



NUTRITION MEDICINE

**Nutrition Essentials For Busy
Health Professionals**

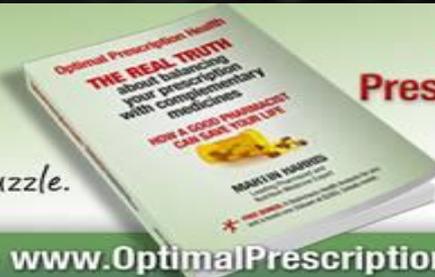
*Knowledge for
Optimal Health*

Unharnessed Power



TAKE CONTROL of your health!

** Prescription medicines provide only half the answer - you must read this book to discover the missing piece of the puzzle.*



Optimal Prescription Health

by **Martin Harris**

Leading Pharmacist
and Nutrition
Medicine Expert

MARTIN HARRIS +649 833 7239 help@masseyamcal.co.nz www.OptimalPrescriptionHealth.co.nz

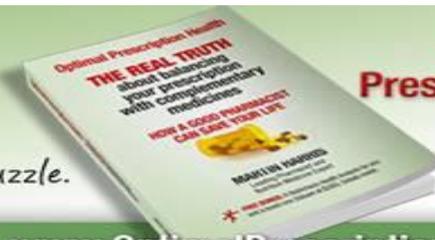
The Importance of Nutrition

- Halve risk of dying from heart attack.
- Reduce risk of eczema by 30%
- Reduce death from measles by 50%.
- Halve breast cancer risk.



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Leading Pharmacist
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Medicine Expert

The Importance of Nutrition

- Obesity and Diabetes (Type II)
 - Our biggest current challenge
 - Processed Food Disease
 - Not just the obvious Coke and chips.



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The Importance of Nutrition

- Some Nutrients Work Better than Drugs:
 - Osteoarthritis



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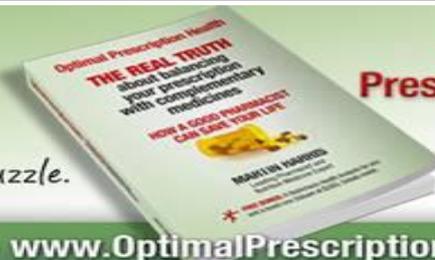
The Importance of Nutrition

- Some Drugs Work Better With Nutrients
 - Epilepsy
 - CVD



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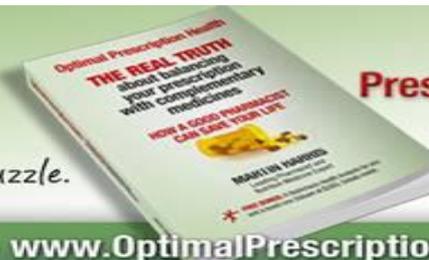
The Importance of Nutrition

- Some Drugs have fewer Side Effects with Nutrients
 - Statins
 - Antibiotics
 - PPIs



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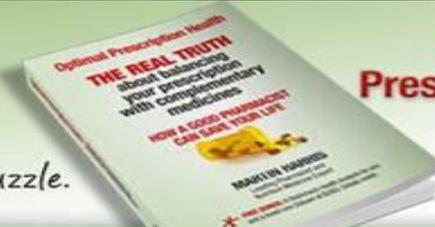
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Martin's Story: The Shoulders of Giants!



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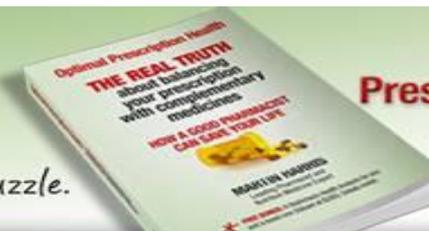
Busy Health Professionals

- Keeping the front-line well



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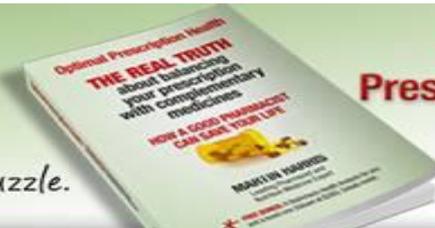
What Do Nurses Need?

