เป้าหมายของชีวิตในด้านสุขภาพ

1. มีร่างกายแข็งแรง ปราศจากโรคภัย และมีคุณภาพชีวิตที่ดี

2. มีสุขภาพจิตที่ดี มีความสุข และปราศจากความเครียด

3. มีอายุยืนยาว ไม่เจ็บป่วยด้วยโรคเรื้อรัง และสามารถดูแลตัวเองได้

4. รักษารูปร่างให้ดูดี มีน้ำหนักตัวที่เหมาะสม

5. มีภูมิคุ้มกันแข็งแรง ระบบการทำงานของร่างกายสมบูรณ์ และมีพลังในการใช้ชีวิต
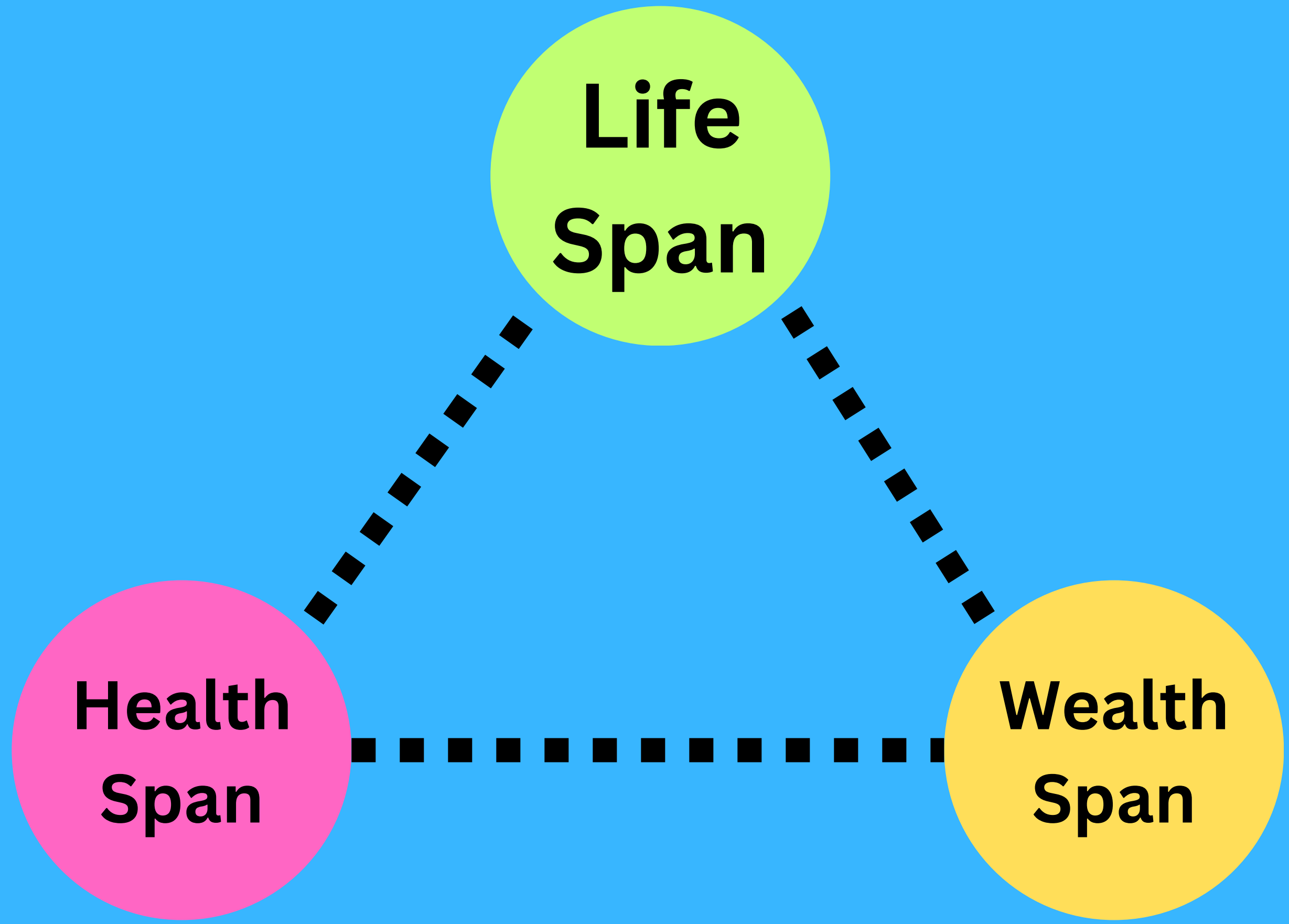
Life Span

Alive

Dead

How long you live

3

A 70
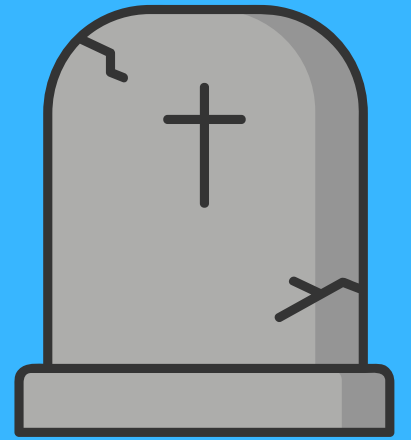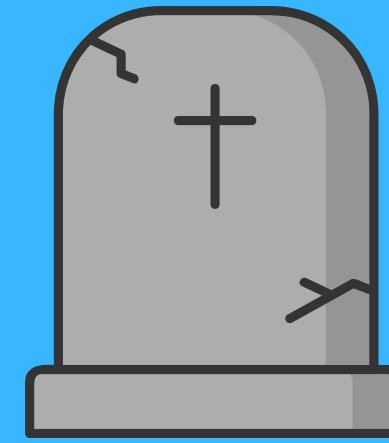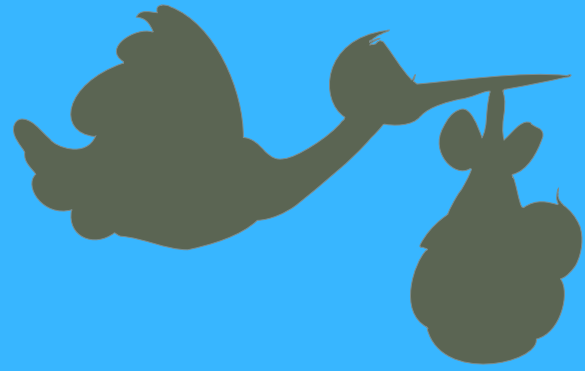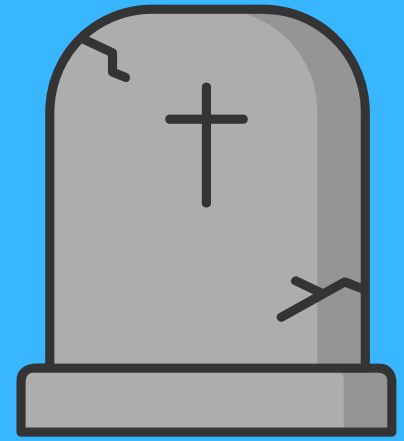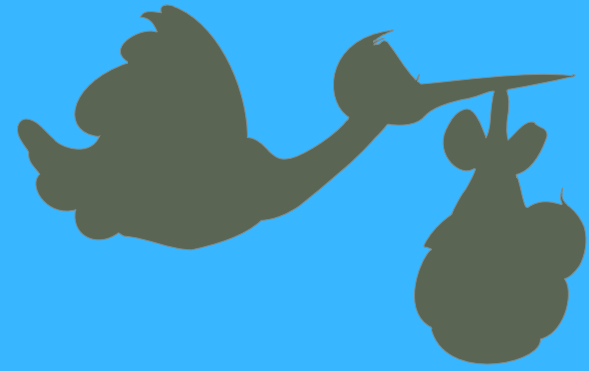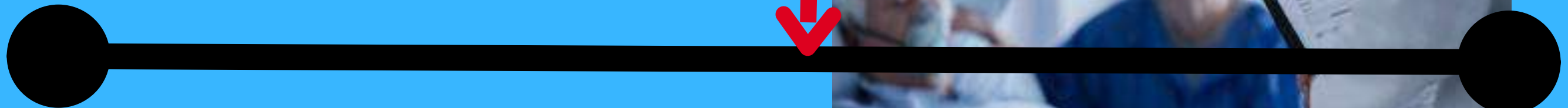
B 70 85

แล้วเราจะทำอย่างไร
เพื่อให้อายุยืนโดยที่มีสุภาพดีไปด้วย

The quality of your movement and cognition.

