

Food as Medicine

*The true access to emancipation and
wealth*

*Presented at the Grand Health Bazaar
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The energy to inspire...

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Outline



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Food as Medicine

What are some issues with our diet?

How does food impact health?

What is the connection between food and
disease?

What can we do?

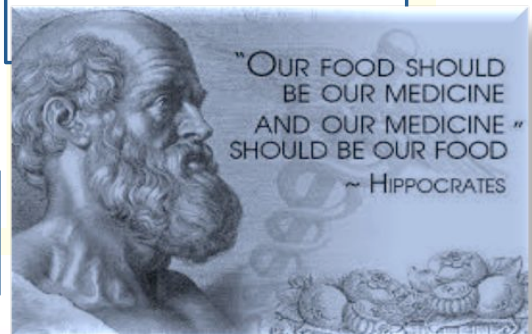
What do specific foods do?



Food acts as medicine to maintain prevent and treat disease.

Medicine is the science that deals with maintenance of health and the prevention, alleviation or cure of disease

– Webster's Dictionary



Definition of concepts

Nutrition – Science of food and its relationship to health

Essential nutrients- Nutrients body cannot produce or its not producing enough e.g. – protein, carbohydrates, vitamins and water

Non-essential nutrients- Nutrients body is producing enough, no need to ingest more. cholesterol

What are some of the issues with our diet?



We are increasingly eating more processed foods. Supermarkets are full of convenient packaged foods that appeal to our taste buds but compromise our nutrition



We are eating less variety of foods. While thousands of new products are introduced each year, a majority of our calories come from corn, soy, wheat and rice.



It is easy to fall into the pattern of eating fast, convenient, prepared food, especially in our often frenetic lives. However we are not nurturing ourselves by doing so.



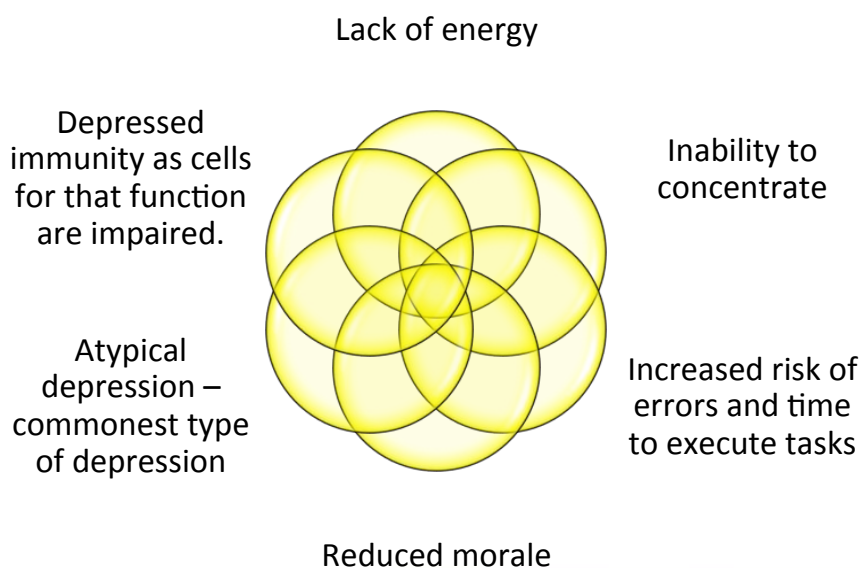
When diet is wrong
medicine is of no use,
when diet is correct
medicine is of no need.

