

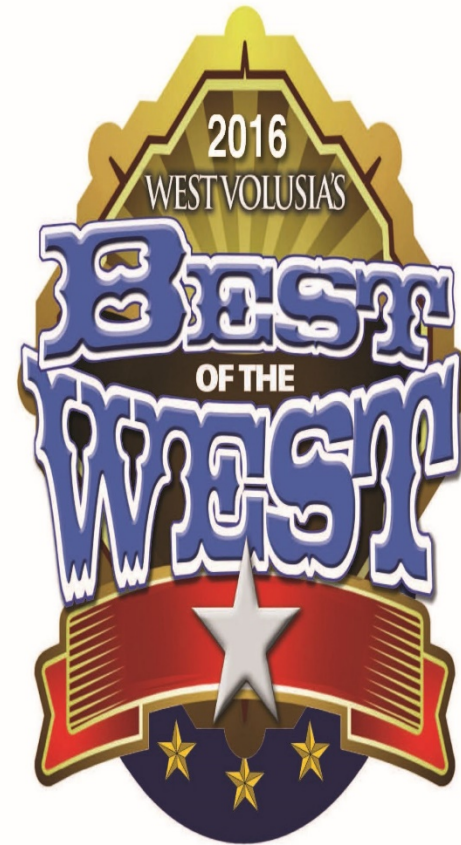
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Best Weight Loss Clinic



