

A NEWSTART To a Healthier Life

October 31, 2021

Roger Bautista, DO

NEWSTART

- N Nutrition
- E Exercise
- W Water
- S Sunshine
- T Temperance
- A Air
- R Rest
- T Trust in God

NUTRITION

Whole food, plant based

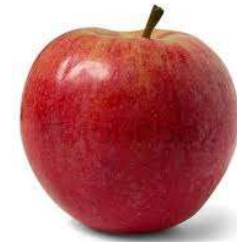
Carbohydrates

- Whole grain, complex carbohydrates
- The average carbohydrate content of 227 fruits, vegetables, grains, beans, nuts, and seeds is 60%
 - Protein content is 14%
 - Fresh, different varieties, different colors, in season
- Whole grains
 - Avoid enriched or bleached
 - Look at the fiber content per serving (and serving size)
 - Decreased risk of type 2 diabetes, heart disease, stroke
- Simple (refined) vs. complex (whole grain) carbohydrates



Different Forms of an Apple

- 1 whole medium apple with peel — 3.3 grams fiber
- 1 whole medium apple without peel — 1.7 grams fiber
- $\frac{1}{2}$ cup applesauce — 1.5 grams fiber
- $\frac{3}{4}$ cup apple juice — 0.2 grams fiber



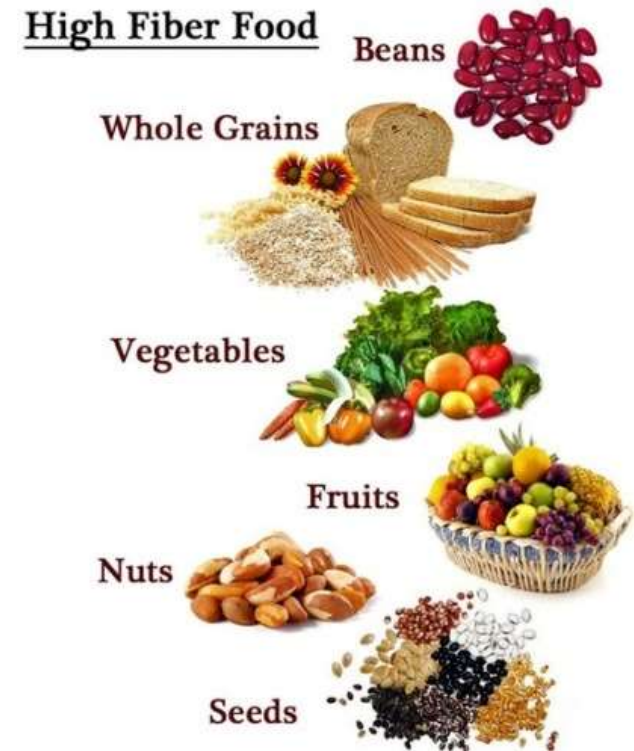
NUTRITION

Fiber is key

- The fiber in food releases the sugars slowly.
- It helps to remove cholesterol from the intestines.
- It holds water, helping our stool to be large and soft.
- It hinders the growth of harmful bacteria in the colon.
- It supports the growth of beneficial bacteria.

Nuts and seeds are healthy food

- Raw, unsalted, no added sugar or oil
- 1 handful per day
- Almonds, walnuts, pecans, sesame seeds, pumpkin seeds, sunflower seeds, watermelon seeds



NUTRITION

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” Genesis 1:29

Avoid pork, beef, chicken, seafood, fish

- Baked better than fried (if no other option)
- Organic, grass fed, pasture raised, wild caught fish

