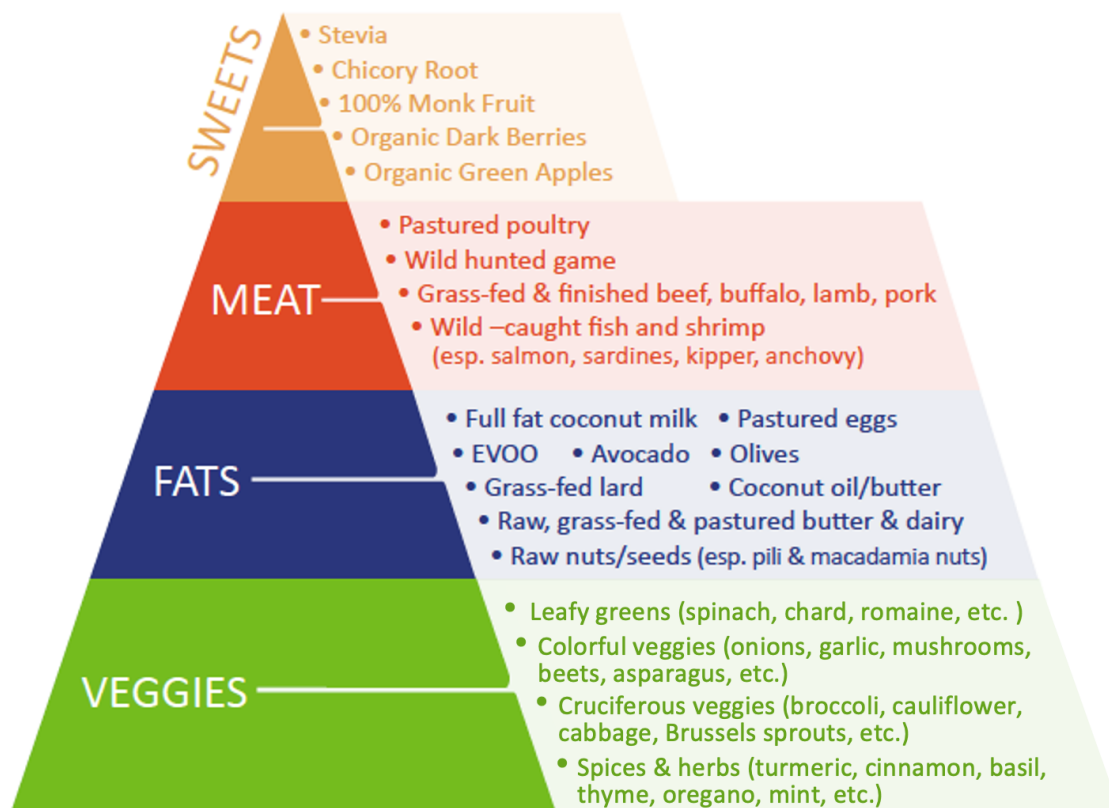


Healthspan

Live Better, Not Just Longer

- Just like a hybrid car, our bodies are designed to use two fuel sources - carbohydrates (glucose) and fats (ketones). It's easier and faster to burn carbs, so it will use those up before burning fat.