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**DeLand
Chiropractic**

Best Chiropractic Clinic

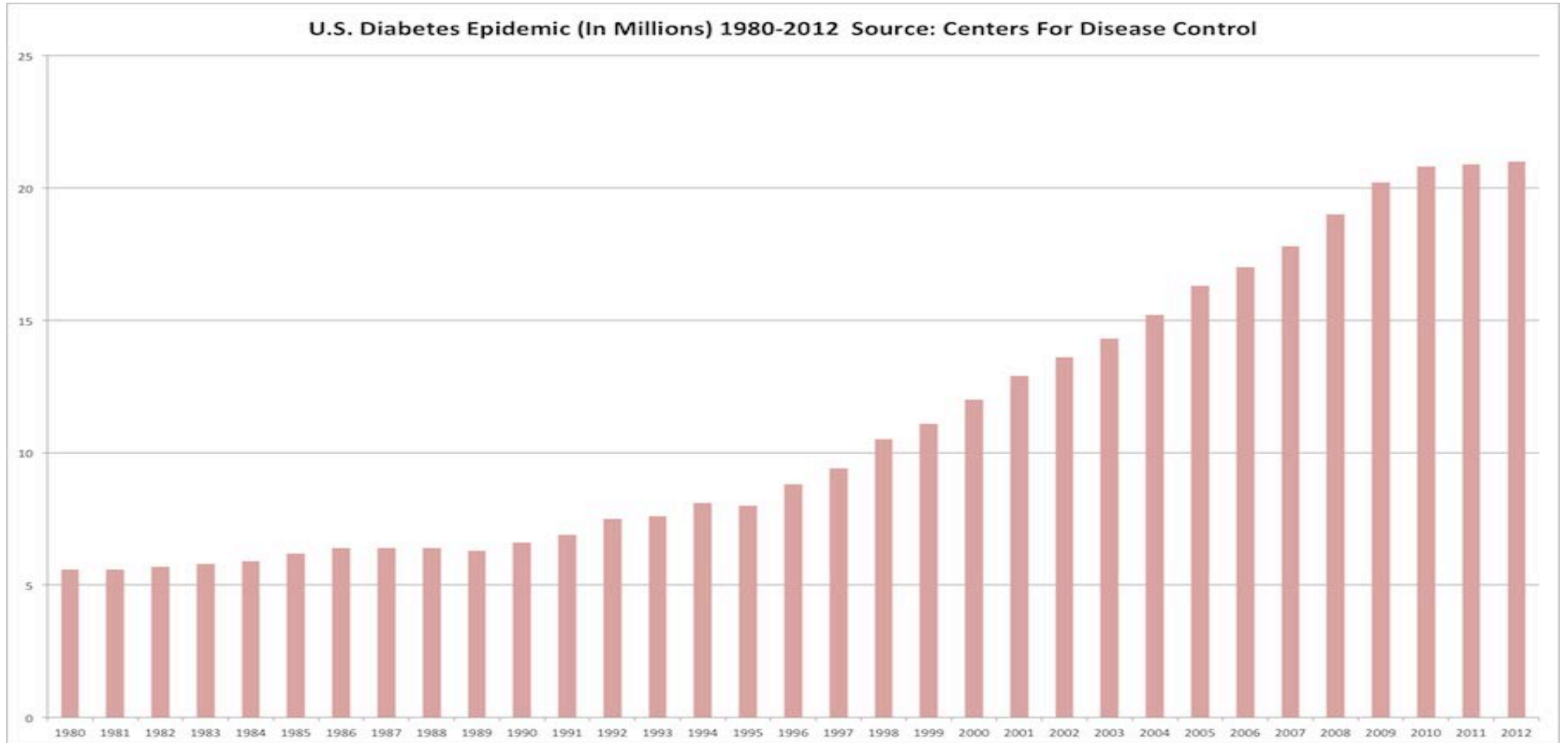
BACKGROUND

- In private practice for 17+ years
- Bachelor of Science in Human Nutrition and Food Science - FSU
- Masters in Human Nutrition – University of Bridgeport
- Doctor of Chiropractic & Bachelor of Science in Human Biology – National College of Chiropractic
- Past President of the Florida Chiropractic Association
- Awarded FCA “Chiropractor of the Year” in 2007 and 2011.
- Practice focused on holistic, full body approach to health and wellness including chiropractic, nutrition, weight loss, DRX 9000 spinal decompression, & acupuncture.



