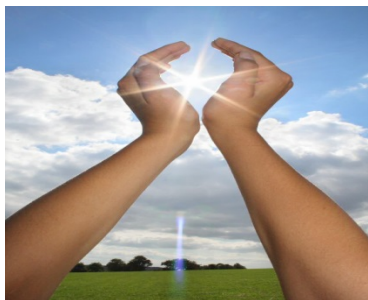


Happy New Year, Happy New You! Your Health is in Your Hands!

By Tami Hulcher, RN, CNC, CHE



This information is not meant to treat, diagnose, cure or mitigate any disease; nor is it intended to stop any medications or treatments or replace any medical advice from your healthcare professional.

www.NurseTami.com 2021

Encourage, Enlighten, Educate Not “pointing fingers” but “pointing the way”



*Finding the way is
better than
finding fault!
I invite you to
consider...*



Today: Let's chat about...

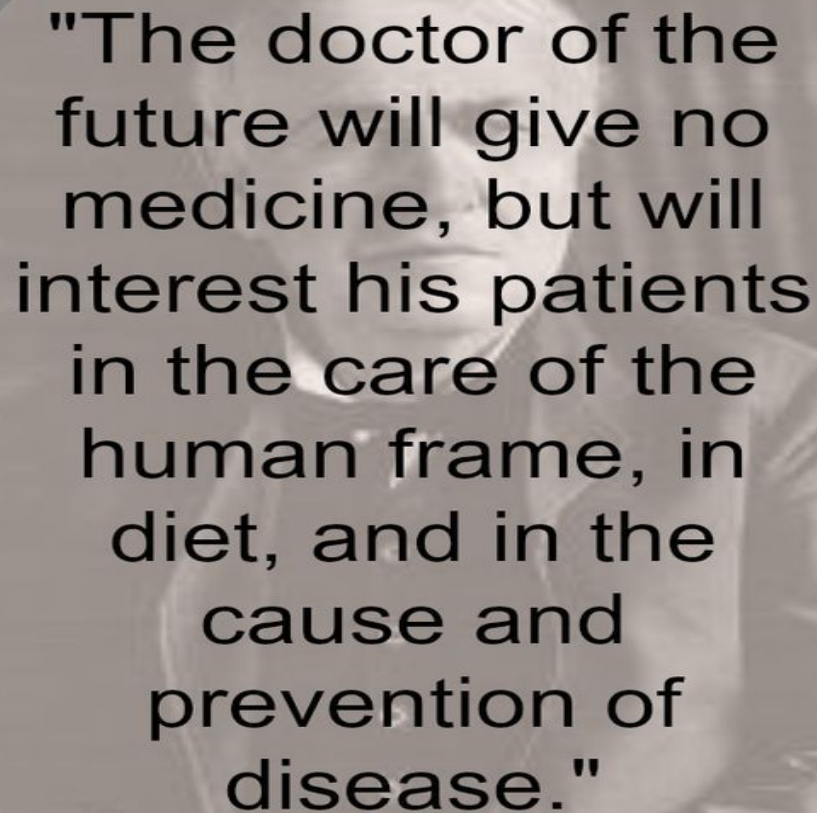
- ▶ Use your HANDS to turn ON and turn OFF disease!
- ▶ Reducing risk of infection or disease
- ▶ Heart Disease
- ▶ Cancer risks
- ▶ Diabetes
- ▶ Inflammation
- ▶ Stomach/Gut issues
- ▶ Immune function



Why do we...?



Protection and Prevention



"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison

Love, Home
& Health

- ▶ If you don't take time for HEALTH and WELLNESS now, you will pay for your ILLNESS and DISEASE later.
- ▶ "Take care of your body, it's the only place you have to live." *Jim Rohn*

Your choice is in your hands

**EVERY BITE YOU TAKE
IS EITHER**

FIGHTING
DISEASE

OR

FEEDING
IT



You ARE in CONTROL!

Are your hands helping and healing your body?

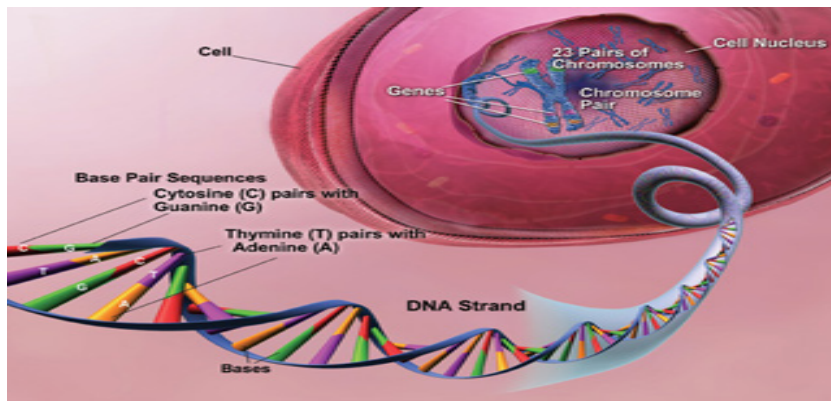


...Or are your HANDS *perhaps* hurting your body?