- Immune Support
- Boundless Energy
- Stress Support



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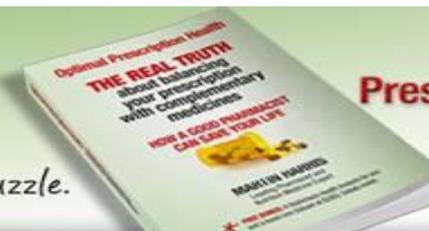
Is A Good Diet Enough?

- What is a good diet?
 - Adequate quality protein
 - Adequate good fats
 - Low GL carbohydrates
 - Plenty of fibre
 - Avoid sugar (has 50 different names)
 - Avoid fruit juice
 - Avoid refined grains
 - Plenty of food variety



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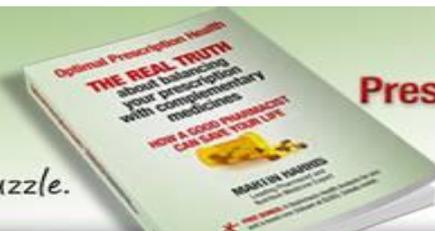
Immune Support

- Vitamin A:
 - Important for structure of epithial tissue
 - Shown to inactivate viruses *in vitro*
 - Critical for the production of antibodies and many immune cells.
 - Infection causes decreases in Vitamin A levels.
 - Supplementation decreases mortality from measles.



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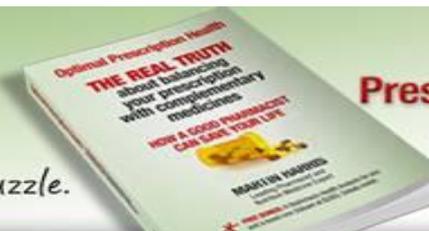
Immune Support

- Vitamin D:
 - Triggers antimicrobial peptides during infection
 - Kills bacteria *in vitro*
 - Supplementation decreased infection in children and African American women.
 - Anti cancer effects.



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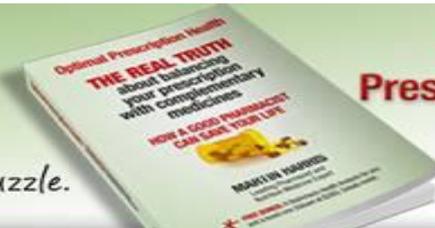
Immune Support

- Zinc:
 - Required for the production of all lymphocytes
 - Activates NK lymphocytes
 - Shown to help prevent influenza
 - May inhibit rhinoviruses, EBV, and others
 - May inhibit parasites and worms.



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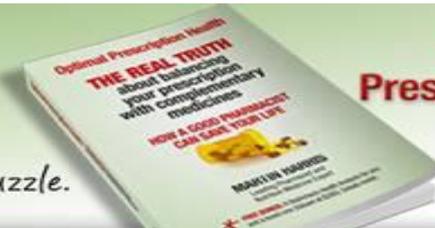
Immune Support

- Selenium
- Iron
- Vitamin C
- Probiotics
- Herbs: garlic, Echinacea, golden seal, etc



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Boundless Energy

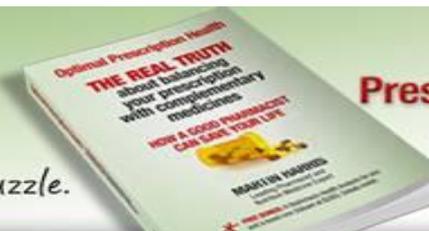


- Fatigue is not just feeling tired
- Energy (ATP) required for all metabolic processes.
- ATP made in mitochondria
- 60% of people visiting GP.



