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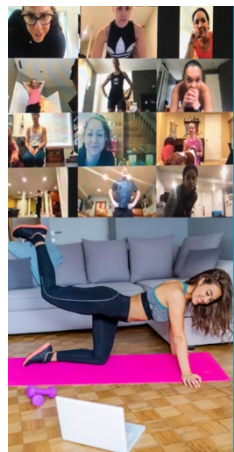
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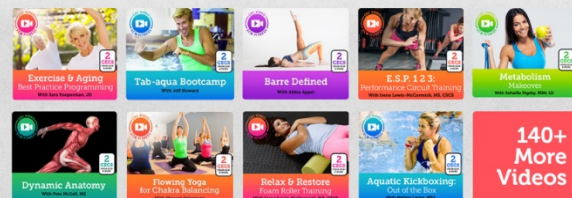
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
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- NUTRITION, HORMONES & METABOLISM
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Nutrition & Chronic PAIN



Presented by Kimberly Garcia

Current Statistics



- According to a study published in the Journal of Pain, 25 million Americans are in chronic pain daily for a minimum of 3 months.
U.S. 2012. (Nahin RL) Journal of Pain 2015/NHIS/NCCIH/NIH
- The Centers for Disease Control and Prevention, states that the amount of painkillers sold in the United States has nearly quadrupled since 1999.
- 44 people die each day from overdose.
- More than 10 million have Fibromyalgia.
- Musculoskeletal diseases affect more than one out of every two persons in the United States age 18 and over, and nearly three out of four age 65 and over.

"Healthy" People in Pain

- Joint Pain
- Headaches
- Nerve Pain
- Bone Loss
- Muscle Tightness/Spasms
- Stomach Pain
- Delayed Recovery/Exercise Intolerance



Nutrition and Pain

- Too few calories
- Processed foods/junk food
- Processed "healthy" food
- Nutrient deficiencies
- Excess health food



Too Few Calories

- Too busy
- Fear of food/eating disorders
- Healthy foods have low caloric density
- Unaware of basal metabolic rate
- Excess activity and/or stress



Basal Metabolic Rate

- **The amount of energy expressed in calories that a person needs to keep the body functioning at rest.**
- **The average person needs 10 calories per pound of body weight to lay on the couch.**
- **An average of 12-13 calories per pound for daily activity and exercise.**
- **ie. 135lbs person may need 1800 calories daily to sustain health, lean body mass and overall energy.**

"Healthy" Eating Gone Wrong

Daily Diet	Calories
2 eggs	293
1/2 potato sautéed in butter	
1/2 cup grapes	
4 ozs grilled chicken	290
Small sweet potato 1 pat butter	
1/2 c green beans	
2 Wholotas	120
5ozs of Whitefish	394
Small baked potato 1 pat butter	
1/2 c broccoli	
1 apple	237
1 oz cheese	
1 orange	
Total Calories	1334

The Body Consists of Living Cells

- Cells are the basic building blocks of all living things.
- They provide structure for the body, take in nutrients from food, convert those nutrients into energy, and carry out specialized functions. <https://ghr.nlm.nih.gov/primec/basics/cell>
- Nutrients are proteins, carbohydrates, lipids, vitamins, minerals and water. They are used to **build and repair** tissues, **regulate body processes** and are converted to and **used as energy**.
- Optimal cell regeneration depends upon the ingestion of nutrients in their most natural form.

Processed Foods

- Chips, Pizza, Sandwiches, Cookies, Bars etc.
- Alcohol, soda, juice
- Difficult to turn dehydrated food into living cells.
- The perception of nourishment
- More ingredients than nutrients
- Many health foods are processed too

Nutrient Deficiencies and Pain

- Deficiencies that add to pain
 - B1, B3, B5, B6, B12, Folate, Iron
- Protein Deficiency
 - Common in Fibromyalgia
 - Neurotransmitters
 - Thyroid Function
 - Average needs .75-1 g per pound of body weight

Too much of a good thing

- Kale, spinach, swiss chard, bunny article, brassicas, fiber in the veggies
- Nuts, Polyunsaturated Fat Toxicity
- Outside of norms
- Not innate to culture, never had this much access
- Fish, Chicken, Egg Whites, Protein Powders – arsenic, lead, deficiencies, additives, gmo's, raising, ozs for ozs nutrient density beef to chicken

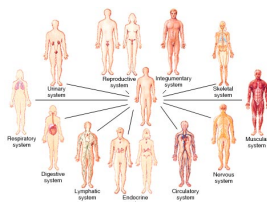
Food Fears & Confusion

- Red meat, butter, potatoes, dairy, fruit, salt, eggs, pork
- Philosophical beliefs, misinformation and/or religion



We Are What We Eat

- We can only think, feel and move as well as we eat.
- Basics to cell biology.



Basic Steps to Reducing Pain

- Determine estimated basal metabolic rate with activity requirements
- Create a sample day of what those calories look like
- Use Smoothies to Increase Calories
- Reduce energy requirements
- Ensure a balance of protein, carbs and fats at each meal
- Focus on nutrient dense foods that offer the most for each investment
- Alternate foods, Beware of the same types of food

Resources

- Spectracell Micronutrient Test
- Lab Work with Physician (be aware of norms)
- Heavy Metals Test – Doctor's Data
- Ray Peat, Biologist
- Ernie Hubbard, Biologist
- Myself
- Nutrition.gov, Whfoods.com, ADAM?



Questions?



Available NOW



Contact Us

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