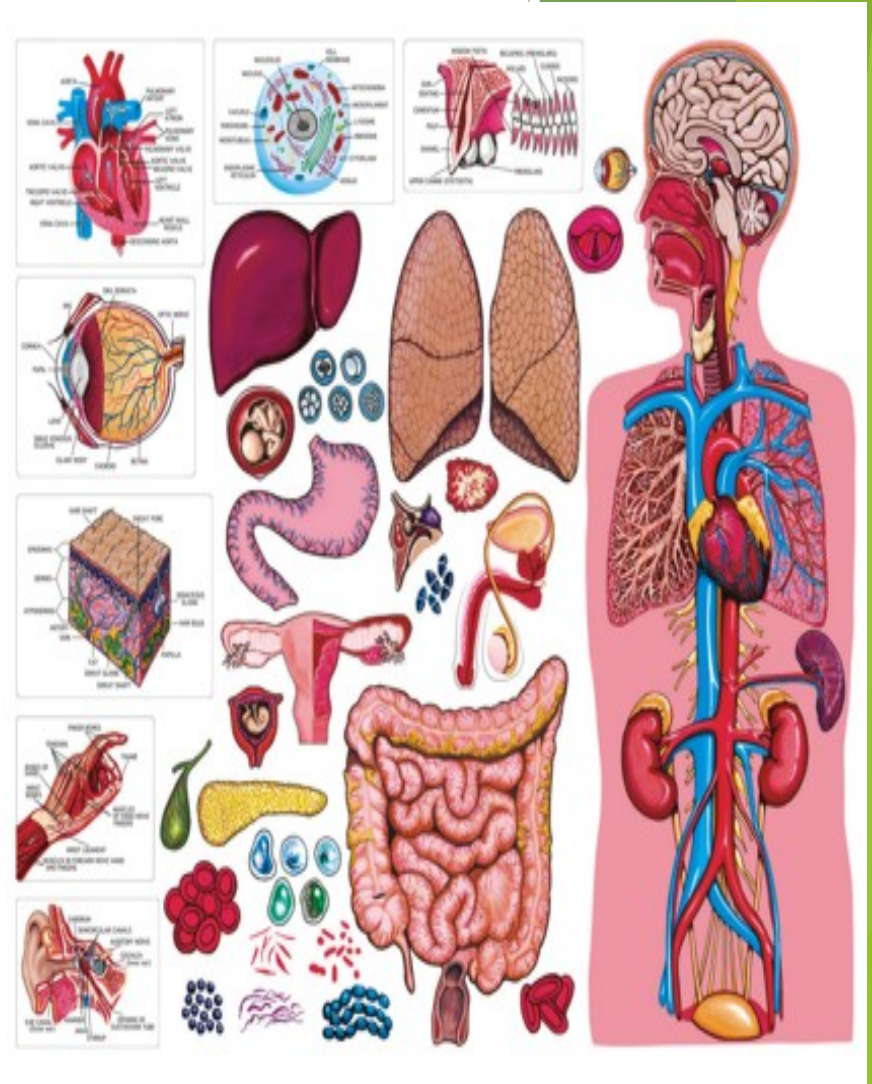


Link between
STRESS &
OVEREATING

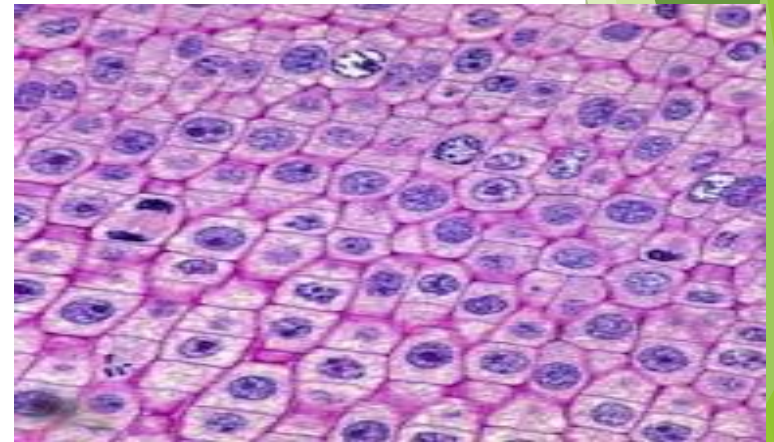
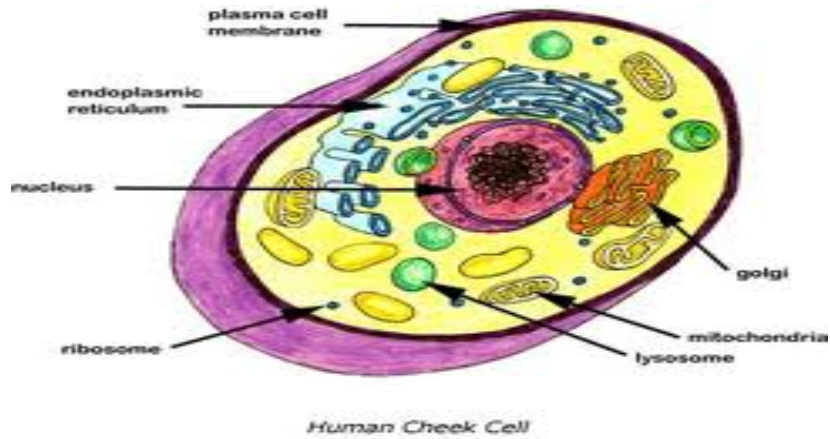
What are you?



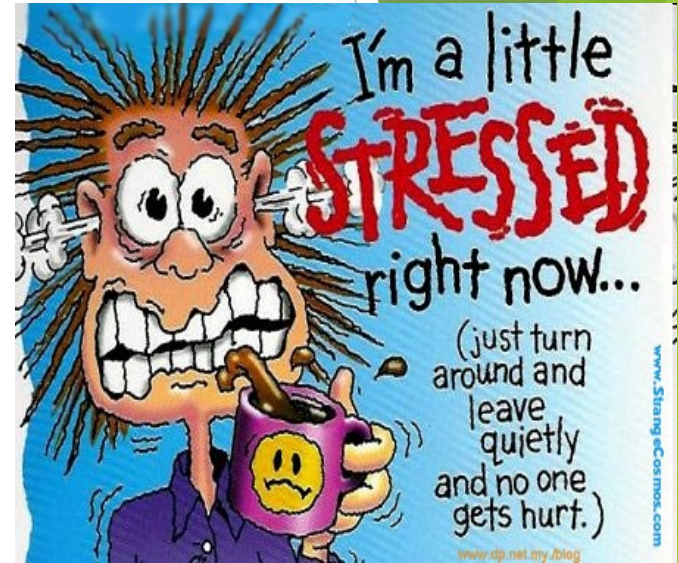
- ▶ We have trillions of cells
- ▶ Heart cells, liver cells, blood cells, brain cells, skin cells, even **CANCER** cells
- ▶ Each cell takes 10,000 damaging, free-radical oxidative hits per day!
- ▶ Damaged cells and DNA create disease, including cancer, heart disease, diabetes, fibromyalgia, Parkinson's, Alzheimer's...more



Our GOAL: to keep our CELLS and DNA healthy & HAPPY...



