

ABSTRACTS

Metabolic Syndrome: What is It and How to Reduce the Risk

Shelah Fred

Abstract

Metabolic syndrome is a collection of physical characteristics, test results, and measurements that together increase a person's risk factor for developing non-insulin-dependent diabetes mellitus and/or cardiovascular issues, including heart disease and stroke, and may lead to liver failure and kidney disease. The syndrome shows significance as heart disease, stroke, diabetes, liver issues, and kidney issues all show up in the top 10 causes of death for adults in the United States. Rising percentages in qualifying adults from around 23% in 1990 to possibly 33% only 20 years later raise concerns. Having at least 3 of the following measurements or test results qualifies a person for metabolic syndrome: waistline measurement at or above 40 inches for men and 35 inches for women; a consistent blood pressure reading of 130/85 mmHg or higher; triglyceride levels above 150 mg/dL; high-density lipoprotein levels less than 40 mg/dL in men and under

50 mg/dL in women; and/or serum fasting glucose levels of 100 mg/dL or greater. Inspiration for preventing and/or reversing metabolic syndrome comes from studying commonalities between people living long, healthy, and vibrant lives. These include daily movement, nutrient-rich diets, and socially active, low-stress lives. Daily exercise has long been known to help reduce weight, cardiovascular disease risk, total cholesterol, triglycerides, and blood sugar. Education through label reading and replacing a high sugar, processed food diet with one full of high quality, nutrient-dense real foods lends a hand. Reducing stress, developing good eating habits, following a restricted eating window, getting plenty of filtered water and restful sleep, resolving bile acid and intestinal flora imbalances, removing victim mentality, and meal planning are also ways to reduce markers for the syndrome.

Adjunct Protocol for Effective Asthma Management

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Abstract

The prevalence of asthma has nearly doubled over the last decade, especially in Westernized countries. WHO estimates that 262 million people had asthma in 2019, and that caused 455,000 deaths. Mainstream and non-conventional treatments can help control the symptoms so you can live a normal, active life, but there's currently no cure for asthma. The majority of asthma management plans focus only on the optimization of asthma pharmacotherapy. But we also know that genetic and environmental factors have been linked to the success of disease management. Unfortunately, 5–10 % of the asthmatic population respond poorly to high-dose inhaled and/or systemic glucocorticoids. That results in severe asthma, poor life quality, increased mortality, and a major health care burden. As a holistic nutritionist, I found help from nutrition and recent studies that confirmed: About 1/5 of the world population has adverse reactions to their foods. In a study of severe asthma, 50% of sufferers

showed adverse reactions to one or more foods. There is a correlation of one's nutritional status with asthma management success. Epigenetic factors, and especially factors affecting methylation, have a pronounced effect on the success of an asthma management regimen. I give hope to my clients with the "KNOW YOURSELF" protocol. I recommend you to 1) Know YOUR foods. Find foods you are intolerant to, along with corresponding levels of intolerance, and avoid these foods for as long as needed. 2) Know YOUR nutrients. Change your diet and use supplements if there is a nutritional deficiency. 3) Know YOUR genes. Use diet (and/or dietary supplements) to compensate for genetic factors or mutations that worsen your asthma. The success of the protocol application depends on the level of compliance and testing tools a client agrees to utilize. The best result I obtained up to date is a 4% of monthly FEV1 improvement.



These abstracts were selected from posters presented at the 2023 NANP Conference & Expo

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A Novel Approach to Longevity

Kristy Hall, MS, ABD, Board Certified Holistic Nutrition®

Abstract

Telomeres have been a focus of research for many decades. They were first identified in the 1930s by Barbara McClintock and Hermann Muller. Recent research has discovered that telomeres' length and shape affect chromatin stability, genes, epigenetics, and genes' function. Telomere length is expressed and maintained at high levels in germline cells. However, telomere length is highly variable in somatic cells and declines with age. Other factors contributing to telomere shortening have been identified, including poor diet, stress, environmental toxicants, and a sedentary lifestyle. As telomeres shorten, chromosomes become unstable. This instability leads to DNA damage. The accumulation of critically short telomeres results in apoptosis. When this process occurs in stem cells, an environment for the proliferation of

abnormal and malignant cells is created, contributing to cancer. This research has led to growing interest in ways to lengthen telomeres to support longevity. Leaders in the health community, such as Joseph Mercola, MD, Dean Ornish, MD, and Josh Axe, DNM, DC, and major universities, such as Yale Medical School and Harvard University, teach others to increase telomere length through diet, exercise, and stress reduction. In this observational study, researchers explore the effect of a naturally occurring novel compound in lengthening telomeres in endothelial cells. Blood samples were taken before supplementation began and at the end of twelve weeks. Study participants were asked to take the novel compound daily. Blood test results indicate the novel natural compound taken daily lengthens telomeres.

Diet, Vitamins, and Minerals to Treat Major Depressive Disorder

Saundra Kamman

Abstract

Major Depressive Disorder (MDD) is one of the leading causes of disability worldwide. Global incidence rates of depression increased by nearly fifty percent from 1990 – 2017, which tripled as people navigated through COVID. By 2022 estimates, 480 million people are experiencing depression worldwide. Unfortunately, the stigma attached to mental health disorders keeps approximately sixty percent of people from seeking help for their depression. As a nutritionist, many of our clients may suffer from major depressive disorder or depression as comorbidity. Depression is a complex disease making it hard to treat with a single approach. It may be affected by early life trauma, mild repetitive uncontrollable stress, feelings of isolation, sex, familial history, systemic inflammation, a

low-quality processed food diet, or nutrient deficiencies. While a licensed psychologist should diagnose clinical depression, a nutritionist plays an important supportive role. Depression is closely related to poor overall health from a lack of quality foods in the diet, particularly from the inflammatory Standard American Diet and processed foods. For many, major depressive disorder (MDD) is a common occurrence and/or lifelong challenge. The treatment plan involves a combination of higher quality whole foods, an anti-inflammatory diet, improvement of the gut microbiome, and addressing specific vitamin and mineral deficiencies to dramatically change the frequency and severity of MDD episodes, and even remission may occur.



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