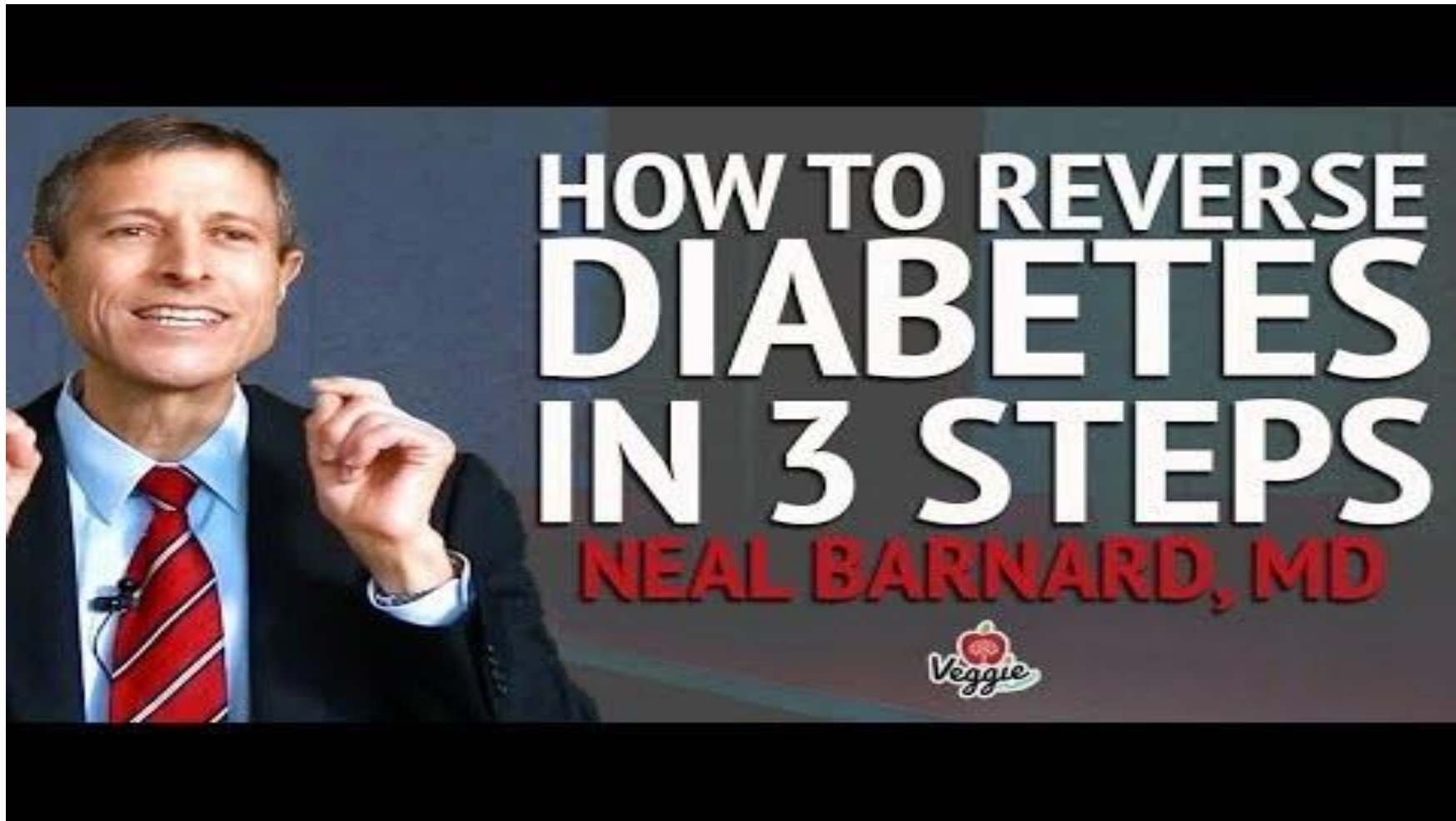
High blood glucose (sugar) is the side effect of diabetes... not the cause of diabetes. The cause of Diabetes is Insulin Resistance.

To reverse Type 2 Diabetes you have to address and decrease insulin resistance.

Diabetes (Cause = Cure)

- Good News - You can prevent, arrest and reverse diabetes by:
 - Reaching and maintaining a healthy weight
 - Avoiding animal products – build up of fat inside muscle cells
 - Avoiding vegetable oils or keeping them to a minimum
 - Choose the healthiest sources of carbohydrates / eat lower glycemic index foods. For example:
 - Eat whole grains instead of refined (white) grains
 - Eat sweet potatoes instead of white potatoes
 - Eat fruit Instead of sugar
 - Exercising regularly and improving your physical activity
 - Let your doctor know you are going to do this – when you eat healthier your blood sugar will drop quickly and you will need to come off medicine quickly.