Life Span

Alive

Dead
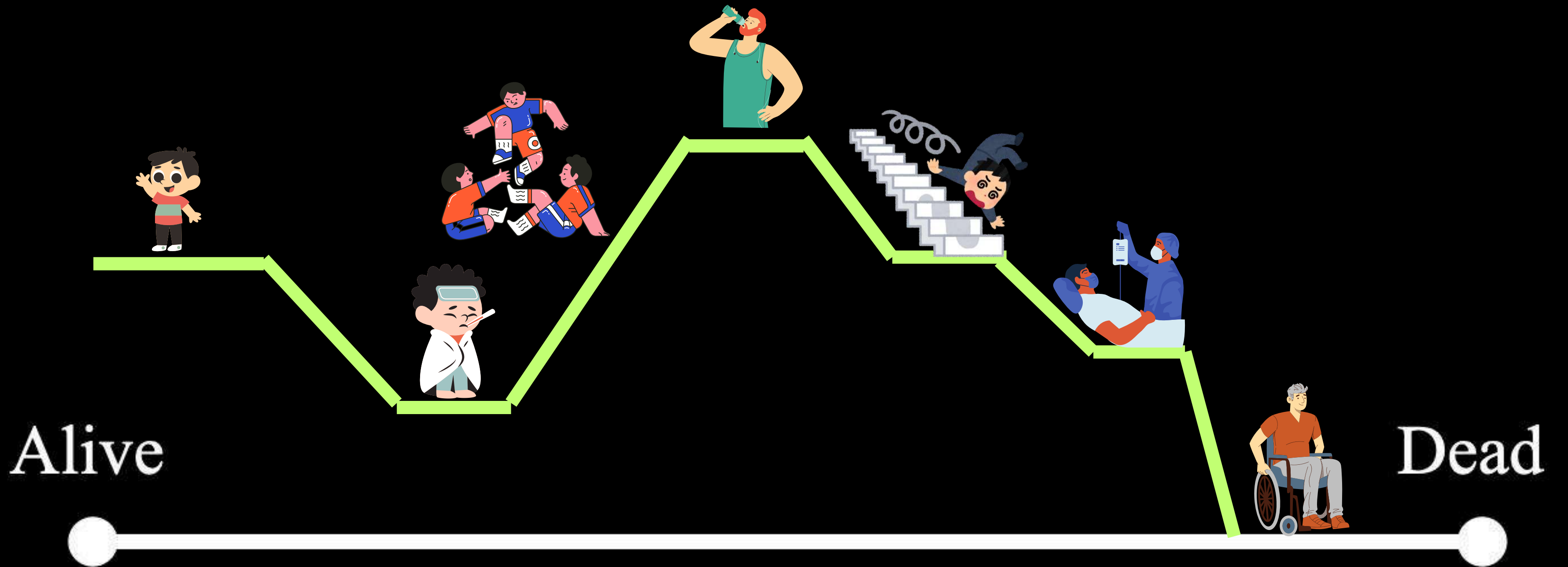
The quality of your movement, function and cognition.

Non-Optimized Healthspan

Age Related Disease

Human Lifespan

Optimize Your Healthspan

Age Related Disease

ปัจจัยในการปรับสมดุลของ
Life Span ,Health Span

Genetic Factor

Lifestyle Factor

Environmental Factor

Phychosocial Factor

Healthcare System Factor

Health

Wealth
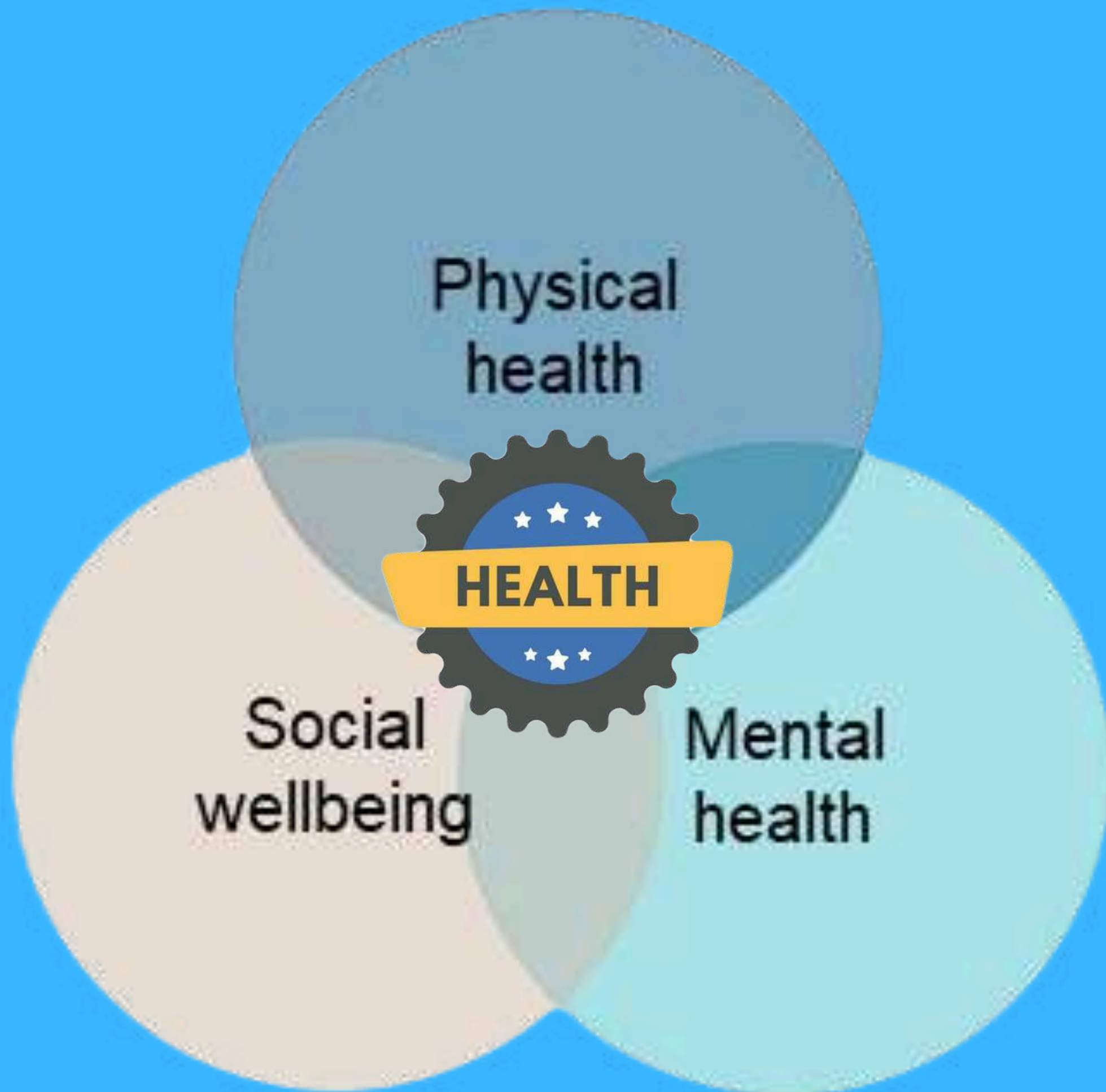
ความย้อนแย้งทางข้อมูลเชิงสุขภาพ

Fifty percent of what you learn in medical school will turn out to be either outdated no longer useful or acceptable

or dead wrong within five years of your graduation. The trouble is no one

can tell you which half, so you have to learn on your own.

—Professor David Sackett, the father of evidence-based medicine

50% ของสิ่งที่เราเรียนรู้ในโรงเรียนแพทย์ จะตกยุคหรือถูกพิสูจน์ว่าผิดภายใน 5ปี
ปัญหาคือ ไม่มีใครบอกเราได้ว่าส่วนไหนคือครึ่งหนึ่งที่ผิดพลาด
ดังนั้นเราต้องเรียนรู้ด้วยตัวเราเอง

ความย้อนแย้งทางข้อมูลเชิงสุขภาพ

"Less than 1% of disease is connected to genetics. Over 90% of illness on the planet is connected to stress and lifestyle."

Bruce Lipton on the science of Epigenetics

unlearn

Rethink

EXAMPLES
Obesity
Diabetes
Heart Diseases

ความย้อนแย้งทางข้อมูลเชิงสุขภาพ
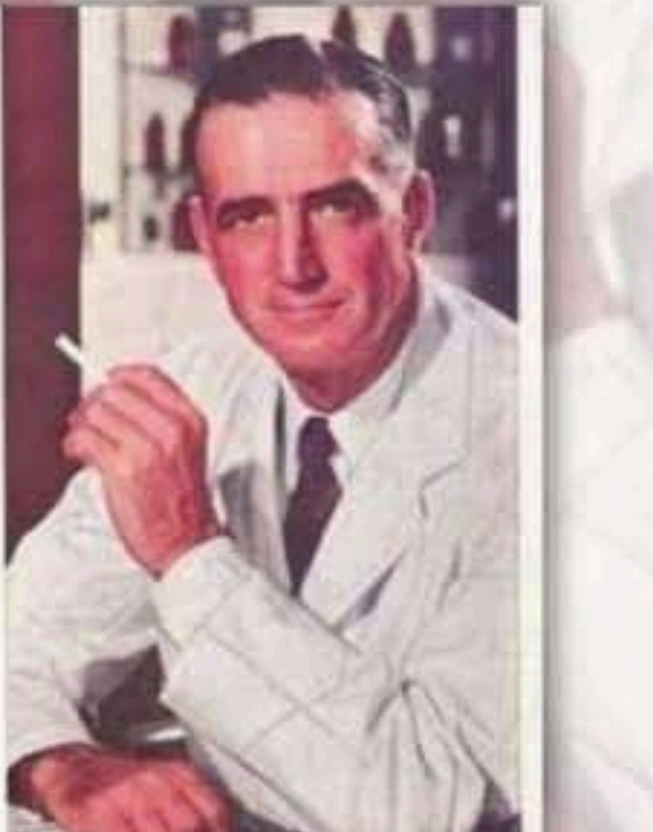
According to repeated nationwide surveys,

More Doctors Smoke [ ] than any other cigarette!