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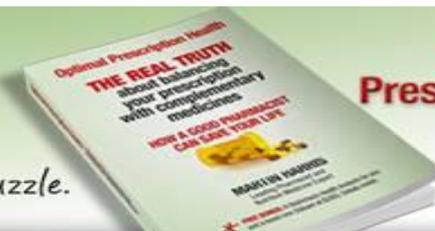
Boundless Energy

- ATP production:
 - Oxidative phosphorylation → 32 Moles of ATP
 - Back up system → 2 moles of ATP
- Impaired by:
 - Stress
 - Free radical damage
 - Hypothyroidism
 - Poor diet



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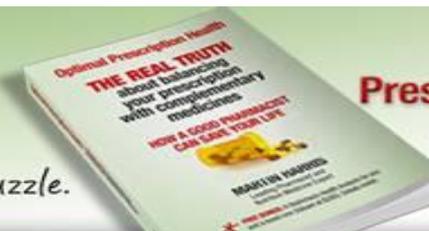
Nutrients for Mitochondria

- Oxygen (Iron)
- B vitamins
- CoQ10
- Acetylcarnitine
- Ribose
- Good fats
- Exercise
- Phosphorous
- Magnesium
- Protein
- Zinc
- Antioxidants



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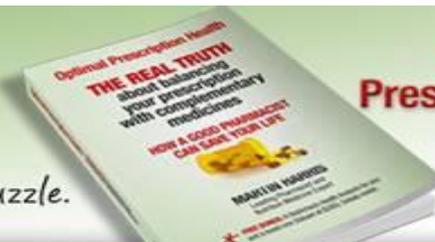
Stress

- Physical
- Emotional
- Short vs Long Term
- Causes fatigue, GI upset, anxiety, insomnia, increased risk of CVD



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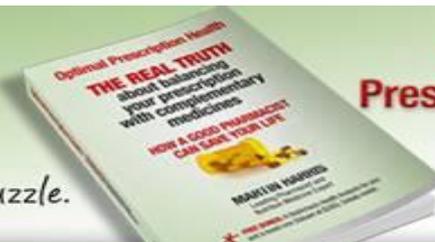
Stress

- Role of Diet
 - Poor diet causes stress
 - Good nutrition helps to cope with stress
 - Whole unprocessed foods
 - Sugar
 - Alcohol
 - Caffeine (in sensitive people)
 - Protein
 - Good Fats



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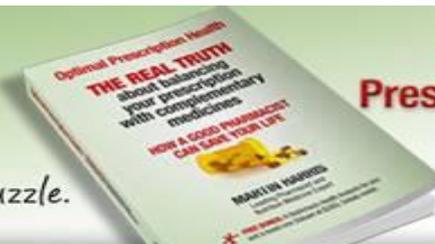
Stress: Helpful Nutrients

- Magnesium
 - Excrete more during stress
 - Need for magnesium doubles during stress
- B Vitamins
 - Essential fuel for adrenals



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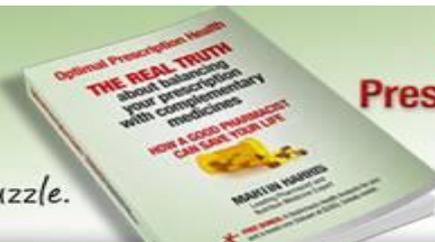
Stress: Helpful Nutrients

- Protein especially tyrosine
 - Tyrosine 150mg/kg prevents decline in physical and cognitive performance during stress.
 - Precursor to Noradrenaline
- Vit C
 - Decreases secretion of stress hormones
- Vit A
 - Prevents stress-induced gastric ulcers



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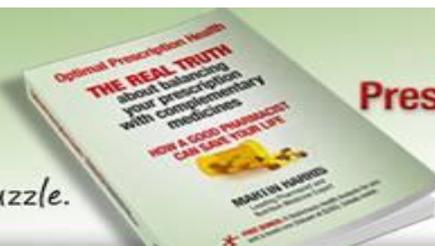
Stress: Helpful Nutrients

- L- Theanine:
 - Generates relaxing alpha waves in brain
 - Enhances alertness
 - Improves concentration
 - Shown to decrease stress-induced increases in heart rate



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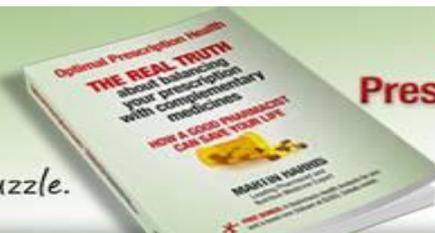
Busy Health Professionals

- NZ: The Land of Plenty (except time and energy!)
- Nutritional imbalance is common:
 - Deficiencies (e.g. Protein in elderly):
 - Intake, digestion, hormones, stress, co-factors
 - Excesses (obesity and modern diet)
- Are RDIs adequate for everyone?



