

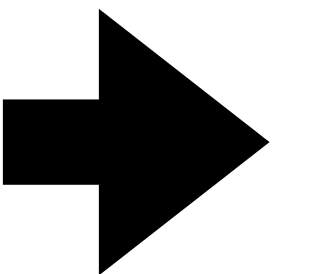
Palm Beach Center for Health and Longevity



We're on a mission and we hope you'll join us. Thanks for coming!



The Palm Beach Center for Health and Longevity
is a new business in the early development stage.





Mission Statement

Our mission is to empower individuals with
knowledge and guidance on health and
longevity, through transformative seminars and
personalized coaching, enabling them to live
longer, healthier, and more fulfilling lives.

How We Do It.

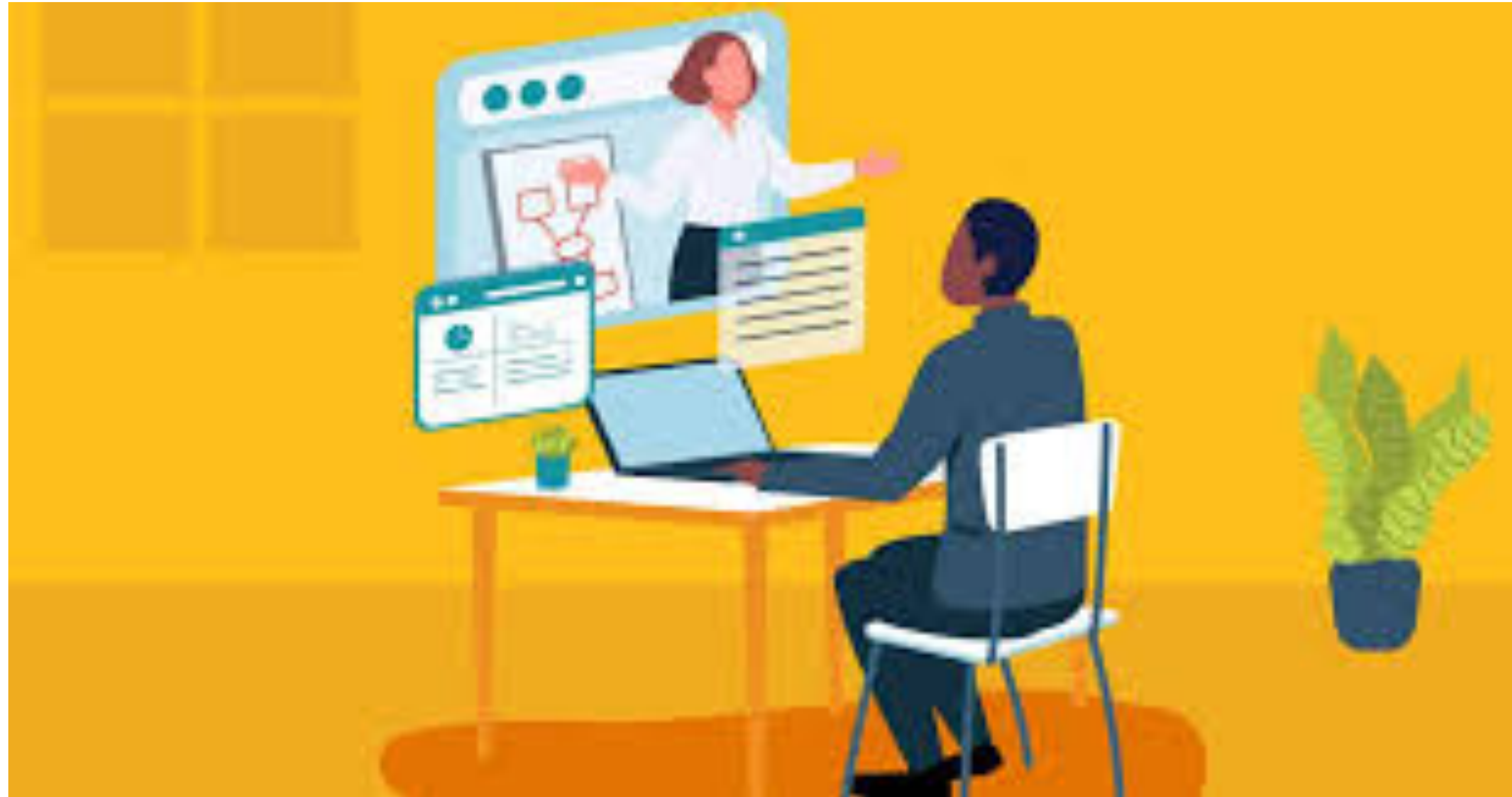
Seminars

Our Master Your Health series prepares you for your own personal journey.



- 1) Nutritional Science
- 2) Supplements Your Body Requires
- 3) Functional Exercise
- 4) Beyond the Basics - Alternative Modalities
- 5) Creating Your Health and Longevity Plan
- 6) Complimentary Group Coaching Session

Private and Group Coaching



Our Health Ministries Project



We are currently working with the Unity Churches of America to provide the Master Your Health seminar series to 450 church affiliates.

And now . . .



Nutritional Science

38 million cells require your immediate attention.



Today's Seminar will focus on three objectives.



Part 1

- Shine a spotlight on the major drivers of metabolic illness and modern medicines' limitations.



Part 2

- Introduce you to a new way to understand your health. (cellular metabolism)



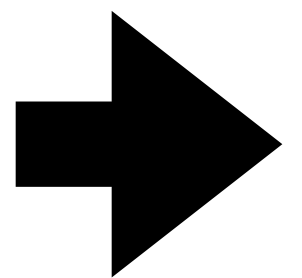
Part 3

- Nutritional Science - The first course in the six-part series.

Part 1 - The Major Drivers of Metabolic Disease



It starts with nutrition



Modern Agriculture is To Blame



- Breeding for high yields over nutrition causes soil degradation.
- Results: Nutrient density is 25% - 50% lower than in the 1950s.

What we eat looks the same, but it's not the same inside!

Modern Agriculture Focuses on Quantity, Not Quality



Protein in wheat has
fallen 24%.



Vitamin C in potatoes is
down 55% since the 1950s.

How Pesticides Affect Nutrition



The chemicals in pesticides can impact the plant's ability to absorb nutrients.

The Impact of Food Additives



- Food additives may include sugars, high fructose corn syrup, trans fats, saturated fats, and high levels of sodium.
- Consumption can lead to obesity, heart disease, and hypertension.

Industrialized Foods



Eating industrialized foods has resulted in 50% of the population being deficient in micronutrients.

The Impact of Food Processing



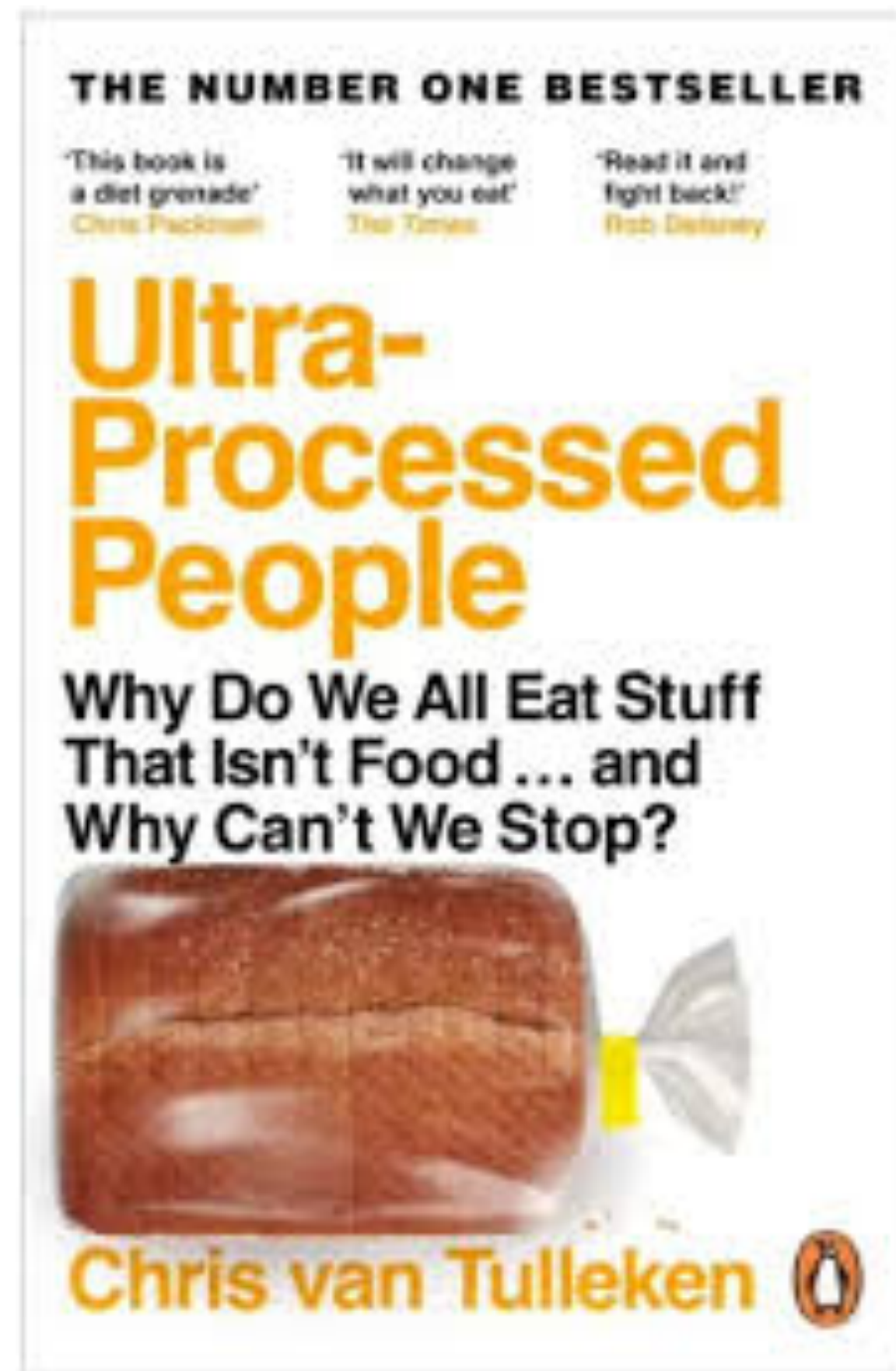
- Heat used in processing degrades heat sensitive vitamins like vitamin C and B vitamins.
- Refining grains strips away the bran and germ, stripping away fiber, vitamins, and minerals.
- Processing can also lead to a loss of antioxidants.