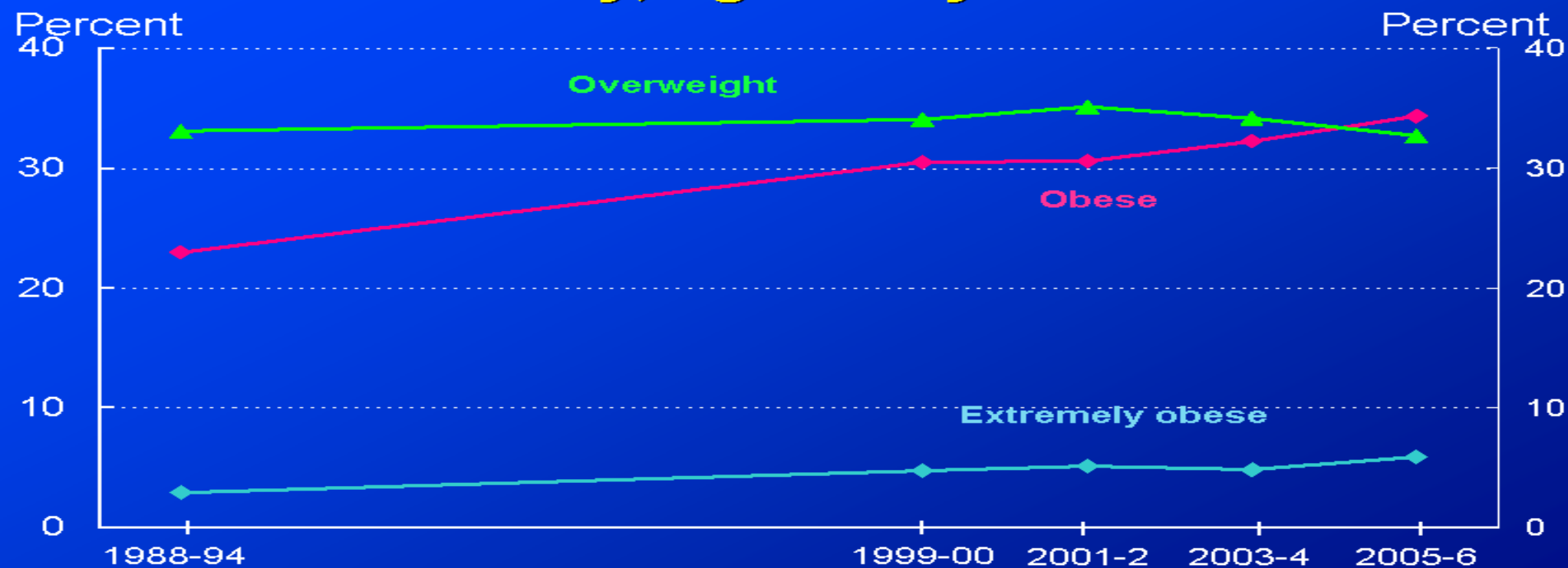


DIABETES EPIDEMIC



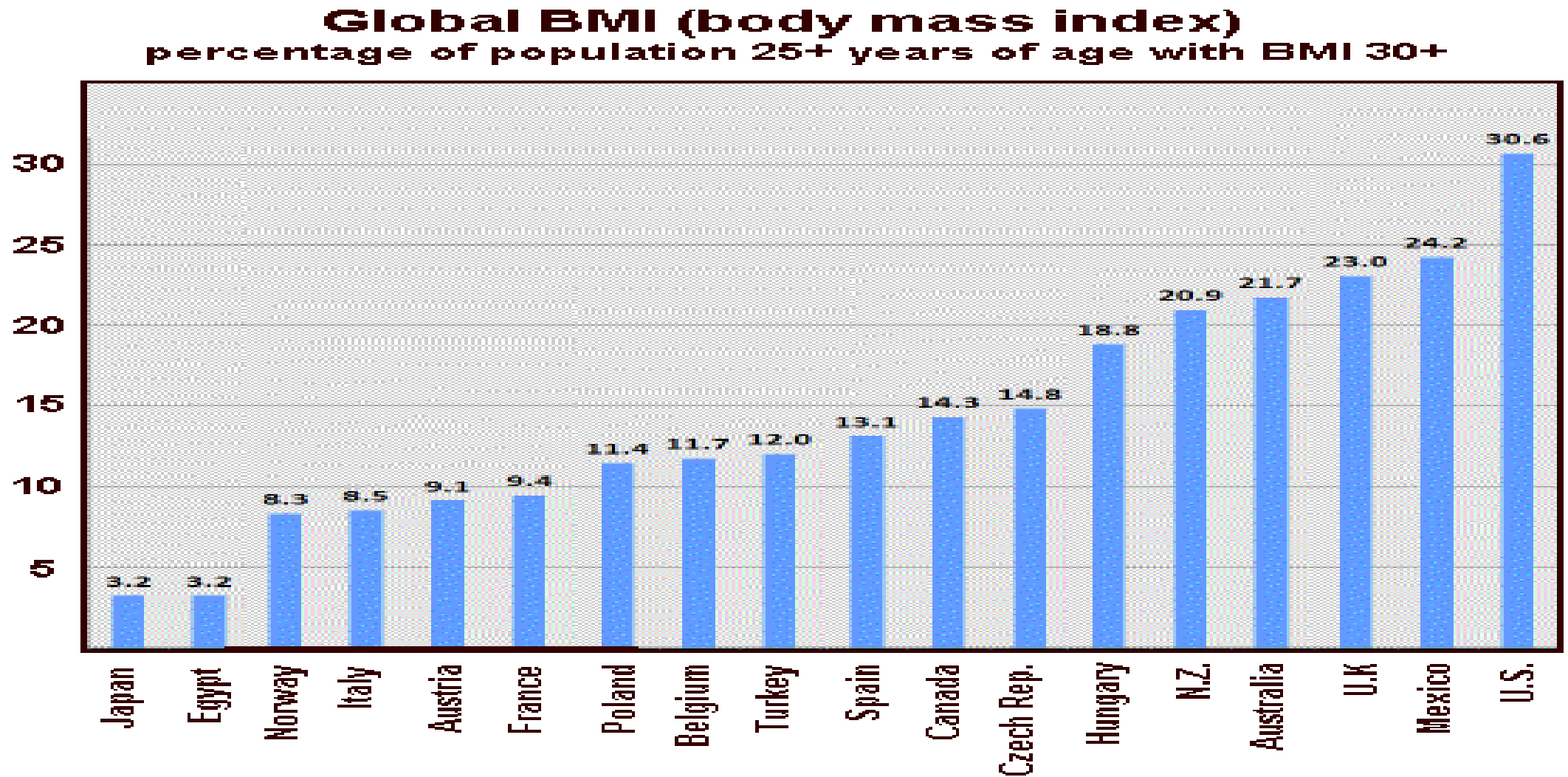
OBESITY EPIDEMIC

Figure 1. Trends in adult overweight, obesity and extreme obesity, ages 20 years and over