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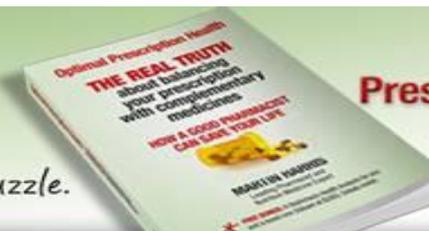
RDI's

- Average calcium intake below RDI in adolescent boys and most females.
- Average folate intake >50% in women aged 19 to 44.
- Iron intake below RDI in 25% of young women
- Zinc below RDI in 50% of women and 10% of men above age of 19.
- Magnesium intake below RDI in 25% of women over 19 years of age.
- Phosphorous intake below RDI in 20% of women over 19 years.
- Vit A intake below RDI in 25% of adults.



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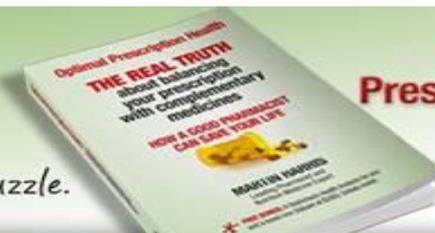
Macronutrient Intake

- Fruit and vege intake below recommended levels in 35% of adults and 65% of adolescents
- Fibre intake below recommended in 50% of women and 25% of adult men.
- Seafood oil intake less than recommended in 65% of adults.
- Beverages accounted for 60% of total energy intake in adults.



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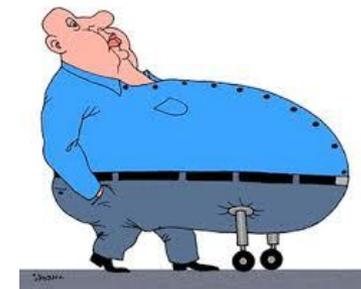
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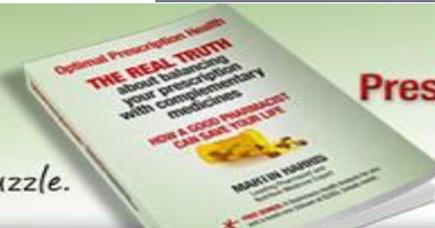
Excess Consumption

- 75% of males 45 to 64 years are overweight or obese (BMI >25).
- 25% of 45 to 64 year olds are obese (BMI >30)
- 40% of adults had a BMI between 20 and 25.



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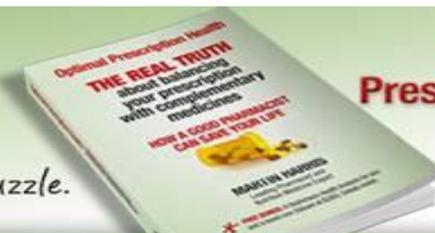
Take Home Message

- Lead by example
- Look after yourself:
 - Eat well
 - Breath
 - Move
 - Basic supplementation



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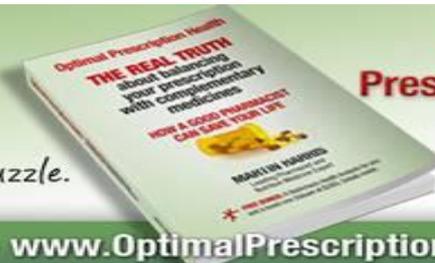
Diet Advice

- Macronutrient balance:
 - Low GI carbohydrates (Sugar is EVIL!)
 - Adequate protein (high quality)
 - Quality fat (omega-3s, 6s, saturated)
 - Plenty of fibre
- Micronutrient intake
 - 25+ different foods per week



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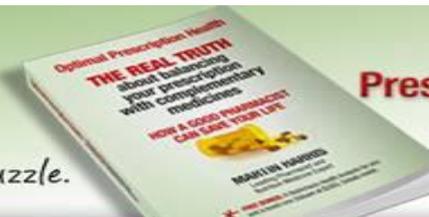
Diet Advice

- Use of Supplements:?
- Biochemical Individuality, but
 - Fish Oils
 - Magnesium
 - Probiotics
 - Multi vitamin/mineral
 - Vitamin D



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Special Needs?