Ultraprocessed Industrialized Foods



Did you know that ULTRAPROCESSED FOODS make up 70% of the calories we consume!

Ultraprocessed foods are chemically engineered to be addictive.



The Impact on Health



95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and a lack of physical exercise.

You Are What You Eat

Let's start with the facts.



40% of children are obese.



74% of adults are overweight
or obese.

Chronic Disease is a Direct Result of Poor Nutrition.



•
60% of people have a chronic disease!

Chronic Disease Can Be Prevented!



Preventable lifestyle conditions are responsible for 80% of deaths in America.

Would you like to enjoy your life free of metabolic disease?

Let's begin by learning what is
most likely to kill you.



- * Heart Disease
- * Cancer
- * Diabetes
- * Alzheimer's

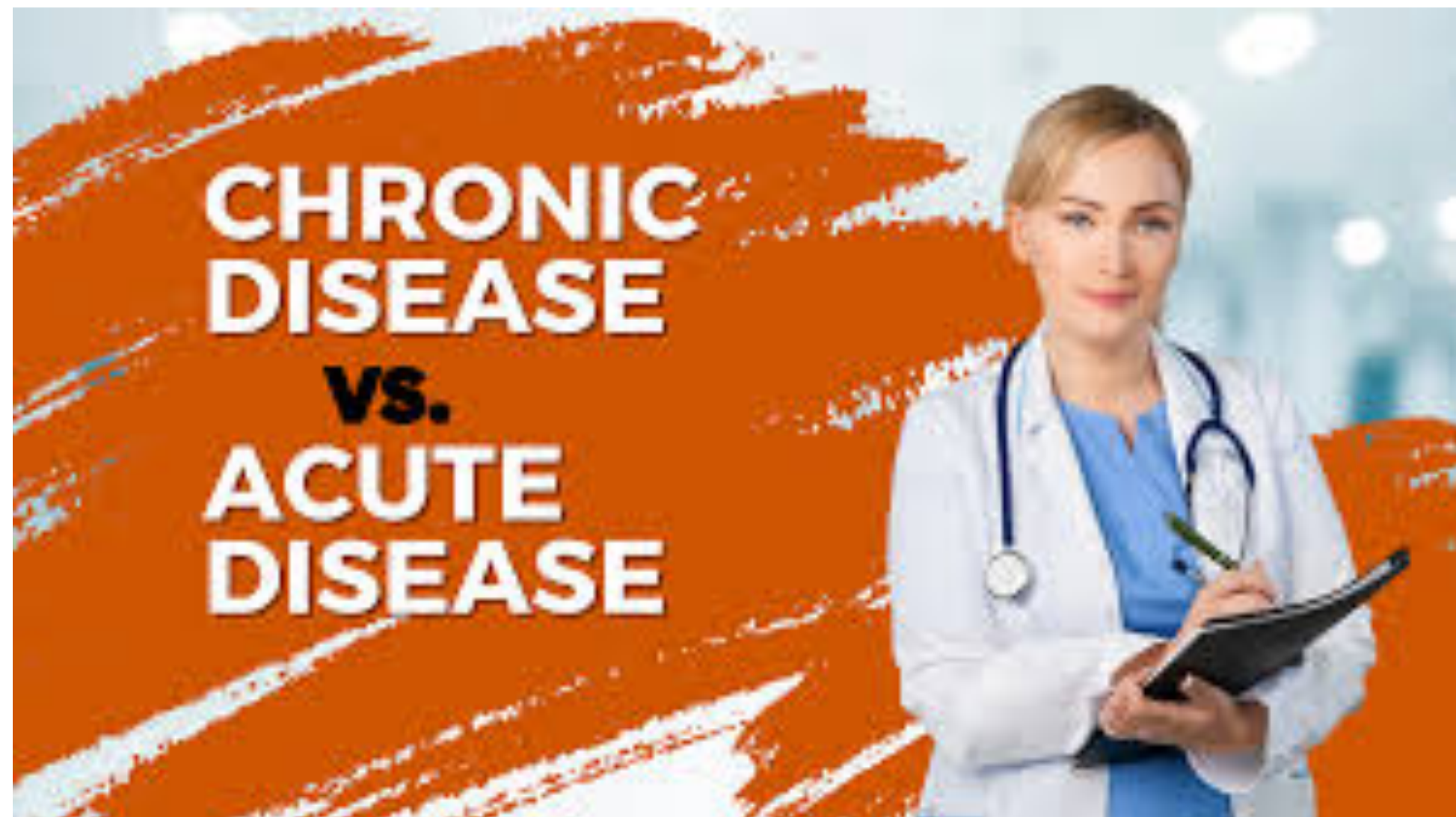
Chronic diseases are what you must avoid.

Chronic Diseases



- Chronic diseases are the leading cause of death worldwide.
- Cancer, Heart disease, Alzheimer's, and Diabetes
- Begin 10 - 20 years before normally detected.

Modern Medicine Can't Help You



- Modern medicine is focused on acute care, not chronic disease.
- Modern medicine is reactive, not preventative.
- Chronic conditions often become acute before they are detected and treated.

Modern Medicine is Fragmented and Not Designed to Treat Metabolic Diseases



- Chronic diseases have broad-based origins that are outside the training of specialists.

But, I get an annual checkup.



- Not good enough.
- The blood tests you get are very limited due to insurance and don't check for markers that could alert your doctor to early warning signs of metabolic disease.

10 Tests You Need to Be Getting



1. Glycated hemoglobin
2. Fasting insulin level.
3. C-peptide
4. Homocysteine
5. Lipoprotein (a)
6. Apo B
7. Vitamin D levels,
8. Serum Ferritin,
9. Thyroid function tests,
10. High-sensitivity C-reactive protein.

We provide you with the forms for your doctor and the levels that could indicate a potential problem at the metabolic level.

Even family physicians have become the Middle Man for Big Pharma.



- Reflecting the rise in metabolic diseases, the number of prescriptions taken by 65 year olds is 4.3, up from 3.0 twenty years ago.

Functional Medicine

Focuses on identifying the root cause of a disease.



- Treats the whole person, not just the symptoms.
- Focuses on prevention - lifestyle changes and early intervention.
- Combines conventional and alternative therapies.

Raise your hand if you are currently seeing a functional medicine doctor.



Major Drivers of Metabolic Disease - A Quick Review

You learned that the food you're getting from farms may look the same, but it does not contain the nutritional value that it once did due to:



1. Soil degradation.
2. Pesticides.
3. Food Processing.
4. Food Additives.
5. Chemical Engineering.



Major Drivers of Metabolic Disease - A Quick Review



- **Ultraprocessed foods** make up 70% of the calories we eat!
- 95% of Chronic Disease is caused by **Poor Food Choices**.
- 74% of adults are obese or **overweight**.



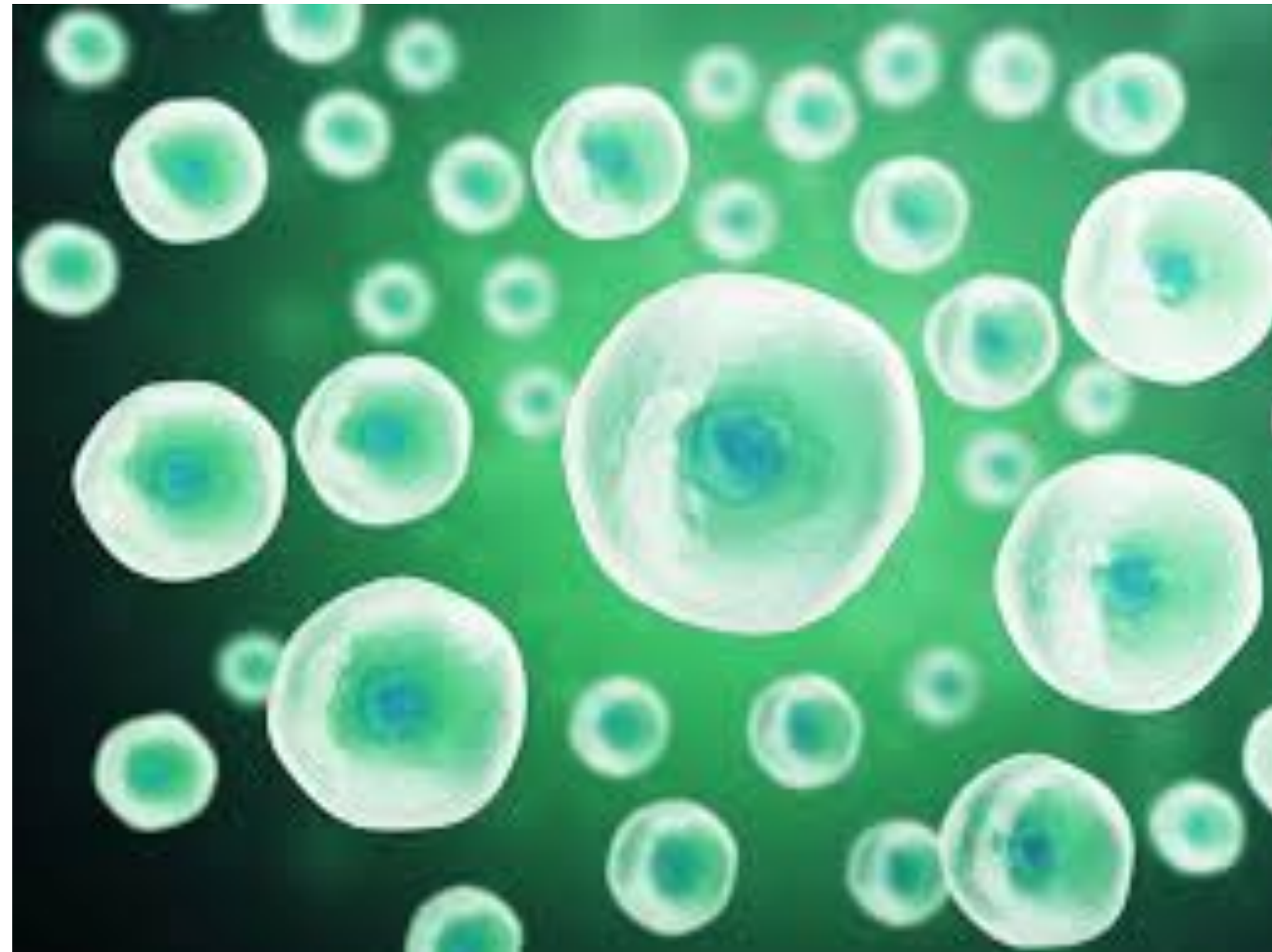
Major Drivers of Metabolic Disease - A Quick Review



- 60% of Americans have chronic disease right now.
- **Chronic diseases** (Cancer, Alzheimer's, Heart Disease, and Diabetes) **incubate for 10 - 20 years** before they are detected by modern medicine.
- By then, they are usually incurable.