How to reverse diabetes in 3 steps



<https://youtu.be/SuwR46p7wrA>

Reversing diabetes without drugs



<https://youtu.be/-pBBgOS3NMg>

Don't monitor - eliminate diseases

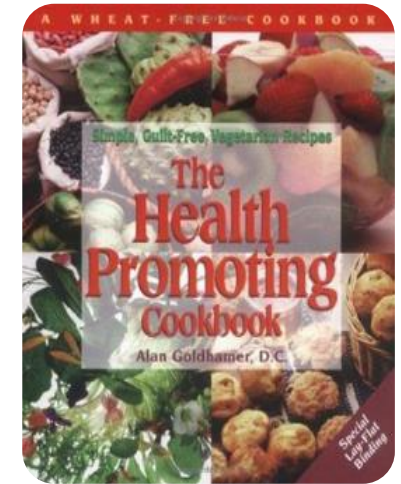
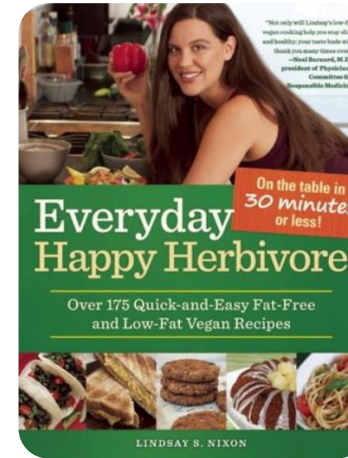
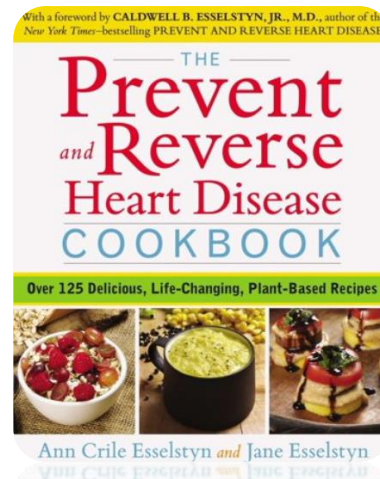
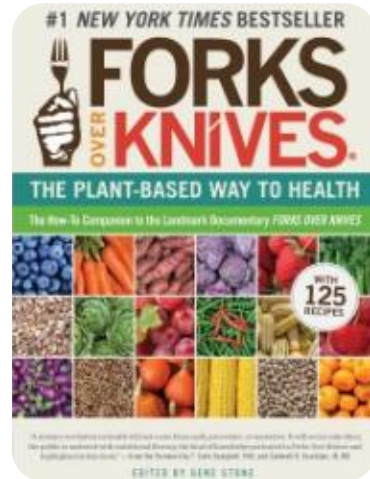
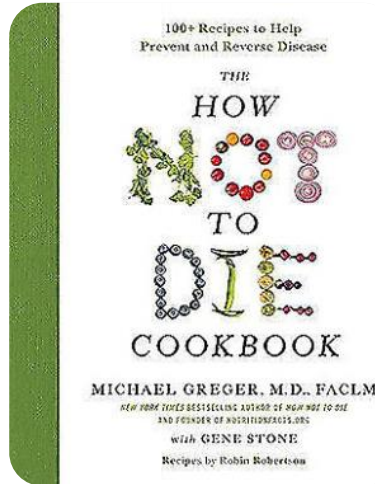
- Keep Learning & Watch the movie: 'Forks over Knives'
<https://www.forksoverknives.com/the-film/#gs.nWCW0xo>
- Clear out your kitchen / Stock your kitchen / Plan meals in advance
 - [21 day Vegan Kickstart](#) / [Engine 2 Diet and 7 day challenge](#)
 - [Nutrition Studies 7 day challenge](#) / [Purple Carrot - meal delivery](#)
- Do it! (Ideally with a partner) - Take the 21 day challenge
- Be resilient!

