Oral Health Kansas

December 3rd 2010

Dr U. Phillip Odiatu BA, DMD.
NSCA Certified Personal Trainer
Personal Training Specialist Can Fit Pro
Certified Holistic Lifestyle Coach
Certified Nutrition and Wellness Specialist

“If I had known I was going to live this long, I would have taken better care of myself.”
~Eubie Blake
DIET, EXERCISE AND INFLAMMATION

INFLAMMATION

Dioscoride - an ancient Greek doctor from 100 AD who described inflammation in simple terms - CALOR, DOLOR, TUMOR, RUBOR

Most people know inflammation as a localized reaction in tissue from irritation, injury or infection. Symptoms may include loss of function and movement, pain, swelling and redness. Inflammation plays a part in many chronic diseases i.e. heart disease and stroke.

C-Reactive Protein - a simple blood test can measure this system wide inflammatory marker.

Aggressive periodontitis is related to elevated CRP levels. Sun XJ et al. Elevation of C-reactive protein and interleukin-6 in plasma of patients with aggressive periodontitis October J Periodontal Research 2008

PROINFLAMMATORY DIET - Traditional Western Diet

Antiinflammatory Diet - Mediterranean diet, Indian Cuisine, Asian Cuisine

Inflammation is the connection to discussing the oral-body link. Inflammation is the initial response of your immune system to infection, injury or irritation.

We are holistic beings. The entire body is aware when it has infection, irritation and inflammation present. When the cause of the inflammation does not go away or gets worse, the entire system may be affected: damage to blood vessels, harm to the heart, nerves and joints. 2006 American Academy of Periodontology.

Bacteria that are implicated in periodontal disease do not confine themselves to the oral cavity, but can travel all over the body. With chronic periodontitis, the body’s inflammatory system stays on alert.

“Some men die by shrapnel
And some go down in flames,
But most men perish inch by inch,
Playing at little games.”

www.FitSpeakers.com 1-416-558-1774 info@FitSpeakers.com
ANTI-INFLAMMATORY FOODS and DIETS

OMEGA 3 FATS – ie walnuts, flax, fish, dark leafy vegetables, fish oil supplements.

TUMERIC (commonly found in East Indian Cuisine)

BERRIES (all are desirable – strawberries, raspberries, etc)

- low in sodium, calories and fat
- high in fibre, potassium, and vitamin C
- Packed with health enhancing antioxidants
- support heart health, normal blood pressure and weight loss.

Leading scientists attended the Berry Health Symposium on June 22, 2009 to present the most recent findings:
- Tufts University assistant professor, Paul Milbury, Ph.D, reported that berry anthocyanins can penetrate the blood brain barrier in rodents and can be found in brain and eye tissue of pigs after blueberry feeding.
- Spanish researchers reported that metabolites of berry ellagitannins enter the human prostate after consumption of berries.
- Navindra Seeram, Ph.D. assistant professor at the University of Rhode Island: “Berry compounds work on multiple mechanisms in the body. They are hitting the pro-inflammatory processes and the central pathways linked with diseases like cancer, cardiovascular disease and Alzheimer’s disease.”

MEDITERRANEAN DIET –

AYURVEDIC CUISINE – variety of tastes (sweet, salt, sour, bitter, pungent, astringent)

NOTES

- Overconsumption of any nutrient (protein, CHO, or fat can cause inflammation) ~Dr. P. Dandora MD University of NY School of Medicine.

- Visceral fat is now known to be a metabolically active endocrine organ
- Fat released from the tissues inside the abdomen goes directly into the portal system, exposing the liver to very high amounts of free fatty acids. This can increase production of glucose, causing elevated blood sugar.
~ Dr. A. Morrison, U. South FL
Healthy Body – Healthy Mouth: the Inflammation Connection

- **Eat a healthy diet rich in fresh fruits and vegetables** to support good health and healing. Foods rich in refined carbohydrates are major causes of chronic inflammation. *J. AM Coll Cardiol 2008* Snacking on high fat, high sugar food all day leads to chronic inflammatory pathogens *J AM Coll Cardiol 2008*. Diet induced hyperlipidemia creates oxidative stress and inflammation. *Circ 2005*

- **Limit or avoid processed meats**: lunch meats, hot dogs and sausages contain nitrites and sulphites that are associated with increased inflammation ~ Western Regional Dental Conference presentation The Body – Mouth Connection March 5th 2010

- **Limit or avoid high glycemic foods** or “JUNK FOOD” as they support inflammation in your body. From the Department of Clinical Nutrition, Food and Health Research Centre, University of Kuopio, Finland May 2008