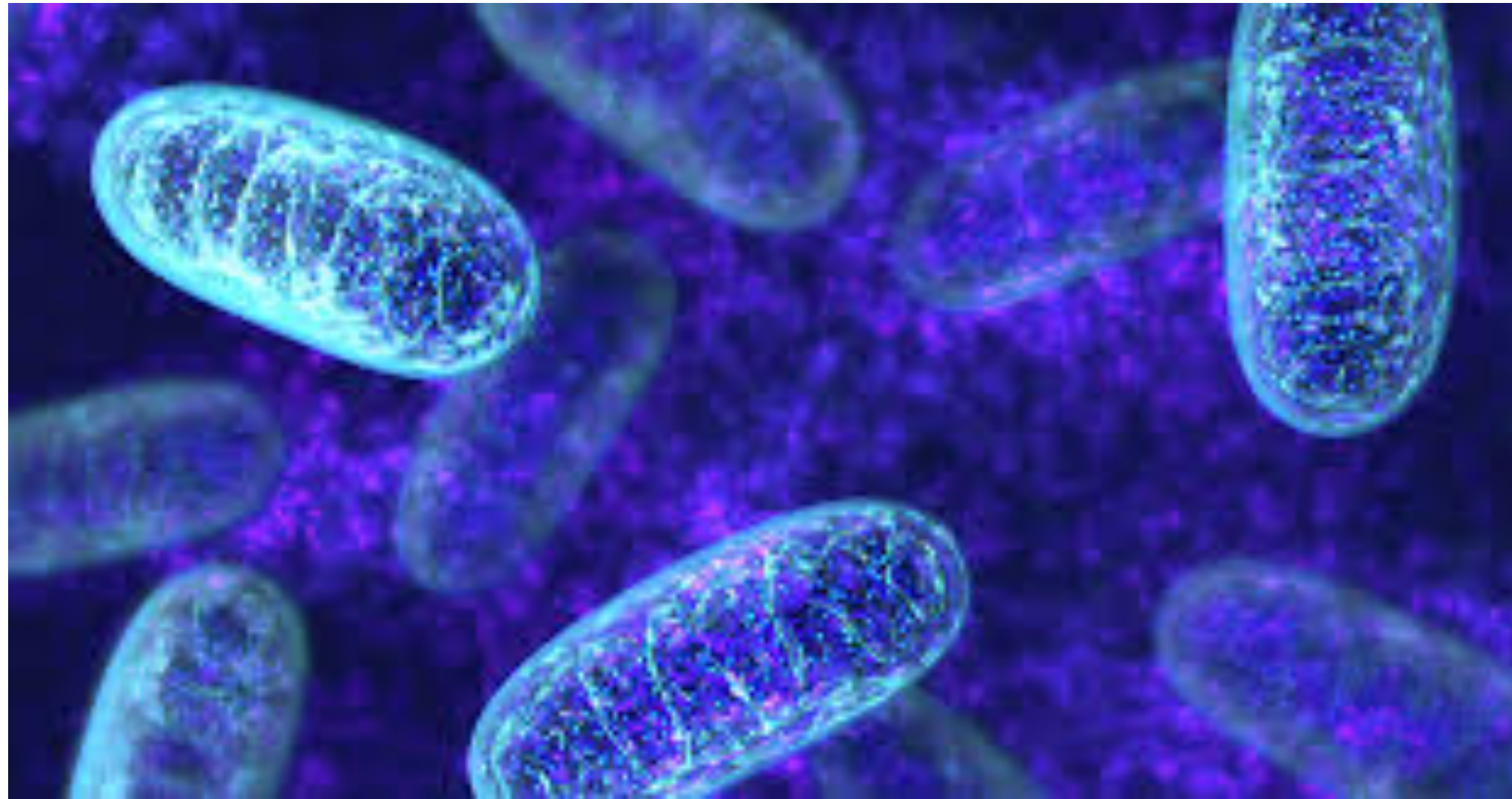
Part 2 - A New Way to Understand Your Health



- “Health” is simply the lack of disease.
- “Disease” results from dysfunction in your cells.
- Therefore, cells (37 trillion of them) determine your “health”.

Your cells determine your health!

Looking Inside the Cell



- Within each cell are hundreds of structures called **mitochondria**.
- They are often referred to as the “**powerhouses of the cells**” because they make the energy (called ATP) that powers all our bodily systems.

Metabolism



- When the mitochondria and additional cell processes are at work, that's called the **metabolic process**.
- When these "engines" sputter and malfunction for any reason, it's called "**metabolic dysfunction**", which leads to "**metabolic disease**."

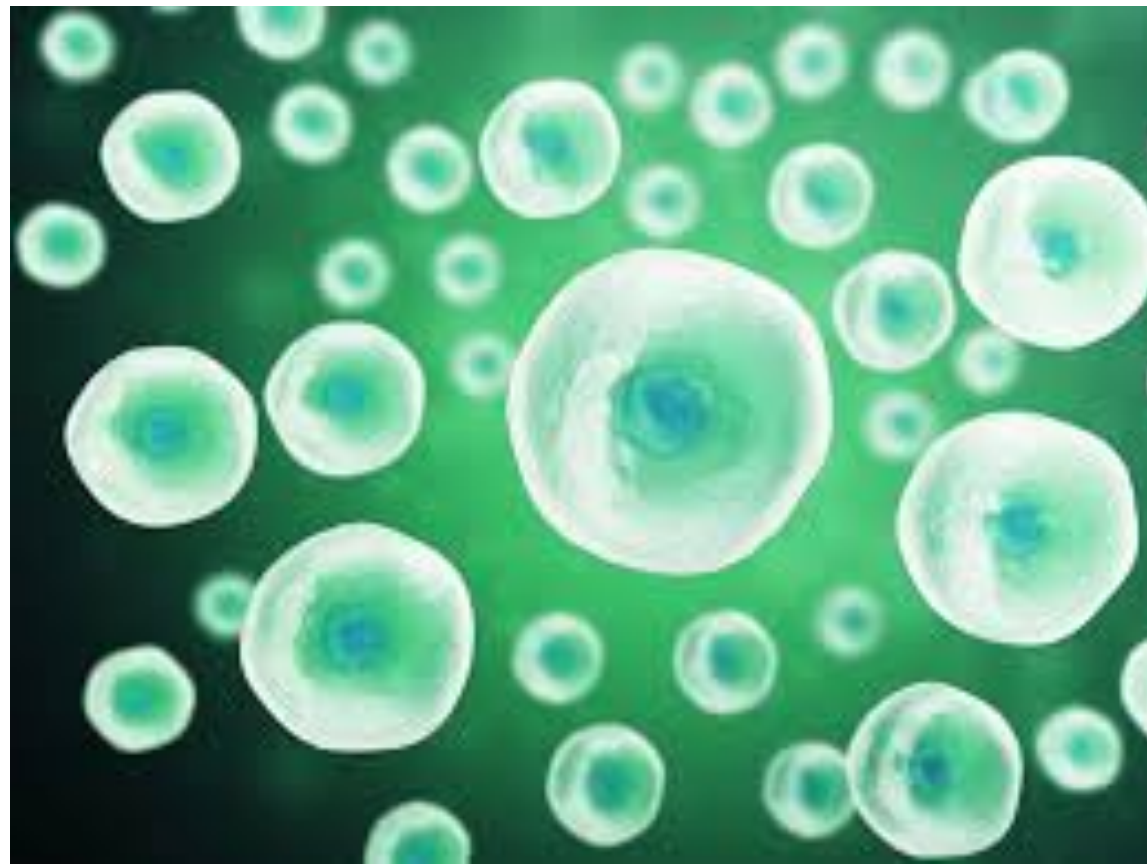
Food is Energy



- Everything that you eat is simply **chemical** energy that either helps or inhibits your **mitochondria** from producing the energy that runs every system in your body.



A New Way to Understand Your Health



1. Chronic disease is the result of **dysfunction** in your cells.
2. **Mitochondria** are the little engines in your cells that make energy.
3. When these cells are compromised by POOR FOOD CHOICES, you get “**metabolic dysfunction**” that leads to “**metabolic diseases.**”

Not surprisingly then, the first seminar in the series is **NUTRITIONAL SCIENCE**.