 <p>EAT whole plants such as grains, nuts, and fruit</p> <p>Studies have shown that populations with mostly plant-based diets have longer lifespans.</p>	 <p>AVOID animal products such as meat, fish, and dairy</p> <p>Populations that eat mostly animal products have higher rates of chronic disease.</p>	 <p>AVOID processed, artificial foods</p> <p>These foods can be high in sugar, sodium, trans fats, and preservatives, and are stripped of original nutrients.</p>	 <p>AVOID added fats and sugars</p> <p>Rich, fatty food and sweets offer no nutrients and create addiction-like cravings.</p>
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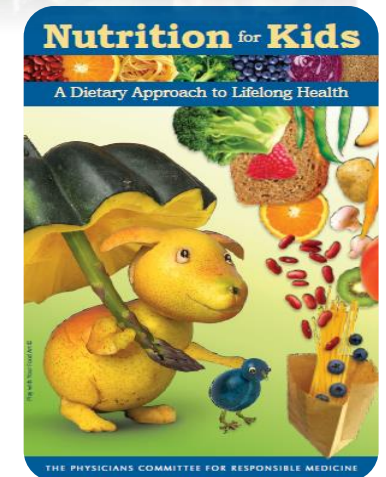
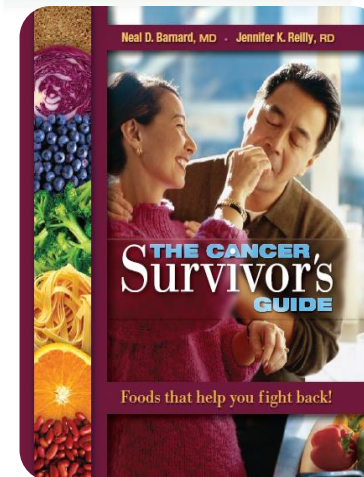
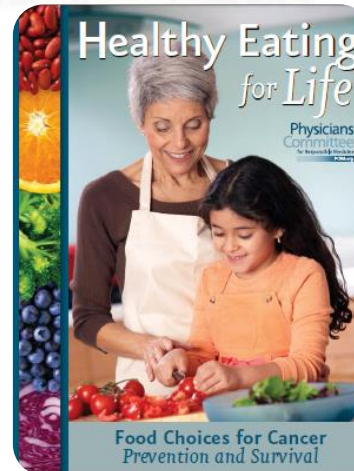
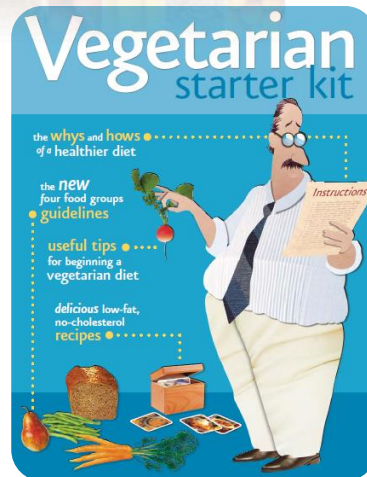
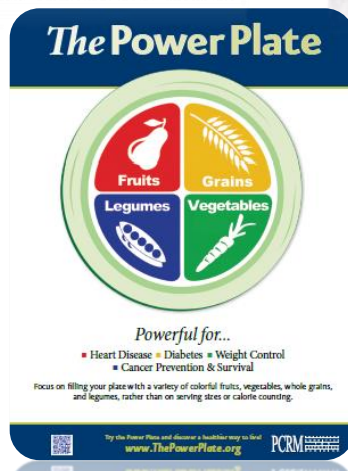
Don't monitor - eliminate diseases

- You will be more likely to succeed if:
 - You have clear, personal reasons that justify a strong desire to change the foods you eat.
 - You have minimized obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.
 - You have the necessary skills and confidence to implement this new lifestyle.
 - You feel positive about your new eating habits and believe they will be beneficial.
 - Your dietary goals are consistent with your self-image and social norms.
 - You have support and encouragement from people you value and a community that supports your dietary changes.
- **You are in the driver's seat. Success is yours to grasp, and it is easier, tastier, cheaper and more convenient than you may realize. Better health is a practice, a goal that can achieve!**

Cookbooks:



[How Not to Die](#) / [Forks over Knives](#) / [Prevent & Reverse Heart Disease](#) / [Happy Herbivore](#) / [Health Promoting Cookbook](#)



[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) / [The Cancer Survivor's Guide](#) / [Nutrition for Kids](#)

Recipe Resources:

Click to access links:

- [Whole Food Plant Based Cooking Show](#)
- [Happy Herbivore](#)
- [Forks over Knives](#)
- [Dr. McDougall](#)
- [Physicians Committee for Responsible Medicine](#)
- [Nutrition Facts](#)
- [It Doesn't Taste Like Chicken](#)
- [Dr. Fuhrman](#)
- [Ornish Lifestyle Medicine](#)



[Join us - plant based made easy!](#)

Recap

- We are not doing well as a nation in terms of health
- Medications, procedures, and surgeries are not the answer – this is simply “mopping up the floor”
- In order to enjoy and healthy life and address the cause - we can adopt a mostly whole-food plant based diet based primarily on whole or minimally processed fruits, vegetables, grains and legumes
- A whole-food plant based diet has the potential to not just prevent, but actually reverse chronic illnesses including heart disease, many cancers and diabetes.



https://youtu.be/CllKsinhR_Q

Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to prevent, arrest or reverse heart disease, cancer, diabetes?
- Questions?

