

# What Your Biometrics Tell You and What You Can Do About Them Naturally

[www.nutritioninc.com](http://www.nutritioninc.com)



## Scope

- If you have any concerns over your numbers, please see your primary care physician
- Many changes may be effective on their own or in combination with medication – please work with your doctor on this
- Today’s focus: lifestyle and diet
- For further information:



[www.cdc.gov](http://www.cdc.gov)  
[www.mayoclinic.org](http://www.mayoclinic.org)

## BMI

- Calculation based on a person’s height and weight
- It does not consider body composition – screening tool only
- Are you pear or apple shaped?
- Standard chart does not apply to children or pregnant women

Underweight BMI =< 18.5  
 Normal BMI = 18.5-24.9  
 Overweight BMI = 25-29.9  
 Obese BMI =>30

## Habits of People Who Successfully Lose Weight and Keep it off

- Exercise 30 min / day
- Keep a food journal
- Drink enough water daily
- Eat 5 servings of fruits & vegetables
- Sleep at least 6 hours
- Eat breakfast



## Fasting Glucose

- Measures the amount of blood sugar present in a fasted state
- Measurement must be taken in a fasting state
- High blood sugar levels may damage blood vessels

Good <100 mg/dL  
 Borderline 100-125 mg/dL  
 Abnormal >=126 mg/dL



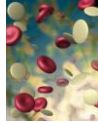
## Blood Pressure



- Measures pressure in arteries when your heart beats (systolic)
- Measures pressure in arteries between heart beats (diastolic)
- Both important but systolic is more significant
- Many measurements are necessary for diagnosis
- Excessive pressure may damage the blood vessels and organs in the body

(mmHg)	Systolic	Diastolic
Normal	<120	<80
Pre-hypertension	120-139	80-89
High Stage 1	140-159	90-99
High Stage 2	>160	<100

## Triglycerides



- Must be taken in a fasted state
- A type of fat (lipid) found in the blood
- The body converts excess calories into triglycerides
- It is unclear how high triglycerides may contribute to hardening of the artery walls

## Cholesterol

- A waxy substance found in blood
- Needed to build healthy cells and to make some hormones
- If levels are high, fatty deposits may develop in blood vessels and make blood flow difficult
- LDL – “bad”, delivers cholesterol to cells
- HDL – picks up excess cholesterol from cells and takes it back to the liver
- Recent evidence shows that dietary cholesterol only affects blood cholesterol levels in 1/3 of the population – and only to a limited degree.

Total Cholesterol <200 mg/dL  
 HDL (“good”) >40 mg/dL  
 LDL optimal <100 mg/dL  
 LDL near optimal 100-129 mg/dL  
 LDL high >130 mg/dL

## Sleep



- 7-8 hours is ideal
- Not getting enough increases the risk of high blood pressure, heart disease, diabetes and many other ailments
- The less people sleep, the more likely they are to be overweight

When you are sleep deprived, what sorts of foods do you crave?

## Drink Enough Water

- Half your body weight in ounces, but usually no more than a gallon
  - If 150 pounds – drink 75 ounces per day
- Water helps your body to function and detoxify
  - All cellular functions require water
  - Flushes kidneys
  - Help eliminate waste in colon
  - Supports liver function



What are some signs of dehydration?

## Sodium/Potassium



- The balance of these two minerals is responsible for cellular water balance in the body
- Potassium is found in all fruits and vegetables

These contain more potassium than bananas: beet greens, spinach, chard, beets, Brussels sprouts, broccoli, cantaloupe, tomatoes, asparagus, cabbage, carrots, fennel, summer squash, mushrooms, kale, celery, romaine, peppers, sweet potatoes, beans, lentils, winter squash, papaya

What foods contain high amounts of potassium?