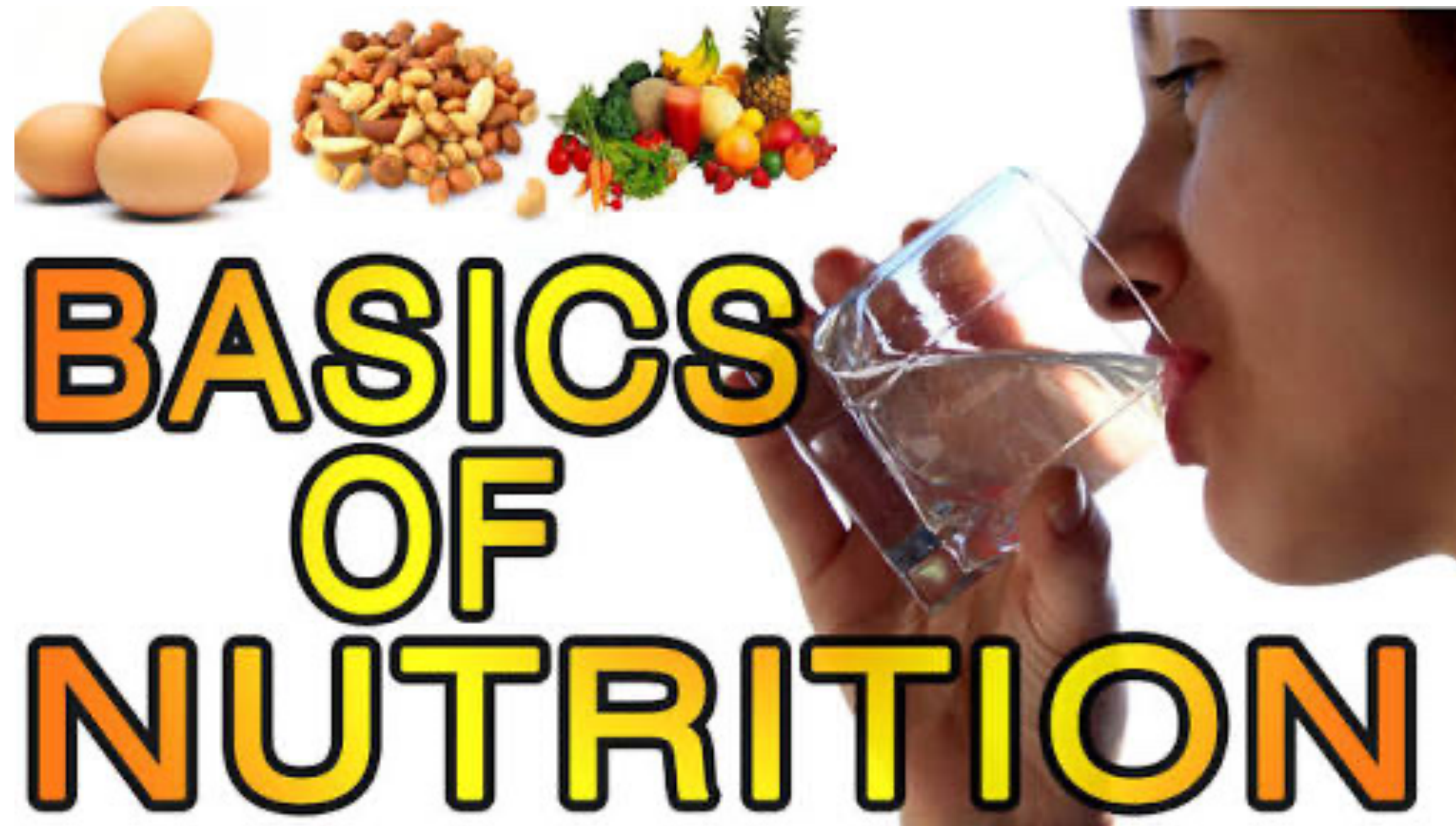
The goal of this seminar is explain how and why every food that you encounter affects your mitochondria and therefore the cellular energy you need to avoid metabolic disease.

Nutrition must be individualized to be of value - No one size fits all.

- Genetics
- Age
- Medications



Basic Nutrition



- **Carbohydrates**
- **Fats**
- **Proteins**

Simple vs. Complex Carbs

Simple Carbs



VS. Complex Carbs



What's the Difference?

Complex Carbohydrates



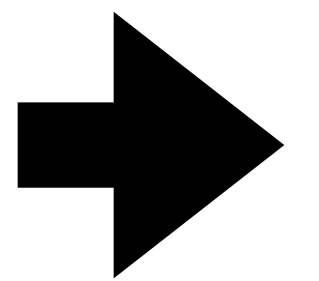
- Digested more slowly, providing steady energy release and stable blood sugar levels.
- Often nutrient rich, containing vitamins, minerals and fibers.

Examples of Simple Carbs



- Upon digestion, simple carbs turn into GLUCOSE.
- Sodas, cereals, and most breads.
- Remember, glucose is fuel.

Let's see where it goes next



Glucose Needs a Driver - That's Insulin.



Fuel Truck (Glucose)



Driver (Insulin)

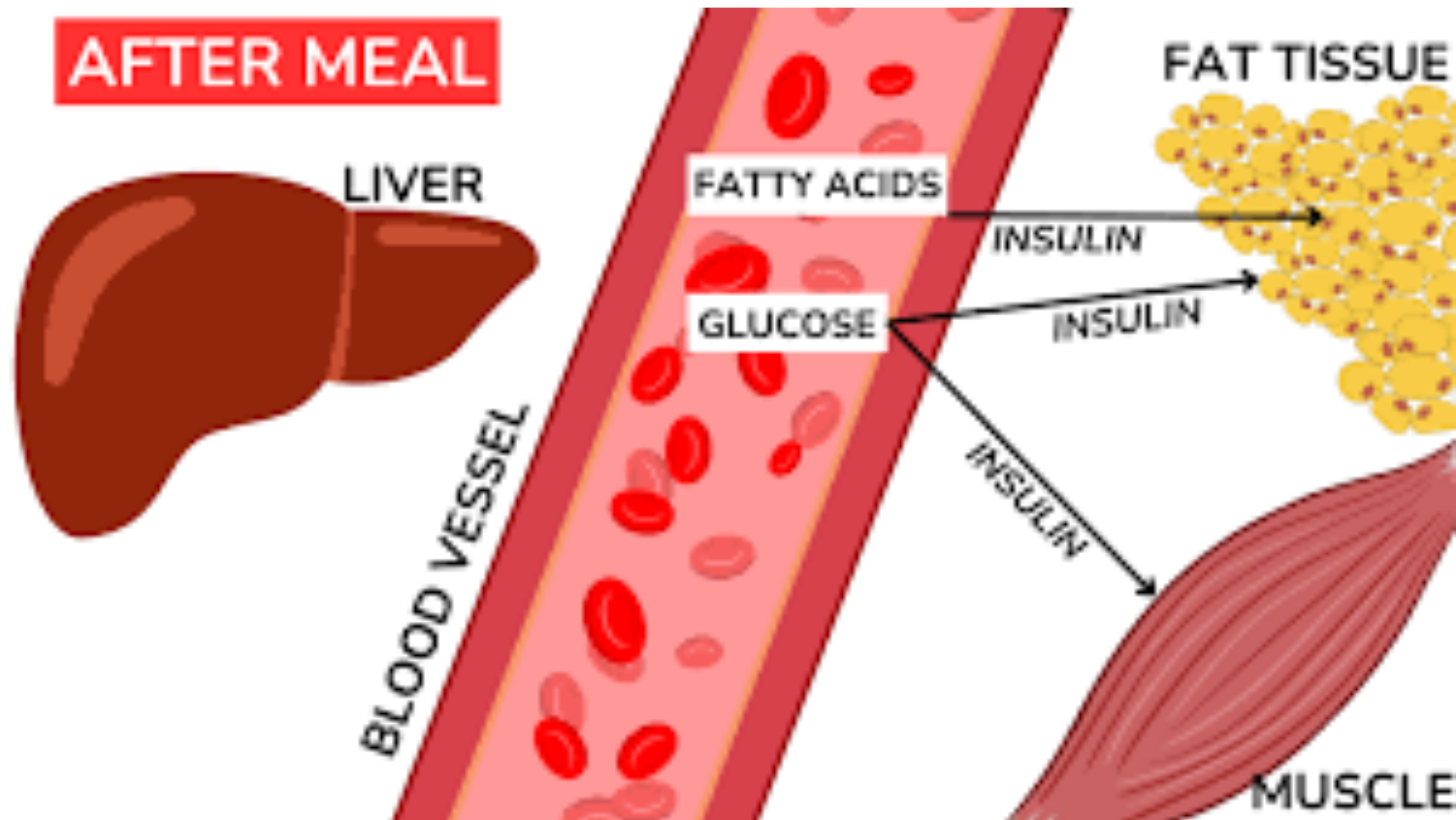
Next stop - Pancreas



The rise in glucose levels signals your **pancreas to release insulin** (the fuel truck driver).

The fuel truck driver then moves the glucose **out of the bloodstream and into your cells** where it can be used for energy.

The truck driver stops at a muscle cell
to deliver the fuel.



That's how you gain weight and develop INSULIN RESISTANCE.

What about the other fuel source - FATS

Good Fats



Unsaturated

Bad Fats



Saturated and Trans Fats

Unhealthy Fats - Examples



Deep fried fast foods



Cakes, cookies, and pies

Unhealthy Fats - Do Not Eat Food Cooked With Industrial Seed Oils



- Corn, soybeans, cottonseeds, safflower, and canola.
- They are super high in Omega 6 polyunsaturated fats.

The Toxic Load to Your Cells is Similar



- Both introduce **toxic inflammatory chemicals** into your body that accumulate over time and cause metabolic dysfunction.
- The half life of seed oils in your cell membranes is 600 - 700 days.

Cell Membrane Damage Causes Belly Fat



- By damaging the cell membrane, the cell's ability to take in glucose is compromised.
- Glucose cannot gain entry and is stored in your fat cells instead of burned as fuel.
- This is the primary cause of stubborn belly fat.

Cook Using These Oils



- Extra virgin olive oil.
- Avocado oil.
- Coconut oil.
- Butter.
- Ghee.

Fuel for Your Body



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Your body runs just like a fire burns (called metabolism) - by combining **oxygen** with one of **two types of fuel** that you give it.

Two Types of Fuel - Carbohydrates and Fats



- Glucose comes from carbohydrates.
- Ketones comes from healthy fats you eat.