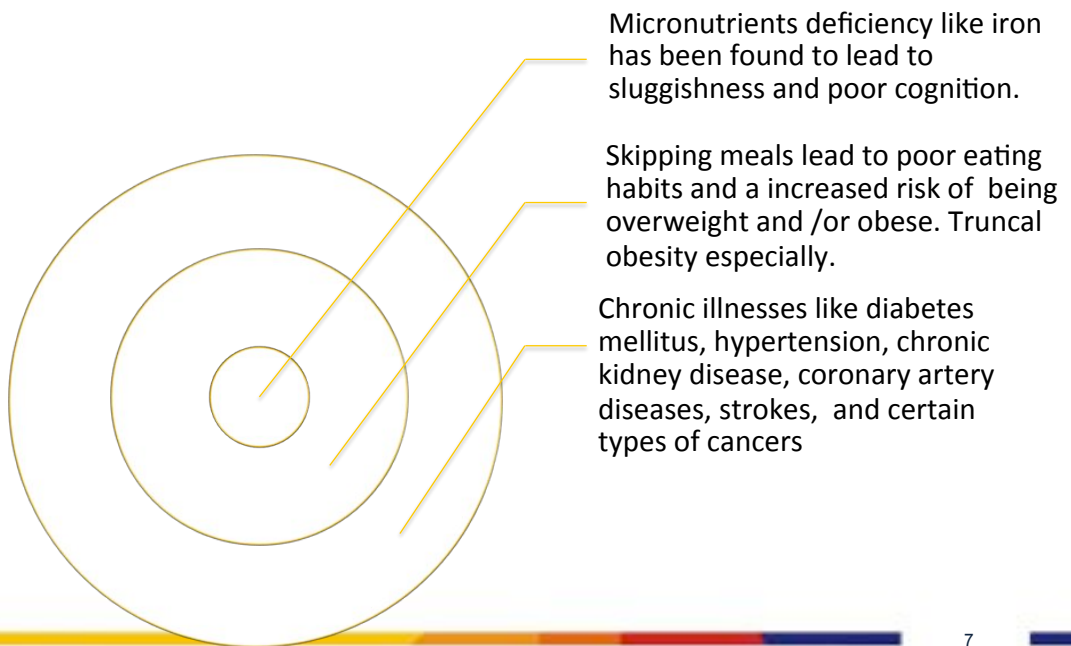
— Ancient Ayurvedic Proverb



Love Summers

Short term consequences





Ideal nutrition



How does food impact your health?

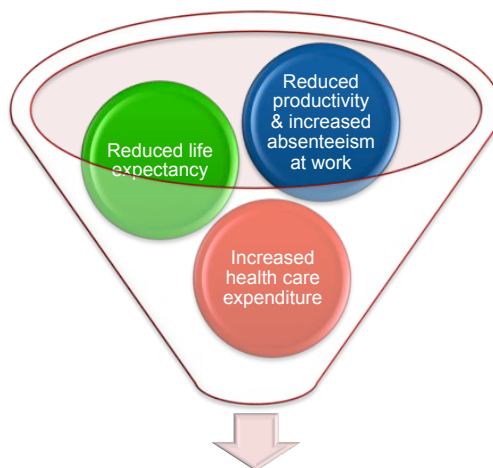


The nutrients in the food we eat gives our bodies the information and materials they need to perform their necessary growth, developmental and maintenance functions properly. If we don't get the right information, our metabolic processes suffer and our health declines.



If we get too much food or food that gives our bodies the wrong instruction we become overweight, undernourished and at risk of the development of diseases and conditions such as arthritis, diabetes and heart diseases.

What is the connection between food and disease?



Diet related problems

While many researchers believed that diseases such as **type II diabetes, obesity, heart disease, stroke and certain cancers** were caused by a single gene mutation, they now attribute these conditions to a network of biological dysfunction and the food we eat is an important factor in that dysfunction, in part because our diets lack the necessary balance of nutrients
- Proceedings of the Nutrition Society, 2004.

What can we do?