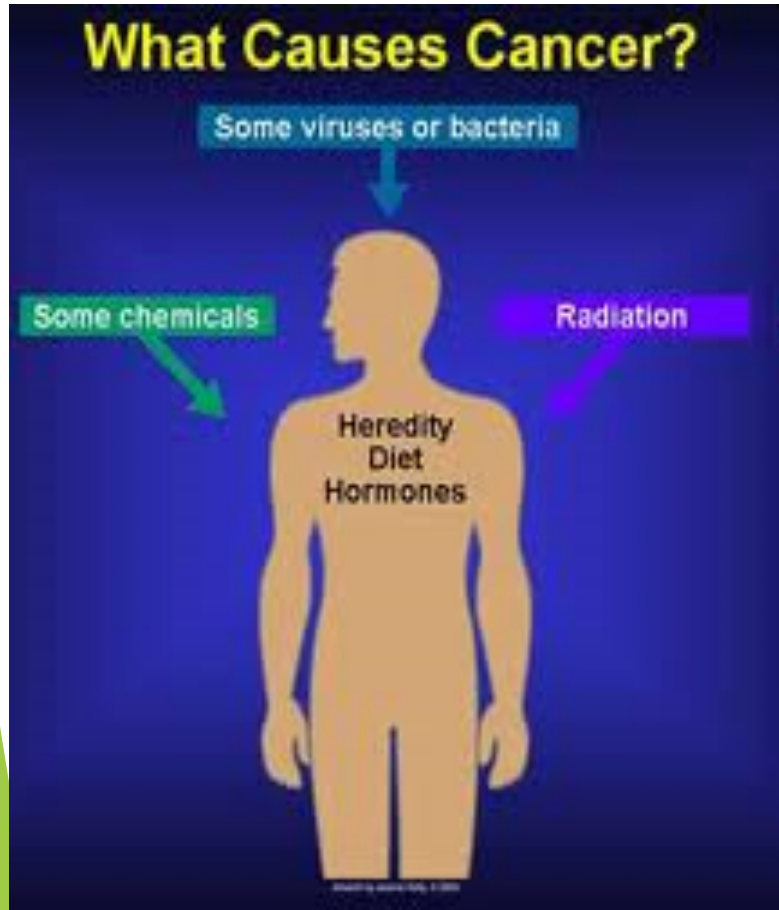
So, what are your CELLS & DNA being challenged with?



It's NOT your GENES!

(only 3% breast cancer is genetic-JAMA)

(only 2-3% of all cancer is attributed to genes-JNCI)

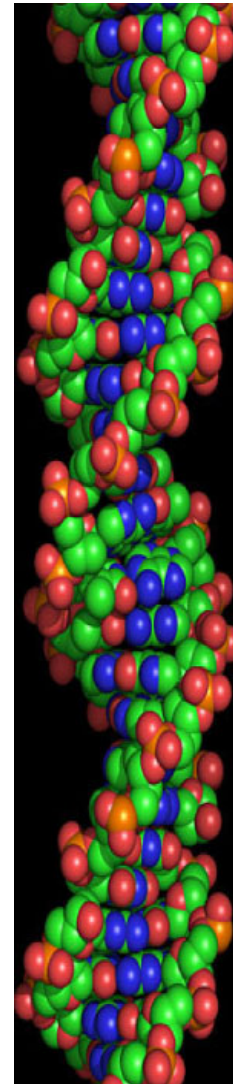
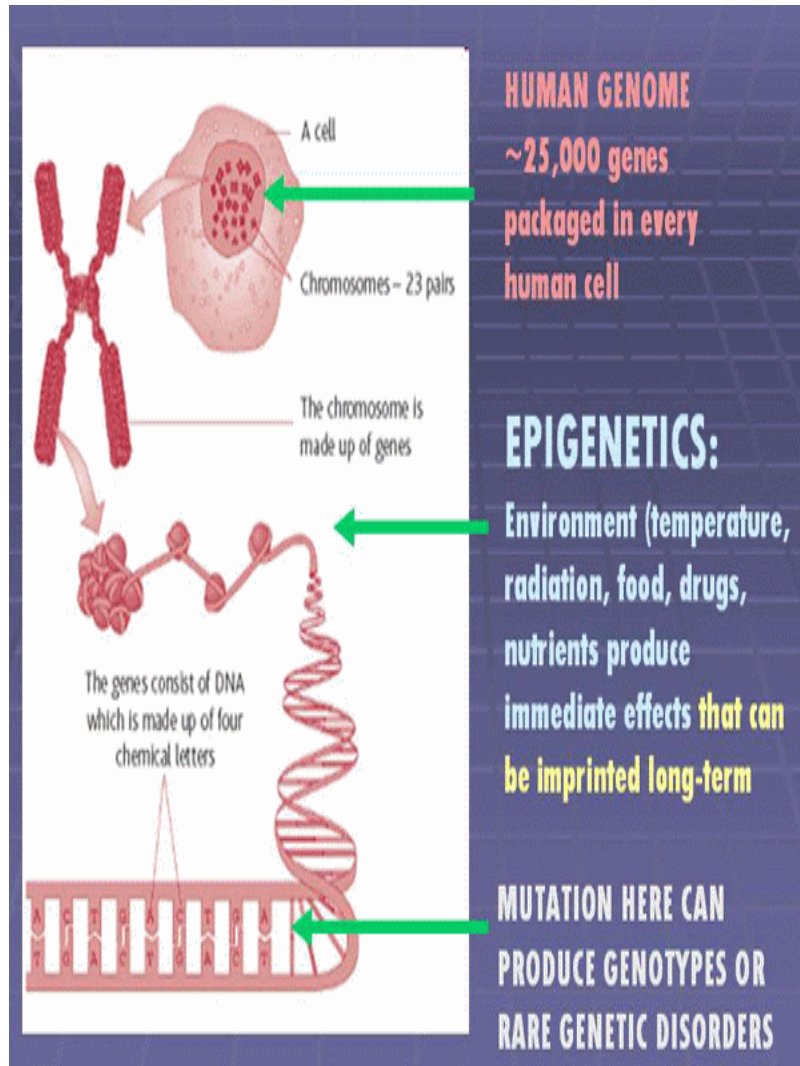


Genetics only loads the gun:
diet and lifestyle pulls the trigger.