What about snacks and eating between meals

3 to 5 hrs for food to move from the stomach to the small intestine



NUTRITION

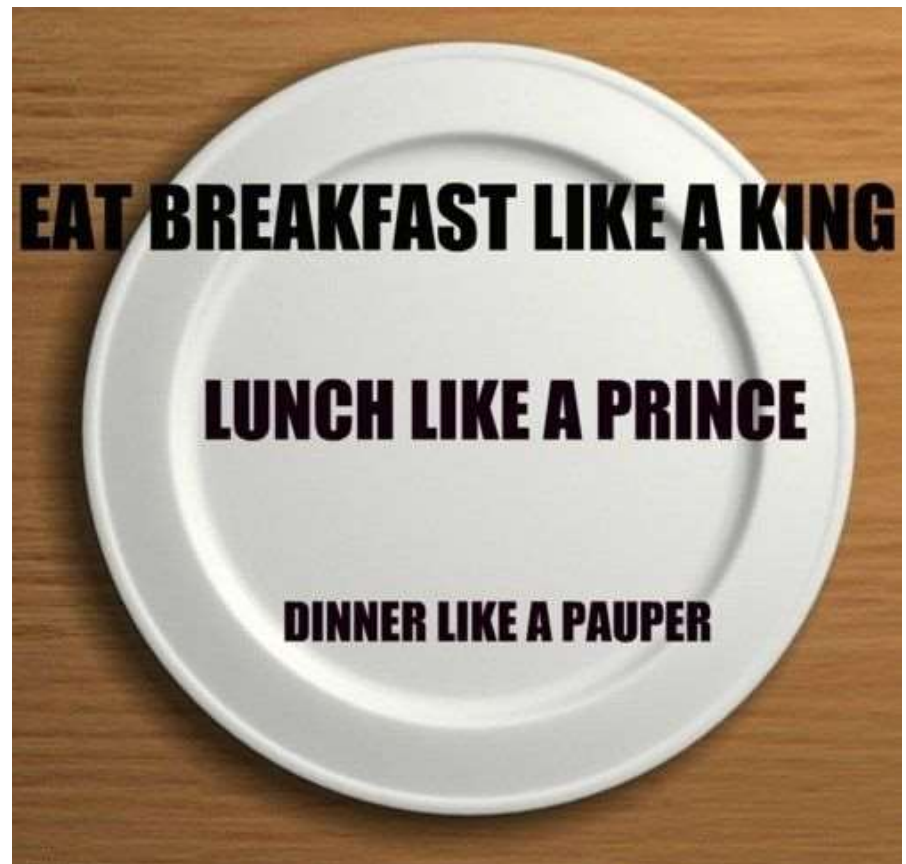
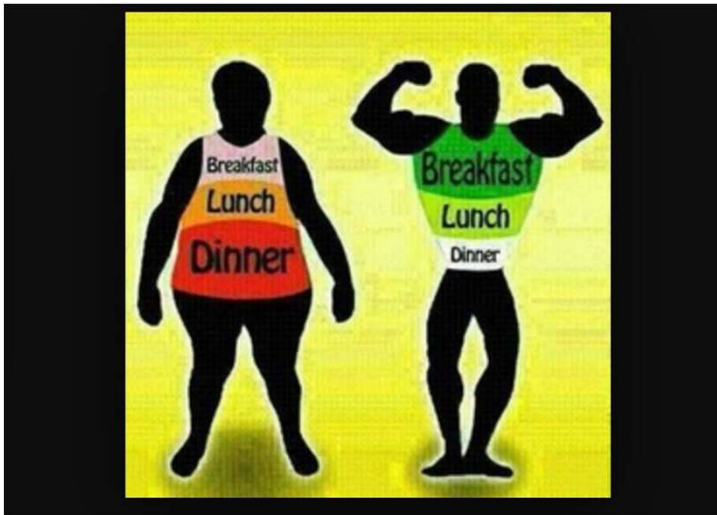
3 meals a day

Eat breakfast like a king/queen

Eat lunch like a prince/princess

Eat dinner like a pauper/beggar

Your digestive system needs to rest at night.



NUTRITION

“Let food be thy medicine, and let medicine be thy food.”

EXERCISE

Benefits of exercise:

- Increase blood circulation (oxygen to the organs and elimination of waste products)
- Use and stretch your muscles, lubricates your joints
- Feel better

We were made to move

Outdoor exercise to get fresh air and sunshine is ideal

Little children always moving around; can't sit still



EXERCISE

World Health Organization (WHO): 60 minutes per day is required for weight control

-Brisk exercise = walking 3 ½ miles per hour (walk 1 mile in 17 minutes)