## Vitamin D

- May affect an enzyme the kidneys make to regulate blood pressure
- Deficiency is correlated with many illnesses
- Blood test is simple – ask your doctor

Alzheimer's disease	Depression	Metastasis
Arthritis	Diabetes, Type 2	Multiple myeloma
Asthma	Diabetes, Type 1	Multiple sclerosis
Bone health	Endometriosis	Obesity
Cholesterol	Encephalopathy	Parkinson's disease
Chronic kidney disease	Heart disease	Pediatric's disease
Cancer	HIV and AIDS	Pneumonia
Cancer prevention	Immune system	Pre-eclampsia
Cardiovascular disease	Infectious mononucleosis	Preterm birth
Cataracts	Iron deficiency	Psoriasis
Chronic fatigue syndrome	Iron deficiency anemia	Reproductive health
Chronic heart failure	Lupus	Shingles
Chronic kidney disease	Long COVID	Sleep apnea
Chronic pain	Low back pain	Skin health
Chronic pain management	Low back pain (chronic)	Skin health (eczema)
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Source: VitaminDCouncil.org

## The Blood Sugar Roller Coaster



Normal 😊

Out of Balance... 😞

## Symptoms of Blood Sugar Imbalance

- Crave sweets during the day
- Depend on coffee or sugar to keep yourself going in the afternoon or to get started in the morning
- Get lightheaded, shaky or irritable if meals are missed
- Eating relieves fatigue
- Poor memory/forgetful
- Occasional blurred vision
- Must have sweets after meals
- Difficulty losing weight



## The Goal...

- Slow release of blood sugar from the digestion of food....
- Factors that can slow release:

**Protein**  
**Fiber** 🍷  
**Fat**

FOODS	Average Calories per Serving	Good Sources of... Macronutrients		
		Protein	Carbs	Fat
Vegetable	25		🍷	
Fruit	60		🍷	
Dairy	120	✅	✅	✅
Whole Grains	90	✅	🍷	
Corn & Potatoes	100		✅	
Meats, Eggs & Seafood	60	✅		✅
Nuts & Seeds	100	✅	🍷	✅
Beans & Lentils	90	✅	🍷	✅
Oils	50			✅

## Sample Menu For The Day



- 6:30 am:** Wake up time
- 7:00 am:** 2 hard boiled eggs, 1 slice of whole grain toast, 1 tomato
- 10:00 am:** hummus with baby carrots
- 12:30 pm:** green salad with chicken breast, pears and avocado with vinaigrette
- 3:00 pm:** fruit parfait (plain yogurt, handful of nuts, berries)
- 6:30 pm:** Steak with sweet potatoes and garlic spinach
- 9:30pm:** Apple and cashews
- 10:00 pm:** Bed time

## Fiber

- Slows glucose release into blood.
- Helps us feel full.
- Supports healthy bowel movements – and elimination of excess cholesterol.
- Recommendation for adults is **25-35 grams/day**.
- Cooking/peeling changes content.
- Start slow if currently consuming only little.
- Increase water along with fiber.

1 cup oatmeal	4
pear	5
1 cup popcorn	1
1 cup chick peas	14
8 almonds	1
1 oz cheese	0
sweet potato	4
1 cup celery	2
1/2 cup prunes	6
1/2 avocado	6
egg	0

## Exercise

- Most powerful tool we have for disease prevention
- More muscle in your body causes you to burn more calories
- Muscle weighs more than fat
- 30 minutes a day is a great healthy habit
- Do not overthink it!

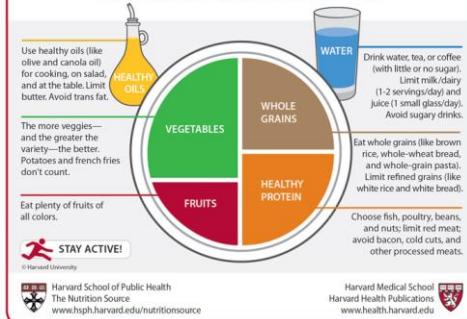


## Fats - Healthy Sources



- **Saturated Fats**
  - Coconut oil
  - Organic butter or ghee
- **Unsaturated Fats (poly / mono)**
  - Extra virgin olive oil
  - Other cold pressed seed and nut oils stored in fridge
  - Fish oil (Omega 3)
  - Raw nuts and seeds
  - Avocados

## HEALTHY EATING PLATE



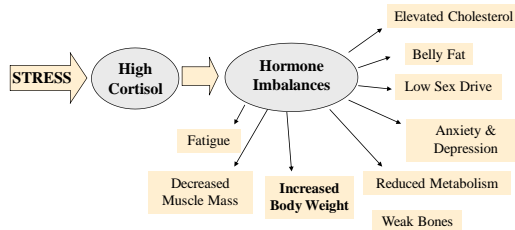
## Micronutrients



- **Vitamins**
  - Water Soluble – Vitamin C, B Vitamins
  - Fat Soluble – Vitamins A, D, E, K
- **Minerals**
  - Major Minerals – Sodium, Potassium, Calcium, Phosphorus, Sulfur, Chloride, Magnesium
  - Trace Minerals – Iron, Zinc, Copper, Manganese, Iodine, Selenium
- **Phytochemicals**
  - Plant compounds such as carotenoids, flavonoids, phytosterols, etc.