Doctors in every branch of medicine were asked, "What cigarette do you smoke?" The brand named most was Camel!
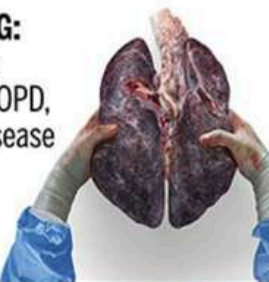
THE DOCTORS' CHOICE IS AMERICA'S CHOICE!

A patient buying cigarettes from his hospital bed in the 1950s

WARNING: Tobacco smoke can harm your children.

WARNING: Smoking during pregnancy stunts fetal growth.

WARNING: Smoking causes age-related macular degeneration, which can lead to blindness.

WARNING: Smoking causes bladder cancer, which can lead to bloody urine.

WARNING: Smoking reduces blood flow to the limbs, which can require amputation.

WARNING: Smoking causes cataracts, which can lead to blindness.

WARNING: Smoking causes COPD, a lung disease that can be fatal.

WARNING: Smoking causes COPD, a lung disease that can be fatal.

WARNING: Smoking can cause heart disease and strokes by clogging arteries.

WARNING: Smoking causes head and neck cancer.

WARNING: Smoking causes type 2 diabetes, which raises blood sugar.

WARNING: Tobacco smoke causes fatal lung disease in nonsmokers.

WARNING: Smoking reduces blood flow, which can cause erectile dysfunction.

ประถม

ผู้ใหญ่

1. เป็นโครงสร้างของร่างกาย และ ซ่อมแซมส่วนที่สึกหรอ
2. ช่วยทำให้ร่างกายเจริญเติบโต
3. ช่วยทำให้เกิดความสมดุลของน้ำใน ร่างกาย
4. ช่วยสร้างความต้านทาน และทำลายพิษ ต่าง ๆ ในร่างกาย
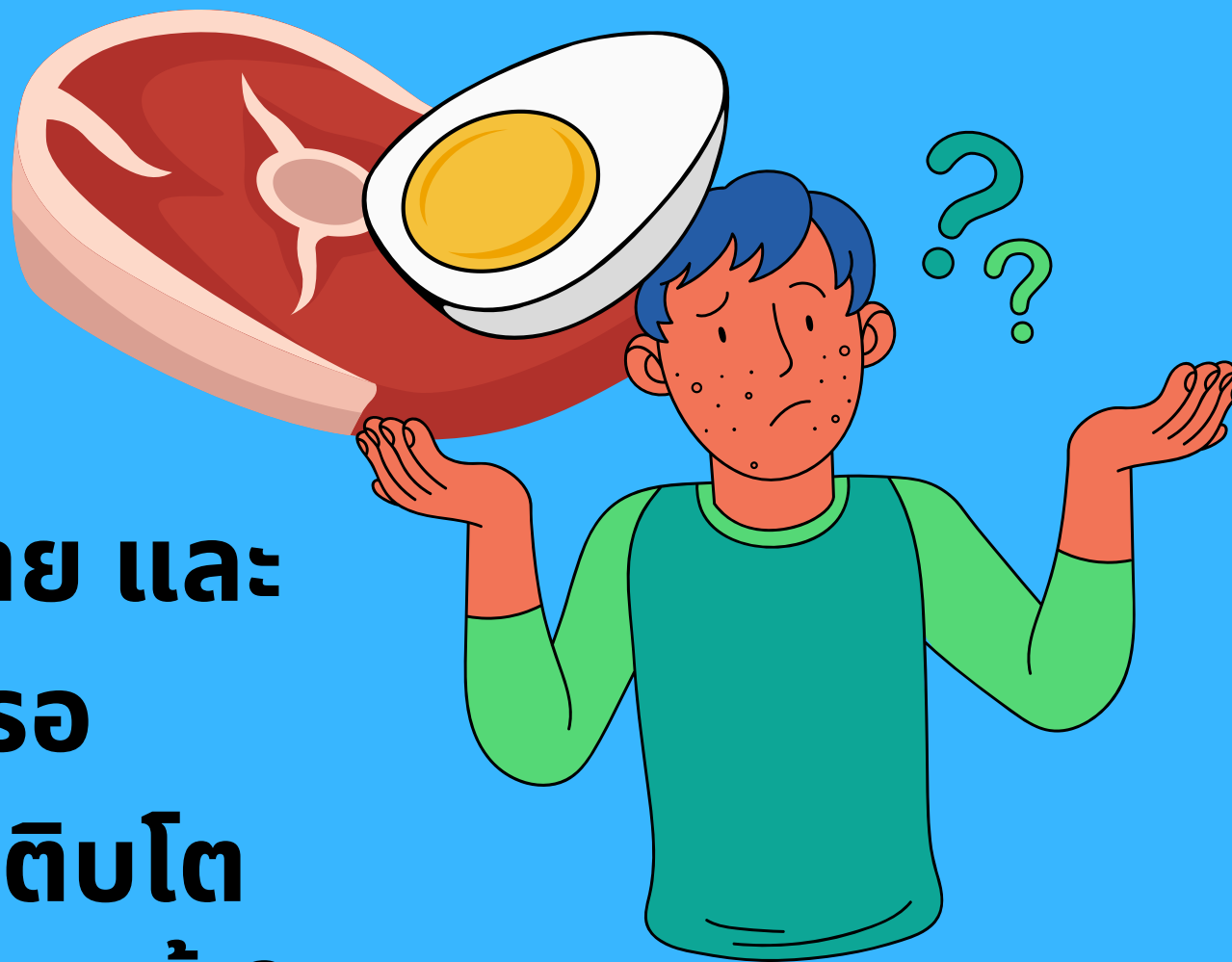
เป็นมะเร็ง!!!!

processed meat
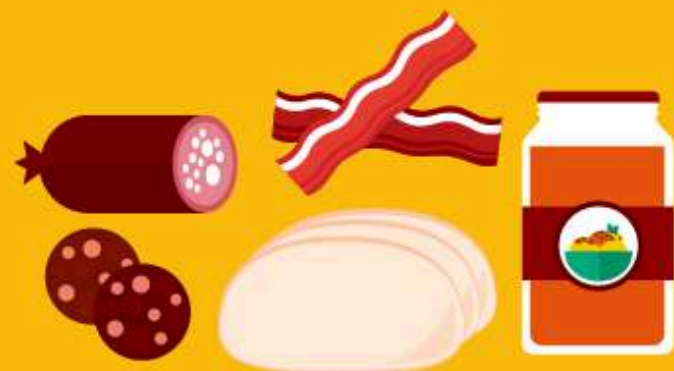
has undergone additional treatment from its fresh form most often to improve preservation

e.g. salted, cured, fermented or smoked meat & meat-based preparations & sauces

red meat

red in colour before cooking & is usually sold fresh

e.g. beef, veal, pork, lamb, mutton, horse & goat; mince meat & burgers

eufic

THE MEAT-CANCER MYTH

@MAXLUGAVERE

☒ **Observational population studies**

Step 1: Large population + Step 2: Track meat consumption + Step 3: Basically ignore other related diet and lifestyle factors
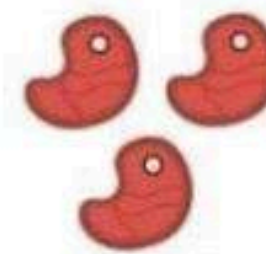
+ Step 4: Bad things happen = Step 5: Blame meat

Daily News — YEP, IT'S DEFINITELY THE MEAT

☒ **Animal studies**

Step 1: Get mouse + Step 2: Feed mouse meat + Step 3: Feed mouse sugar + Step 4: Bad things happen = Step 5: Blame meat

Daily News — DON'T YOU DARE SAY IT WAS THE SUGAR
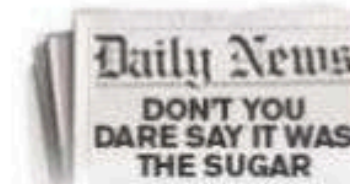
RED MEAT VS. SMOKING?