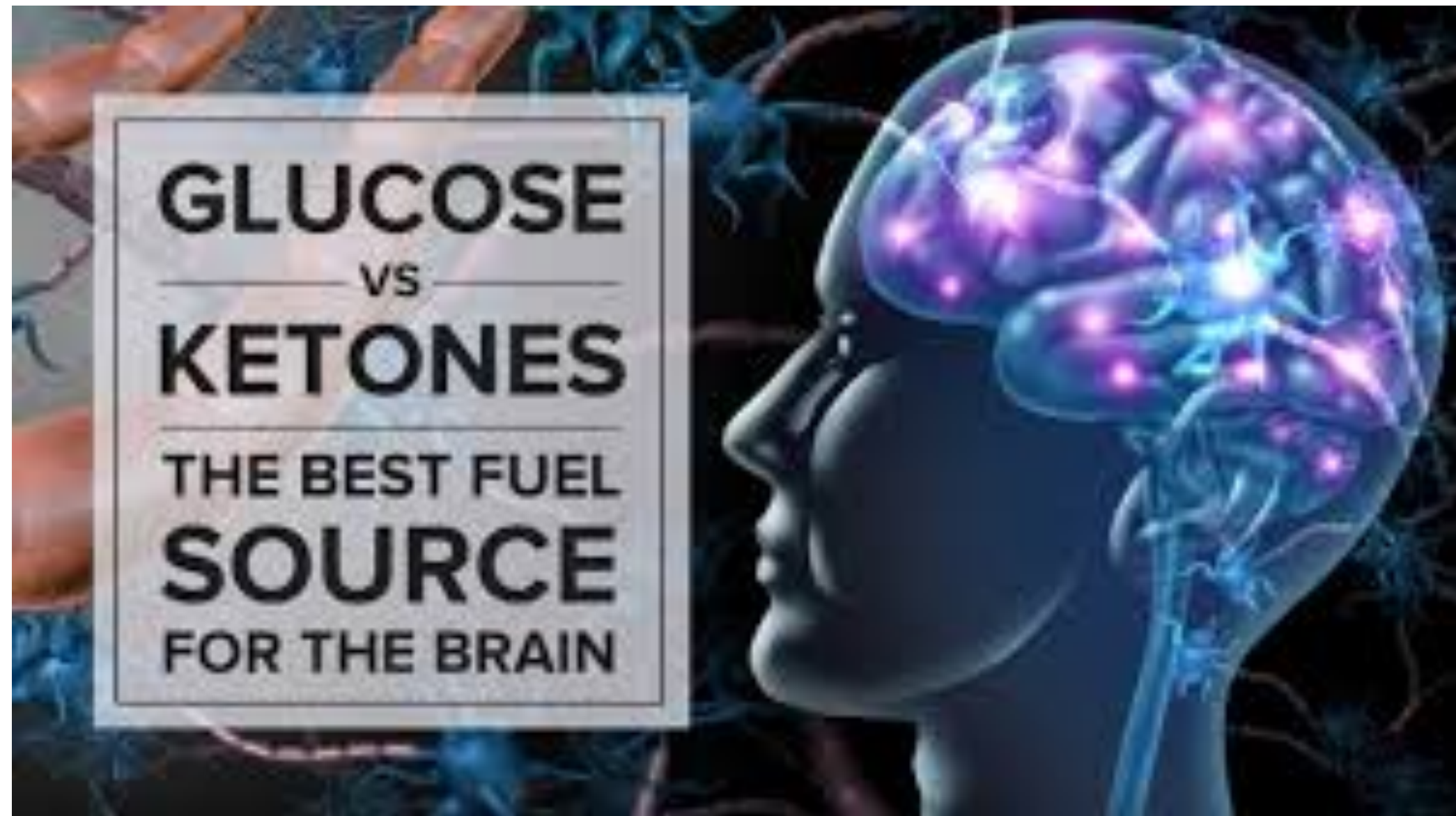
Glucose vs. Ketones

Which is better?



Ketones is the better fuel because it results in more ATP being produced.

Ketones are Brain Fuel



Ketones can cross the blood-brain barrier - delivering energy to the brain. **Glucose** can not.

On a **Keto diet**, your body switches from burning glucose for energy to burning fats, which produces ketones.

More Benefits of Ketones



1. Signals the body to burn stored fat.
2. Lowers inflammation and heart disease risk (as a result of generating fewer free radicals).
3. May protect against neurodegenerative diseases like Alzheimer's.

Fuel is Being Burned by the Cells



That process is called **oxidation**. It produces energy known as **ATP** and also a dirty by-product - **free radicals**.

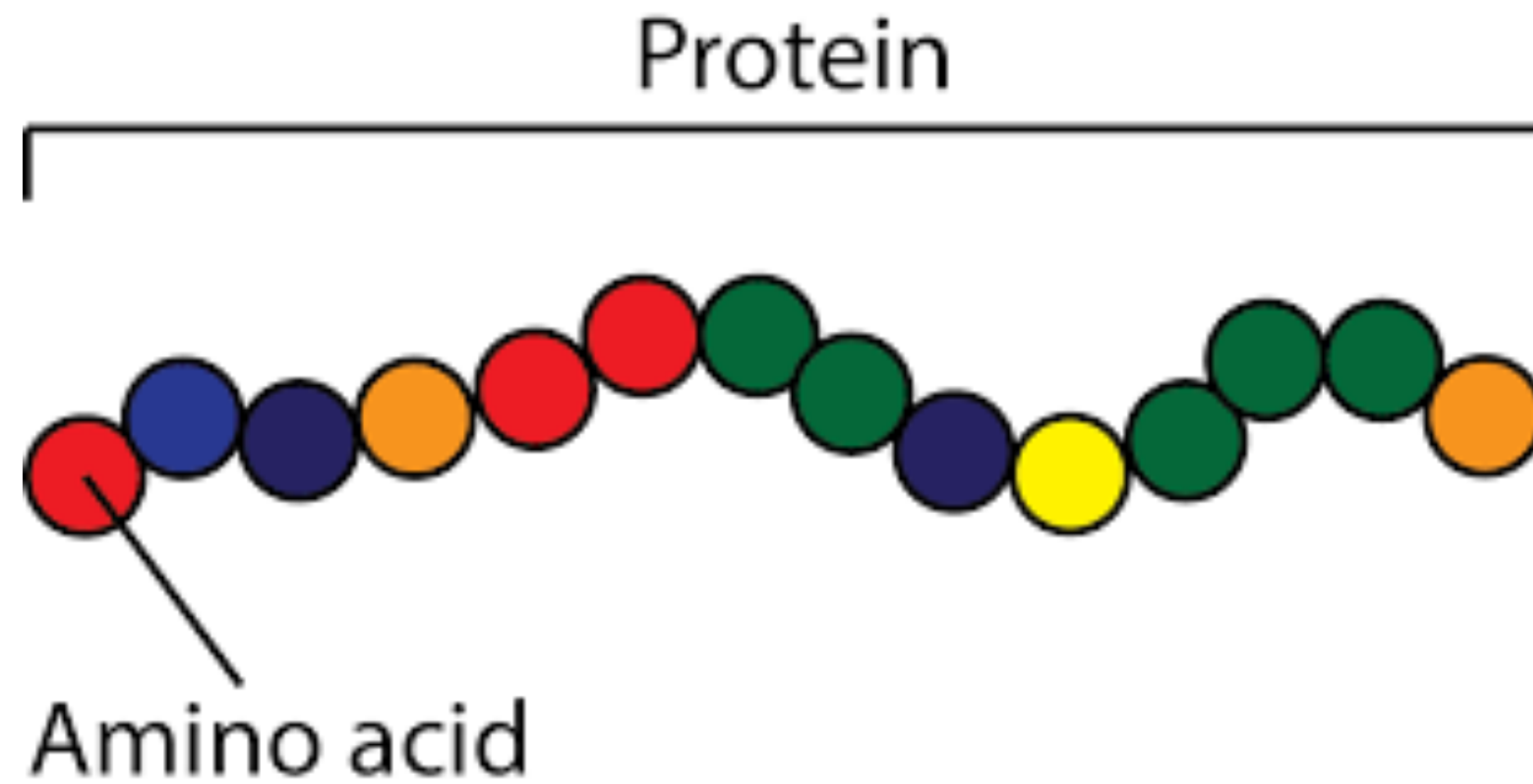
Proteins

Now you learned how Carbohydrates and Fats are used as fuel, let's turn our attention to **Proteins**.



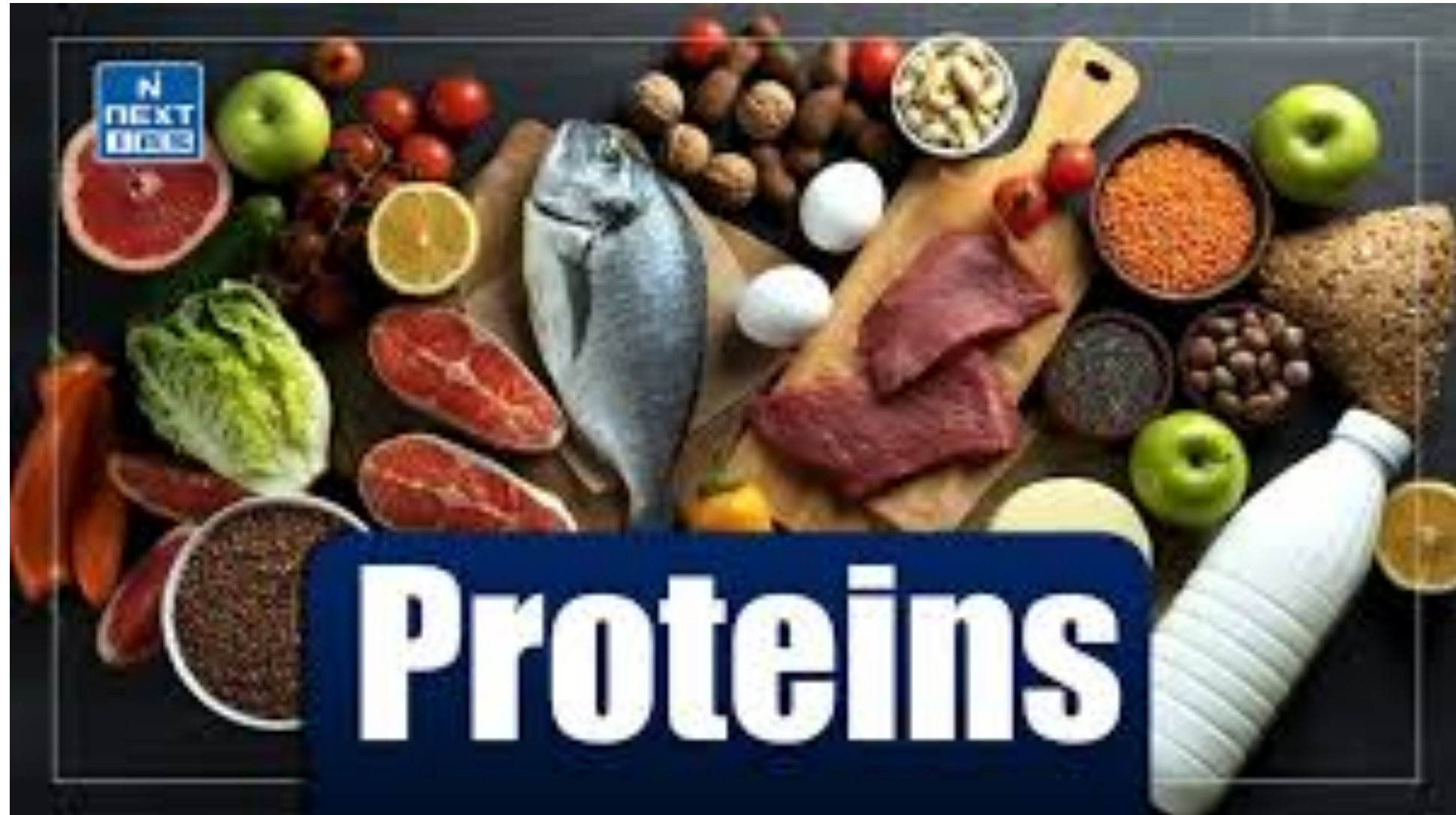
Called the **building blocks of life**, proteins are essential for overall health.