- If you like fish and are not allergic to sea food, **aim to eat 2-4 servings of fish a week**. This helps to decrease inflammation in your body. If it is not convenient to cook fish, purchase a fish oil supplement. 1000 mg of fish oil a day has been suggested by experts for a healthy person. (SPECIAL NOTE: People who are on blood thinners should not consume omega 3 supplements or fish oil capsules without their doctor’s approval). ~ You – Staying Young. Dr Mehmet OZ © 2007 Simon and Schuster

- **Aim to reach or maintain a healthy weight**. Even a 5% weight loss in an overweight person may get a reduction in CRP, interleukin-6 and other markers of inflammation.” ~ University of California Davis Medical Center in Sacramento

- **Get a good night sleep**. A single night of disrupted ZZZZ’s can stimulate inflammation in your body. *Biological Psychiatry*, Volume 64, Issue 6 (September 15, 2008), published by Elsevier.

- **Maintain a regular exercise program**. Researchers at Emory University School of Medicine in Atlanta (Nov 2007) who measured the effects of an eight-week yoga regimen on 19 heart failure patients found the exercise routine reduced markers of inflammation.

- **Aim for more balance in your life by relaxing and managing stress**. Men with high levels of hostility, anger and depression show increases in a key marker of inflammation over time. *Brain, Behavior and Immunity, August 2007.*
### CALCULATE YOUR BMI

1. **Weight in pounds** (135)  
2. Multiply by 703 \((135 \times 703 = 94,905)\)  
3. Multiply your height in inches by itself  
   \((65 \times 65 = 4,225)\)  
4. Divide the answer on line 2 by the answer on line 3  
   \[94,905 \div 4,225 = 22.47\text{ BMI}\]  

**NOTES**
<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, cauliflower</td>
<td>Peppers (green/red/yellow)</td>
</tr>
<tr>
<td>Cherries</td>
<td>Extra Virgin Olive Oil (first cold pressed)</td>
</tr>
<tr>
<td>Celery</td>
<td>Prunes, Avocado</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Wild rice</td>
</tr>
<tr>
<td>Goat Cheese vs cheddar</td>
<td>Blueberries, raspberries, strawberries</td>
</tr>
<tr>
<td>Wild Salmon (not farmed)</td>
<td>Brown rice wraps</td>
</tr>
<tr>
<td>Organic / free range eggs</td>
<td>Carrots, legumes – all kinds</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Flax seeds and Flax seed oil</td>
</tr>
<tr>
<td>Stevia sweetener</td>
<td>Whole / ancient grain / sourdough Breads</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>Sweet Potato / Yams</td>
</tr>
<tr>
<td>Whole Grain Brown Rice</td>
<td>Spinach (organic if possible)</td>
</tr>
<tr>
<td>Steel cut oatmeal</td>
<td>Bananas, apples, oranges, etc</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Chicken, turkey, beef (free range BEST)</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Plain organic Yogurt (add your own fruit)</td>
</tr>
<tr>
<td>Organic Brown Rice Milk</td>
<td>Green Tea or White Tea</td>
</tr>
<tr>
<td>Sea Salt vs regular table salt</td>
<td>Canned soups (organic best)</td>
</tr>
<tr>
<td>Brown rice pasta</td>
<td>Spelt, kamut, millet  breakfast cereals</td>
</tr>
<tr>
<td>Organic wines (if you drink)</td>
<td>Sunflower, pumpkin seeds</td>
</tr>
<tr>
<td>Raw cashews, walnuts, almonds</td>
<td>Tumeric, cumin, garlic.  Onions</td>
</tr>
<tr>
<td>Tilapia, halibut, Mahi tuna</td>
<td>Beets, Turnips, squash</td>
</tr>
<tr>
<td>Squash (many varieties)</td>
<td>Cranberry &amp; Pomegranate juice</td>
</tr>
</tbody>
</table>
SUCCESSFUL WEIGHT LOSS

The National Weight Control Registry (www.nwcr.ws) is a database of men and women who have lost 60 pounds or more and maintained this weight loss for five or more years. There are several similarities among the most successful ‘losers’ of body weight:

1) They are all physically active. On average they accumulate 250 minutes per week of moderate intensity exercise.
2) They all monitor how much food they eat, eating a wide variety of foods, but paying close attention to how much fat is in their diet.
3) Most of them maintain some type of weight change chart.
4) Most of them weight themselves at least once per week.
5) They all eat a healthy breakfast and are very consistent in their exercise patterns.
6) Of all the thousands of successful weight loss participants in this registry, walking was the most common choice of aerobic activity! Walking is the safest, most natural form of light aerobic activity.