@EBTofficial

RELATIVE RISK OF **CANCER**

1100%

20%
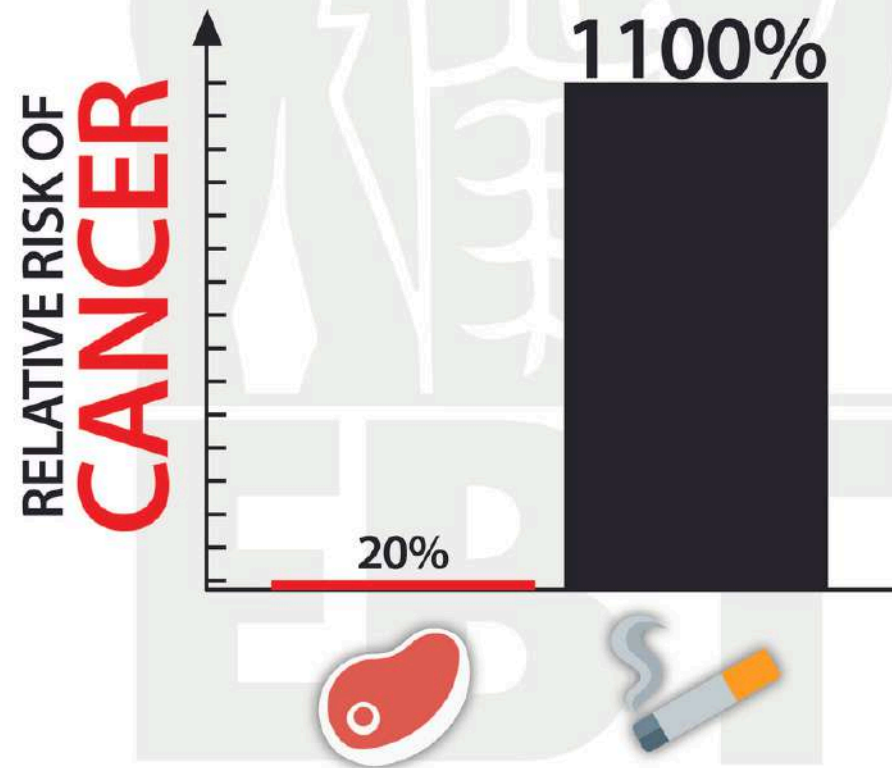
MEAT AND CANCER
HOW STRONG IS THE EVIDENCE?

IARC CARCINOGENIC CLASSIFICATION GROUPS

Processed meats have been given **Group 1 classification**

INCLUDES
- Salami
- Bacon
- Sausages and hot dogs

Red meats have been given **Group 2A classification**
- Pork
- Beef
- Lamb

(Does not include chicken or fish)

GROUP 1 — Causes cancer

GROUP 2A — Probably causes cancer

GROUP 2B — Possibly causes cancer

GROUP 3 — Not classifiable as a cause of cancer

GROUP 4 — Probably not a cause of cancer

These categories represent how likely something is to cause cancer in humans, not how many cancers it causes.

A Rough Guide to
IARC CARCINOGEN CLASSIFICATIONS

The International Agency for Research on Cancer (IARC) classifies substances to show whether they are suspected to cause cancer or not. It places substances into one of five categories depending on the strength of evidence for their carcinogenicity.

GROUP	WHAT DOES IT MEAN?	WHAT DOES IT INCLUDE?
GROUP 1	**CARCINOGENIC TO HUMANS** — Sufficient evidence in humans. Causal relationship established.	Smoking, exposure to solar radiation, alcoholic beverages and processed meats.
GROUP 2A	**PROBABLY CARCINOGENIC TO HUMANS** — Limited evidence in humans. Sufficient evidence in animals.	Emissions from high temp. frying, steroids, exposures working in hairdressing, red meat.
GROUP 2B	**POSSIBLY CARCINOGENIC TO HUMANS** — Limited evidence in humans. Insufficient evidence in animals.	Coffee, gasoline & gasoline engine exhaust, welding fumes, pickled vegetables.
GROUP 3	**CARCINOGENICITY NOT CLASSIFIABLE** — Inadequate evidence in humans. Inadequate evidence in animals.	Tea, static magnetic fields, fluorescent lighting, polyethene.
GROUP 4	**PROBABLY NOT CARCINOGENIC** — Evidence suggests no carcinogenicity in humans/animals	ONLY 1 CHEMICAL EVER PLACED IN THIS GROUP, OF ALL SUBSTANCES ASSESSED — Caprolactam, which is used in the manufacture of synthetic fibres.

THE IARC'S INDEX ONLY TELLS US HOW STRONG THE EVIDENCE IS THAT SOMETHING CAUSES CANCER. SUBSTANCES IN THE SAME CATEGORY CAN DIFFER VASTLY IN HOW MUCH THEY INCREASE CANCER RISK.

The Ribeye

ESSENTIAL MINERALS, VITAMINS & NUTRITION FACTS

Calcium
41mg (3% DV)

Vitamin A
60mg (6% DV)

Riboflavin (B2)
0.3mg (23% DV)

Copper
0.3mg (33% DV)

Thiamin (B1)
0.3mg (25% DV)

Niacin (B3)
19mg (119% DV)

Iron
5mg (28% DV)

Pantothenic Acid (B5)
1.5mg (30% DV)

Magnesium
50mg (12% DV)

Vitamin B6
1.7mg (100% DV)

Phosphorous
530mg (42% DV)

Folate (B9)
26mcg (7% DV)

Potassium
660mg (14% DV)

Vitamin B12
3.4mcg (142^% DV)

Selenium
72mcg (131% DV)

Vitamin D
14mcg (70% DV)

Zinc
12.2mg (111% DV)

Choline
170mg (31% DV)

Omega 3
64mg

Vitamin E
1mg (7% DV)

Vitamin K
1.4mcg (1% DV)

Nutrition Facts

Serving Size: 8oz/227g
Calories: 560
Protein: 65g

Fat: 34g
Saturated: 12g
Monounsaturated: 12g

Polyunsaturated: 1.2g
Carbohydrate: 0g

Sources: https://ndb.nal.usda.gov/ndb/search/list and https://nutritiondata.self.com/facts

---

THE VERY MANY BENEFITS OF RED MEAT

Red meat is the most bioavailable source of iron and zinc. Both beef and lamb are good sources of potassium, niacin, vitamin B6 and B12.

nutrition with judy

Heart Health

Growth and Maintenance

Strong Bones and Teeth
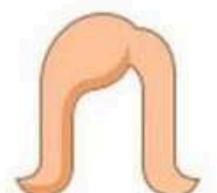
Healthy Skin, Hairs and Nails

Healthy Vision

Mental Function Anti-Fatigue

Zn — **Immune Function Natural Antioxidants**
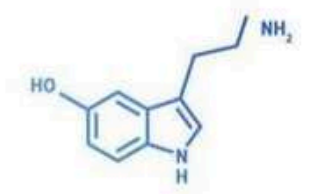
Hormone Regulation

www.nutritionwithjudy.com

nwj

COMPONENTS OF
CHOLESTEROL

HDL	HIGH-DENSITY LIPOPROTEIN (GOOD CHOLESTEROL)
LDL	LOW-DENSITY LIPOPROTEIN (BAD CHOLESTEROL)
TG	TRIGLYCERIDES

Jupiter Concierge Family Practice

cholesterol

HDL (GOOD)   LDL (BAD)

LOW   NORMAL   HIGH

When researchers analyzed plaque from an artery they found that it was made up of:

1) 87% (+/- 8%) fibrous (clotting) tissue
2) 7% (+/- 6%) calcification deposits
3) 5% (+/- 4%) pultaceous debris
4) 1% (+/- 1%) foam cells

Very little cholesterol was present.

Gertz, S.D., et al. (1991)

@drstephenhussey

COMPONENTS OF CHOLESTEROL

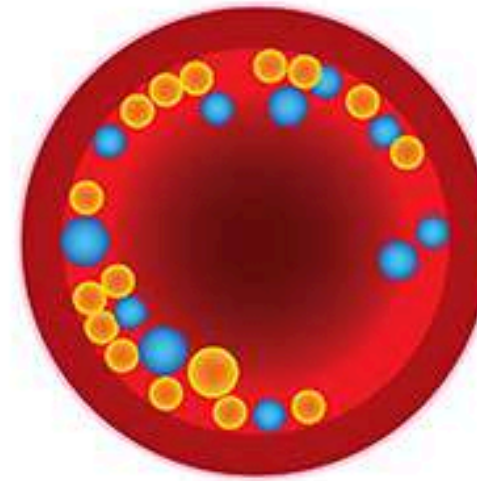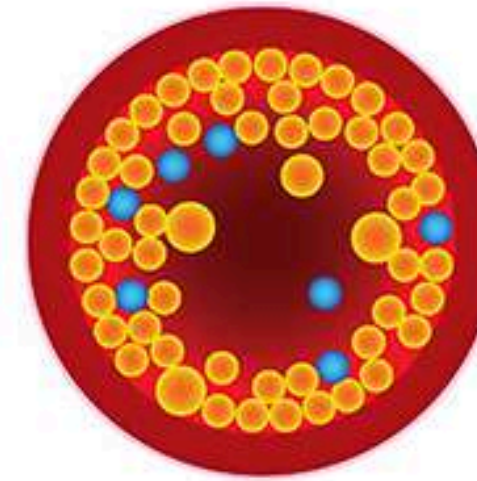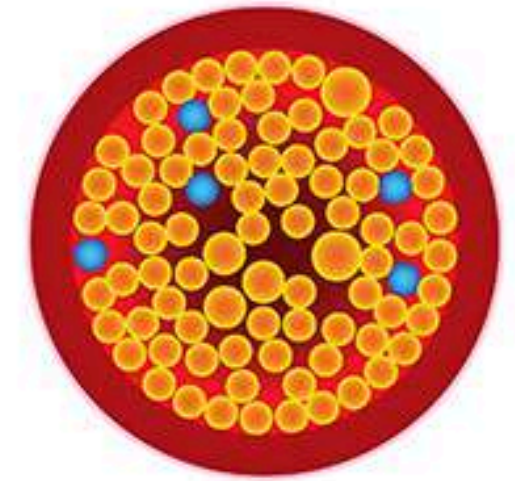| HDL | HIGH-DENSITY LIPOPROTEIN (GOOD CHOLESTEROL) |
| LDL | LOW-DENSITY LIPOPROTEIN (BAD CHOLESTEROL) |
| TG | TRIGLYCERIDES |