-Gradually work toward this goal

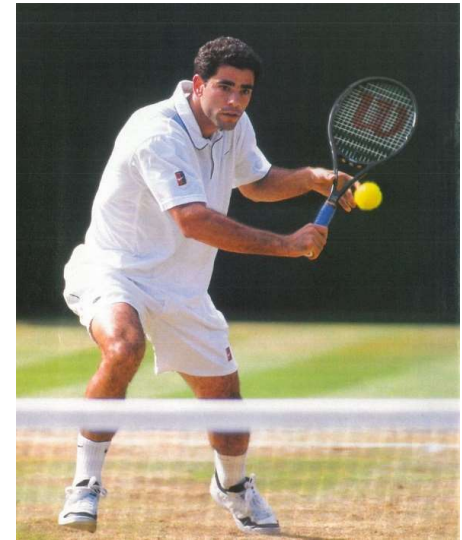
Make exercise fun:

Exercise with others

Jog, hike

Sports: tennis, basketball, swim, bike

Garden (useful labor)



WATER

Why do we need water?

Our body is 75% water.

It is essential for our blood circulation, chemical transport, digestion, detoxification of waste products.

Avoid sodas, caffeinated drinks (coffee, chocolate, energy drinks, black/green tea (herbal is okay), juice (why?).



WATER

Practical tips

- Drink daily between $\frac{1}{2}$ ounce to an ounce of water for each pound you weigh
 - 140 lbs \rightarrow 70 to 140 ounces (8.75 cups to 17.5 cups)
 - Will need to drink more when you are exercising or working in the heat
 - Drink throughout the day
 - For optimal digestion of your meals:
 - Wait about 1 hour after your meals to drink water
 - Stop drinking water 30 minutes prior to your meals
- Add to your water: fresh squeezed lemon juice, mint leaves, orange slices, others



WATER

Before breakfast: 2-4 cups (warm water to flush your digestive system and reduce constipation)

Between breakfast and lunch: 2-3 cups

Between lunch and dinner: 2-3 cups

Between dinner and bedtime: 1 cup

Total: 7-11 cups of water

If you have heart or kidney problems, the amount will be less.



SUNSHINE

Sunlight coming in through the eyes increases serotonin in the brain.

Serotonin is a chemical that helps us feel good and fight depression.

- Morning sunlight is the best.

- Go outside as much as possible.

- The serotonin that your bodies make today will not last until tomorrow (need daily exposure).

Light intensity on a cloudy, overcast, gloomy day outside is greater than artificial light indoors.



SUNSHINE

Vitamin D

- Needed for your immune system
- 15 minutes of direct sunlight on your face, hands, and arms at least 3 times a week
- Be careful not to get sunburned

Vitamin D can...

Reduce your risk of the **flu**.

Reduce your risk of **cancer**.

Reduce chronic **muscle aches**.

Reduce your risk of **cardiovascular disease**.

Reduce your risk of **depression**.

Reduce your risk of developing **diabetes**.

Reduce your risk of getting **autoimmune disease**.

Reduce your risk of **osteoporosis**.



TEMPERANCE

Avoid everything that is hurtful and use judiciously that which is healthful (NOT moderation in everything)

What if we:

- Eat an equivalent of 9 meals at one time and not eat for the next 3 days
- Run a marathon then not exercise at all for 2 weeks
- Drink 5 gallons of water today and not drink for 10 days
- Sleep for 16 hours tonight and not sleep tomorrow night