Amino Acids



Proteins consist of a chain of Amino Acids

What Proteins Do



- Proteins protect your immune system.
- Proteins aid in muscle synthesis.
- Proteins enhance brain function.

Animal Based Protein Sources - Examples



Grilled chicken breast



Boiled eggs



Baked salmon

Plant Based Protein Sources - Examples



Tofu

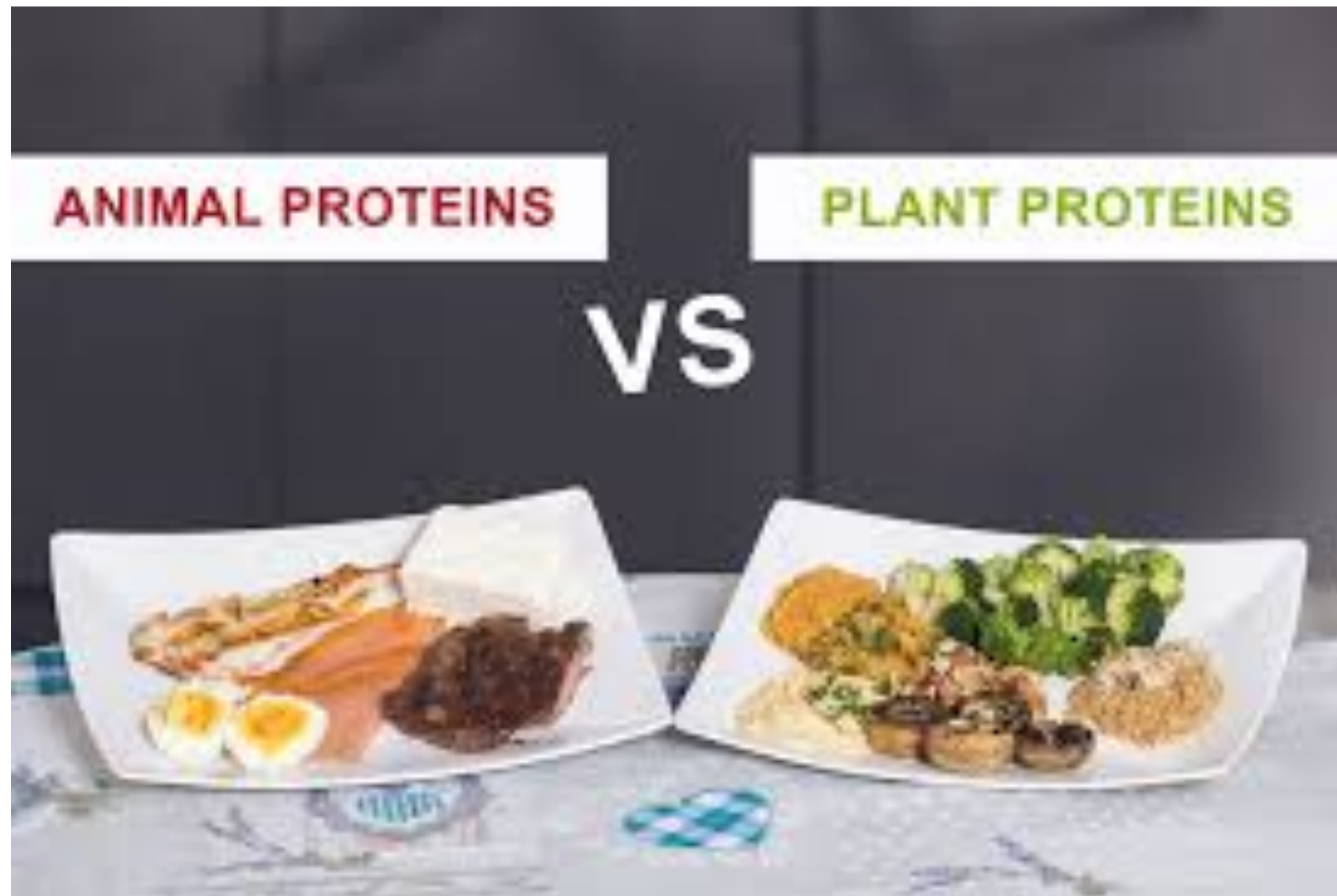


Lentils



Quinoa

Animal versus Plant Protein



- Animal protein has better bioavailability and amino acid profile.
- Plant protein has lower calories and a higher fiber content.

How to Boost Your Protein Intake

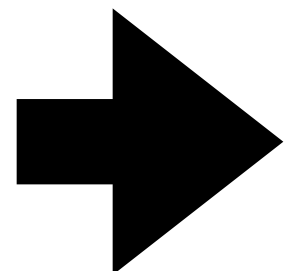
1. Incorporate protein into **every meal**.
2. Mix animal and plant sources for **variety**.
3. Choose high-protein snacks.



Let's Review



1. Nutrition must be individualized.
2. You should eat complex carbs and avoid simple carbs.
3. Your diet should consist of more fats and protein than carbohydrates.



Cont.

Let's Review



4. There are healthy fats (unsaturated) and unhealthy fats (saturated).

5. Proteins contain amino acids, which are the building blocks of life. You should aim to increase your protein intake.

Popular Diets

Everything You Need To Know



The Mediterranean Diet



Whole Foods - Vegetables, fruits, whole grains, fish, and olive oil.

Keto Diet



The focus is on low carbs and high fat.

A Keto Meal Example



DR. BERG
APPROVED

Diets - What the Research Shows



- One-half of people who go on diets quit within one month.
- 95% of weight lost is regained within one year.

Diets Don't Work



An analysis of Atkins, Weight Watchers, and Zone, showed that after 12 months, adherence had dropped significantly and **most of the initial benefits gained had disappeared.**

American Journal of Clinical Nutrition.

A Better Way

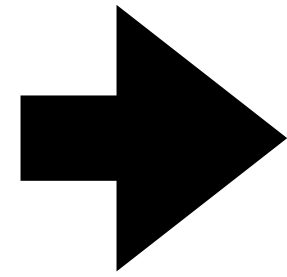
Because no one size fits all,



- We'll help you create a **NUTRITION PLAN** that is **INDIVIDUALIZED** just for you.
- It will consider the **FOODS YOU LIKE**.
- It will be **FLEXIBLE** so that you can maintain it.

Your Current Nutrition

Start here.



Go through your cupboards and refrigerator and make a list of everything you normally eat.

Label, Eliminate, and Substitute

FOOD	PROTEIN	FAT	SIMPLE CARB	COMPLEX CARB	ELIMINATE	SUBSTITUTE
STEAK	YES					
BANANAS				YES		
AVOCADO		YES				
DONUT			YES		YES	

Your Personalized Nutrition Plan

BREAKFAST	LUNCH	DINNER	SNACK
OPTION 1	OPTION 1	OPTION 1	OPTION 1
OPTION 2	OPTION 2	OPTION 2	OPTION 2
OPTION 3	OPTION 3	OPTION 3	OPTION 3

Your Personalized Nutrition Plan



We'll give you all the forms and support you'll need.

It's time for breakfast - or is it?



Depending on your fasting window, you may be inclined to **skip breakfast**. (More about that later.)

In that case, **your first meal might be lunch**.

Otherwise, here's some suggestions.

The Protein Shake Offers Many Advantages as a Breakfast Alternative.



1. Time savings.
2. Start the day with 30 grams of protein.
3. Conveniently add in fruit, Greek yogurt, and the powdered supplements you may be taking.

Anabolic resistance

Why you need more protein - Reason #1



As you age, you need more protein to stimulate the same muscle building response that you needed when you were younger.

This is called anabolic resistance.

Why you need more protein - Reason #2



Aging weakens the immune system.

Protein provides the amino acids critical for producing immune cells.

Bone density

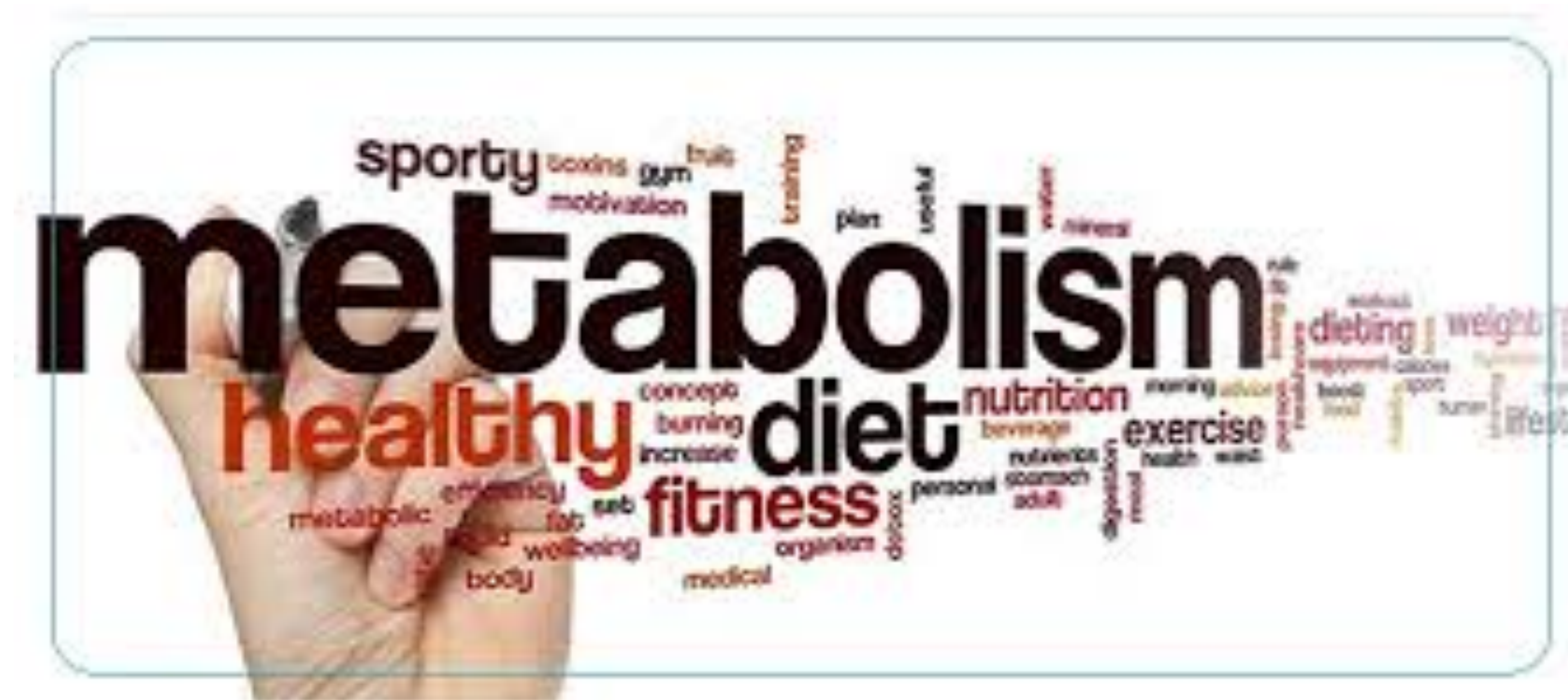
Why you need more protein - Reason #3



Aging increases bone loss. Protein helps maintain bone density by providing amino acids for collagen formation.

