



LIFESTYLE
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Live *more*

Beginning Your
Journey to
Optimal Health

PROVEN RESULTS *Priceless benefits*

Portrait of a Killer

Chronic lifestyle diseases

Chronic lifestyle diseases include, but are not limited to, coronary heart disease, stroke, diabetes, high blood pressure and obesity.

Fast Facts:

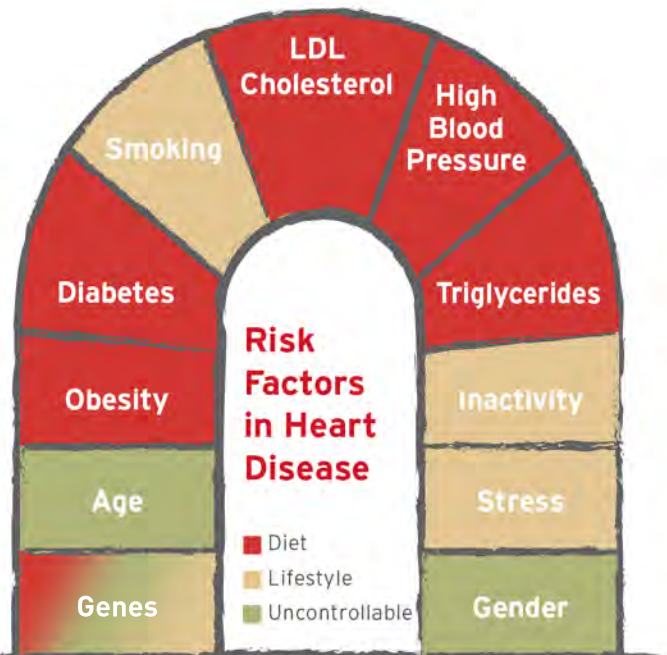
- Coronary heart disease and stroke combined represent the #1 cause of death globally.¹ Responsible for killing some 13 million people a year, this is nearly 25 per cent of all deaths globally.²
- The underlying disease process for coronary heart disease and stroke is atherosclerosis (a narrowing and hardening of the arteries).¹ We often refer to these diseases as silent killers, because the underlying atherosclerotic plaques develop stealthily and insidiously until it is usually too late and sudden death, for all too many victims, becomes the first symptom!
- Diabetes is a major cause of death. Worldwide, 346 million people have diabetes.³
- Globally, nearly one in seven people have high blood pressure.⁴

Take charge now by controlling your risk factors!

Conventional medicine's approaches can be relatively ineffective in treating lifestyle diseases.

Modern medicine doesn't always cure. It tries to manage the symptoms once the killer has pulled the trigger, often slowly, over many years. What we need is risk factor control, which largely depends on lifestyle choices.

According to the World Health Organization, the most important behavioral risk factors of heart disease and stroke are unhealthy diet, physical inactivity and tobacco use. Behavioral risk factors are responsible for about 80 per cent of heart disease and stroke¹.



The Optimal Diet

“Let nutrition be your medicine” - Hippocrates

Overcoming Western lifestyle diseases doesn't need to be a battle if we break with the rich Western diet, which is lethal in its excesses. Instead, if we adopt a simpler, more natural dietary lifestyle that allows us to eat more plant foods, we will enjoy better and more buoyant health.

Research with therapeutic nutrition has clearly demonstrated a single dietary principle in dealing with Western killer diseases: there is not one special diet for the treatment of heart disease, another diet for overweight, another for diabetes and yet another for hypertension or osteoporosis. Instead, there is one *Optimal Diet*. Such a diet consists of a wide variety of foods, freely eaten “as grown,” simply prepared with sparing use of fats and oils, sugars and salt, and almost devoid of overly processed and refined products. If animal products are used at all, they are eaten only as a condiment.

Such a dietary lifestyle will not only prevent most of these Western killers, it will be the *major therapeutic factor* in reversing many of these diseases and in restoring a higher level of health.