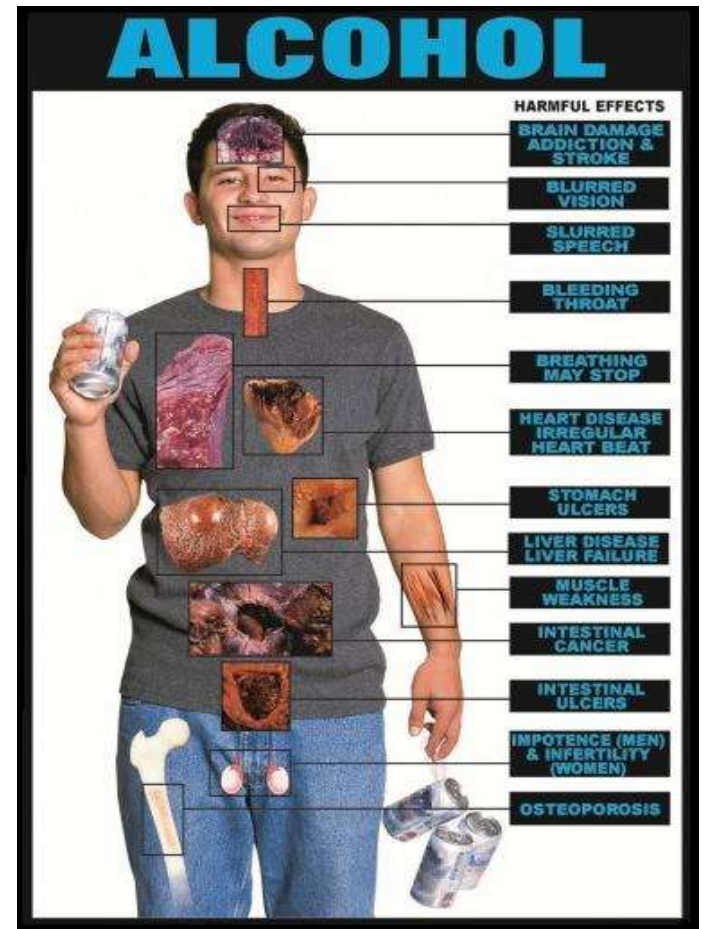


TEMPERANCE

Abstain from alcohol, tobacco, illicit drugs, caffeine

Alcohol

- Toxic to the brain and nerves
- Impairs nerve impulses
- Impairs frontal lobe functions (judgment and willpower)
- Highly addictive
- Increase in breast cancer in women
- Cause of adult dementia



AIR

Oxygen is essential to life.

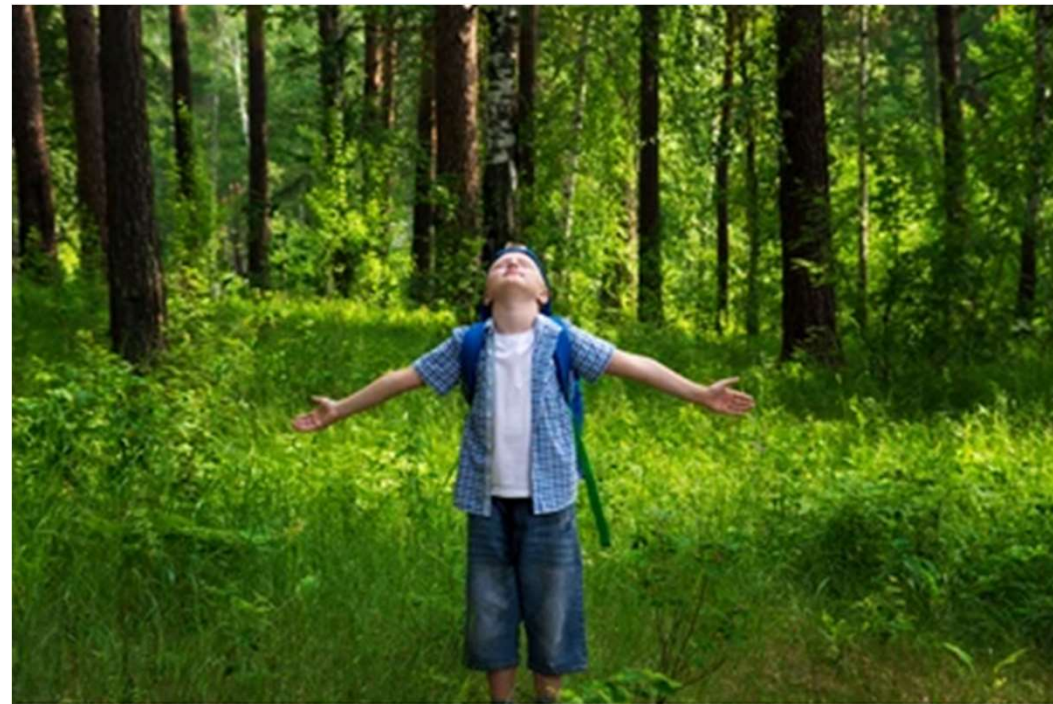
Cells start to die without oxygen in 3 minutes.