Lean muscle mass

Why you need more protein - Reason #4



Protein supports the metabolism by preserving lean muscle mass, which burns more calories at rest.

A Traditional Healthy Breakfast



- Steel cut oatmeal is a healthy choice if you prefer to start your day with cereal.
- Add Greek yogurt.
- Top with blueberries and bananas.
- Add a couple of eggs to boost your protein intake.



Healthy Choices for Lunch



Tuna



Beef



Turkey Burger

- Discretionary based on your diet choice.
- Ideas - tuna, chicken or beef, turkey burger, rice and beans.



- **Always include protein with your carbs.**



Rice and beans

What's for Dinner



- Refer to any of the Meal Options you created on your Personalized Nutrition Plan.
- Remember to combine Protein with either Complex Carbs or Healthy Fats.

Example: When combined, rice and beans form a complete protein.

How Often Should You Eat?

Intermittent Fasting Explained



Intermittent Fasting - What is it?



Limiting your eating window each day.

Aim for a **fasting window** of 14 - 16 hours.

Reduces calories

Intermittent Fasting - Benefits



- Reduces calories without a restrictive diet.
- Lowers insulin levels, promoting fat as an energy source.

Improves cardiovascular function

Intermittent Fasting - Benefits



- Improves insulin sensitivity.
- Lowers blood pressure.
- Reduces inflammation.

Boosts Brain Function and Longevity

Intermittent Fasting - More Benefits



- Promotes brain cell growth (neurogenesis).
- Increases BDNF (brain-derived neurotrophic factor) which is linked to memory and learning.
- Studies show improved cognitive performance in adults with MCI (mild cognitive impairment).

Intermittent Fasting - Benefits

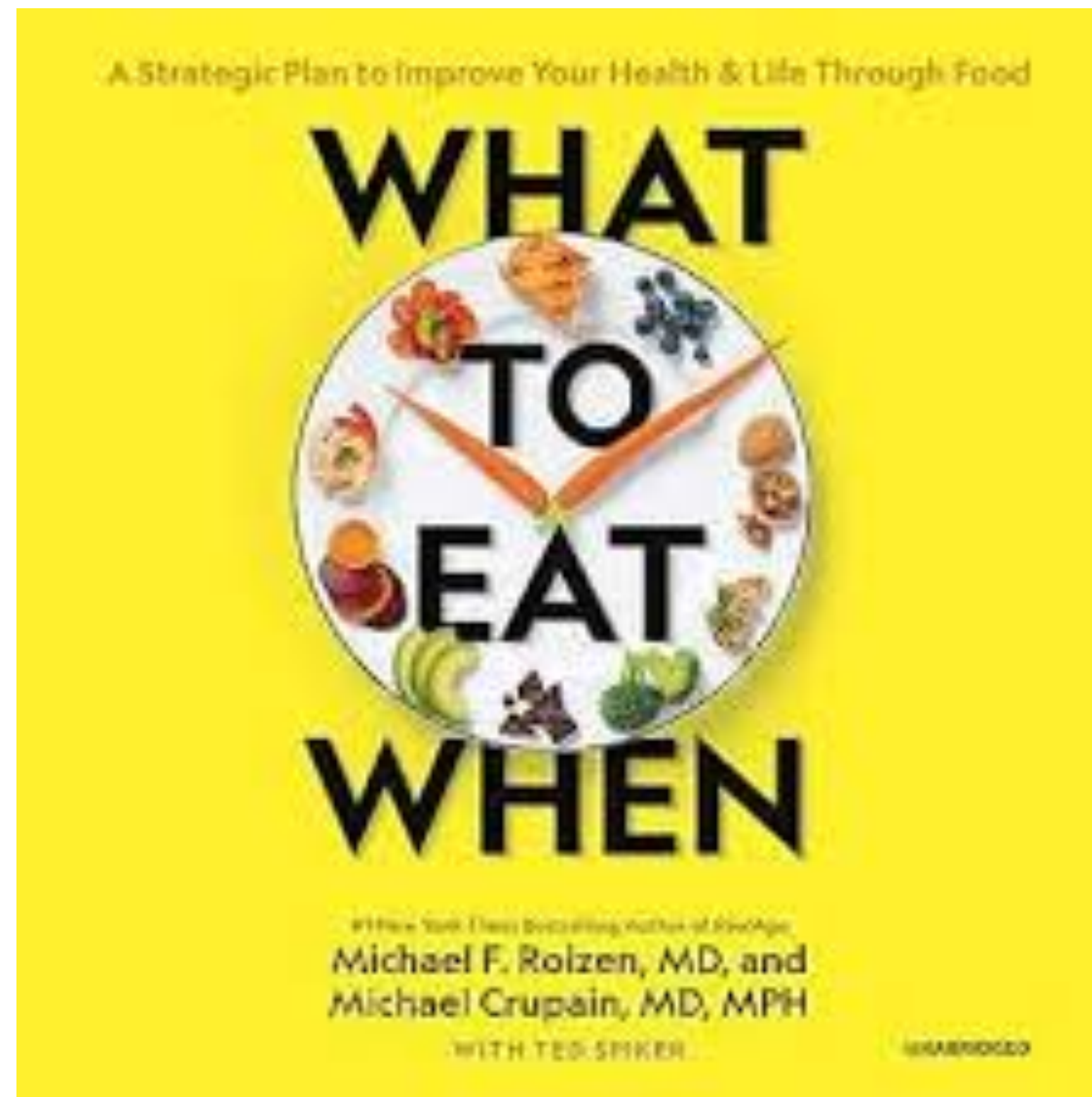


Why We Endorse This Program

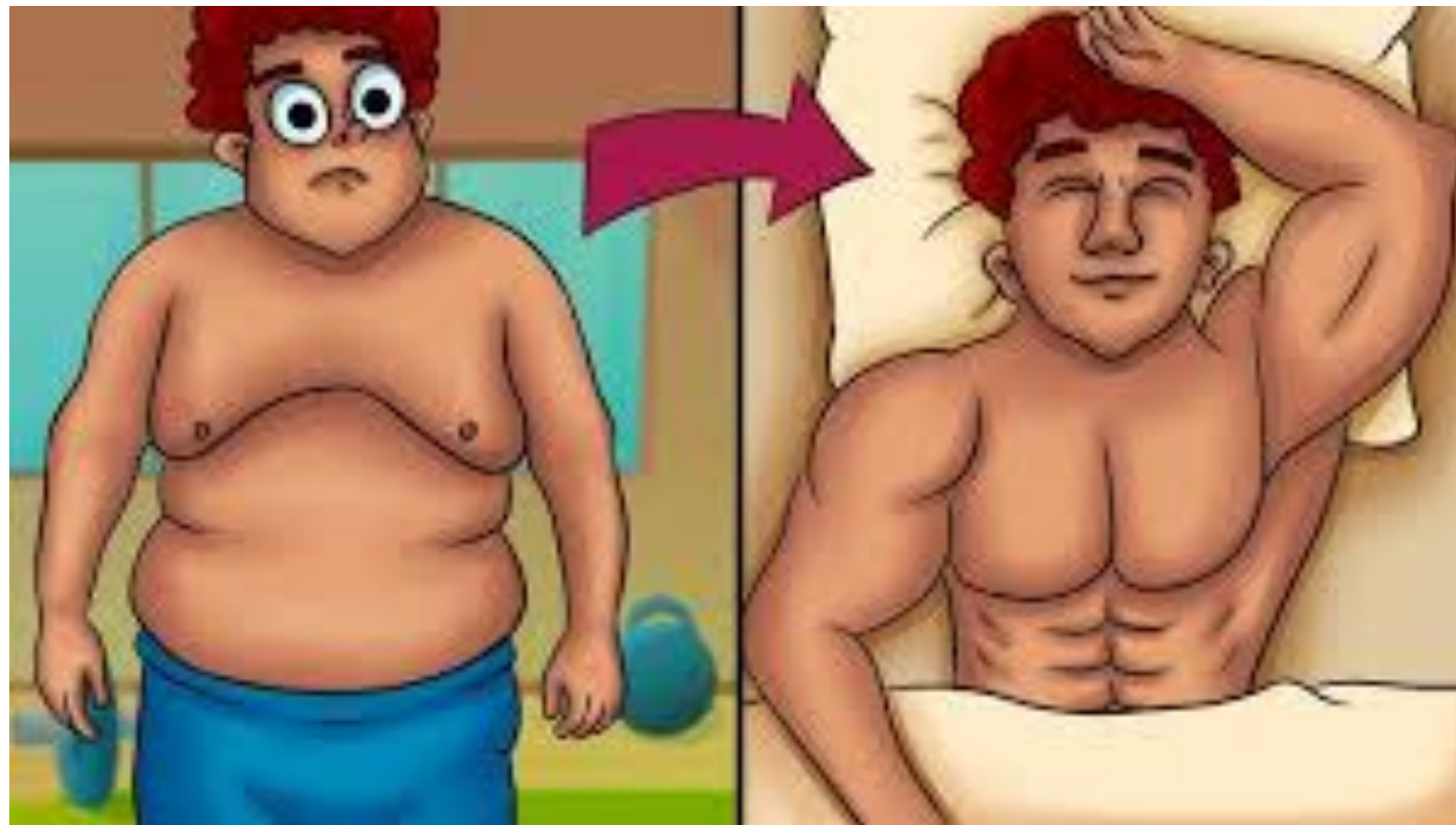
- It's simple and easy to sustain.
- It simplifies your meal planning.

Now you have learned the basics of nutrition,
you're ready to learn . . .