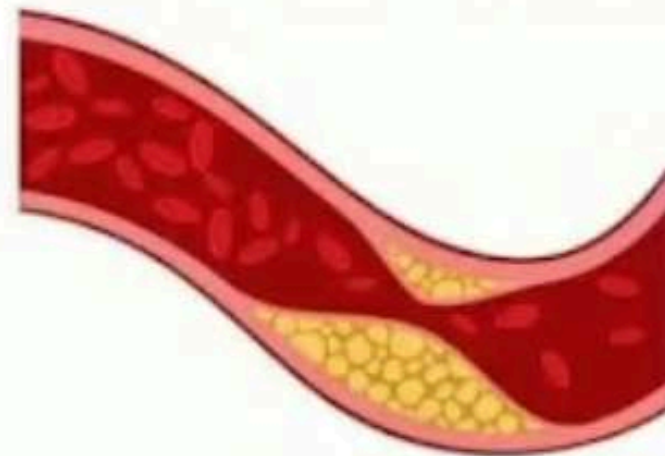Jupiter Concierge Family Practice

cholesterol

HDL (GOOD)   LDL (BAD)

LOW   NORMAL   HIGH

Early Human Atherosclerosis
Accumulation of Lipid and Proteoglycans in Intimal Thickenings Followed by Macrophage Infiltration

Yutaka Nakashima, Hiroshi Fujii, Shinji Sumiyoshi, Thomas N. Wight, Katsuo Sueishi

d
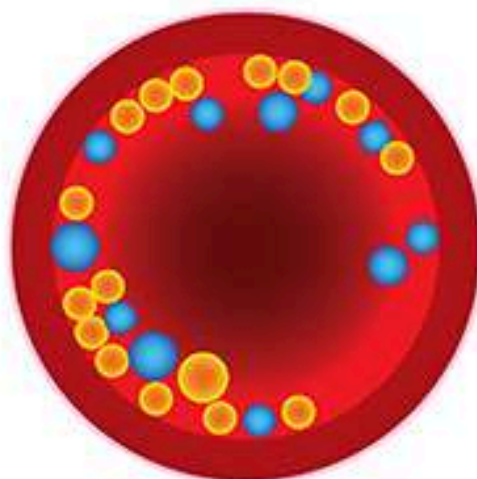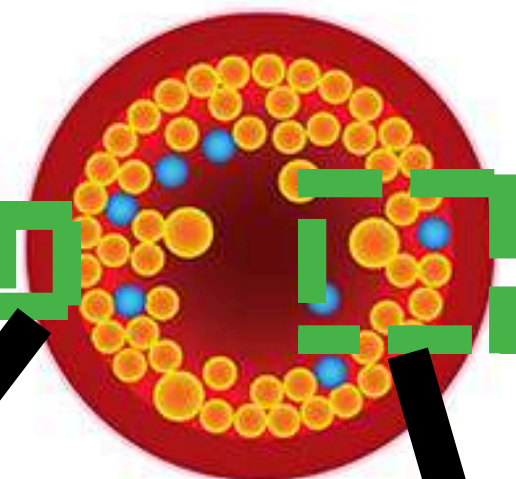
intima
media
lipid
macro-phage
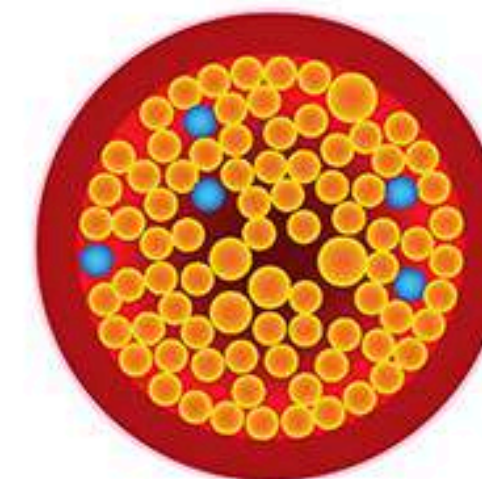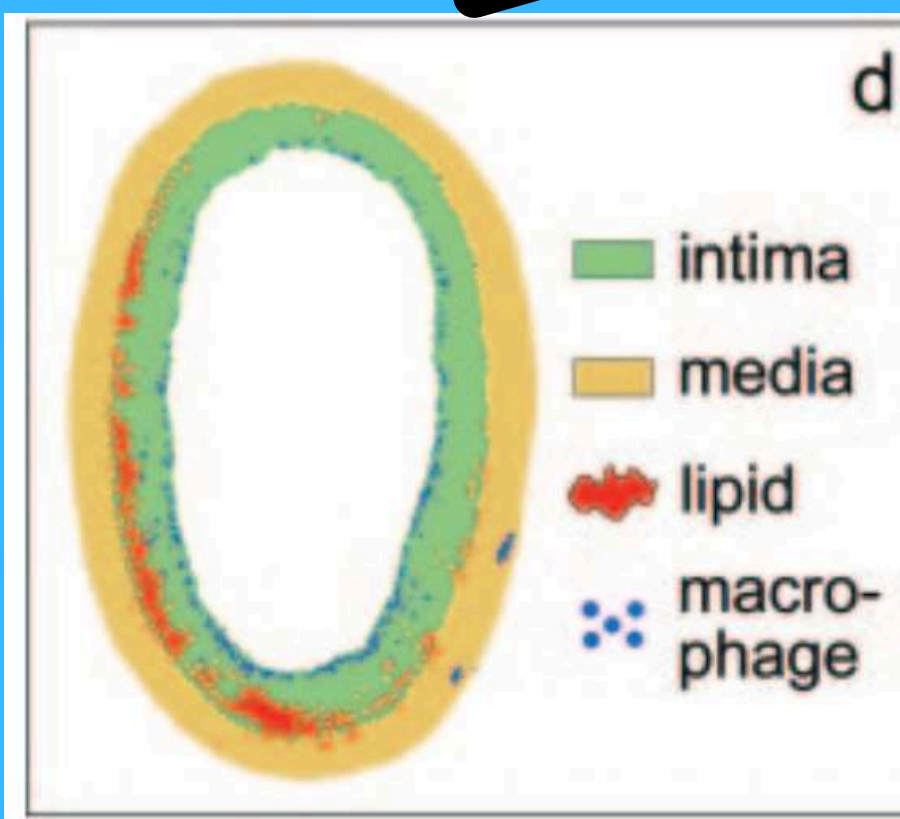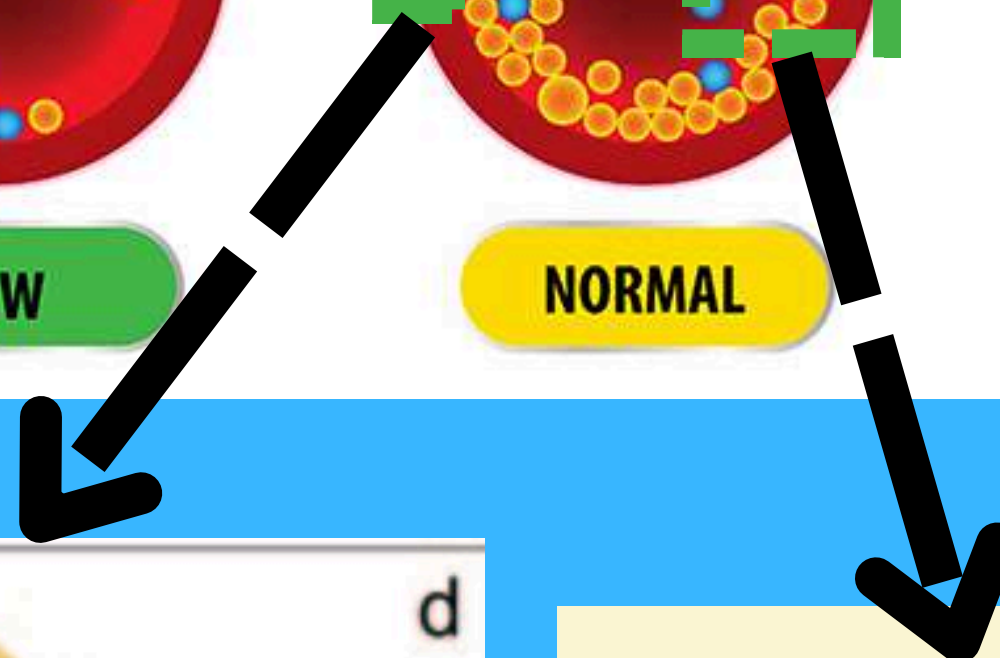
CORONARY PLAQUE = CHRONIC CLOT