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead

Food as Medicine



<https://youtu.be/xnKaOL2IBPY>



Good for you is good for the planet



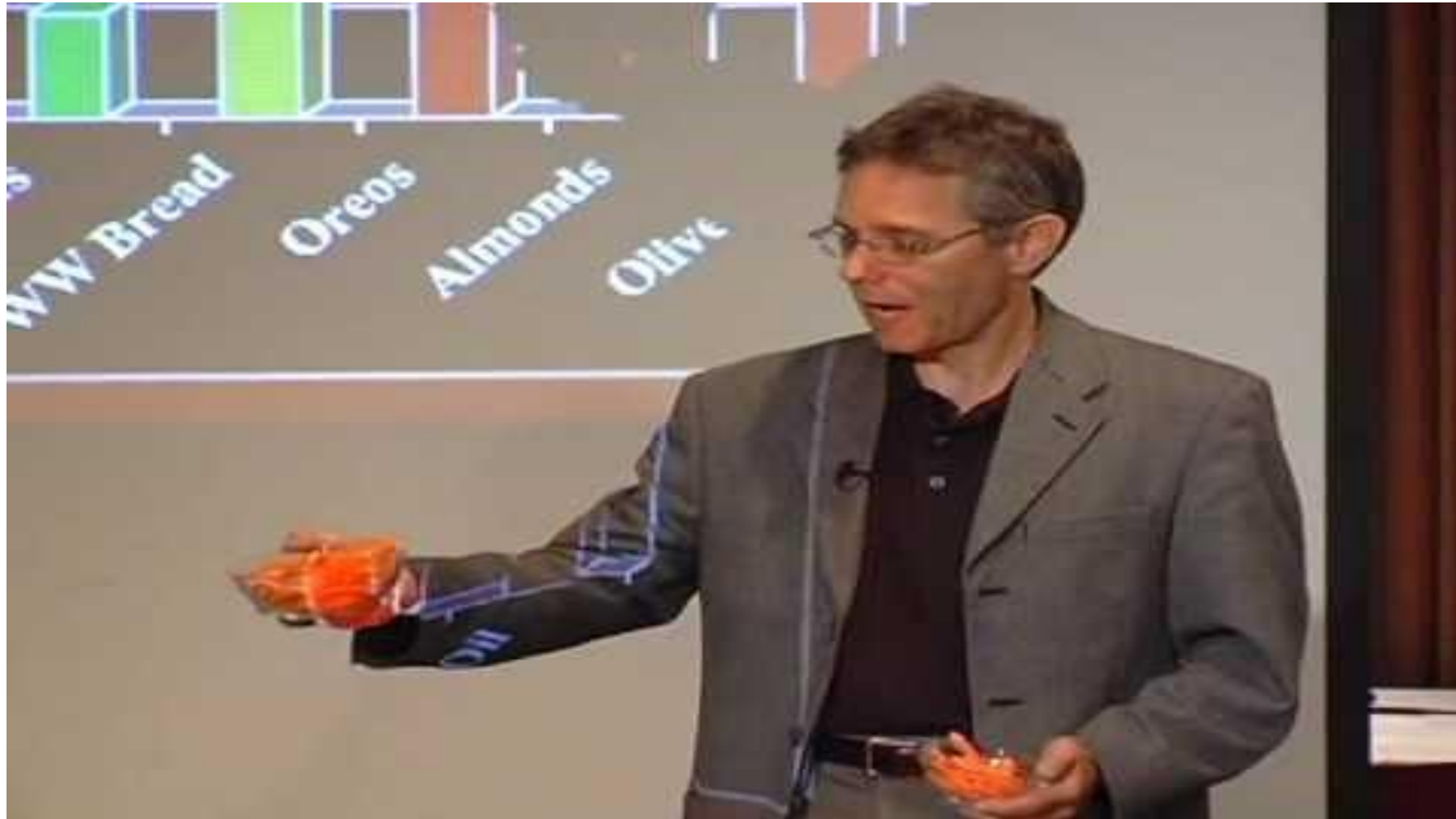
https://youtu.be/_TokqrtFfi8

7 Billion Well



<https://youtu.be/QYmInK5xo6g>

Eat more to Weigh less