What to Eat When

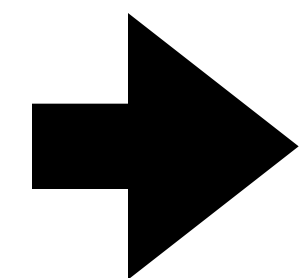


How to Increase Muscle Synthesis While Sleeping

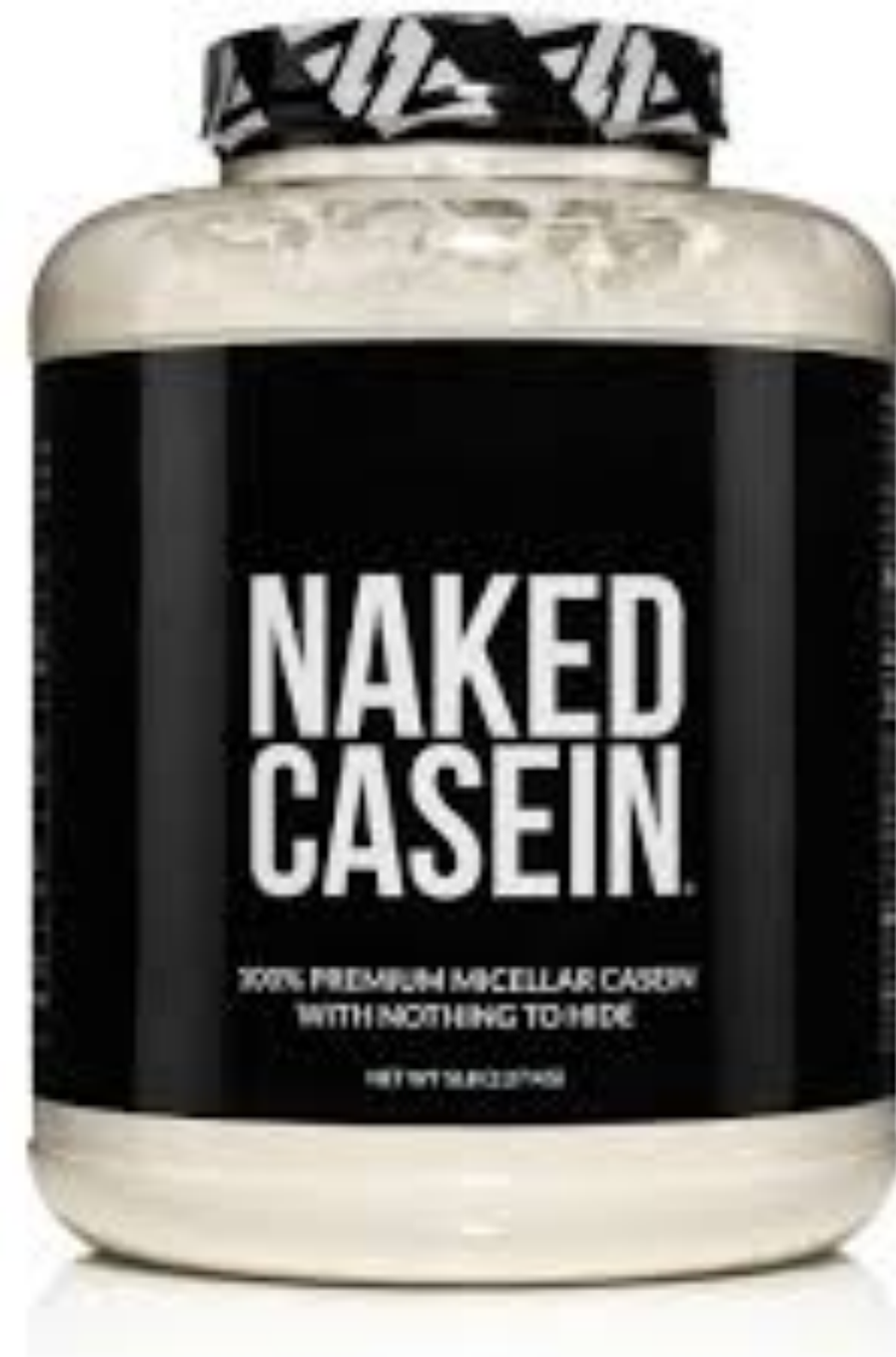


- Your body builds muscle tissue while you sleep (**anabolism**).
- If that is your priority, you'll need a night time snack.

Here are three ways to make sure your muscles are being
fed overnight.



Casein Protein Powder



- On a day when you've done some moderate resistance training, you'll want to increase your protein intake.

- In the evening, supplement with casein protein.

Unlike whey protein, casein digests more slowly, nourishing your muscles up to seven hours while you're sleeping.

Dairy Products

Here are some examples of natural sources of casein.



Milk



Cheese



Cottage cheese



Greek yogurt

A Healthy Night Time Protocol



Evening snack: Small portions of cottage cheese and Greek yogurt with blueberries on top.

On resistance training days, mix in some casein powder.

This Muscle Building Protocol is an Example of Individualized Nutrition



- If weight loss is a higher priority for you than building muscle, you would eliminate any night time snacks.

Nutrition - Morning Protocol



- Drink a 12 oz. glass of water.
- Add a squirt of lemon and a pinch (1/8 - 1/4 tsp.) of Celtic sea salt.
- Add 2 TBLS of psyllium husk fibre.

Benefits of added ingredients - Psyllium husk



1. Regulates bowel movements.
2. Reduces blood cholesterol levels.
3. Stabilizes blood glucose levels by slowing sugar absorption.

Benefits of Added Ingredients - Celtic sea salt



1. Contains **electrolytes**, which improves water absorption at a cellular level by 40%.
2. Contains 80 **trace minerals**, enhancing nutrient absorption throughout the day.
3. Aids digestion by stimulating the production of **digestive enzymes**.

Benefits of Added Ingredients- lemon



1. Vitamin C supports immune system and may lower the risk of chronic diseases.
2. The citric acid may help prevent kidney stones.
3. Reduces blood pressure and lowers cholesterol.

Time for morning coffee.



Wait 1 - 2 hours after waking so that your cortisol levels have had time to drop.

Typically the optimal time window will be between 9 AM and 11 AM.

Take it to the next level by adding butter to your coffee.



- The healthy fats provides slow release energy, eliminating crashes,
- The combination of fats and caffeine enhance mental clarity and sustained attention.

Extra energy boost: Add one TBSP of MCT oil or Coconut oil.



The Most Potent Hack - Extra Virgin Olive Oil



- Use as a salad dressing.
- Drizzle over foods.
- Substitute for cooking oils or butter.

Get 1 - 2 TBLS daily in your diet.

Extra Virgin Olive Oil - Benefits



- Lowers bad cholesterol and increases good cholesterol.
- Contains 30 polyphenols, which reduce inflammation.
- May reduce the risk of cardiovascular disease, neurodegenerative diseases, and some cancers.

A healthy combo from our last two suggestions



Sautéed spinach with goat cheese and EVOO
drizzled on top.

What kind of fish should I eat?



Criteria:

1. Should be high in Omega-3 fatty acids.
2. Should be high in lean protein and essential amino acids.
3. Should be low in mercury.

Sardines



1. High in Omega-3s.
2. High in B12.
3. Very low mercury level.

Atlantic Mackerel



1. High in Omega-3s.
2. Contains selenium and magnesium, supporting heart health.
3. Low mercury level (avoid king mackerel, which is higher).

Tuna



- Skipjack has the best rating for low mercury levels.
- Safely have 2 - 3 servings per week.

What kind of cheese should I eat?



Parmesan cheese



Goat cheese



Cottage cheese

Snack Hack - Blueberries



A true superfood - eat them daily!

Snack Hack - Dark Chocolate



25 grams of sugar

Bad



18 grams of sugar

Better



2 grams of sugar

Best

Pop Quiz

1. White bread is an example of:

A. Fat.

B. Protein.

C. Complex carbohydrate.

D. Simple carbohydrate.

D. Simple carbohydrate.

Examples of Simple Carbs



2. What is not a good choice for nourishing your muscles while sleeping?

- A. Orange juice
- B. Casein powder
- C. Greek yogurt
- D. Cottage cheese

A. Orange juice

Casein Protein Powder

Here are some examples of natural sources



Milk



Cheese



Cottage cheese



Greek yogurt

3. Psyllium husk can do all of the following except:

- A. Promote muscle growth
- B. Slow sugar absorption
- C. Regulate bowel movements
- D. Reduce cholesterol levels

A. Promote muscle growth

Benefits of added ingredients - Psyllium husk



1. Regulates bowel movements.
2. Reduces blood cholesterol levels.
3. Stabilizes blood glucose levels by slowing sugar absorption.

4. Which would be the least healthy choice when choosing a cheese to eat?

- A. Cottage cheese
- B. Brie
- C. Parmesan cheese
- D. Goat cheese

B. Brie (high in calories and saturated fats)

What kind of cheese should I eat?



Parmesan cheese



Goat cheese



Cottage cheese

5. Which is the healthiest fish out of the following?

A. King mackerel

B. Sardines

C. Tilapia

D. Swordfish

B. Sardines

Sardines

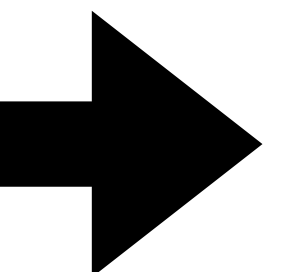


1. High in Omega-3s.
2. High in B12.
3. Very low mercury level.



Recap - Here's What You Learned Today.

1. To be of ANY value, nutrition must be personalized based on genetics, age, and any prescription medications.
2. Why eating simple carbs is like mainlining glucose into your veins and will lead to insulin resistance.



Recap - Here's What You Learned Today.



3. The difference between your cells's two primary fuels: glucose and ketones.
4. Why you need more protein and how to get it.
5. Why popular diets fail.



Recap - Here's What You Learned Today.

6. How you can benefit from intermittent fasting.
7. How to build your own morning and night time protocols that can benefit your health.
8. Powerful “hacks” you can use to improve your diet.
9. How the food you eat can either create the energy you need to stay healthy or degrade metabolic processes and lead to chronic disease.



Congratulations - You now have a basic understanding of **Nutritional Science** and how your body processes the foods that you eat.

What's Next



- You should attempt to get your nutrition needs met as much as possible through **Whole Foods**.



- However, due to the constraints pointed out in this seminar, **some supplementation will be required for optimum health.**

Coming Next



The Supplements Your Body Requires seminar will take you on a Deep Dive into the 12 most critical supplements you should be taking.

Hope to see you there!

And remember . . .

A person who is healthy has a million dreams.

A person who is not has only one.

Tony Robbins

The End