A

Glycophorin A = marker of red blood cells

500 µm

Okamoto H, Kume T, Yamada R, Koyama T, Tamada T, Imai K, Neishi Y, Uemura S. Prevalence and Clinical Significance of Layered Plaque in Patients With Stable Angina Pectoris Evaluation With Histopathology and Optical Coherence Tomography. Circ J. 2019 Nov 25;83(12):2452-2459

Cholesterol

- Found only in animals
- Important component of membranes, steroid hormones, bile and Vitamin D

- Exogeneous cholesterol comes from diet
- Endogeneous cholesterol is synthesized by the liver

- 70 % of cholesterol associated with cellular components
- 30 % is in the plasma (⅓ free form , ⅔ esterified)
-
- Transported by HDL and LDL

80% of the cholesterol in your body is made by your liver

20% percent comes from the foods you eat

Recent research reveals that the cholesterol sourced from our diets has a minimal impact on heart health!

25% of the cholesterol in your body is found in your brain

Cholesterol is a soft, waxy substance found in every cell in your body.
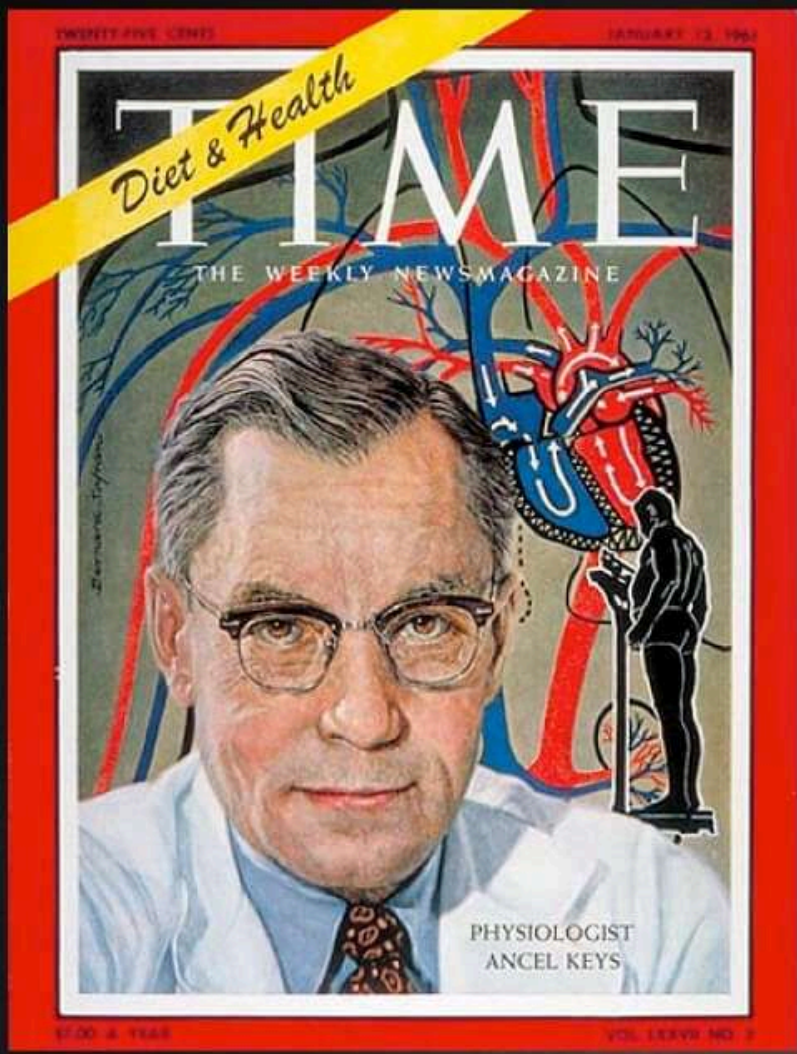
It is used to produce:
- Cell membranes
- Hormones
- Vitamin D
- Bile acids and more

Low levels of cholesterol have been linked to:
- Alzheimer's
- Depression
- Memory loss
- Stroke
- Violent behavior
- Suicide

TIME
THE WEEKLY NEWSMAGAZINE
Diet & Health
PHYSIOLOGIST
ANCEL KEYS

TIME
Eat Butter.
Scientists labeled fat the enemy. Why they were wrong
BY BRYAN WALSH

Ancel Keys on the cover of Time Magazine in 1961. He claimed that saturated fats in the diet clogged arteries and caused heart disease.
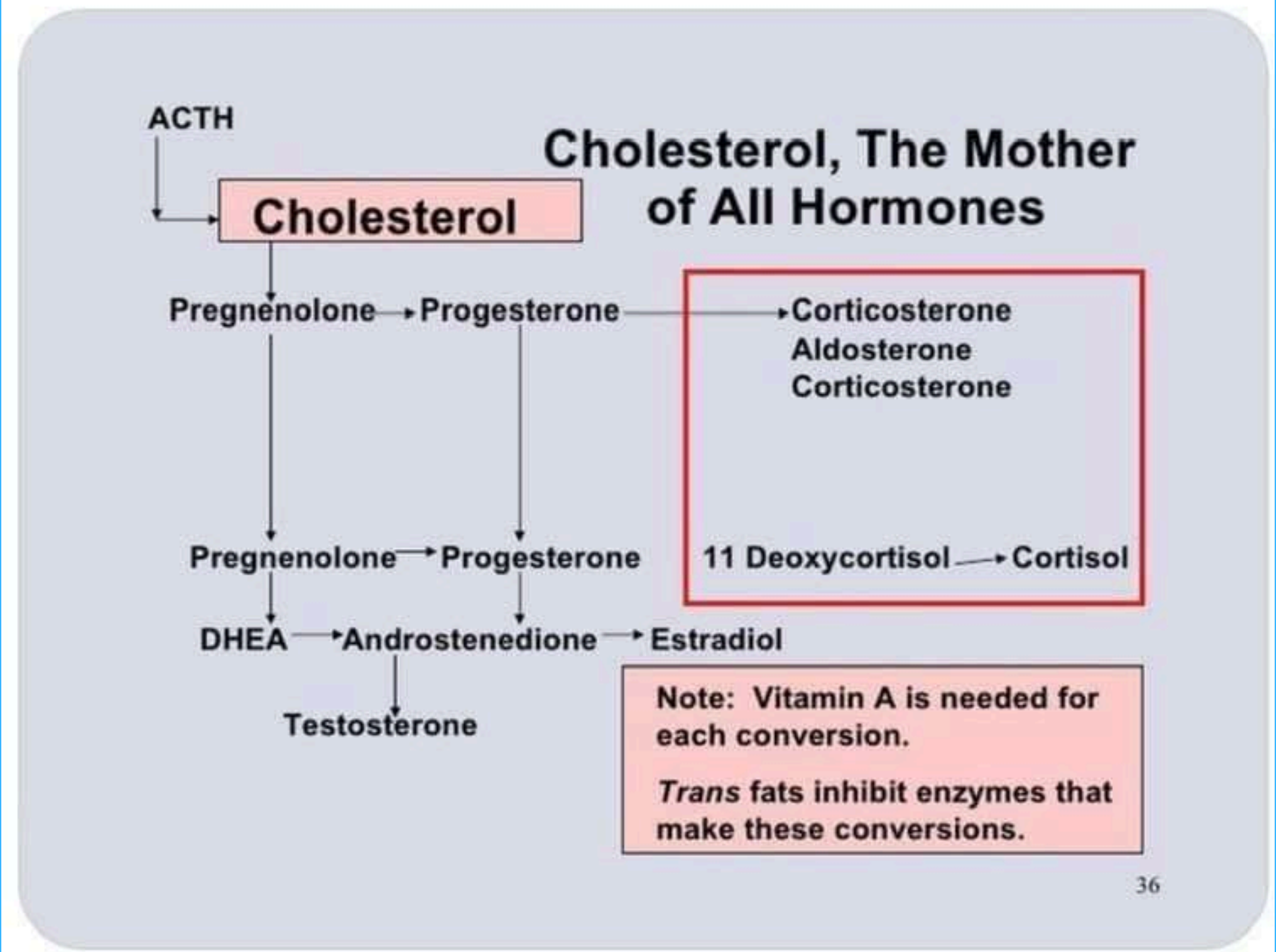
Time Magazine cover story in 2014. Scientists were wrong about saturated fats. They don't cause heart disease after all.