Pure, fresh air is the best:

- Purifies the blood
- Relaxes the body

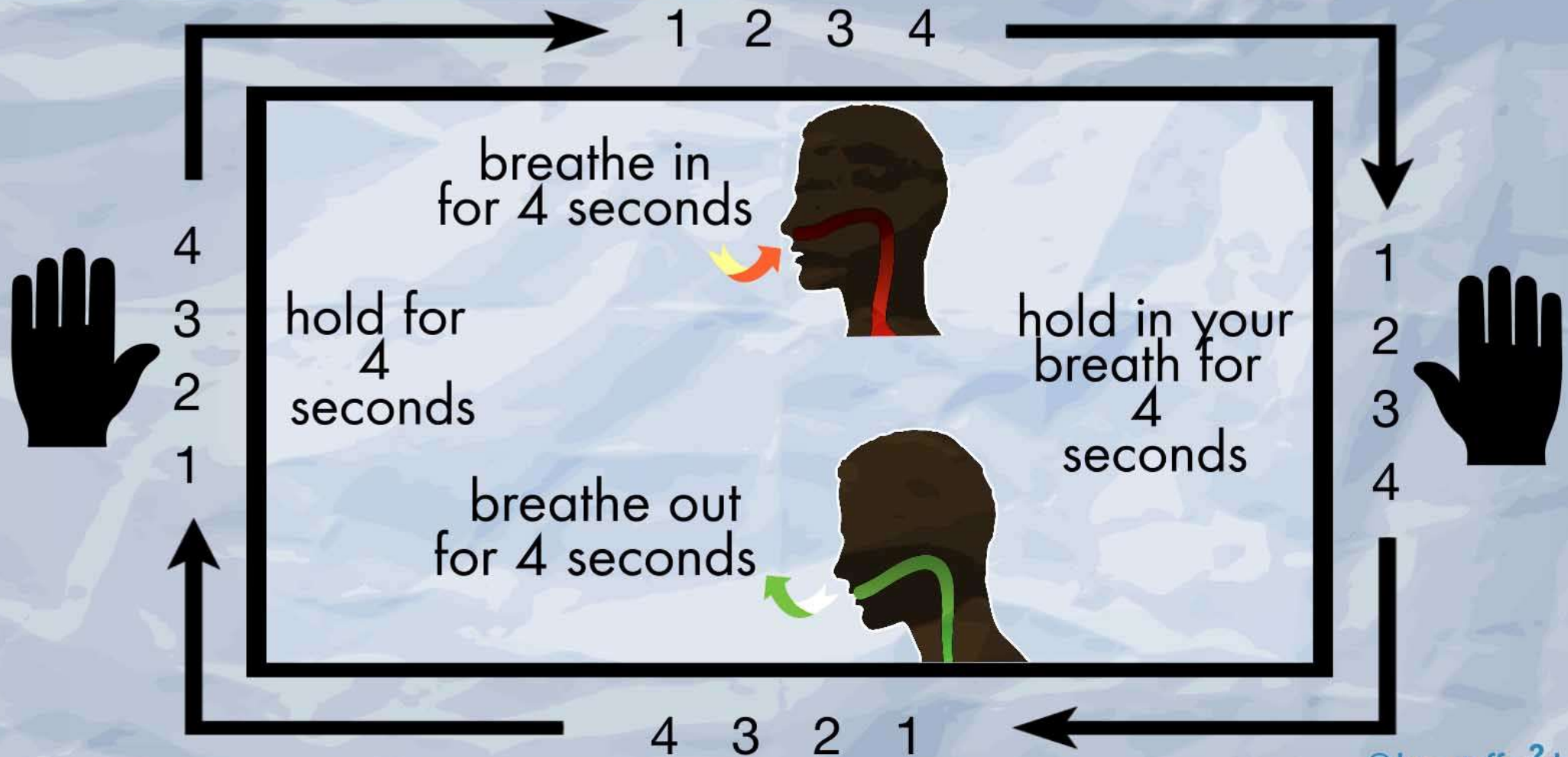
Proper breathing

- Lungs expand
- Diaphragm pushes down into the abdomen
- Lower abdomen extends outward



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Box Breathing



REST

We need proper rest: 7-8 hours every night (more for children)

When is the best time to sleep and wake up?