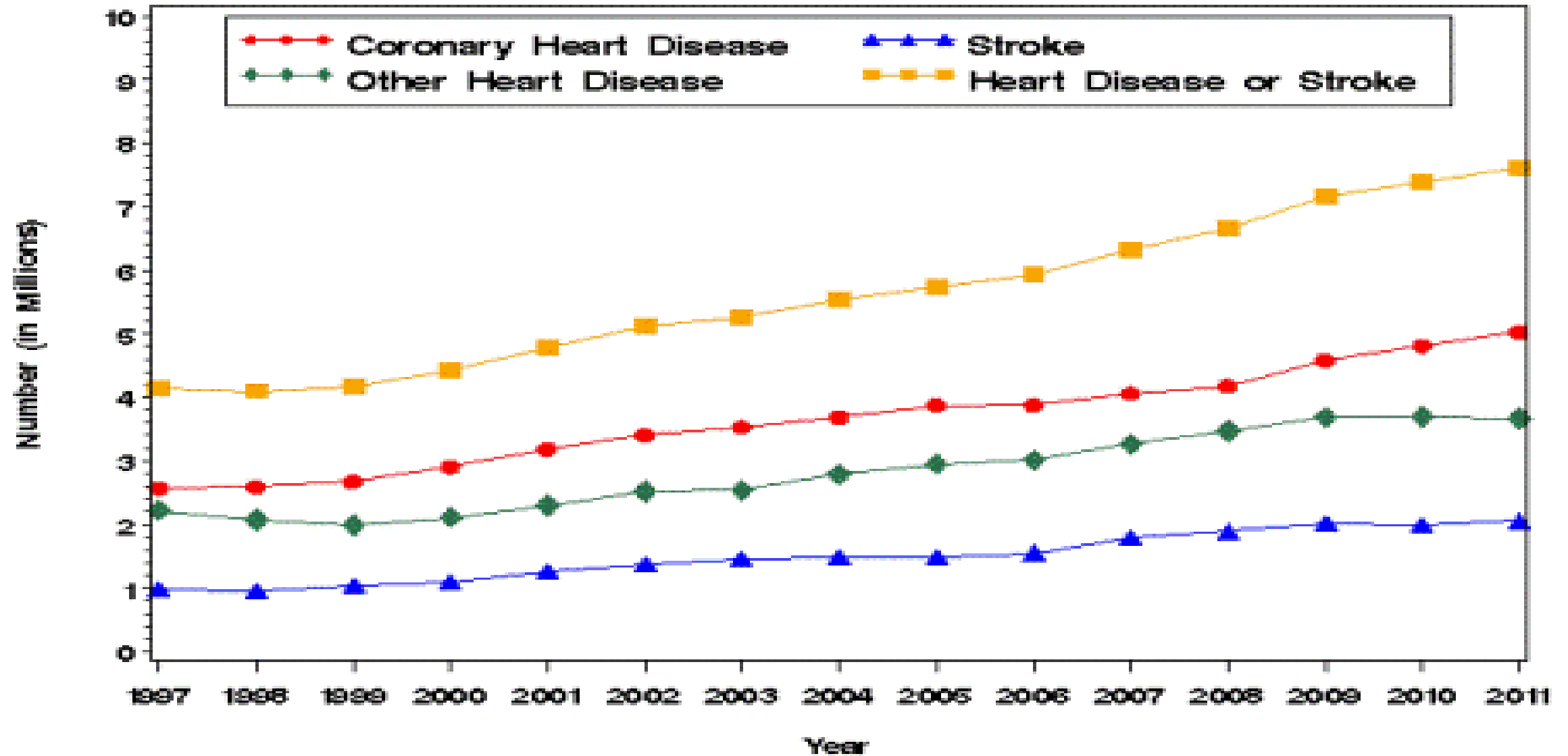


Note: Age-adjusted by the direct method to the year 2000 US Bureau of the Census estimates using the age groups 20-39, 40-59 and 60 years and over. Pregnant females excluded. Overweight defined as $25 \leq \text{BMI} < 30$; Obesity defined as $\text{BMI} \geq 30$; Extreme obesity defined as $\text{BMI} \geq 40$.

OBESITY AND GLOBAL BMI EPIDEMIC



DIABETES, HEART DISEASE, AND STROKE





[Online First](#) >

Special Communication | September 12, 2016

Sugar Industry and Coronary Heart Disease Research

A Historical Analysis of Internal Industry Documents **FREE**

ONLINE FIRST

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[\[+\] Author Affiliations](#)

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Text Size: [A](#) [A](#) [A](#)

Article

Supplemental Content

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ABSTRACT

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[ARTICLE INFORMATION](#) | [REFERENCES](#)

Early warning signals of the coronary heart disease (CHD) risk of sugar (sucrose) emerged in the 1950s. We



HOW DID WE GET HERE??