เรื่องไขมัน คลอเรสเตอรอล
ไม่เกี่ยวกับ
โรคหลอดเลือดและหัวใจ
จบตั้งแต่ก่อน 2014 ด้วยซ้ำ

Alan Watson ✔ @DietHeartNews · 4h

Not a fat, Cholesterol is a sterol, the Mother Hormone, a defining molecule of human life. No cholesterol, no life. Until 1984, a variable level of cholesterol in blood (160 to 340 mg/dL) was "normal," not a disease to be treated with worthless drugs.

Cholesterol, The Mother of All Hormones

ACTH → Cholesterol

Cholesterol
Pregnenolone → Progesterone → Corticosterone / Aldosterone / Corticosterone

Pregnenolone → Progesterone → 11 Deoxycortisol → Cortisol

DHEA → Androstenedione → Estradiol

Testosterone

Note: Vitamin A is needed for each conversion.

Trans fats inhibit enzymes that make these conversions.

36

Elie Jarrouge, MD ✓
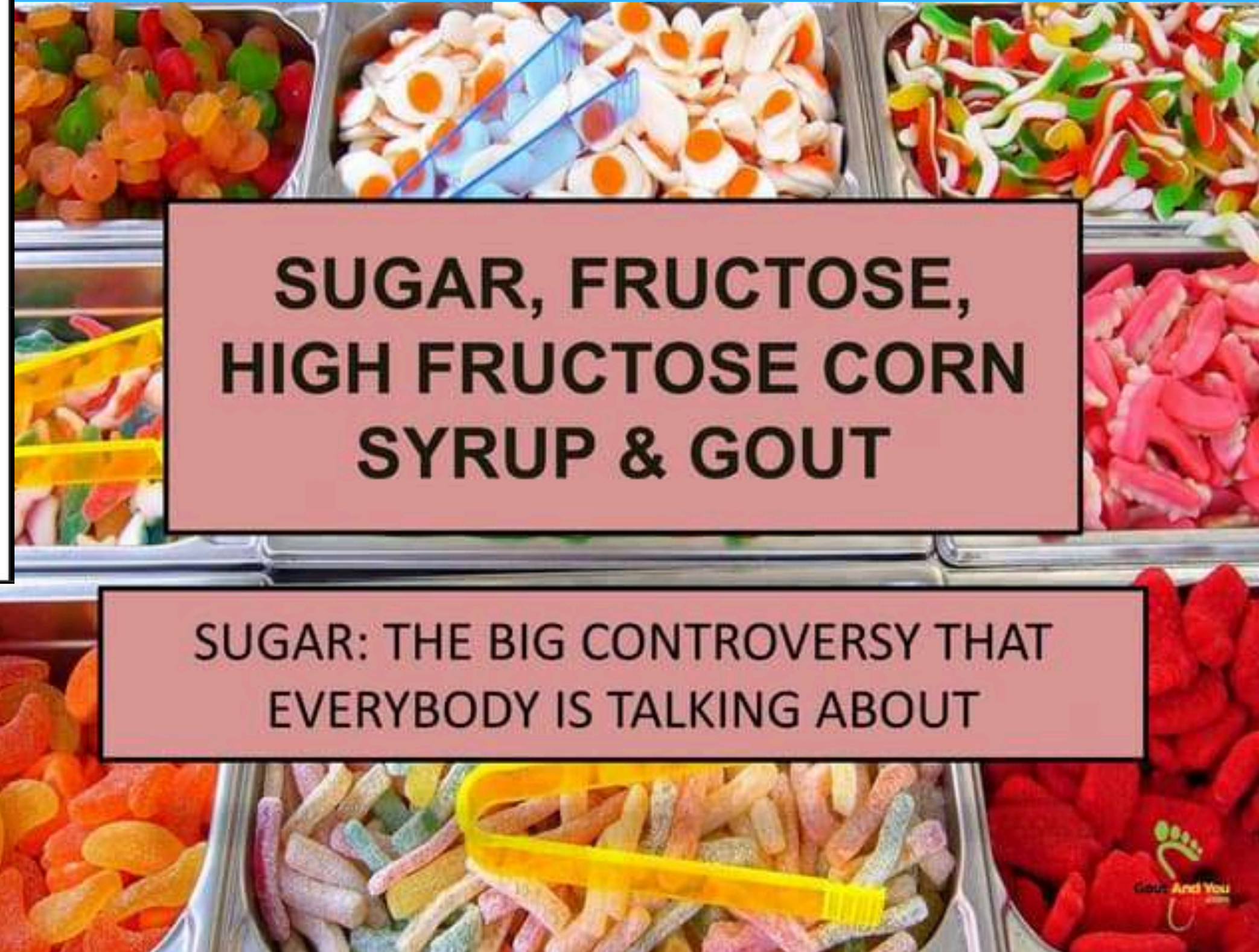@ElieJarrougeMD

Gout is a metabolic disease, not a problem of eating too much meat or shellfish. Yet, the advice is often to stop eating the healthy food.

If you want to cure your gout, stop eating sugar, too many carbs and drinking alcohol.

SUGAR, FRUCTOSE, HIGH FRUCTOSE CORN SYRUP & GOUT

SUGAR: THE BIG CONTROVERSY THAT EVERYBODY IS TALKING ABOUT

Sunlight and Earthing: A Powerful Duo for Your Health

Abhi Khandelwal · Follow

3 min read · Jul 11, 2023

Kathy Roberts · Apr 22 · 3 min read

Nature's Remedy: How Sunlight, Grounding, and Breathing Can Boost Your Mental Health

Benefits of Sunlight: A Bright Spot for Human Health

The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases

James L Oschman,[1] Gaétan Chevalier,[2] and Richard Brown[3]

Asthma: The Hygiene Hypothesis

The 'hygiene hypothesis' for autoimmune and allergic diseases: an update

H Okada, C Kuhn, H Feillet, and J-F Bach

▸ Author information ▸ Article notes ▸ Copyright ar

Too clean, or not too clean: the Hygiene Hypothesis and home hygiene

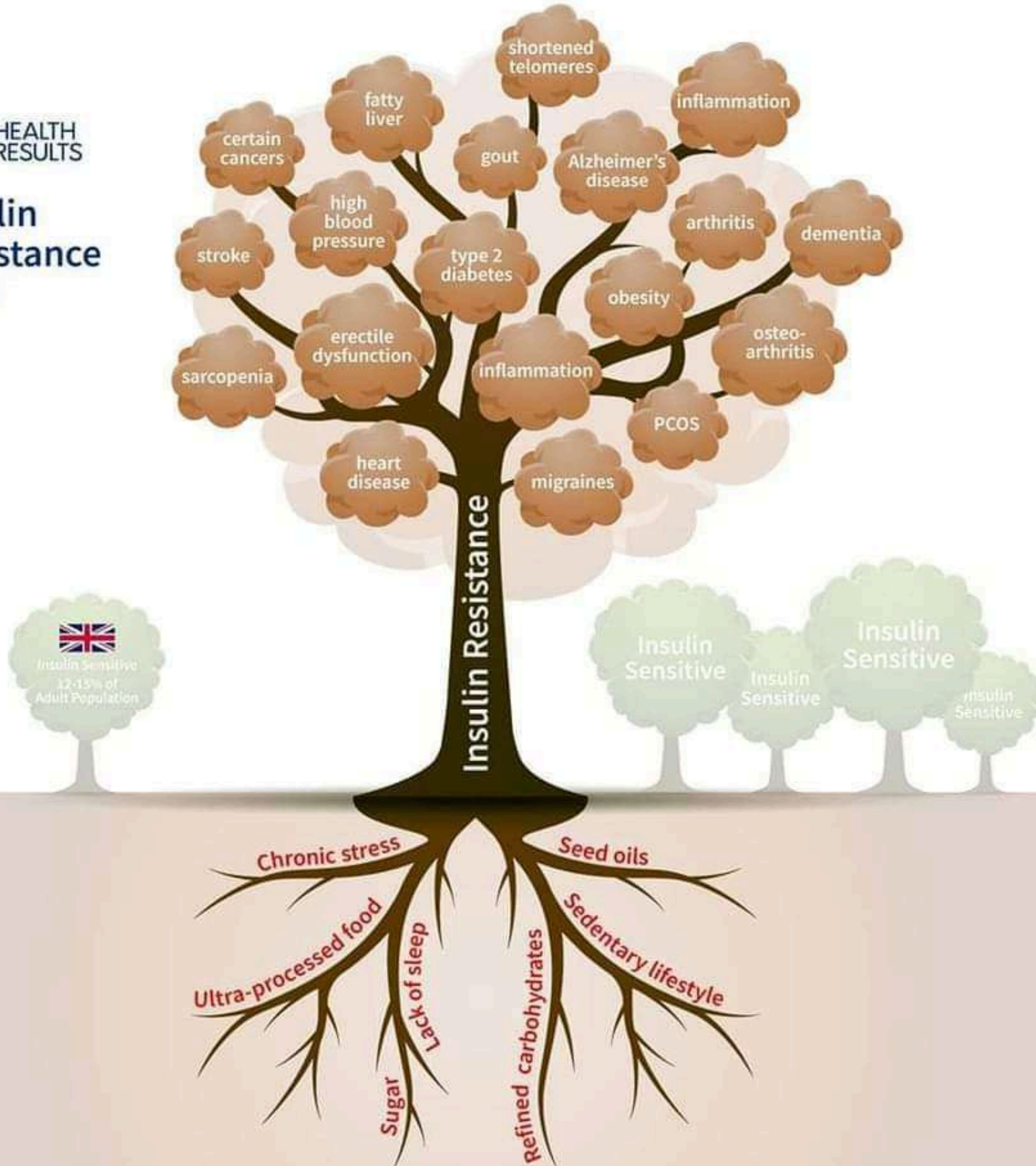SF Bloomfield,[*] R Stanwell-Smith,[†] RWR Crevel,[‡] and J Pickup[§]

