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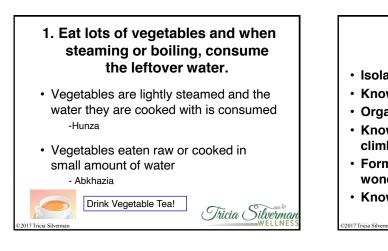


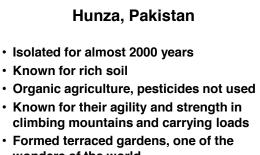
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wonders of the world

Known to be resourceful





Apricots

- In US, grown primarily in California May-September
- Contain Vitamin A, Vitamin C and fiber
- A Study of over 50,000 nurses found highest vitamin A intake reduced risk of developing cataracts nearly 40%.
 - Vitamin A high in orange/yellow fruits and vegetables
 - 3 or more servings of fruit per day may lower your risk of age-related macular degeneration

2. Eat vegetables and fruits in season when possible. Garden if you can and/or try to purchase local foods from farmstands and farmers' markets.



- 3. Consume small amounts of nuts and seeds throughout the day.
 - 1. Peanuts and sunflower seeds are often the most inexpensive, but do try to get a variety of nuts
 - 2. Eat nuts and nutbutters unsalted and raw or dry-roasted

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Predimed Study

3 Groups

- Mediterranean diet supplemented with extra virgin olive oil
- Mediterranean diet supplemented mixture of nuts
- Low fat diet
- Mediterranean Pattern:
 - lower blood pressure
 - improved cholesterol
 - decreased insulin resistance
- decreased inflammation Tricia Silvern

Lyon Heart Study

Studied diets of two groups post heart attack

- Group One: Mediterranean style diet + omega 3's given to one group
- Group Two: Control group: no specific diet followed

Results: 50% to 70% lower risk of recurrent heart disease in Mediterranean group

-Circulation, 2001

Mediterranean Diet, Longevity, **Cancer and Alzheimer's**

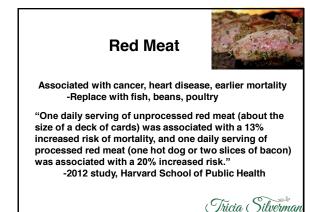
- Higher adherence to Mediterranean diet associated with lower overall mortality and specifically lower death rates from cancer and heart disease
 - Epic Study on Elderly in Greece
- Those eating Mediterranean diet 38% less likely to develop Alzheimer's disease.
 - · Participants ate higher intakes of salad dressing, nuts, fish, tomatoes, poultry, cruciferous vegetables, fruits, and dark and green leafy vegetables and a lower intake of high-fat dairy products, red meat, organ meat, and butter Tricia (Silverman Archives of Neurology 2010

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Social Support

Social groups important: Moais



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8. Aim to be happy and cheerful.

- · When feeling down, help others
- Have a purpose
- Random acts of kindness
 - Make something for someone
 - Cook something for someone
 - Pay for someone's coffee/tea
- Exercise
- Research shows that as long as they are in fairly good health, 70 year olds throughout the world are on average as happy and mentally healthy as 20 year olds. -2008, Social Science and Medicine

Purpose

- May protect cognition
- · May help you live longer
- · What is your purpose?
 - Teaching/sharing wisdom, friendship, kindness
 - Visiting others (friends, those in nursing homes)
 - Volunteering
 - Watching kids, grandkids, checking in on others
- Listening/helping others/lending a hand

9. Minimize exposure to chemicals.

- Seventh Day Adventists avoid coffee alcohol and cigarettes
- Use more natural cleaners
 Open up windows and get fresh air in
 house when cleaning
- Use more natural products on your skin

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Tricia <u>Silverman</u> Wellness

Adventist Health Studies From Loma Linda, California Find Keys to Longevity

- Eat a plant-based diet with only small amounts of dairy or fish (vegetarianism adds 2 years to life)
- Do not smoke

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- Maintain a medium body weight (Vegetarians often weight 16-32 pounds lighter than meat-eating counterparts)
- · Eat a handful of nuts 4-5 times per week (adds 2 years to life)
- Do regular physical activity (adds 2 years to life)

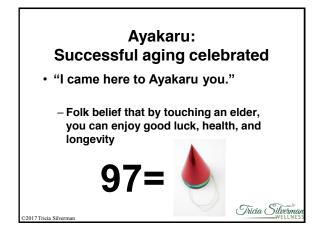








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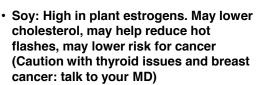




- Burdock, root vegetable high in fiber and low in calorie density, may have anti-inflammatory properties, may help reduce liver damage
- Daikon (Japanese radish) low calorie density, good source of vit c, has calcium, can be used in salads, soups and stir-fries. May help prevent ulcers.
- Sea Vegetables:

 Wakame, good source of fiber, potassium, magnesium, used in soups (miso) and cold salads, mixed with soba noodles
 Kombu, mineral-rich, used to make soup stock and can be simmered with other vegetables

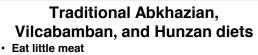
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- Sources: Edamame Beans, Soy milk, tofu, soy nuts
- Turmeric: an anti-inflammatory herb, antioxidant, potential cancer-fighter
 - Okinawans: use as a curry spice for soups chicken and fish, add it to tea