EPIGENETICS ~ *express yourself!*

Nutrition plays a key role influencing genes.



Genetics research / Epigenetics research

Genetics research is targeting cancer and other specific diseases genetic in origin. But a disease that is genetic in origin need not infer specific coding by a gene sequence; a disease can be caused by the way the genes are expressed (on or off). **This is Epigenetics.**

The expression of our genes was influenced by the environment in which we were conceived and that environment was also influenced by the expression of genes we inherit from our parents and our grandparents. Nutrition has an influence of those genes that are active and those that are muted and this programming passes from generation to generation. There is an opportunity to influence the expression of the genes by ensuring good nutrition in parents. **We might hope this would ensure the extra genes in Trisomy 21 would become muted** and the outcome more healthy when the baby is born.

After a child is born with Trisomy 21 there is still an opportunity to study the child's metabolism and correct a metabolic disturbance with a treatment therapy that targets the chemistry from a genetic disturbance.

Both lines of research can be tested using the Tc1 mouse (that has Down's syndrome) and we will be seeking funding to do this research.

Epigenetics is the term used to describe heritable changes in gene expression that are not coded in the DNA sequence itself but by post-translational modifications in DNA and histone proteins. These modifications include histone acetylation, methylation, ubiquitination, sumoylation and phosphorylation.

Epigenetic regulation is not only critical for generating diversity of cell types during mammalian development, but it is also important for maintaining the stability and integrity of the expression profiles of different cell types. Until recently, the

study of human disease has focused on genetic mechanisms rather than on non-coding events. However, it is becoming increasingly clear that disruption of epigenetic processes can lead to several major pathologies, including cancer, syndromes involving chromosomal instabilities, and mental retardation.

DNA methylation is a major epigenetic modification of the genome that regulates crucial aspects of its function.

Genomic methylation patterns in somatic differentiated cells are generally stable and heritable. However, in mammals there are at least two developmental periods-in germ cells and in preimplantation embryos-in which methylation patterns are reprogrammed genome-wide, generating cells with a broad developmental potential...

What is clear, however, is that in mammals there are developmental periods of genomewide reprogramming of methylation patterns in vivo. Typically, a substantial part of the genome is demethylated, and after some time remethylated, in a cell- or tissue-specific pattern. The developmental dynamics of these reprogramming events, as well as some of the enzymatic mechanisms involved and the biological purposes, are beginning to be understood.

Note: Methylation is believed to be inhibited in the biochemistry of patients with Down's syndrome and preventing conversion of folic acid to folate needed for growth and cell regeneration.

Our research project will test a nutritional therapy used by Jill James that showed promise. Foods that provide the methyl donors needed for methylation are: garlic, onions, beetroot. So we are not talking about chemicals we are talking about nutritional deficiencies.

More reading: National Centre for Biotechnical Information (<http://www.ncbi.nlm.nih.gov/>) (http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?tool=pubmed.DocSum&db=pubmed&cmd=Display&doctype=pubmed_pubmed&from_uid=17304537)



“Nutritional Manipulation”



Turn OFF cancer

(Eat lots of alkaline-rich plant foods; chlorophyll; phyto-chemicals, enzymes...)

- ▶ Fiber
- ▶ Soy, Hemp
- ▶ Fruits & Berries
- ▶ Veggies & Grains
- ▶ Sprouts, Nuts, Seeds

