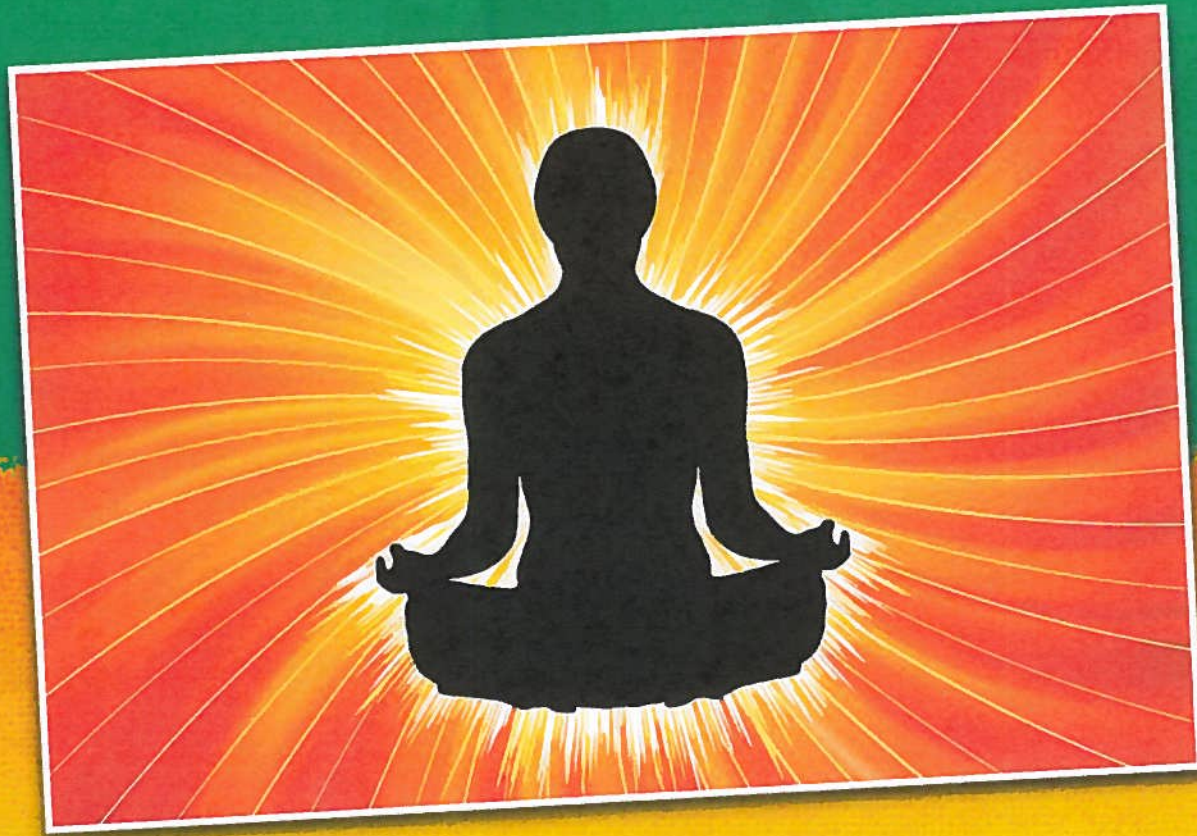


Changing The Way You Eat Creates Change in You, Your Patient and the Healthcare System

By Cassandra Herbert MS, APRN/PMH-BC, AHN-BC, CDNC

OBJECTIVES

- Examine what foods contribute to toxicity and why and what foods contribute to optimal health and wellness and how healthy eating is essential to your own self-care practices
- Inspect what barriers you have encountered with empowering yourself and patients to change and challenges experienced in advocating for healthy eating
- Determine how holistic nurses can be an agent of change for healthy eating
- Create one healthy eating action plan to do for themselves, co-workers, patients or their organization



Meditation

Stop Breathe and Be

Are You Toxic?

- Bloating
- Constipation
- Mood swings
- Fatigue/sluggishness
- Headache
- Pain or aches in muscles and/or joints
- Excessive weight
- Craving certain foods
- Water retention
- Poor memory
- Poor concentration
- Sinus problems



Causes of Toxicity

- Environment
- Beauty products
- Medications
- Food
- Stress
- Relationships

Studies by Environmental Working Group found more than 200 chemicals in newborn umbilical cord blood

www.ewg.org

Foods That Contribute to Toxicity

- Dairy
- Refined grain
- Processed food
- Artificial flavors and colors
- Trans-fats
- Artificial Sugar
- Alcohol
- Corn
- GMO foods
- Fed lot raised meat
- Polyunsaturated oil
- What are you sensitive to?



What Are You Eating?



What Foods Are Being Served to Our Patients?