- Seek some specialist help
- Read my book:

www.OptimalPrescriptionHealth.co.nz

BETTER!
YOU!



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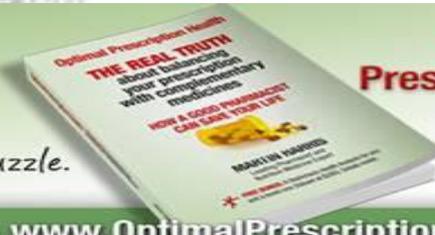


Questions?



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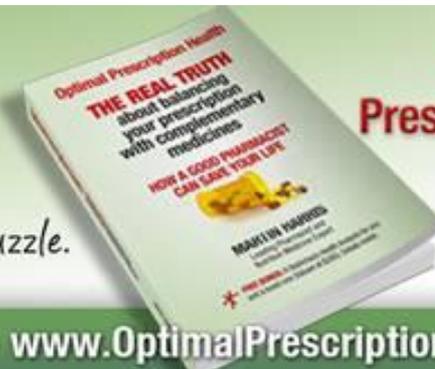
Under Nutrition is Common

- 30-40% of people hospitalised for illness or major surgery are discharged from hospital with frank malnutrition, resulting in an increased rate of complications and impaired recovery.
- ***“malnutrition remains a largely unrecognised problem in hospital and highlights the need for education on clinical nutrition” (McWhirter and Pennington, BMJ 1994; 308:945-8).***



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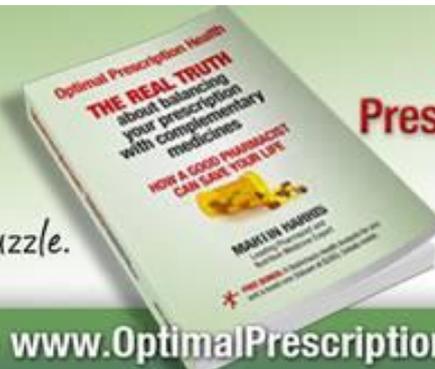
Disease-Nutrient Interactions

- RDIs: Based on requirements of “ordinary” healthy people
- What about those with special needs:
 - Illness (IBD patients need 5 x RDA)
 - Coeliac disease
 - Psychology (ADHD, Depression)
 - Stressed (Protein requirements can be double)
 - Athletes (80% of AIS athletes have deficiencies)



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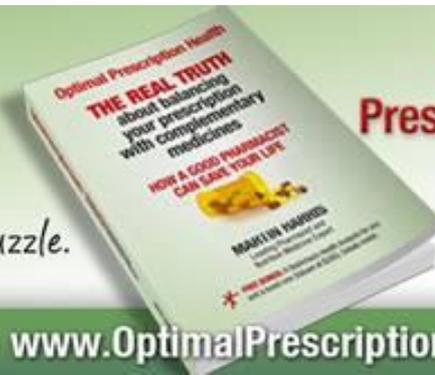
Incompatible Nutrition

- Food allergy / Sensitivity
 - Hugely under recognised problem
 - Underlies many chronic health conditions
- E.g. Jane, Roly, Paulette, Sean, Martin ...



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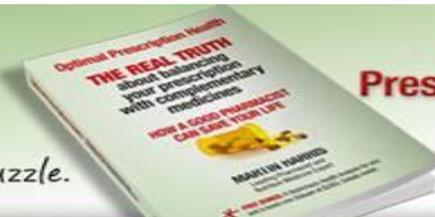
Drug-Nutrient Interactions

- Statins and muscle pains, fatigue, confusion.
- Antibiotics
- PPIs: IBS, anxiety, aggitation
- Metformin: digestive dysfunction, memory, learning, fatigue, mood, balance
- ACE Inhibitors: cough, poor wound healing, acne, male sexual function, rheumatoid arthritis, digestive function
- Epilim: GI upset, tiredness