▸ Author information ▸ Copyright and License information   PMC Disclaimer

BE DIRTY.
BE HEALTHY

ปัจจัยในความเกี่ยวข้องของ Wealth Span ต่อ Life Span ,Health Span
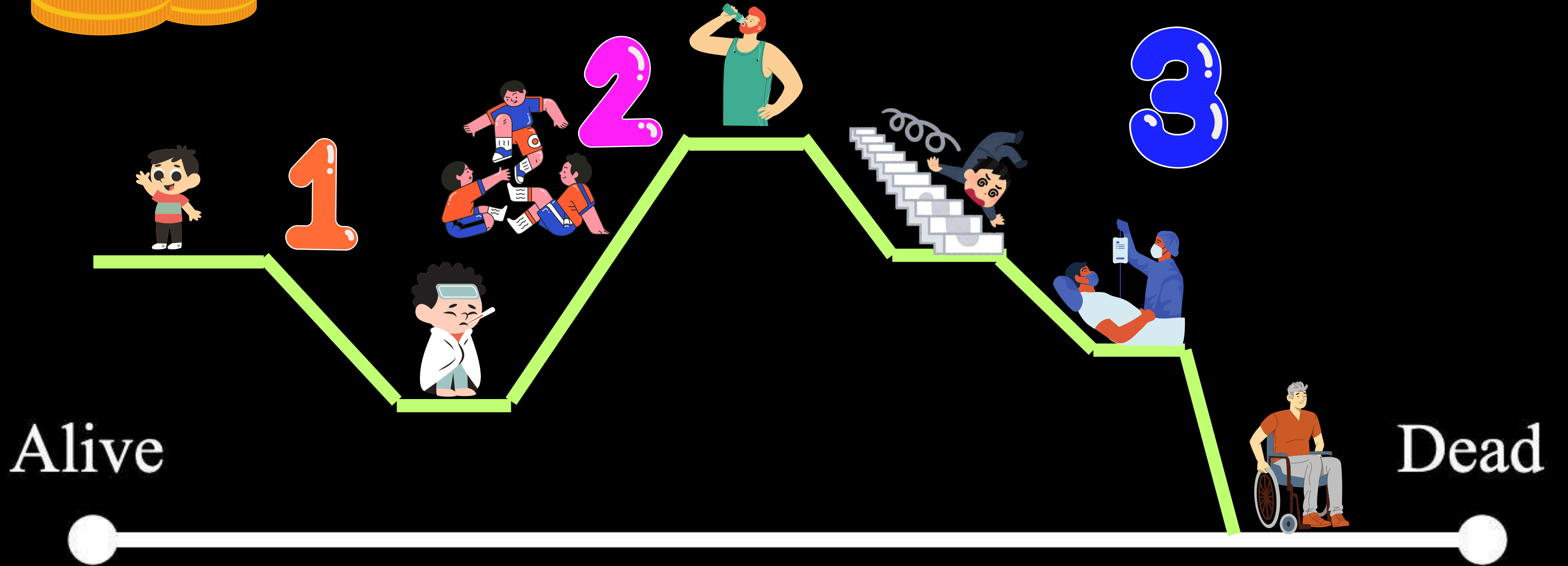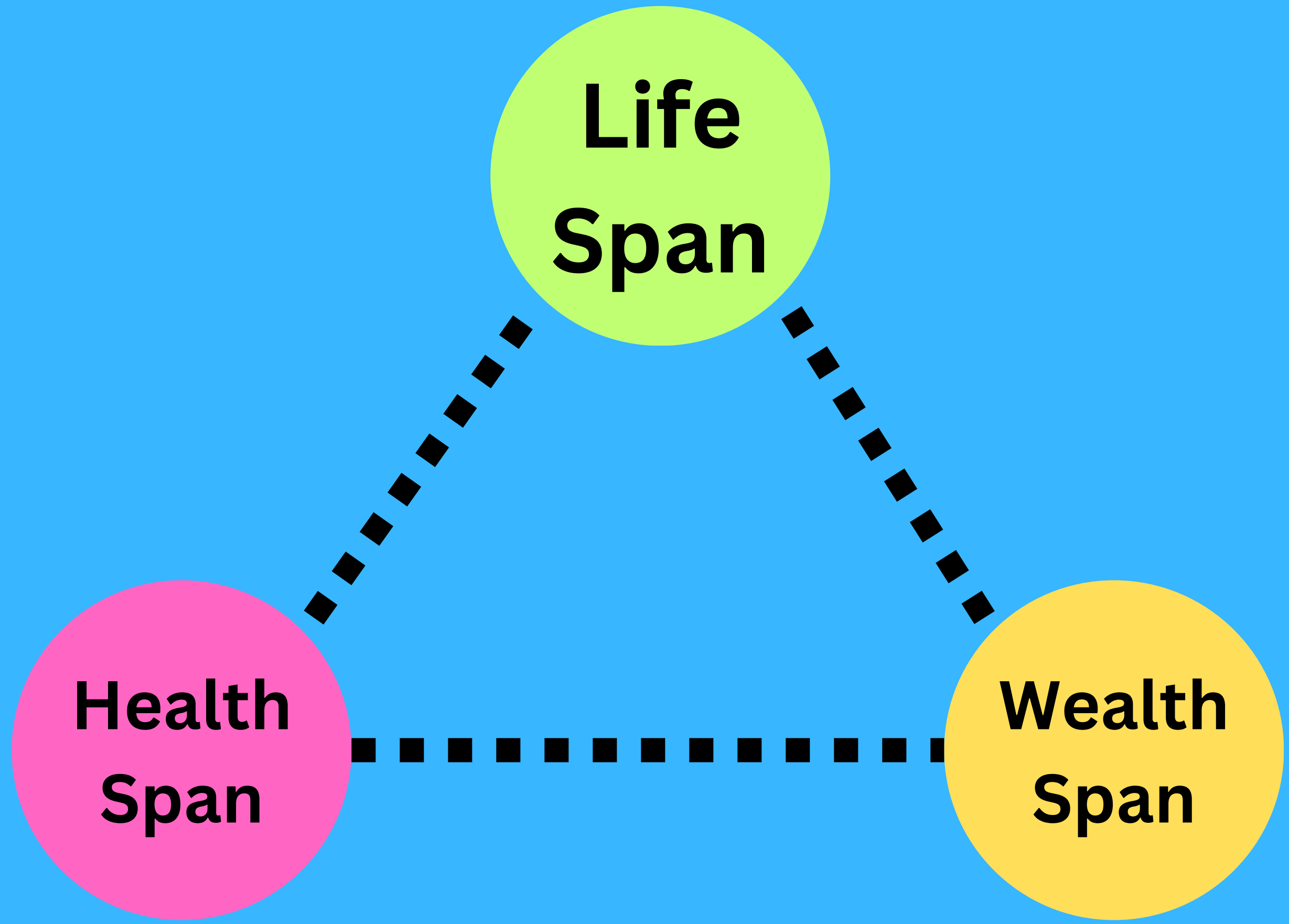
รายได้/อาชีพ
พฤติกรรมการออมและการใช้จ่าย
การลงทุนและความรู้ทางด้านการเงิน
หนี้สิน

wealth span

Alive

Dead

#ความน่ากลัวในการดูแลสุขภาพคือการที่เชื่อโดยไม่มีความรู้
#อย่าใช้ชีวิตแบบท่องจำ จงใช้ชีวิตด้วยความเข้าใจ
#สุขภาพคือความรู้ความเข้าใจไม่ใช่ความเชื่อ

เบาหวานหายได้...แม้ไม่ใช้ยา
แค่ต้องใส่ใจ...แล้วจ่ายเวลาหาความรู้ ลองปฏิบัติ
แต่ถ้าอยากได้คนช่วยบังคับ...ก็ไม่ปฏิเสธนะครับ

สนับสนุน ค่ากาแฟดำ ได้ที่

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ช่องทางติดต่อหมออ้วน

หมออ้วนในดงลดน้ำหนัก
@fast...
1.9 หมื่น การกดถูกใจ · ผู้ติดตาม 2.5 หมื่น คน

สมัครสมาชิก   ถูกใจแล้ว   ส่งข้อความ

fastingfatdentist

fastingfatdentist

NOSTR

fastingfatdentist

Anti-Fiat Dent