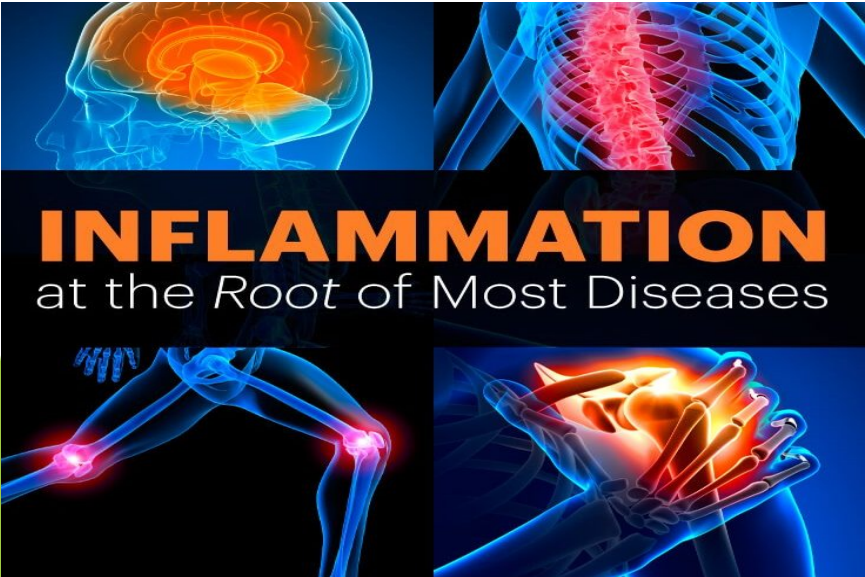
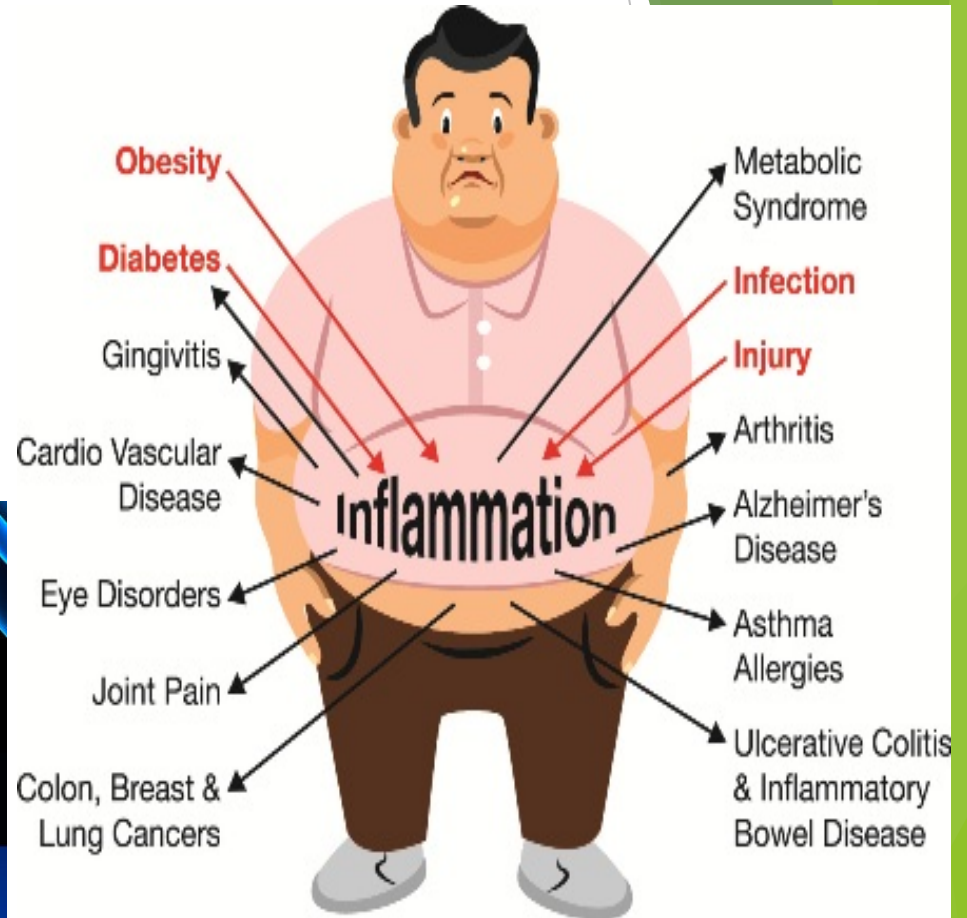
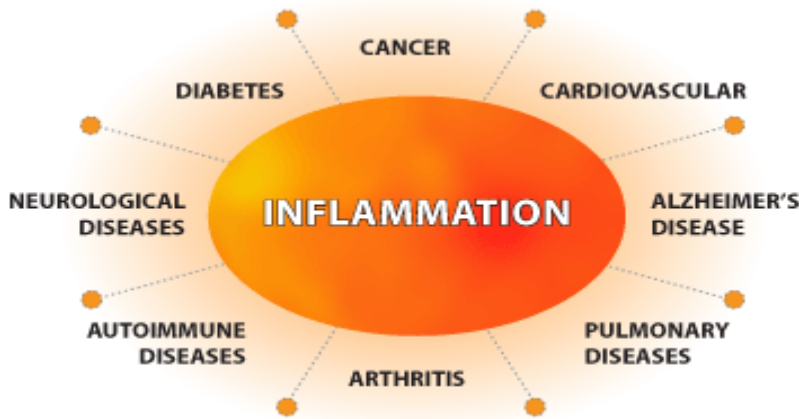
Turn ON cancer

(Toxics foods, acidic/low pH, lack of nutrients, nutritional stress...)

- ▶ Hormones (Estrogen)
- ▶ Animal Protein (including Dairy)
- ▶ Cholesterol
- ▶ Fat
- ▶ Sugar

INFLAMMATION

(The FIRE within your body - wreaking HAVOC!)



INFLAMMATION
at the *Root* of Most Diseases

INFLAMMATION

Things that CAUSE INFLAMMATION:

(Lab test/CRP >3)

- ▶ Sugar
- ▶ Sodas
- ▶ Dairy
- ▶ Meats
- ▶ Processed Oils
- ▶ Artificial Sweeteners
- ▶ Alcohol
- ▶ Smoking
- ▶ Stress

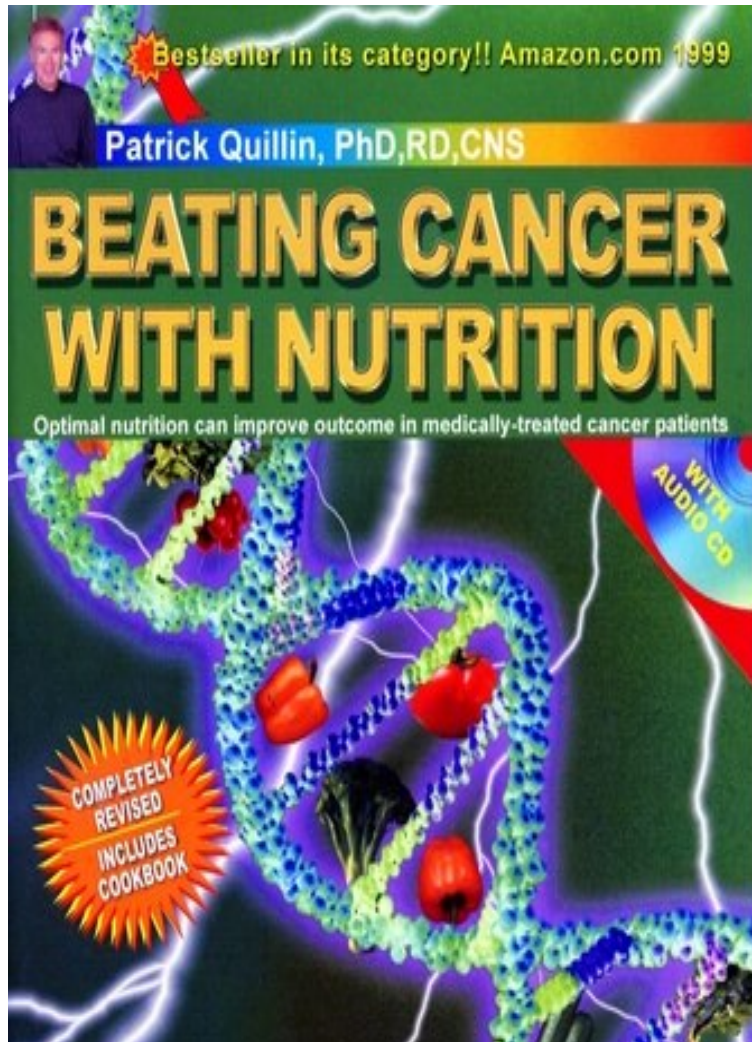
Ways to REDUCE INFLAMMATION:

- ▶ Fresh Fruits, Veggies
(including cruciferous, garlic, onions, berries, cherries...)
- ▶ Fiber (25-40 g per day)
- ▶ Spices inc. Tumeric, Curcumin, Chili pepper
- ▶ Green Tea
- ▶ Lots of Water
- ▶ Omega 3s
- ▶ Exercise inc. Walking
- ▶ Swap cooking oils to Olive, Coconut

CANCER LOVES SUGAR

“Beating Cancer With Nutrition”

Dr. Patrick Quillin, PhD, RD, CNS

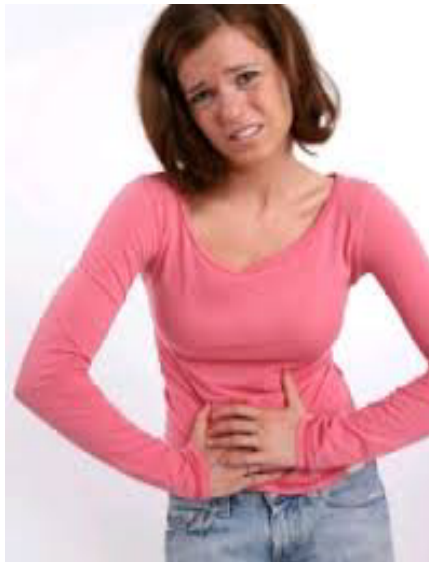


- ▶ Cancer is a sugar feeder
- ▶ Elevated blood glucose lowers immune system function
- ▶ Diets high in sugar have more cancer and heart disease
- ▶ Slow cancer by limiting the amount of sugar available in the blood and gut for the glucose-dependent cancer cells

Sugar shuts DOWN your immune system and...



- ▶ Sugar may cause hyperactivity and anxiety
- ▶ Sugar may cause skin disruptions and/or eczema
- ▶ Sugar may cause DNA damage
- ▶ Sugar may cause depression
- ▶ Sugar may cause headaches or migraines
- ▶ Sugar may cause stomach problems





How much SUGAR is in your favorite food or drinks?



What to use instead:

- ▶ STEVIA
- ▶ ORGANIC SUCCANAT
- ▶ ORGANIC AGAVE NECTAR
- ▶ ORGANIC HONEY (caution with children under age 1)

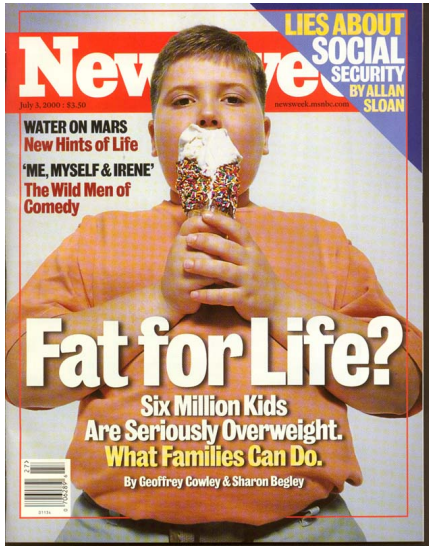


Let's talk FAT...

- ▶ READ YOUR LABELS
- ▶ GET YOUR HANDS ON THE GOOD FATS
- ▶ REDUCE THE BAD FATS



What's the limit of FAT?



- ▶ Children 45-50 grams per day
- ▶ Adults 50-65 grams per day

More FAST FOOD FAT:

Keep in mind: 50-65g per day! (45g children)

- ▶ **Starbuck's Caramel Brulee Frappuccino** 24g
- ▶ **Starbuck's Bacon/cheddar/egg Sandwich** 28g
- ▶ **Arbie's Dbl Roast Beef Sandwich** 24g
- ▶ **BK Whopper Jr/Whopper** 10g/22g
- ▶ **McD's 1/4lb w/cheese** 26g
- ▶ **Big Mac** 29g
- ▶ **McD's Sausage/egg/cheese McMuffin** 27g
- ▶ **McD's Large Fries** 25g
- ▶ **Filet of Fish** 18g
- ▶ **KFC one Extra Crispy Chkn Breast** 35g
- ▶ **KFC Popcorn Nuggets KIDS** 19g

- ▶ **Not to mention the chemicals, high-sodium and high-calorie count!**



Speaking of FAT:

Diabetes: Type II : DIET RELATED



- ▶ Every time you eat a meal, insulin is released by your pancreas to help shuttle the glucose into your cells. Without insulin, your cells cannot accept glucose, resulting in glucose build up in your blood. Over time, this extra sugar causes damage to blood vessels; which leads to blindness, kidney failure, heart attacks and stroke.
- ▶ Think of insulin as the KEY that unlocks the front door of your cells to allow glucose in. Remember without insulin, blood glucose is stuck in bloodstream, banging on the door to enter.
- ▶ So what's jamming up the DOOR LOCKS of your cells: **FAT!**
- ▶ A high-fat, high calorie diet can impair the body's ability to handle the sugar.