## Stress

- Stress upsets hormonal balance
- Stress promotes weight gain
- Interferes with blood sugar metabolism



## Alcohol



- It is a toxin which burdens the liver and other organs
- Past 1 drink/day for women and 2 drinks/day for men, negative effects may start
- At the lowest intake levels, modest benefit may exist on cholesterol levels

## Smoking



- Causes oxidative damage and inflammation throughout the body – including the blood vessels
- Increases the risk of just about any ailment
- Within 1 year of quitting, your risk of heart disease is half of that of a smoker
- If you do smoke, take antioxidants to counter some of the damage

# Biometric Screening Wellness Checklist

## What You Can Do to Support Your Health Naturally

The chart below shows the most common biometric numbers and their most prevalent nutrition and lifestyle influencers.



	BMI	Fasting Glucose	Blood Pressure	Cholesterol	Triglycerides
Sleep	X	X	X		
Hydration	X		X		
Sodium/Potassium			X		
Vitamin D			X		
Blood Sugar Balancing	X	X		X	X
Fiber	X	X		X	X
Exercise	X	X	X	X	X
Fats	X	X	X	X	X
Food Choices	X	X	X	X	X
Stress	X	X	X	X	X
Alcohol	X	X	X	X	X
Smoking	X	X	X	X	X

## Do You Need a Health Coach to Help You Reach Your Goals?

Health coaching services by Nutrition Inc. are completely confidential phone consultations. Sessions are private, 50 minutes, and personalized to help you support your biometric markers and reach your health goals. Find us at [www.nutritioninc.com](http://www.nutritioninc.com).

# Biometric Screening Wellness Checklist

## Sleep

Get 7-8 hours of sleep every night.

## Hydration

Drink half your weight in ounces daily – but no more than a gallon. You may need additional water if you exercise really hard or otherwise sweat a lot. If you weigh 150lbs, you will need 75 ounces of water for ideal hydration.

## Sodium/Potassium

Avoid processed foods as much as possible to reduce salt intake and eat fresh fruits and vegetables for their high potassium content – among many other reasons.

## Vitamin D

Spend time outdoors daily and get your blood levels checked every year to help reduce overall disease risk.

## Blood Sugar Balancing

Eat regular, balanced meals every day. Balanced meals include complex carbohydrates, healthy fats, and protein.

## Fiber

Be sure to include 25-35 grams of fiber in your diet daily from fruits, vegetables, whole grains, legumes, nuts, and seeds.

## Exercise

Get 30 minutes a day of exercise. A mix of strength training and cardio is ideal but just about any exercise you can get is good exercise. Remember, muscle burns more calories than fat.

## Fats

Avoid trans fats found in margarines,

shortening, and fried foods. Instead, focus on healthy fats like those you get from raw nuts, avocados, extra virgin olive oil and extra virgin coconut oil. You can get the essential Omega 3 fatty acids from fish, seafood, grass fed beef, wild game meats, eggs, flax seeds, walnuts, chia seeds, etc. Supplement with fish oil if appropriate.

## Food Choices

Eat a wide variety of foods every day including all food groups. Eat fresh, homemade foods if possible making sure you get enough of all macro and micro nutrients.

## Stress

Eliminate unnecessary stressors from your life. Spend time relaxing.

Practice stress management techniques like meditation, prayer, yoga and mindfulness daily.



## Alcohol

Drink no more than 1 alcoholic beverage a day if you are a woman, no more than 2 if you are a man. Red wine has more health benefits than most other alcoholic beverages.

## Smoking

Do not smoke – if you smoke, do your best to quit. If you still smoke, eat a wide variety of fresh fruits and vegetables. They contain antioxidants which may help counter the effects of the oxidative damage from smoking. You should also discuss taking an antioxidant supplement with your doctor.