The Impact of Food on Our Endocrine System

- Blood Sugar – Insulin, Glucagon
- Stress Response – Cortisol, DHEA
- Thyroid – T3, T4
- Sleep
- Sex Hormones
- Digestion

Statistics

- 8.8 million people in US diagnosed with Diabetes (approximately 8.3% of US population)
- Diabetes is the 7th leading cause of death in US
- Diabetes cost \$245 billion in 2012
- As many as 1 of 3 American adults will have Diabetes in 2050 if present trends continue
- Insulin resistance estimated to affect 1 in 4 in US

From American Diabetic Association

How Much Sugar Do We Consume?

1700's - 4 pounds of sugar
per year

1800's - 18 pounds per year

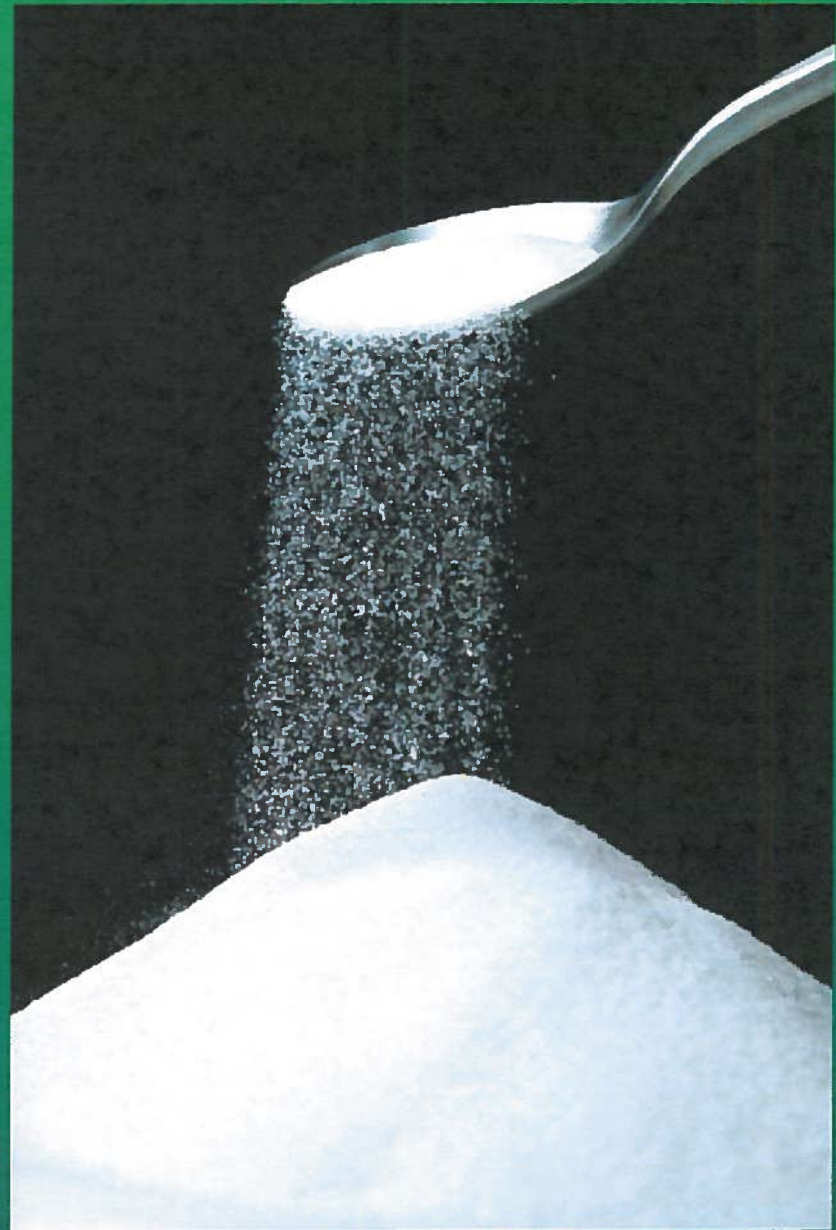
1900's - 90 pounds per year

Now - 130-150 pounds per
year

Adult - 22 tsp per day

Kid - 32 tsp per day

www.dhhs.nh.gov



Stress Statistics

- Forty-three percent of all adults suffer adverse health effects from stress.
- Seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions. -

National Institute of Mental Health: "Fact Sheet on Stress." and American Heart Association: "How Does Stress Affect You."

Obese Children Have Higher Cortisol Levels

December 2013: Researchers from the Erasmus MC - Sophia Children's Hospital in the Netherlands examined levels of cortisol from hair samples taken from 20 obese children (15 girls and five boys) and 20 normal weight children (15 girls and five boys), all of whom were between the ages of 8 and 12. None of the children had any chronic diseases, though three of the obese children had metabolic syndrome.