*(Resource "How Not to Die" by Dr. Michael Greger :
NutritionFacts.org)*

Your heart is in your hands

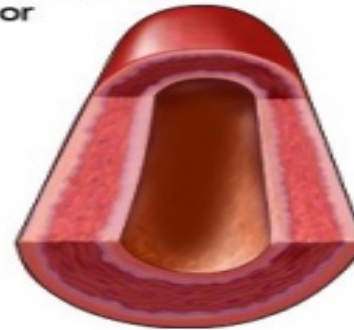
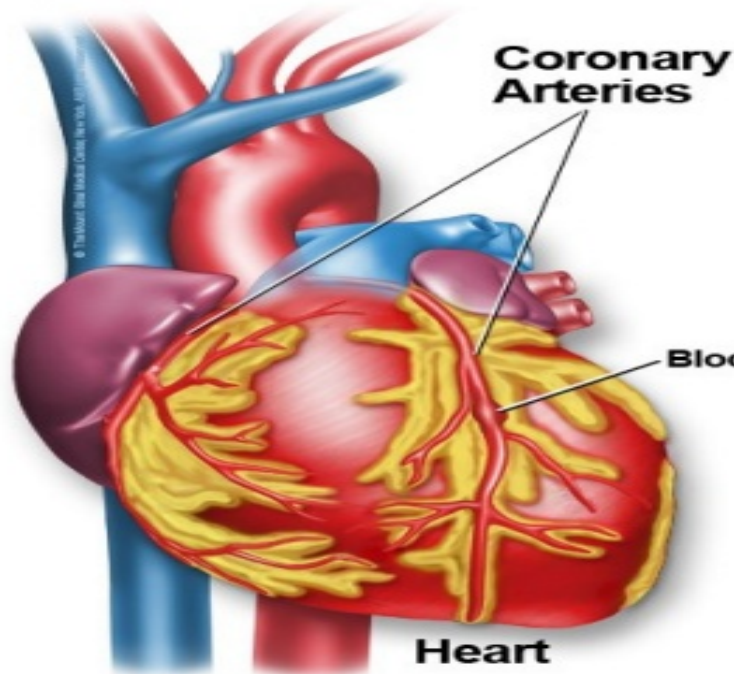


- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.
- **One person dies every 36 seconds** in the United States from cardiovascular disease.
- About **655,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.
- Every year, about **805,000 Americans** have a heart attack.
- Of these, **605,000** are a first heart attack.
- About **1 in 5 heart attacks** is **silent**—the damage is done, but the person is not aware of it.
- **Erectile Dysfunction** linked to heart disease; may be early sign.

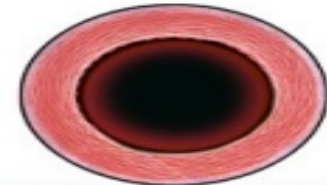
(Sources inc: Pcrm.org, CDC.org)

Coronary Artery Disease

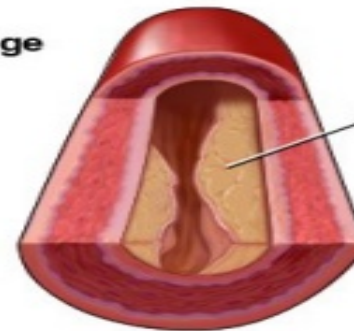
Coronary Artery Disease (CAD) results from the build-up of fat and cholesterol deposits called plaques in the coronary arteries. This process, known as atherosclerosis, partially or completely blocks the flow of blood to the heart.



**Normal
Coronary Artery**



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**Narrowed/Blocked
Coronary Artery**

Plaque



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You are not “medication” deficient: you may be nutrient deficient.

- ▶ You are not LIPITOR deficient
- ▶ You are not ASPIRIN deficient
- ▶ You are not BLOOD PRESSURE med deficient
- ▶ Eat less animal protein, less saturated fats, less artering clogging fats.
- ▶ Eat more fiber, more plants: fresh fruits, veggies; healthy nuts; healthy omegas



Omega-3's The "Smart" Fats

- ▶ Flax seeds, walnuts, soy, green leafy veggies, avocados
- ▶ Great for moods, depression, anger, anxiety, skin and hair, calming effects.
- ▶ Great for hormones!
- ▶ Good source of FIBER and protein



Healthy Fast Food? Eat this instead...



Dairy may be scary...



Lactose Intolerance in U.S.

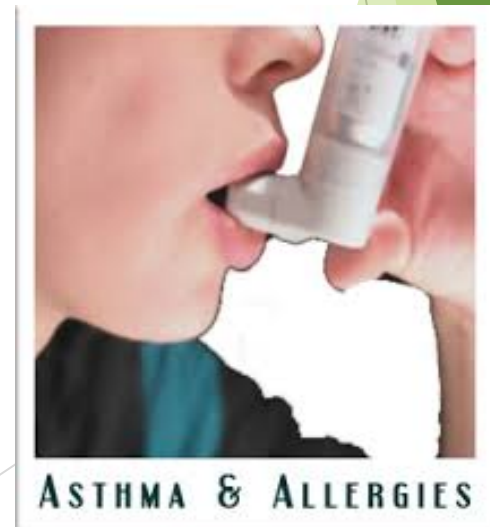
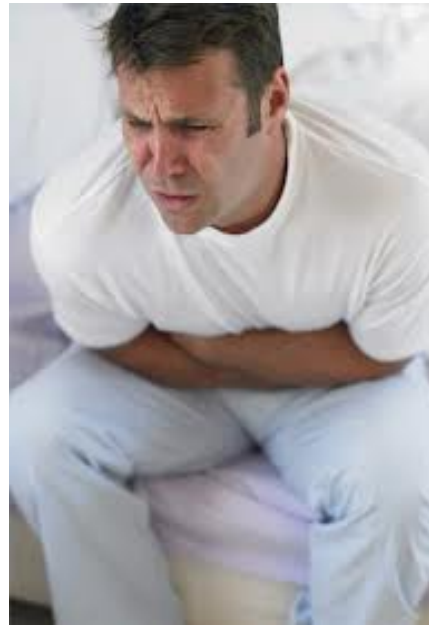
- ▶ 95% Asian Americans
- ▶ 79% of Native American Indians
- ▶ 75-80% of African Americans
- ▶ 60-80% of Hispanics
- ▶ 25% of Caucasians
- ▶ In Africa, Asia, and Latin America prevalence rates up to 100% depending on the population studied.



(AJCN; *Journal Pediatrics*; pcrm.org)

If you *ARE* lactose-intolerant or *IF* dairy is a problem, you may experience...

