“Healthy Fathers Healthy Families”

The latest scientifically-based nutritional and lifestyle methods for preventing the common illnesses in men.

The United States spends the most money on health care per person in the entire world.

The top 10 causes of death are directly related to poor nutrition.

Dr. C. Everett Koop, Former Surgeon General

Genetic variations themselves do not cause disease but rather influence a person’s susceptibility to specific environmental factors that increase disease risk.

Specific substances within foods can serve as nutriceuticals to modify gene expression and cellular function.

“Nutritional Genomics.” *BMJ* 2002;324:1438-1442
Nutrients affect genetics (Referred to as nutrigenomics and nutriproteomics)

“Nutritional Genomics.” *BMJ* 2002;324:1438-1442

“High-Dose Vitamin Therapy Stimulates Variant Enzymes with Decreased Binding Affinity: Relevance to Genetic Disease and Polymorphisms.” *Am J Clin Nutr* 2002;75:616-658

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Nutriceuticals have far more pervasive beneficial effects on health than pharmaceuticals

“It’s Not Just the Genes.” *Science* 2002;296:685

“Nutritional Genomics.” *BMJ* 2002;324:1438-1442

“Micronutrients as Nutriceutical Interventions in Diabetes Mellitus.” *J Am Coll Nutr* 1998;17(1):7-10

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What are “Anti-Aging Health” Processes?

Defined: “Optimization of biochemical, structural, hormonal and neurological processes to promote optimal health-sustaining adaptability and resistance to daily stressors we encounter”.

We will all age and eventually die, but aging with the common debilitating diseases is not inevitable and depends greatly on the healthy or unhealthy choices we make in living each day.

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Chronological Age: The actual number of years one has lived.

Biological Age: The age of a person based on objective physiological and biochemical factors as measured by:

- Laboratory tests such as homocysteine, cholesterol, glycohemoglobin A1C, glucose, fibrinogen, insulin-like growth factor, testosterone, etc.
- Physiological tests such as EKG, Maximum Oxygen Uptake Capacity, Spirometry, strength, flexibility, etc.

*Note: Biological age can be either more or less than Chronological age depending on lifestyle and dietary influences that you have control of!*

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Nutritional Influences

✈What and when we eat is the basic method towards optimizing healthy-aging health processes. Knowing which food choices optimize “anabolic processes” (repair, recovery) and which facilitate “catabolic processes” (destructive, breaking-down) is vital.

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Study: 2001 the *Annals of Internal Medicine*:

*men and women 35 and older
*followed for 14 years
*none had CVD, cancer or diabetes at the beginning
*at end of the study: highest intake of vegetables and fruits = lowest incidence of CVD.

Authors conclusions: Green leafy vegetables (broccoli, kale, spinach) and vitamin C rich fruits (oranges, grapefruit) apparently contributed the most protective effects.

1. Meal frequency and timing: Eat 6 “meals” each day with your last meal no less than 2 hours before bedtime. Eat about every 3 hours. This can be broken up into 3 meals and 3 snacks. Generally have your larger meals earlier in the day. Why? Doing this is about the best way to change your metabolism to cause your body to use fat for energy, maintain muscle tissue and decrease your insulin levels.

2. PLAN YOUR MEALS AND SNACKS…If you don’t have a general plan for what you are going to eat each day and at approximately what time, you will eat whatever is convenient, whenever. Also, for one meal a week, plan to have whatever you want!

3. General Meal Substrates: Your meals should be balanced with some protein, some starchy carbohydrates (no more than amount that fits in the cupped palm of your hand), as many non-starchy carbohydrates (green vegetables) as you want, and some fat in all of your 3 main meals. Your snacks should consist of primarily some type of protein and veggies. Try to have your larger meals and snacks earlier in the day when you are more active.

4. Water: DRINK AT LEAST 8 TO 10 GLASSES OF FILTERED (NOT DISTILLED) WATER EACH DAY!

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**Nutriceutical Influences**

**Some Nutrients Which Act as Cofactors in Cellular Reactions Affecting Genetic Expression:**

- Thiamine (Vitamin B1)
- Riboflavin (B2)
- Niacin/Niacinamide (B3)
- Pantathenic Acid/Pantethine (B5)
- Pyridoxine (B6)

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**Some Nutrients Which Act as Cofactors in Cellular Reactions Affecting Genetic Expression:**

- Biotin
- Cobalamin/Methylcobalamin (B12)
- Folic Acid/Folate/5 Methyl-tetrahydrofolate
- Vitamin K (Phytonadione)
- Vitamin D (Cholicalciferol)

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**Coenzyme Q10 (CoQ10):**

- Is essential and is present in all our cells.
- Works by enhancing our cells’ mitochondria (“power plant of the cell”) in energy production.
- A potent antioxidant.
- Numerous studies with large numbers of people repeatedly show CoQ10 to be highly beneficial for CVD disease and CHF.


Coenzyme Q10 (CoQ10):

- Ironically, two of the most widely prescribed cholesterol lowering drugs, pravistatin (Pravachol®) and lovastatin (Mevacor®) dramatically lower cellular CoQ10 levels.
  - Fortunately, CoQ10 has been used in large clinical studies along with the above statin drugs with no adverse reactions. (Professional Note: In my clinical experience, there have been repeated, documented incidences where diet and nutritionals have worked very well without these medications.)

Exercise’s Influences

Exercise! Without a doubt, all the research shows that the best method to increase our bodies own production of beneficial hormones (especially growth hormone) is weight training exercise at a frequency of 3 to 4 times a week. Aerobic exercise also helps raise and maintain healthy growth hormone levels, but not as much as weight training.


Emotional Influences

- Simply put, deep breathing aerates the lungs fully exposing the air sacs (alveoli) deep inside to fresh air…similar to deep cleaning of the air ducts deep inside a large building.

  “Moderate exercise across the life span seems to increase resistance to upper respiratory tract infections, whereas repeated strenuous exercise suppresses immune function.”

Many times, you can’t control what happens to you, and you can never change what happened in the past, but you can control how you respond to it!