- Most of diet is from plant foods
 Ornmeal porridge and salad for breakfast in
- Cornmeal porridge and salad for breakfast
 Abkhazia
- Low salt consumption
- Don't use sugar or processed food
- 0% obesity

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- Low calorie diet
- Low fat, high carb diet
 - Protein is lower than American diet

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Abkhazia: Spectacular Health in Seniors noted by physicians in 1900's

- · Unusual rates of longevity
- · Mentally healthy and outgoing
- Good hearing and eyesight
- Physically fit

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- Able to travel up and down steep terrain with ease
- · No retirement, seniors work regularly



Vilcabamba Takeaway

• Healing power of walking: "Each of us has two doctors- the left leg and the right leg,"- a saying in Vilcabamba according to *Healthy at 100* by John Robbins



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Costa Rican Longevity Factors

- Have a sense of purpose
- Drink hard water
- Stay connected to family
- Eat a light dinner
- Stay social
- · Keep doing physical chores
- Get some sensible sun
- · Get your sleep
- Keep the faith
- Be positive
- Eat for longevity...

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Longevity Food List

Beverages: coffee, green tea, herbal tea, red wine, water

Dairy: feta cheese, goat and sheep milk, pecorino cheese

Fruit: apples, apricots, avocados, bananas, berries, figs, grapes, plantains, bitter melon, cherries, lemons, melons, mulberries, oranges, papayas, peach palms, pears,

persimmons, plums, tomatoes, watermelon, and others Grains: barley, buckwheat, corn, cornmeal

Grains: barley, buckwneat, corn, commeal porridge, whole-grain bread, brown rice, maize mixtamal, Job's tears, millet, oatmeal, quinoa, wheat

Herbs and Spices: garlic, mint,

Mediterranean herbs such as parley, basil, oregano, dill, bay leaves, rosemary & thyme, milk thistle, turmeric

Nuts and Seeds: almonds, beechnuts, flax, hazelnuts, pecans, sunflower seeds, walnuts, and others ©2017 Tricia Silverman

Oils: Extra virgin olive oil, canola, apricot kernel oil, sesame oil, sunflower oil

Protein: soy milk, tofu, beans, (black, black-eyed peas, chickpeas, fava, lentils, others), some fish, eggs, poultry, little meat

Sweetener: honey (see fruit!) Vegetables: artichoke, cabbage, carrots, cauliflower, eggplant, fennel, garlic, greens (dandelion, lettuce, mustard greens, purslane, spinach, etc.) okra, onions, potatoes, sweet

potatoes, pumpkins, radishes, seaweed (kombu, wakame), shiitake mushrooms, squash, tomatoes, turnips, yams, yucca, and others



Recreating Blue/Longevity Zones

Albert Lea, Minnesota, California Beach Cities: Manhattan Beach, Hermosa Beach, and Redondo Beach,

North Karelia, Finland

Changes: people joined walking moais, less people smoking, cooking with oil instead of butter,

decrease in salt intake, increase in vegetables **Results:** cholesterol reduction, weight loss, decrease in heart disease death rate, increase in

longevity

Source: The Blue Zones Solutions by Dan Buettner

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Rapid Fire Recipe: Spaghetti Squash · Spaghetti Squash is a low calorie yummy vegetable that can be used as a lower-carb pasta. Before use, spaghetti squash can be stored outside of the refrigerator for up to 3 months. It can be stored in the refrigerator for 1-2 weeks before cooking. A squash around 3 pounds yields around 5 cups of edible "spaghetti." Comparison: Spaghetti Squash, per cup: 40 calories, 10 grams of carbs Pasta, per cup: 220 calories, 43 grams of carbs Tricia (Silverman WELLNES 2017 Tricia Silvern



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Steps for quick yummy spaghetti squash:

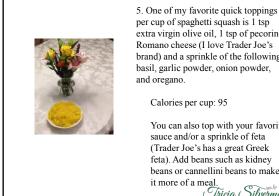
1. Rinse well. Pierce spaghetti squash in several places throughout squash. Place on microwave-safe dish. Cook in microwave for 7.5 - 10 minutes, turn then cook in microwave for another

7.5 - 10 minutes until tender.

2. Cut straight through lengthwise (shown at upper left).

3. Scoop out seeds and fibrous strands and discard (shown at middle left).

4. Take a fork and scrape the spaghetti strands into a bowl (shown at lower left). Squash should be tender and easy to scrape...if not add a little water to one half, place the other half back on top, and cook for a few more minutes in the Tricia Silverm microwave until tender.



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per cup of spaghetti squash is 1 tsp extra virgin olive oil, 1 tsp of pecorino Romano cheese (I love Trader Joe's brand) and a sprinkle of the following: basil, garlic powder, onion powder,

You can also top with your favorite sauce and/or a sprinkle of feta (Trader Joe's has a great Greek feta). Add beans such as kidney beans or cannellini beans to make

neai. Tricia <u>Silver</u>man WELLNES

Additional Resources

- Books:
- Blue Zones, by Dan Buettner .
- The Blue Zones Solution, by Dan Buettner
- . Healthy at 100, by John Robbins
- The Okinawa Program and The Okinawa Diet Plan, by B. Wilcox, C. Wilcox, M. Suzuki
- Hunza Land by Allen Banik and Renee Taylor
- Websites for Recipes:
- www.oldwayspt.org
- www.whfoods.org
- . https://www.bluezones.com/recipes/

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