- ▶ Acne
- ▶ Allergies and Asthma
- ▶ Gas, Bloating, Cramps
- ▶ Diarrhea



Dairy can be scary

- ▶ Higher intakes of cow's milk are associated with an increased risk (80%) for breast cancer, according to a new study funded by the National Cancer Institute, National Institutes of Health, and the World Cancer Research Fund and published in the *International Journal of Epidemiology*. February 25, 2020.
- ▶ The prostate cancer study found that those who consumed three or more servings of dairy products a day had a 141% higher risk for death due to prostate cancer. *International Journal of Cancer*. May 2015
- ▶ Milk and other dairy products are the top source of **saturated fat** in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. (*pcrm.org*).
- ▶ Research shows that dairy products have little or no benefit for bone health. According to an analysis published in the *British Medical Journal*, most studies fail to show any link between dairy intake and broken bones, or fractures. BMJ. 2015; 351:

If you want to switch...or if you want to try something else...



► “Plant” milks, yogurts, ice creams, cheese



Drink More Water!

75% of Americans are dehydrated!
And many more are constipated!

- ▶ Water should be your 1st choice beverage always!
- ▶ Water transports nutrients! Every organ of the body relies on water!
- ▶ Water hydrates the skin!
- ▶ Water helps remove waste and toxins from the body!
- ▶ A simple headache could mean you're dehydrated!
- ▶ If you don't like water, try coconut water! Replaces electrolytes too!



Your HANDS control your health! What are your hands holding...your food choices...



- ◀ Eats mostly refined food
- ◀ 45% of calories from fat
- ◀ 42 teaspoons sugar intake daily
(powerful appetite stimulant)
- ◀ 4 times more heart attacks
- ◀ 4 times more sugar diabetes
- ◀ More arthritis
- ◀ More sleep disorders
- ◀ More depression
- ◀ More cancer
- ◀ More doctor visits
- ◀ More allergies
- ◀ Requires 100 miles of new
blood vessels per pound of fat
- ◀ More foot problems
- ◀ More gout
- ◀ Shorter life expectancy

You Can Eat Yourself To A Healthier Life

Eats fruits, vegetables, whole
grains and legumes ➤

BENEFITS

- More self-acceptance ➤
- Fewer accidents ➤
- Longer average lifespan ➤
- Less heartburn ➤
- Higher energy level ➤
- Increased virility in men ➤





Your hands can play... NUTRITION MANIPULATION



Phytonutrients, fiber-rich, alkalizing, healing foods:

- ▶ Soy (Tofu, Miso, Edamame)
- ▶ Hemp (milk, seeds)
- ▶ Fruits & Berries
- ▶ Veggies & Legumes
- ▶ Quinoa, Amaranth, Buckwheat, Wild Rice
- ▶ Sprouts, Nuts, Seeds
- ▶ Herbs, Green Teas



pH4		pH7	pH10
Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline
 White Bread	 Meat/Fish	 Fruits	 Asparagus
 Alcohol	 Legumes	 Vegetables	 Cayenne Pepper
 Colas/Sodas	 Nuts	 Avocados	 Melons
 Sugar	 Dairy	 Almonds	 Kelp



The Nutrition Rainbow

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



Lycopene reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.



Beta-carotene fights cancer; reduces inflammation, supports immune system, and boosts vision.



Vitamin C and flavonoids inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.



Folate builds healthy cells and genetic material and boosts heart health.
Calcium strengthens bones, muscles, and heart health.



Indoles and lutein eliminate excess estrogen and carcinogens and support eye health.


Allyl sulfides destroy cancer cells and reduce cell division.



Anthocyanins destroy free radicals, reduce inflammation, and boost brain health.



Resveratrol may decrease estrogen production, boosts heart and brain health.



Fiber boosts digestion and weight loss, removes carcinogens.

PhysiciansCommittee
for Responsible Medicine

apples		Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots		Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes		Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados		Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
bananas		Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans		Prevents constipation	Helps	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets		Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries		Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli		Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage		Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps
cantaloupe		Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system

Plants have protein, fiber, phytonutrients.
Fruits and veggies put HAPPY faces on your cells.



- ▶ Hundreds of studies show the protective healing benefits of eating more fruits, vegetables, berries, whole grains, legumes.
- ▶ Reduce damaging effects of free-radical damage/oxidative stress.
- ▶ Reduce risk of cancer, heart disease, diabetes, obesity.
- ▶ Increase IMMUNE function

So let's BOOST your nutrition
by ADDING fruits & veggies:





Pureed or Blended Fruits & Veggies

(for soups, smoothies, sauces)



12

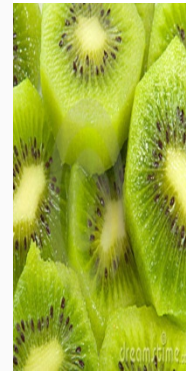


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Hiding other great nutrients...



Healthy New YOU!

- ▶ Strive for 9-13 servings of FRUITS & VEGGIES daily
- ▶ Reduce or eliminate DAIRY; cut back on animal protein
- ▶ Consider a vegetarian PROBIOTIC/DIGESTIVE ENZYME daily
- ▶ Increase FIBER to remove toxins & lower cholesterol
- ▶ Reduce FATS & SUGARS
- ▶ Drink more WATER
- ▶ Consider a B12 supplement (methylcobalamin)
- ▶ Add plant-based Omegas inc flax seed
- ▶ Exercise 3x week
- ▶ Sleep 8 hours daily



Resources / Recommendations

- ▶ [NutritionFacts.org](https://www.nutritionfacts.org)
- ▶ [PCRM.org](https://www.pcrm.org)
- ▶ [NutritionStudies.org](https://www.nutritionstudies.org)
- ▶ [BeatCancer.org](https://www.beatcancer.org)
- ▶ [WellnessForumHealth.com](https://www.wellnessforumhealth.com)

Your Health really is in YOUR Hands!



Please visit my websites for more
healthy tips & recommendations

www.NurseTami.com

www.TamiHulcher.JuicePlus.com

www.TamiHulcher.TowerGarden.com



"The **doctor** of the future will no longer treat the human frame with drugs, but rather will **cure** and **prevent** disease with **nutrition**."

-Thomas Edison