- Recent analysis published in the September 12, 2016 issue of JAMA Internal Medicine revealed the role of the Sugar Industry paying off Harvard scientists and researchers to implicate fat and cholesterol as the cause of heart disease rather than sugar.
- According to the Special Communication:
 - In 1964, the group now known as the Sugar Association internally discussed a campaign to address “negative attitudes toward sugar” after studies began emerging linking sugar with [heart disease](#), according to documents dug up from public archives. The following year the group approved “Project 226,” which entailed paying Harvard researchers today’s equivalent of \$48,900 for an article reviewing the scientific literature, supplying materials they wanted reviewed, and receiving drafts of the article.

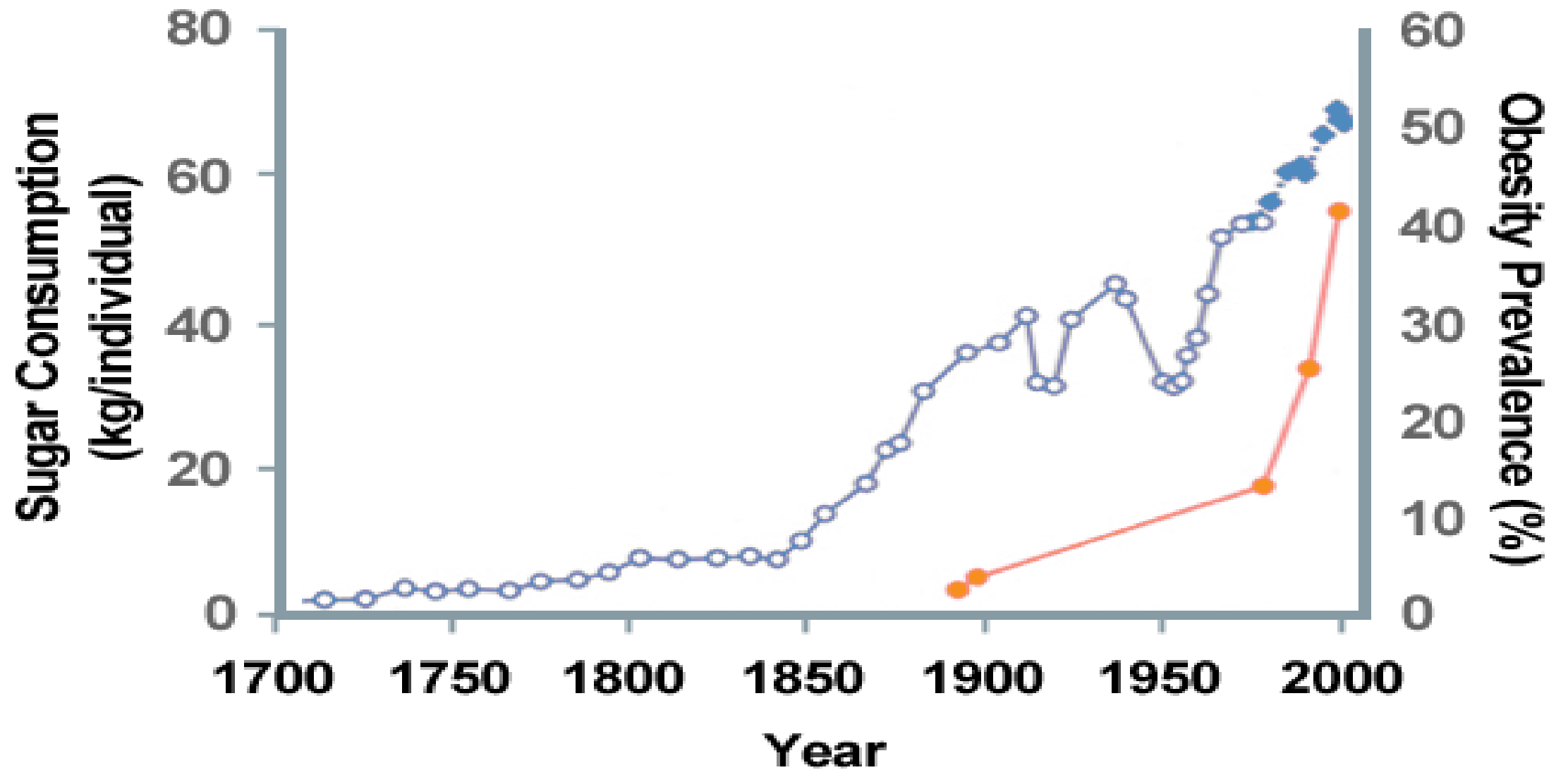
HOW DID WE GET HERE??