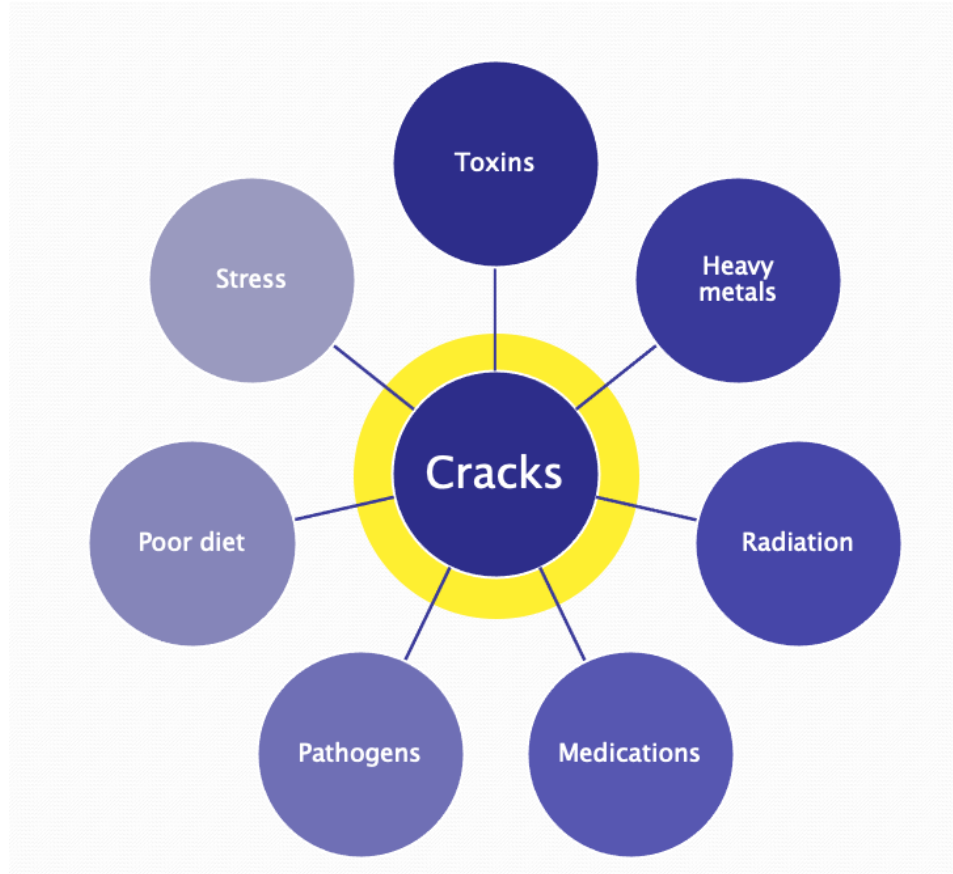
Metabolic Health Food Pyramid



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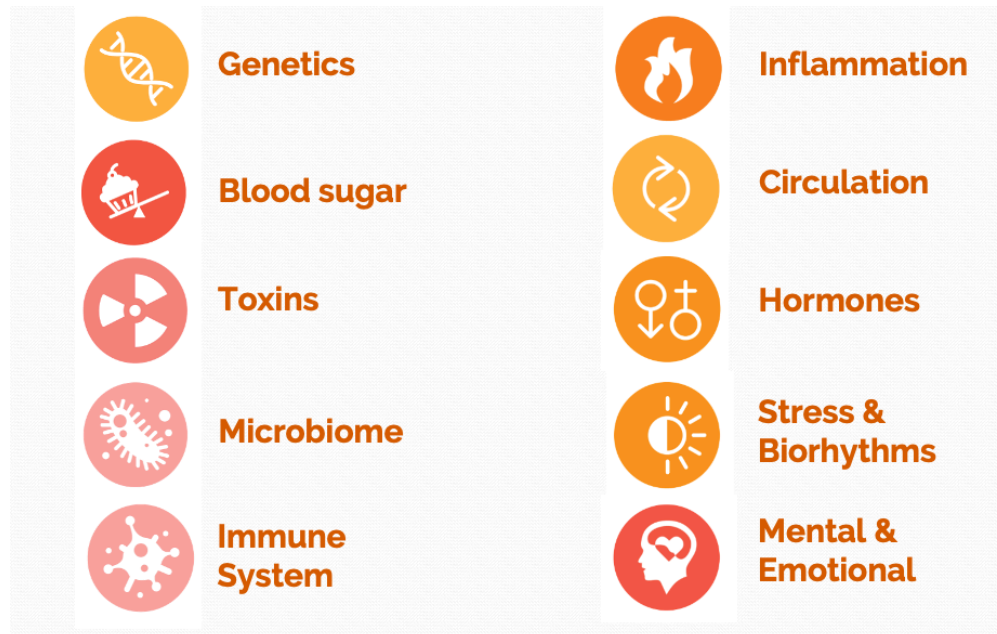
- Overall cholesterol is a poor indicator of our risk of heart disease. Current research suggests that triglycerides (<150 mg/dL), HDL/cholesterol (>0.24), and triglycerides/HDL (<2.0) are more prognostic.

- What causes cracks in our dam (health)?



- When our dam (health) breaks, it can result in chronic diseases like -
 - Diabetes
 - Cancer
 - Mental health disorders
 - Neurodegenerative diseases like Alzheimer's, Parkinson's, and others
 - Heart disease
 - Autoimmune disease
- My mentor and main person I follow - Dr. Nasha Winters (The Metabolic Approach to Cancer book)

The Terrain Ten Factors that Impact Our Health



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- Ways to improve our **blood sugar**
 - Diet
 - Low carb/ketogenic
 - Fasting
 - Caloric restriction
 - Medications
 - Stress
 - Sleep
 - Movement
- How the scientific and medical communities determine metabolic health
 - Waist circumference <35 inches for women, <40 inches for men (body fat)
 - Fasting glucose <100 mg/dL
 - HbA1c of <5.7%
 - A systolic blood pressure <120 mm of Hg, a diastolic blood pressure <80 mm of Hg
 - Triglycerides less than 150 mg/dL
 - An HDL of >40 mg/dL for men and >50 mg/dL for women
 - No medication



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- A 2022 paper from Tufts University looked at 55,000 US adults from 2017 to 2018 - only 6.8% were metabolically healthy based on the criteria above

- Ways to improve our **toxin** load
 - Cleaning/body care products
 - Staying hydrated
 - Getting enough sleep
 - Eating organic (clean 15/dirty dozen)
 - Avoiding processed foods
 - Sauna/sweating
 - Air filtration
 - Water filtration

- Overall ways to improve our dam health
 - Healthy diet
 - Clean environment
 - Hydration
 - Movement
 - Sleep
 - Social connection
 - Peace of mind
 - Purpose

- The longevity in the US has fallen over the past 3 years, while it's increasing in almost all other countries
- If you were born after 1980, you are expected to have a shorter life span than your parents

- Factors to improve our dam (health)
 - Healthy diet
 - Clean environment
 - Hydration
 - Movement
 - Sleep
 - Social connection
 - Peace of mind
 - Purpose



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Learn more and stay in touch!

MTIH.org

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Two Misunderstandings and One Current Understanding (Based on 2 truths and a lie)

- A. Eating too much salt will increase your blood pressure.
 - B. Breakfast is the most important meal of the day.
 - C. Watching the sunrise and sunset is good for our circadian rhythm and health.
-
- A. Eating too much fat is the main reason people get fat.
 - B. Eating too many carbohydrates is the main driver of high triglycerides.
 - C. Eating too much cholesterol increases our risk of heart disease.
-
- A. Canola oil is healthier to eat than butter.
 - B. Having total cholesterol below 160 is a risk factor.
 - C. We get more vitamins and minerals from a salad than a steak.