<https://youtu.be/0CdwWliv7Hg>

The foods we were born to eat



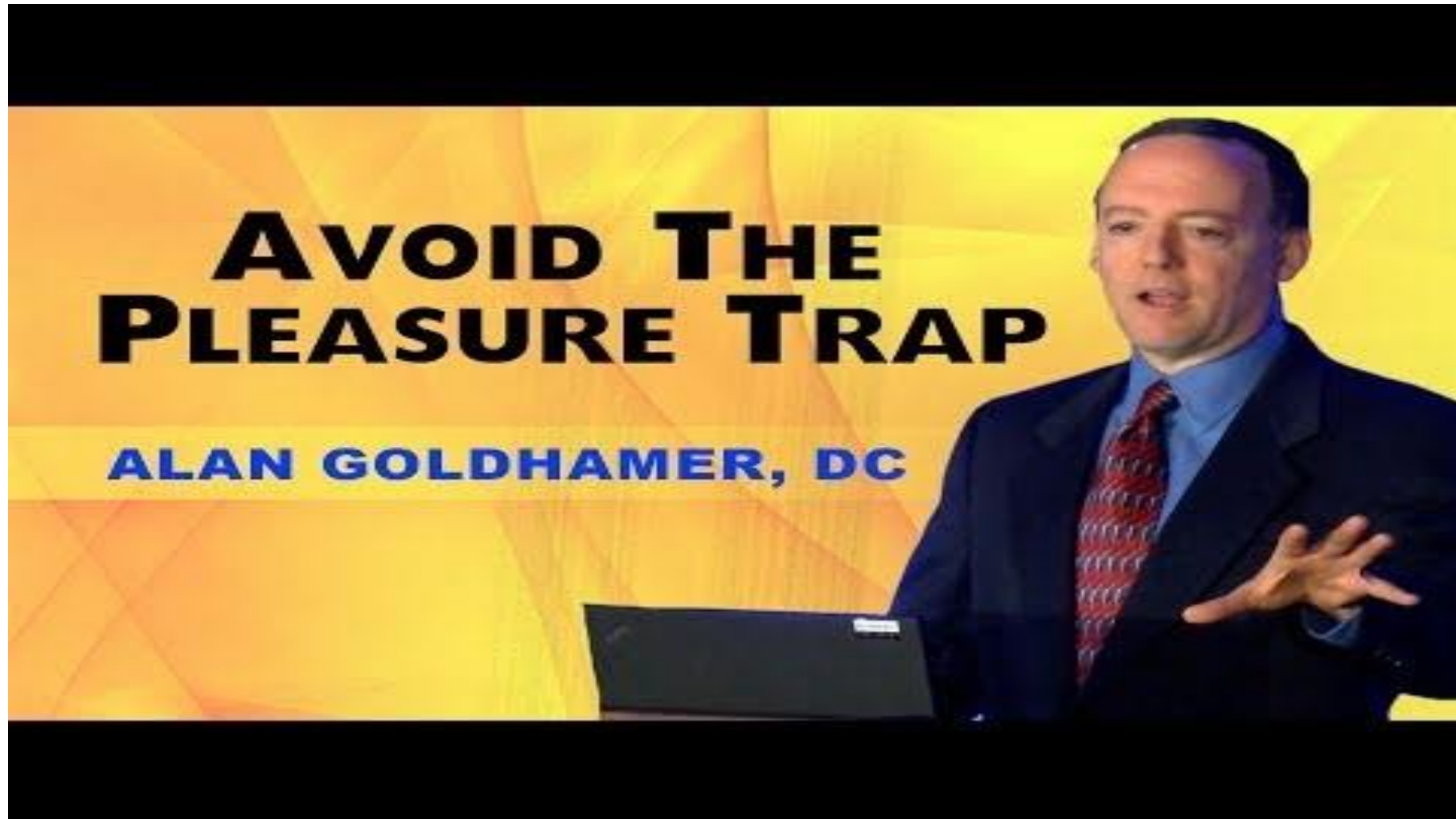
<https://youtu.be/d5wfMNNr3ak>

Nutritional Science



<https://youtu.be/E4katnfHzXA>

Avoiding the pleasure trap



<https://youtu.be/gxb1A3Q1vC8>

Plant Strong



<https://youtu.be/AAkEYcmCCCk>