- JAMA Internal Medicine (9/12/2016) Special Communication continued:
 - The resulting article published in 1967 concluded there was “no doubt” that reducing cholesterol and saturated fat was the only dietary intervention needed to prevent heart disease. The researchers overstated the consistency of the literature on fat and cholesterol, while downplaying studies on sugar, according to the analysis.
 - In an editorial published Monday (September 17, 2016) that accompanied the sugar industry analysis, New York University professor of nutrition Marion Nestle noted that for decades following the study, scientists and health officials focused on reducing saturated fat, not sugar, to prevent heart disease.
 - A committee advising the federal government on dietary guidelines says the available evidence shows “no appreciable relationship” between the dietary cholesterol and heart disease, although it still recommended limiting saturated fats.

THE CONSEQUENCES & RAMIFICATIONS:

- A nationwide campaign educating the public how a low fat & low cholesterol diet was the answer to heart disease.
- Processed foods including salad dressings, baked goods, dairy products, etc... were changed to give a profile of “low fat, low cholesterol” at all costs.
- Fried food preparation changed from saturated fat (lard) to hydrogenated oils.
- Fat and cholesterol in foods were replaced with a proliferation of:
 - Sugar
 - Margarine and spreads
 - Trans Fats / Partially Hydrogenated Oils – now implicated with increased rates of heart disease, stroke and diabetes. Trans fats raise LDL and lower HDL. The American Heart Association now recommends reducing trans fats in the diet.
 - Artificial sweeteners:
 - Nutrasweet / Aspartame / Equal (Blue)
 - Saccharin / Sweet & Low (Pink)
 - Sucralose / Splenda (Yellow)

THE CONSEQUENCES: SUGAR CONSUMPTION & OBESITY



THE CONSEQUENCES: INCREASING SUGAR CONSUMPTION

ONE LUMP OR 20: HOW WEEKLY SUGAR CONSUMPTION HAS GROWN

SOURCES: ELIZABETH ABBOTT, NHS

GRAMS
35





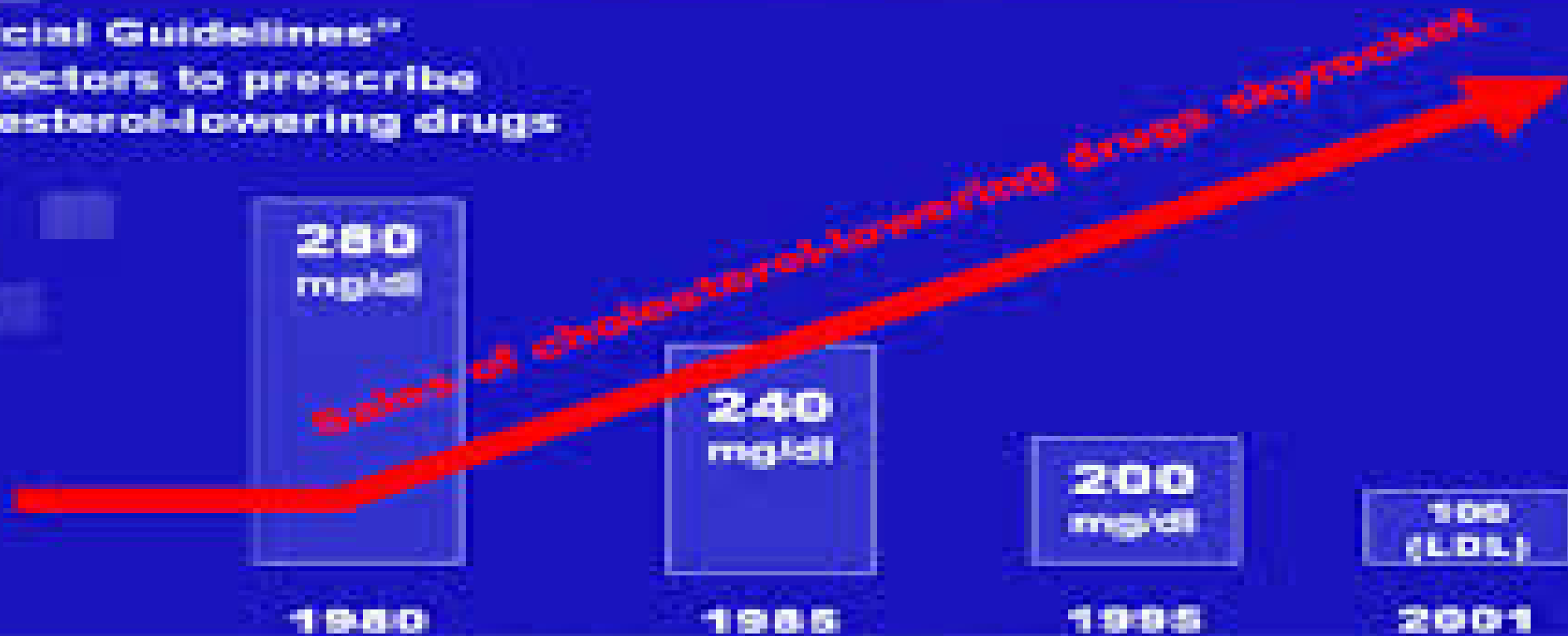
WHAT YOU DON'T KNOW ABOUT STATIN DRUGS:

- 1 in 4 adults over 45 years of age are now on Statin drugs.
- Statistical slight of hand – Relative Risk Reduction vs Absolute Risk.
 - Actual benefit is that Statins prevent 1 heart attack for every 100 on meds.
 - Statistical alterations magnified benefits 30-50x higher
- Depleting levels of CO-Q10 leads to decreased energy production within cells. The heart muscle requires more energy than all others.
- Lower ATP / energy production contributes to heart failure / heart disease.
- Inhibit Vitamin K production / function resulting in impaired and improper calcium deposition – increased calcium in soft tissue, decreased calcium in bones and teeth.
- Inhibit HMG CoA Reductase enzyme which lowers cholesterol, but also inhibits formation and production of ketones. Ketones are metabolic intermediates which can be used for energy production in cells (brain), but also as signaling molecules associated with neurological function.
- Increases diabetes due to elevation of blood sugar.
- Lower cholesterol levels correlated to increased incidence of neurodegenerative conditions (25% of body cholesterol is found in the brain), (Alzheimer's & Parkinson's diseases)
- Increased incidence of muscle pain and cataracts.

STATIN DRUG USAGE SOARS:

Boosting a Multi-Billion Dollar Market of Cholesterol-Lowering Drugs

„Official Guidelines“
for doctors to prescribe
cholesterol-lowering drugs



Dr. Rich Health Foundation

SO WHAT IS THE ANSWER?

- “Cut the Carbs” – Lower your intake of carbohydrates / sugars
 - Lower sugar intake correlates with lower incidence of heart disease, obesity, diabetes, blood pressure...
 - Cut the following out of your diet:
 - Juices, sodas, high-carb alcoholic drinks
 - Potatoes, rice, bread, pasta
 - Corn and other grain based products
 - Cake, cookie, pie, ice cream, candy, etc...
- Focus on the following foods to improve your overall health and wellness:
 - Lean meats – grass fed, free range, hormone free meats, eggs, and dairy (minimal)
 - Healthy fats and oils – coconut, avocado, walnuts, almonds, flax seed (not oil), chia seeds, sunflower.
 - Complex carbohydrates from lower glycemic index vegetables and fruits
 - 20 – 30 grams of fiber per day from chia seeds, fruit, and low carb vegetables
 - Eat organic (when necessary), non-GMO, hormone free foods whenever possible.
 - 8 – 10 glasses (8 oz) of water

IDEAL PROTEIN WEIGHT LOSS PROGRAM

- Physician supervised, “One-on-One” Coaching
- 10-15 lbs of weight loss per month
- Reduces need for medications
- Anti-inflammatory diet helpful for auto-immune and inflammatory diseases
- Ketogenic diet helpful for neurological conditions & cancer
- Educates dieters to prepare healthy meals for themselves and their families.
- Cooking classes for Phase I and Phase 4 dieters
- For more information, go to www.DeLandChiropractic.com