“The Optimal Diet has been one of the best discoveries I have made as a primary-care doctor trying to deal with the epidemic of lifestyle diseases I face every day in the medical practice I work in.”

[Trevor Hurlow, MD, Australia]



	Diet comparison / per day	
	Western Diet	The Optimal Diet
Fats and Oils	3-4 oz (80-120 g)	1.5 oz (under 40 g)
Sugar	35 tsp (140 g)	under 10 tsp (40 g)
Cholesterol	300 mg	under 50 mg
Sodium Salt	4,000 mg 10,000 mg	1,500 mg under 3,750 mg
Fiber	10-15 g	40+ g
Water (fluids)	minimal	8 + glasses

Optimal Principles

Basic guidelines for a life-time of good eating

The *Optimal Diet*, a set of principles put together by Dr Hans Diehl, is the result of years of research into diet and lifestyle diseases, such as coronary heart disease, angina, hypertension, stroke, diabetes, obesity, gout, arthritis, impotence, osteoporosis and acid reflux.

This research has shown that many lifestyle diseases can be prevented and often reversed simply by changing a person's dietary and exercise habits.

The *Optimal Diet* principles promote eating a wide variety of fresh "foods-as-grown," that are naturally cholesterol free and simply prepared with sparing use of fats, oils, sugars and salt. The *Optimal Diet* emphasises the use of more vegetables, legumes, wholegrains, fruits, and some nuts. The *Optimal Diet* principles are a comprehensive way of analyzing and pinpointing where you can improve your meal plans, so you can live a happier, healthier and longer life.

EAT LESS:

- ≡ **Fats and Oils** Avoid fatty foods. Strictly limit cooking and salad oils, sauces, dressings and shortening. Use nuts and avocados sparingly. Avoid frying (sauté with some water in non-stick pan). Especially avoid saturated fat and trans fats (eg: biscuits/cookies, crackers and bakery products).
- ≡ **Sugars** Limit sugar, honey, molasses, syrups, pies, cakes, pastries, lollies (candy), chocolates, biscuits (cookies), soft drinks, and sugar-rich desserts like pudding and ice-cream. Save these foods for special occasions.
- ≡ **Foods Containing Cholesterol** Avoid meat, sausages, eggs and liver. Limit dairy products (if used); better yet, use milk substitutes (i.e. Silk or almond milks). If you eat fish and poultry, use only sparingly.
- ≡ **Salt** Use minimal salt during cooking. Strictly limit highly salted products like cured meats, crackers, soy sauce, salted popcorn, salted nuts, chips, pretzels and garlic salt. Beware of restaurant food.
- ≡ **Alcohol and Caffeine** Avoid or minimize alcohol in all forms, as well as caffeinated beverages, such as coffee, black tea, energy drinks and soft drinks.

EAT MORE:

- ≡ **Whole Grains** Freely use brown rice, millet, barley, corn, wheat, rye, quinoa and amaranth. Also eat freely of whole grain products, such as breads, pastas, wheat biscuits, shredded wheat and tortillas.
- ≡ **Legumes** Freely use all kinds of legumes. Enjoy peas, lentils, chick peas and beans of every kind.
- ≡ **Fruits and Vegetables** Eat several fresh, whole fruits every day. Limit fruits canned in syrup and fiber-poor fruit juices. Eat a variety of vegetables daily (without high-fat toppings). Enjoy fresh salads with low-calorie, low-salt dressings.
- ≡ **Water** Drink eight glasses of water a day. Vary the routine with a twist of lemon or use herbal teas.
- ≡ **Wholesome Breakfasts** Enjoy hot, multi-grain cereals, fresh fruit and wholegrain toast. Make breakfast a big deal.

IN SUMMARY: Freely eat a wide variety of "foods-as-grown," simply prepared with sparing use of fats and oils, sugars and salt. Use refined products and animal products only on special occasions. Enjoy food with friends and family, and create a life time of memories. Choose life!

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