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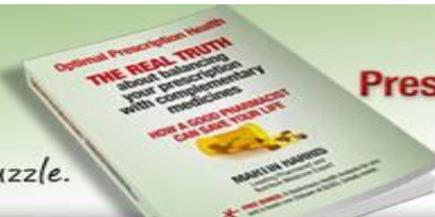
Genetic Polymorphisms

- Result in suboptimal functioning of certain enzymes.
- E.g. MTHFR 677C→T polymorphism
 - Need more folic acid to make enzyme work
 - Increased risk of CVD, Osteoporosis, migraine, depression, bipolar, schizophrenia, Down's syndrome, neural tube defects, ...
- Zinc in Harris family????



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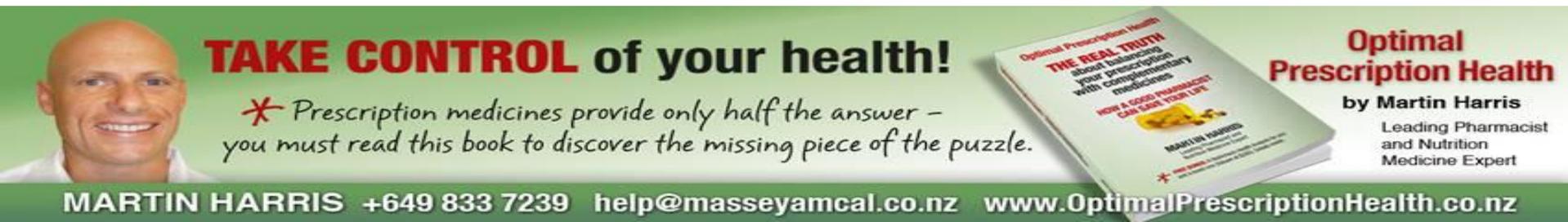
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Genetics vs Environment

- Genetics may be a gun pointing at your head (E-Cadherin gene and gastric cancer, or BRCA2 and breast cancer)

BUT

- The Environment “pulls the trigger”
- Nutrition is a large part of your environment



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Optimal Prescription Health
THE REAL TRUTH
about balancing
your prescription
with complementary
medicines
**HOW A GOOD PHARMACIST
CAN SAVE YOUR LIFE**
MARTIN HARRIS

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So What?

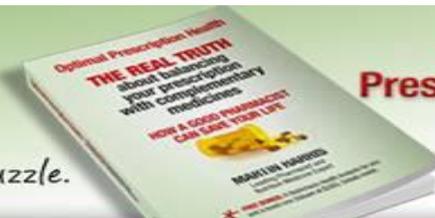
- Your Chronic Health Condition?
- The health of your family?
- The health of your patients?

- Martin (arthritis)
- David (Heart and agitation)
- Jane (aspergillosis)



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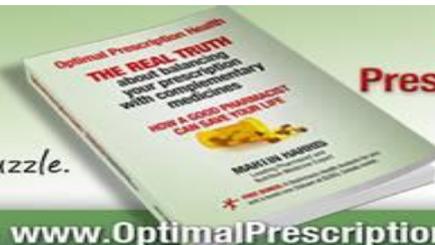
Immune Conditions

- Gut Health = 70% of Immune system
 - Diet
 - Digestion
 - Essential fatty acid balance
- Specific nutrient requirements



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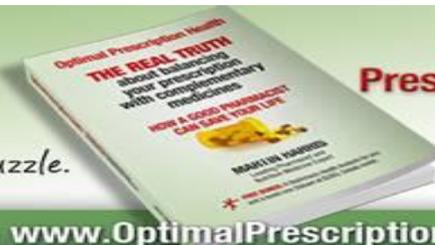
Cancer

- Cytochrome P450 1B1 found in all cancer cells so far, but not in healthy cells
- Natural plant antifungal compounds activated by CYP1B1 → cell death.
- Organic vegetables.
- Bitter varieties (Brussel sprouts)



TAKE CONTROL of your health!

** Prescription medicines provide only half the answer - you must read this book to discover the missing piece of the puzzle.*



Optimal Prescription Health

by **Martin Harris**

Leading Pharmacist
and Nutrition
Medicine Expert