Eat a variety of food



Increase fruits and vegetable intake



Choose whole grains



Include beneficial fats



Drink lots of water



Include green tea



Control portions



Avoid trans fatty acids



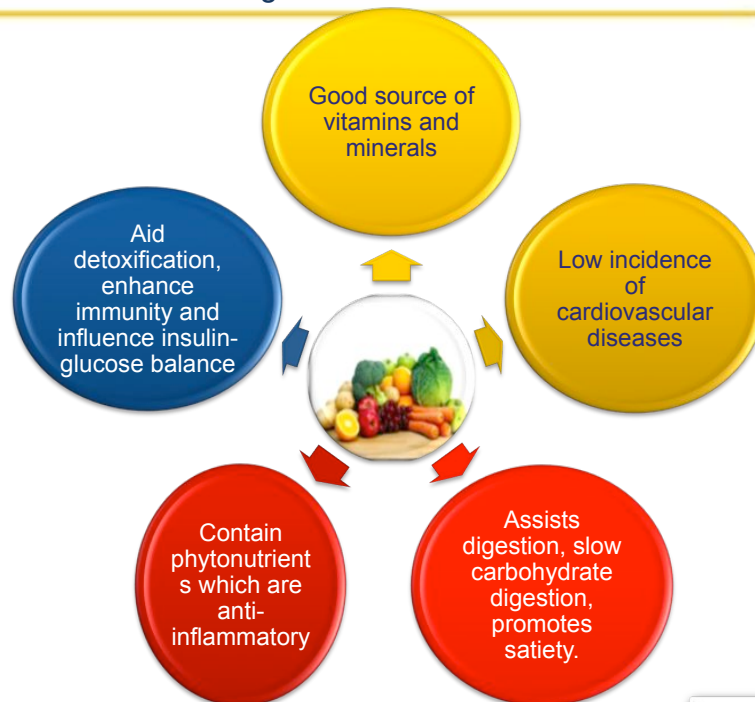
Avoid artificial sweeteners



Limit processed foods

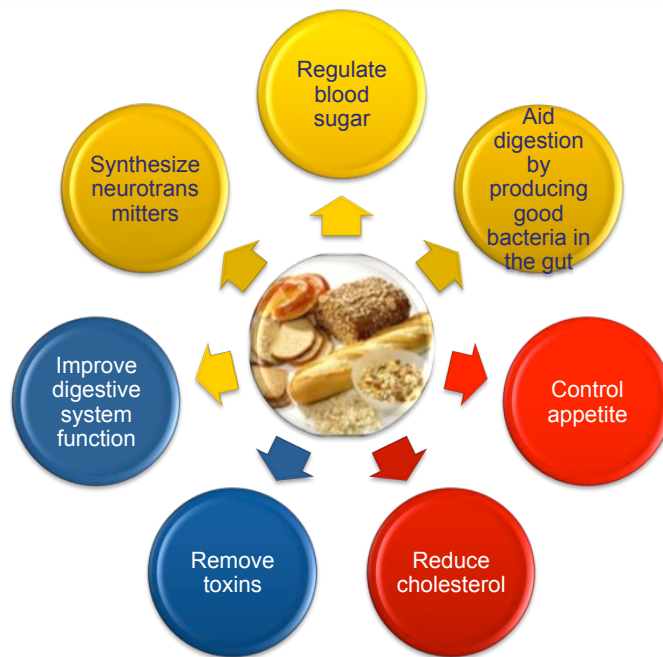


What is the role of fruits and vegetables?



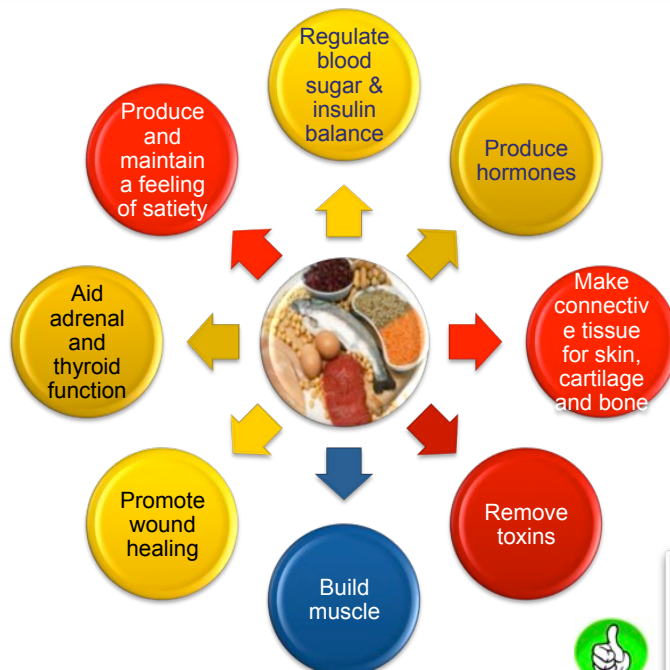
Include 5-13 servings of a variety of fruits and vegetable daily

What is the role of whole grains?



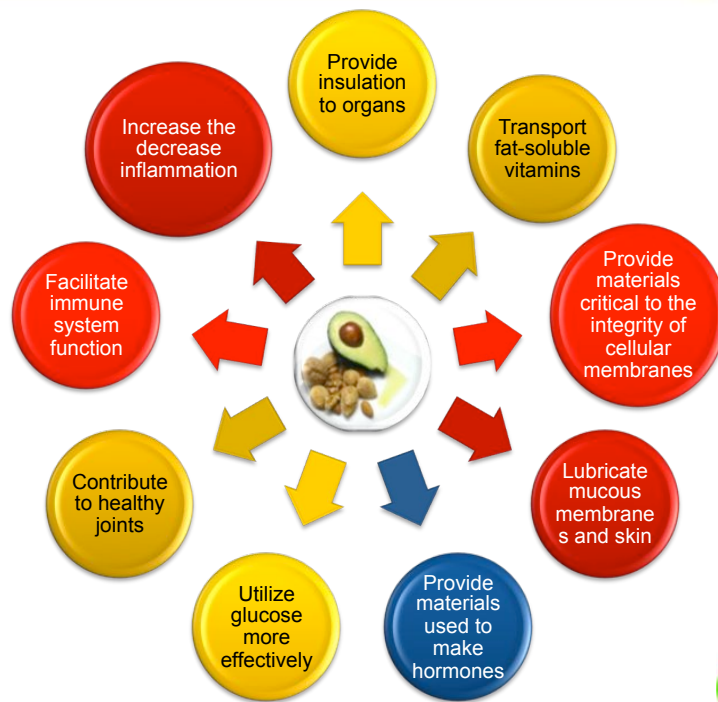
Increase whole grains and limit refined grain products

What is the role of proteins?

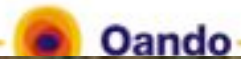


- ✓ Get a good mix of proteins, both animal and plant
- ✓ Eat only the leanest cuts of meat
- ✓ Choose skim or low fat milk
- ✓ Include beans, soy, nuts, and whole grains which offer protein without much saturated fat and with plenty of healthy fiber and micronutrients

What is the role of fats and oils?



Steve Jobs



February 24, 1955 – October 5, 2011

**“ We Squander Health in search of Wealth,
We Scheme and Strive and Save;**

**We Squander Wealth in search of Health;
And All We Have is a Grave;**

**We Live and Boast of What we Own; But When
We Die, We Own only a Stone;**

**Your Health is Your Greatest Asset,
So Make it Last”**



**THANK
YOU!**