How Nutrition Drives Inflammaging Transcript

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Introduction to Lifestyle Tools for Reversing Inflammaging

– I hope you're enjoying Day 3 of the Reverse Inflammaging Summit, as much as Steve and I did and helping to create it. We've been so lucky to have some remarkable guests who have such important messages to deliver, so hopefully you'll be able to stay to the very end. In this segment.

I want to share with you some more teaching points and and in particular, a lifestyle tool that I use in my coaching program to help people actually reverse inflammaging teaching in themselves. And this isn't something that I learned from a textbook or, you know, learn from teaching medical school necessarily.

But this is actually what I what I use for myself to reverse four chronic diseases that I had, which for which I was prescribed prescription medicines.

But that's a whole another story that maybe we can get into in another time.

Using Nutrition as the Main Anti-Inflammaging Tool

But these lifestyle tips are something that you can do today even while you're still enjoying the summit. So today, the lifestyle approach I'm going to mention is nutrition, and it's arguably the most powerful medicine and lifestyle tool that any of us will ever use for our overall health.

It's It's more than all the others that I'm going to be talking about as mentioned before the very act of of taking food into our body during eating turns on the in the acute inflammation response, This foreign matter.

It's a normal, healthy response to the foreign matter entering our body, this becomes unhealthy, chronic inflammation and ultimately inflammaging when we start to eat continuously whenever we're awake. So the first nutrition change I made was to stop driving my Inflammaging all the time by eating constantly from the beginning of the day till I went to sleep at night. So the first thing I did, but I started brushing my teeth immediately after my dinner, and this helped me to end late night snacking just because I'm basically lazy.

And I knew that if I snacked after I brush my teeth, I'd have to brush my teeth again.

Reducing Eating Frequency and Narrowing the Eating Window

So that was enough incentive to keep me, uh, from eating again. So next I eventually I dropped breakfast. And for me, I actually dropped lunch. And today I just eat one meal a day on most days with my kids, and I've never felt better. Now this depends, and different people have different windows, and I'm certainly not recommending this for everyone. But I do recommend narrowing your eating window to at least 12 hours a day. If you could do that, that's great. It's even better if you can narrow it to six or or eight hours. This alone lowered my inflammaging.

The next thing I looked at with nutrition was not when I ate, but actually what I ate. And so, of course, the key here is that some foods certain food types, drive inflammaging more than others.

Full disclosure, I am not a vegan or carnivore or anything in between. I've experimented with all of those, and I think you can be healthy with either of those types of diets and most in between, as long as you watch out for the things that I'm gonna talk about right now.

Identifying and Avoiding Junk Food

And the key is to avoid one type of food that drives inflammaging most, and that's junk food. Processed junk food

addiction is so common today that when someone tries to eat a healthy food, it's often called going on a diet or even an eating, even an eating disorder So what is junk food? It's the main driver, nutritionally for inflammaging. So how do we recognize junk food?

Actually, most of the food that we see in in our supermarkets today, and practically all of the food in a 7/11 is junk food. And as someone pointed out, most of the foods consumed today, were not available 150 years ago.

And interestingly, most of the chronic diseases that we all get and all of us will likely die of were also not present in the numbers that we see today back 100 and 50 years ago. So here's how I recognize junk food.

Well, first off, it often comes in a container or a box. It's often a brightly colored box, and that is to attract Children or adults who don't know any better. The box if you look at it and they have certain health claims on it, things like, healthy organic, low fat, keto. These are often placed there to fool other adults who who don't know any better.

But the real. The real key is the ingredient list. Most junk foods have a long ingredient list because they're necessary to have preservatives and other factors to have a long shelf life. Because junk food has to exist on the shelves for a long time, that's a key marker for it.

So the three key ingredients that to watch out for are first of all, sugar and refined carbohydrates. These drive inflammaging. These drive insulin response. So it's not just sugar, and sweeteners, but also things like starches, bread, rice, flour. These can all drive inflammaging.

So we wanna minimize those if we can. Now, what about Fats? There are good fats, and there are bad fats. The bad fats that drive inflammaging are oils.

Food Order Strategies to Lower Inflammation

They're processed industrial seed oils that have been given a healthy sounding name called vegetable oils when they're actually not very healthy at all.

And you wanna avoid avoid these things like canola oil, rape, seed oil and all, and replace them with healthy oils like avocado, coconut or olive oil.

And finally, the last thing is grains and cereals. Grains contain, gluten as well as other proteins, as well as glyphosate, which are herbicides. And all of these things can drive inflammaging and drive antibody responses, which increase inflammation and inflammaging.

So try and avoid all of all of these things. That's that's to what to look out for for junk food. Now, if narrowing your eating window isn't really your thing, and you like eating all the time and maybe you can't give up junk food because, well, let's face it, junk food is literally designed to be addicting, and most people struggle giving it up.

I'm gonna share with you one last thing you can do, as far as nutrition that will actually lower inflammaging without doing these last two. And that's to pay attention to food order. Now there are three major macro nutrient groups that you may have heard of called fats, proteins and carbohydrates. Carbohydrates are the worst because they drive the inflammation response and inflammaging proteins and fats do this much less so.

So one trick you can do is take the same diet that you normally eat, but make sure that you eat the carbohydrates last and what this does. If you eat the fat and the protein first, it coats the G I tract and actually slows down the absorption of these potentially harmful sugars and carbohydrates that drive inflammation and slows down the inflammation and actually protects against it.

So the protein and fat lines the gut and delays the absorption and gives you some protection from these harmful carbohydrates. Well, that's it for today's mini talk. I hope you can enjoy the rest of today's program and we'll see you later.