- 2 ½ to 3 hours before midnight (9-9:30 pm)

- Every hour of sleep you get before midnight is equivalent to 2 hours of sleep after midnight

- If you sleep from 10 pm to 6 am:

 - 10 pm to 12 am: 2 hrs = 4 hrs of rest

 - 12 am to 6 am: 6 hrs of rest

 - Total of 10 hrs of rest

- If you sleep from 1 am to 9 am:

 - Total of 8 hrs of rest

Rest is medicine



an ounce of **prevention**



a pound of **cure**

TRUST IN GOD

“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all they ways acknowledge him, and he shall direct thy paths.” Proverbs 3:5, 6

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” Isaiah 26:3

Negative emotions: stress, anxiety, depression, fear, hatred, anger – all have negative effects on the body

Positive emotions: thankful, peace, love, cheerfulness, contentment, optimism, hope

Optimistic adults had the strongest immune response while pessimistic adults had the weakest.



TRUST IN GOD

Reader's Digest – Laughter the Best Medicine

Choose your attitude

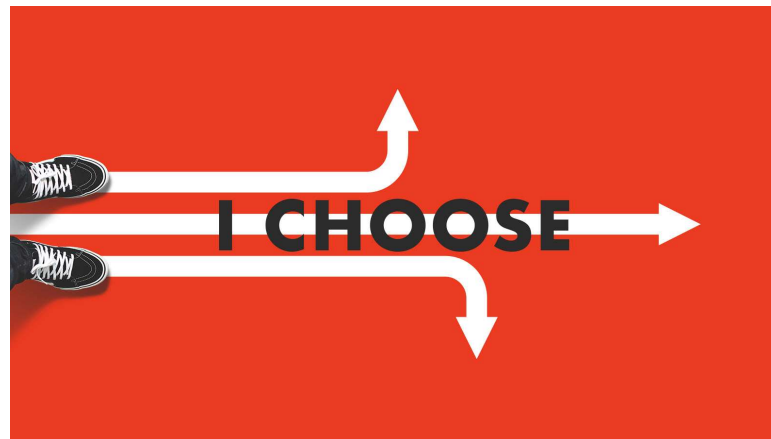


CHALLENGE

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Decide now to make a positive change

- Stick with it
- Encourage each other
- Daniel 1:5-20
- 10 days



Question and Answer

Dr. Jasper Basit

Dr. Roger Bautista

Dr. Candice Golez

Dr. Daphine Kaniaru

Livestream guests: text questions to 559-381-8762

Vanilla Maple Almond Granola

- Prep Time: 15 minutes
 - Cook Time: 40 minutes
 - Total time: 55 minutes
 - Yield: 5 cups
- Ingredients
 - 3 cups old fashioned rolled oats
 - ½ cup almond flour (for nut free can substitute with 3 tablespoons flaxseed meal)
 - ¼ cup whole wheat flour
 - ½ teaspoon salt
 - 2 tablespoons chia seeds
 - ¼ cup neutral tasting oil of choice or melted coconut oil
 - 1/3 cup pure maple syrup
 - 1 teaspoon vanilla extract

Vanilla Maple Almond Granola

- Instructions

1. Preheat oven to 300 degrees Fahrenheit. Line 9 x 13 inch baking pan with parchment paper. Set aside.
2. In a large bowl, toss together oats, flaxseed meal, whole wheat flour, salt, and chia seed. Mix well and set aside.
3. Combine oil, maple syrup, and vanilla extract in separate bowl.
4. Pour wet mixture (oil/maple syrup/vanilla extract) over rolled oat mixture. Mix well so entire oat mixture is moist.
5. Press into prepared baking pan, flattening the top so it is perfectly even.
6. Bake for 40 minutes, rotating the pan every 10 minutes. Remove from heat and let cool for 10 minutes. Break into clusters. Enjoy!

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- Nutrition Information for ½ cup serving of granola

- Calories: 334 cal.
- Fat: 15g
- Fiber: 7g
- Sugar: 13g

May add dried fruit, nuts, seeds, fresh fruit

THE IMMUNE SYSTEM AND NATURAL REMEDIES

- November 14, 2021
- 3-4 pm