<http://press.endocrine.org/journal/jcem>

Thyroid Statistics

- An estimated 20 million Americans have some form of thyroid disease.
- Up to 60 percent of those with thyroid disease are unaware of their condition.
- Women are five to eight times more likely than men to have thyroid problems.
- One woman in eight will develop a thyroid disorder during her lifetime
- Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.

American Thyroid Association

Sleep Statistics

- Persons experiencing sleep insufficiency are also more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity
- An estimated 50-70 million US adults have sleep or wakefulness disorder

Institute of Medicine. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem*. Washington, DC: The National Academies Press; 2006.



Digestive Health

"All Disease Begins In the Gut" ~ Hippocrates

The background of the slide is an abstract composition of three horizontal bands. The top band is a solid, vibrant green. The middle band is a bright, sunny yellow, and the bottom band is a solid, deep green. The boundaries between these bands are irregular and textured, resembling torn paper or a rough cut. Centered within the yellow band is the text "What Is Healthy Eating?".

What Is Healthy Eating?

Barriers to Healthy Eating

- What barriers have you personally encountered?
- What barriers have you encountered when teaching patients?
- What barriers have you experienced within the healthcare system?

Food-related health perceptions and food habits among older women

Qualitative interviews, representing an ethnographic approach, were carried out with 18 women, aged 65–88, living alone or cohabiting.

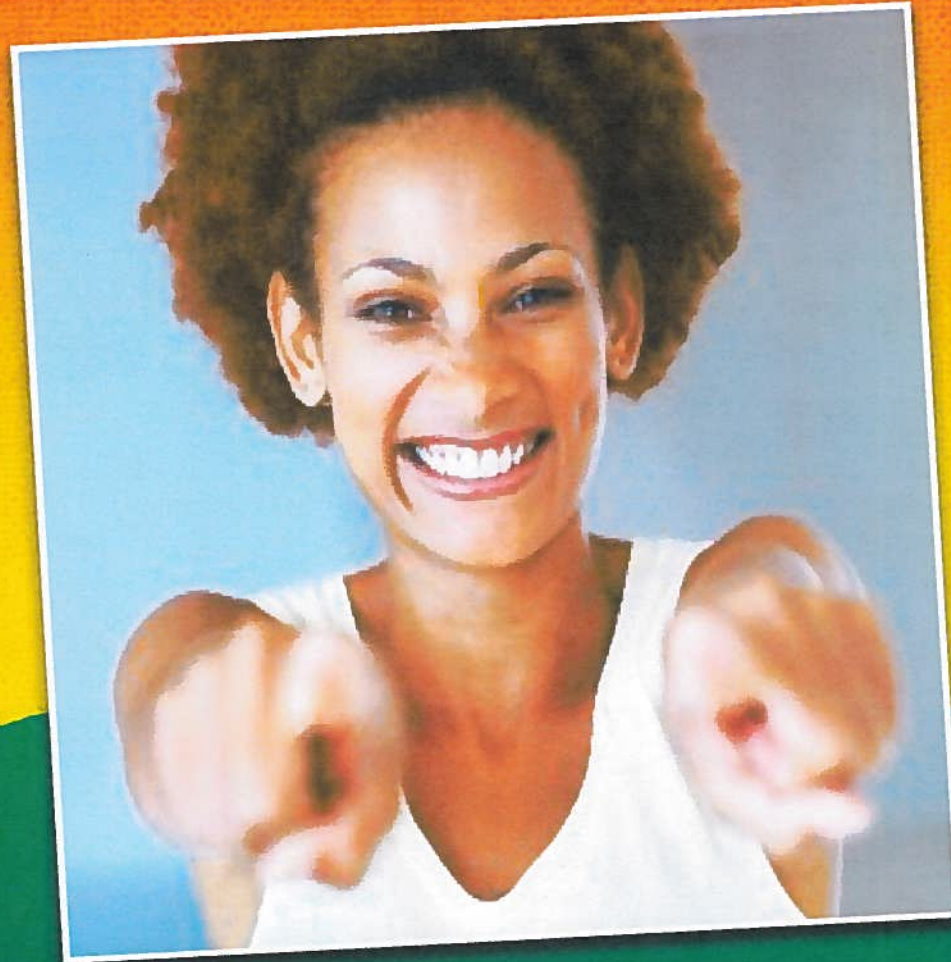
Findings: Food-related health promotion must pay more attention to women living alone. Women who have lost their partners, may be at risk for poor nutritional intake as they often simplified the entire meal situation, while cohabiting women perceived food and cooking as a central task in their lives.