RECENT RESEARCH

DIET, EXERCISE AND THE IMMUNE SYSTEM: David Nieman, professor of health nutrition at Appalachian State University in Boone, North Carolina (Human performance Lab). When asked what healthy people can do to boost their immunity he responded that there is nothing more powerful than regular, moderate exercise. Study showed that sick days are cut in half if you take unfit, sedentary people and have them walk briskly for 45 minutes most days of the week. Natural killer cells and neutrophils that provide the first defense against bacteria, viruses, and other invaders are circulating at a higher level every time you exercise moderately. They remain elevated for about three hours after a 45 minute walk and return to normal until next time you exercise.

The Lancet: Researchers with the Interheart study say that the higher your waist measurement relative to your hip measurement, the greater your heart attack risk. Fat in the hips and thighs do not affect the pancreas and liver, while fat cells in the abdomen do, increasing heart risk. The optimal ratios: 90% or less for men, 85% or less for women.
EXERCISE

Resistance Training (some simple guidelines)

- 2 – 3 times / wk
- 8 – 12 repetitions
- 1 warm-up set
- 1 – 2 challenging sets
- 30 minutes

GLOSSARY:

Strength training – resistance using free weights, machines, bands, bodyweight, Pilates and yoga. Include strength training for upper body, core (abdominal and trunk) and lower body. Start session by warming up with elliptical, treadmill, or walking. For beginner only use one set and use 12-15 repetitions. The goal is to fatigue the muscle until you can no longer do the exercise with controlled form.

Cross Training – allows you to rest your active sport muscles while training other muscles.

Start with light resistance – Leave your ego in the locker-room! Gain mastery over the movement before attempting a heavier weight and you will enjoy a lifetime of weight training.

Breathing – Do not hold your breath while resistance training. This can be dangerous and is an indication that the load may be too heavy for you. Maintain a steady breathing pattern throughout the exercise. A certified trainer can help you to learn how to exhale while you are doing the most work, which is the most effective way to breathe during weight training.

Don’t lock your elbows and knees – Your knee and elbow joints should be soft, or slightly flexed (bent) – avoid “locking” these joints.

Aim for a slow, and steady movement speed during exercises. This has been proven to fire more muscle fibres and is much safer.

Engage your core – or pull your abdominal muscles in (belly button to spine) – This will build up the strength of your midsection and will ensure good posture throughout your exercises.

Train within the Rep Range – If the rep range is 8 – 10, choose a weight that you can lift 8 times, but not more than 10.

Hire a trainer – If you have any doubts or concerns about your exercise technique, this will be one of the best investments you will make!

Anti-Aging Benefits

-New study, published in May 2007, says resistance exercise for people 65 and older can actually reverse important aging effects on skeletal muscles, to the point where they work
genetically like those found in people four decades younger (McMaster University; supported in the U.S. by the National Institute of Health. Published online in the Public Library of Science PLoS One)

-Maintenance of physical activity throughout life and successful aging go hand in hand; this was one of the strongest correlations found in the MacArthur Foundation’s Study of Aging in America, as reported in 1998 in the book Successful Aging

<table>
<thead>
<tr>
<th>H.I.I.T.</th>
</tr>
</thead>
</table>

**High Intensity Interval Training**
-Alternate hi and low intensity work during
  (allows body to recover between intense bouts)
- Most programs in past focus on steady state activity.

**H.I.I.T. has advantages:**
1. Cardiovascular improvement is intensity dependent
2. Superior for weight loss due to total % of calories burnt in each session
3. Uses lipids (fats) for fuel
4. Greater Growth Hormone (youth hormone) response
5. Increased AFTERBURN post exercise
6. Time-efficient

**CAUTION:** adjust ratios for detrained people, general population. These studies focused on athletes

**SAMPLE H.I.I.T. WORKOUT:**

<table>
<thead>
<tr>
<th>Interval minutes</th>
<th>RPE (1-10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 warm-up</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Scheoenfeld, B., Dawes, J. “High Intensity Interval Training: Applications for General Fitness Training.” Vol 31 No 6 pp44-45
**Strength and Conditioning Journal December 2009**
A BLUEPRINT FOR AN UNHEALTHY BODY AND POOR PERFORMANCE
(SPECIAL NOTE: This is a tongue in cheek perspective....) by Dr Odiatu

1. Skip breakfast and try to eat only one meal a day. Start it right after work and keep eating right until bedtime. Make sure you wolf your food down as it will allow you to eat even more.

2. Stay up as late as possible and see if you can think and worry about all the things that went wrong as you drift off to sleep. If you can go to bed after midnight even better. Who needs to replenish when you know two cups of coffee are waiting for you when you wake up... after hitting your snooze alarm three times of course.

3. Watch at least 4-5 hours of television at night. This is especially handy if you were not able to sneak a peak at the patient’s TV in the treatment rooms. Watching at least 30 hours a week means you will have spent 10 years in front of the TV by the time you are 70 - just a super way to feel like life has been truly fulfilling.

4. Hang on to resentments and never forgive anyone. The constant anger and chronic stress will give you all the alone time you need.

5. The patients can floss, but why bother yourself? Just because cardiologist Dr Mehmet Oz says it is one of the best ways to extend your life, doesn’t mean it will make you – you are special....just rinse with mouthwash!

6. Work year round without any holidays. Have you tried working 7 days a week? Time off is for wimps. Hey, you only go around once!

7. Work through lunch whenever you get the chance. It is one of the best ways to keep your mind revved and your stomach gurgling. Oh yes, and if you have any time left over, fill out insurance forms and return calls (professional only). You can always gobble down half a sandwich when you are waiting for the anaesthetic to take.

8. Spend as much time as you can with negative people. Studies have shown that you can learn all you need to know from people who gossip. The tiredness you feel after listening to them can be countered by drinking even more coffee.

9. If you are tired, the last thing you want to do is stretch your legs and go for a walk during a break in your schedule. The only thing going for a walk will do is possibly make you go outside and breathe fresh air. Who needs the sun when you can just pop a vitamin D?

10. Eat as much processed, high fat, high sugar food as possible. Hey, it is perfectly normal to gain about 2-3 lbs a yr after college.

11. Never take any nutrition or wellness courses for your CE. Learning about being healthy is over-rated. You can replace almost every part of the human body anyway.

12. Make sure you never ever spend any time in reflection or quite contemplation. Having daily crisis’s are a nice way to stay motivated and the adrenaline rush is addictive! Isn’t it?

13. Burn the candle at both ends. Hey for that matter...your friendships too! What’s that saying? “He who dies with the most toys wins.”
RESOURCES

FitSpeakers Recent Reads:

SPARK by Dr. John Ratey

Anti-Cancer by David Servan-Schreiber, M.D., Ph.D.

The Okinawan Program by B.J. Willcox, M.D., D. Craig Willcox, Ph.D., Makoto Suzuki, M.D.

Beet Belly Blues by Brad King

The China Study by T.Colin Campbell, Ph.D. & Thomas M. Campbell

Foods That Fight Cancer by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.

Eating Well, Living Well by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.

In Full Bloom by Ilchi Lee and Jessie Jones, Ph.D.

Get the Sugar Out by Ann Louise Gittleman, PH.D., C.N.S.

The Brain Wash by Michelle Schoffro Cook

Old Favorites

The Path to Phenomenal Health by Sam Graci

Heal Your Body by Louise Hay

Healthy Aging by Dr. Andrew Weil

Body For Life by Bill Phillips

Anatomy of the Spirit by Caroline Myss PhD

Journey Into Healing by Dr Deepak Chopra

You: the Owner’s Manual by Michael F. Roizen, M.D. & Mehmet C. OZ, M.D.

Fit to Lead by Christopher Neck, Ph.D.; Tedd L. Mitchell, M.D.; Charles C. Manz, Ph.D.; & Emmet C. Thompson, D.S.L.

How to Eat, Move and be Healthy by Paul Chek

The Power of Intention by Dr. Wayne W. Dyer

The Mars & Venus Diet & Exercise Solution by John Gray, Ph.D.

Yoga: The Spirit and Practice of Moving Into Stillness by Erich Schiffmann
**Websites**

www.twitter.com/Fitspeakers  www.PaulChek.com
www.healthharmony.ca  www.watercure.com
www.genuinehealth.com  www.FitSpeakers.com
www.acefitness.org  www.ideafit.com
www.nsca-lift.org  www.seanstephenson.com
www.mercola.com  www.FitSpeakers.com
www.growingbolder.com  www.nsca-lift.org
www.americanheart.org  www.nutrition.gov
www.mapmyrun.com

www.environmentalnutrition.com
-sign up for the newsletter: Environmental Nutrition The Newsletter of food, nutrition and health

www.berryhealth.org (Berry Health symposium)

**The Center for Mindful Eating**  www.tcme.org

**Institute for Functional Medicine**  www.functionalmedicine.org
Non profit educational organization accredited by the Accreditation Council for Continuing Medical Education for Physicians
-find a practitioner in your area  www.functionalmedicine.org
1-800-228-0622

**IMPORTANT NOTE:** Always obtain your doctor’s permission before beginning any exercise program or making changes to your diet or nutritional program.
WHAT IS YOUR #1 BURNING NUMBER HEALTH / DIET QUESTION?

PRINT YOUR NAME CLEARLY HERE:

EMAIL ADDRESS (Please print clearly):

______________________________