Gustafsson, K. , Sidenvall, B. Food-related health perceptions and food habits among older women. *Journal of Advanced Nursing*. Volume 39, Issue 2. July 2002

Eating habits, beliefs, attitudes and knowledge among health professionals

- Questionnaire to 2290 subjects including general practitioners, practice nurses and dietitians. This study examined eating habits, beliefs, attitudes and knowledge among health professionals regarding the links between obesity, nutrition and health. The study concluded that health professionals have some knowledge of nutrition and weight management but are unclear how to deliver effective weight management advice.

CR Hankey, S Eley, WS Leslie, CM Hunte and MEJ Lean: Eating habits, beliefs, attitudes and knowledge among health professionals regarding the links between obesity, nutrition and health. [Public Health Nutrition](#) / Volume 7 / Issue 02 / April 2004, pp 337-343



What can you do?

For Yourself, For Your Patients, For The Healthcare System

Things You Can Do and Teach Your Patients

- Make a choice to nurture your mind, body and spirit
- Educate yourself and read your labels
- Hydrate
- Alkaline/ Acid Balance
- Incorporate mineral rich food
- Reduce toxins
- Heal Your Gut
- Keep blood sugar balanced
- Movement
- Sleep

Foods That Heal

- All greens
- Parsley
- Cilantro
- Cruciferous vegetables
- Aloe
- Chia Seeds
- Avocado
- Asparagus
- Apples
- Berries
- Sea Vegetables
- Green Tea
- Medicinal Mushrooms
- Ginger
- Lemon/Lime
- Adaptogen herbs



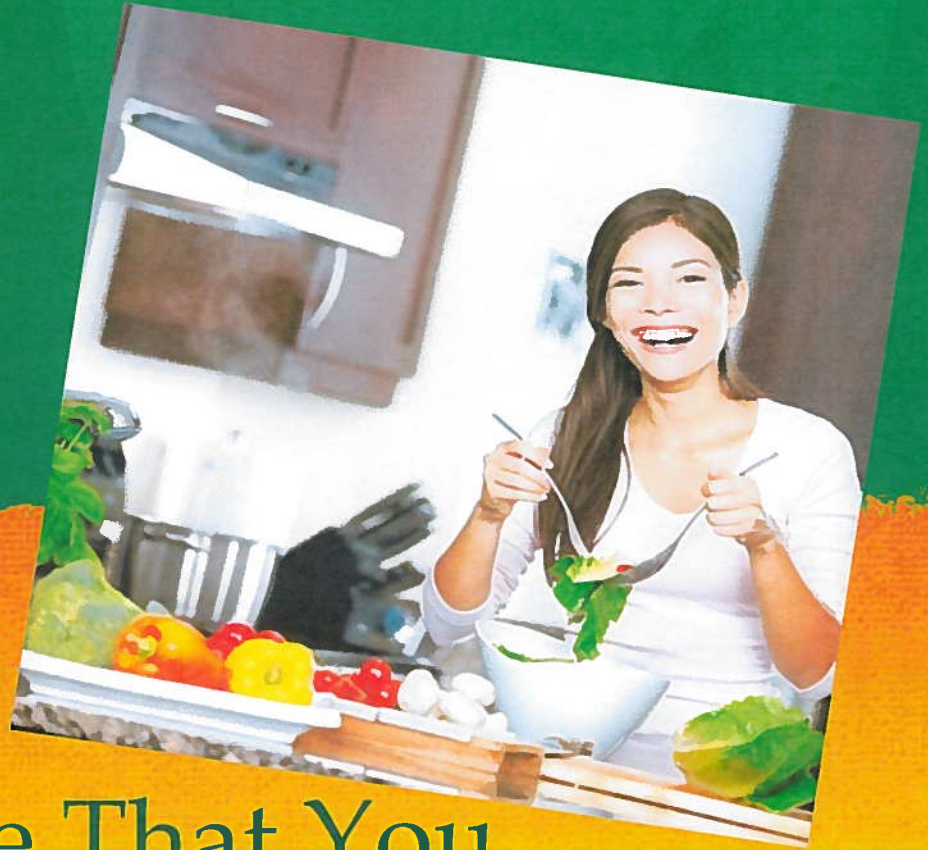
Foods That Heal

- Spring Water
- Sea Salt
- Goji Berries
- Cacao
- Fermented Foods
- Olive Oil
- Coconut and coconut oil
- Hemp
- Brazil Nuts



Agent of Change for Healthy Eating

- How can you empower your patients?
- How can you create change within nursing organizations?
- How do you advocate for change within the healthcare system?
- Politically what can you do?



“ Be The Change That You
Wish to See In The World”

Mahatma Gandhi



THANK YOU!



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