

# Healthy Hundred



Breaking The Age Barrier

## Jack La Lanne 91 and Still Going Strong!

- Works out two hours a day.
- La Lanne shares his two nutrition secrets:
  - "If man made it, don't eat it;"
  - "If it tastes good, spit it out."
- He often says, "I can not afford to die, it will ruin my image."



## Self Fulfilling Prophecy

- Aging has come to be synonymous with:
  - Heart Disease.
  - Cancer.
  - Diabetes.
  - Alzheimer's disease.
  - Arthritis.
  - Macular degeneration.



## Life After Retirement



- Back in the mid 1900s people only lived about 2 years after retirement.
- People in the 21<sup>st</sup> century often live into their 80's.

## Centers for Disease Control



- 75% of people 65-74 years old report Good to excellent Health.
- 67% of people 75 years old or older reported Good to excellent Health.

Centers for Disease Control and Prevention. Measuring Healthy Days. Atlanta, Georgia: CDC, November 2000.

## What Are We Going To Talk About Today?

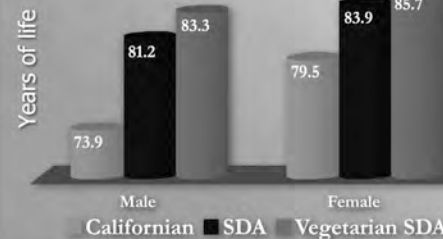


- You have the choice. You do not have to get:
  - Heart Disease.
  - Cancer.
  - Diabetes.
  - Alzheimer's disease.
  - Arthritis.
  - Macular degeneration.

## Adventist Health Study



## Life Expectancy



AHS-1 1976-88

## Hulda Crooks



The Congressman and 91 year-old fellow hiker, Hulda Crooks, take a moment before renewing their ascent of Mt. Whitney.

## How They Live Longer:



- ┆ Don't smoke.
- ┆ Put family first.
- ┆ Active every day.
- ┆ Keep socially engaged.
- ┆ Eat fruits, vegetables, and whole grains.
- ┆ Eat nuts and beans.
- ┆ Observe the Sabbath.
- ┆ Have faith.

National Geographic, November 2005

## National Geographic: November 2005

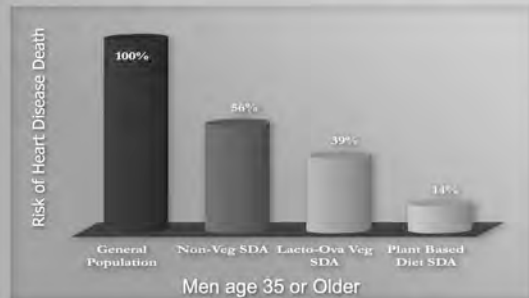


"Adventists also observe Sabbath on Saturday, socializing with other church members and enjoying a sanctuary in time that helps relieve stress."

National Geographic, November 2005

Avoiding the Killer Fats!  
**Coronary Heart Disease**

## Seventh-Day Adventist Diet and CHD Deaths



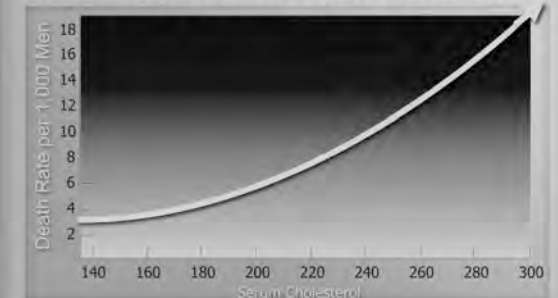
Am J Clin Nutr 1978 Oct;31(10 Suppl):S191-S198

## Beef & Fatal CHD Risk



AHS-1 1976-88

## Cholesterol Above 150 Increases Risk of Death from Heart Disease



JAMA 1986 Nov 28;56(20):2823-8

## Cholesterol in Foods

Items (3 oz.)	Chol. (mg)	Items (3 oz.)	Chol. (mg)
Fruits	0	Chicken breast,	73
Vegetables	0	Pork	76
Milk, 2%, 1c	18	Beef, sirloin	80
Ice Cream, 1/2c	29	Oyster	84
Butter, 1 Tbs	31	Shrimp	165
Tuna	26	Egg, 1 large	213
Clams	57	Beef liver	410
Crab	64	Beef brains	1697

## Vascular Damage from Oxidized Cholesterol

Within 24 hours of eating oxidized cholesterol, animals develop arterial lesions just like those that cause heart attacks in people.



Dietary Fats and Health, 1983 p. 919-33

## Foods Containing Harmful Cholesterol By-Products

Common sources of oxidized cholesterol include:

1. Custard mixes.
2. Pancake mixes.
3. Parmesan Cheese.
4. Lard.



Dietary Fats and Health, 1983 p. 919-33

## Benefits of a Total Vegetarian Diet

- Rich in antioxidants.
- Promotes weight control.
- Zero cholesterol.
- Low saturated fat.
- High fiber.
- Cleans out plugged coronary arteries.



Prev Cardiol. 2001 Autumn;4(4):171-177.

## Plaque Reducing Diet



32 months.

- Caldwell Esselstyn, Jr., MD, of the Cleveland Clinic has shown on angiography that blockages in coronary arteries can be reversed by changes in diet.

Prev Cardiol. 2001 Autumn;4(4):171-177.

## Plaque Reducing Diet

- "The optimal diet consists of grains, legumes, vegetables, and fruit, with <10%-15% of its calories coming from fat."



Caldwell Esselstyn, Jr., MD

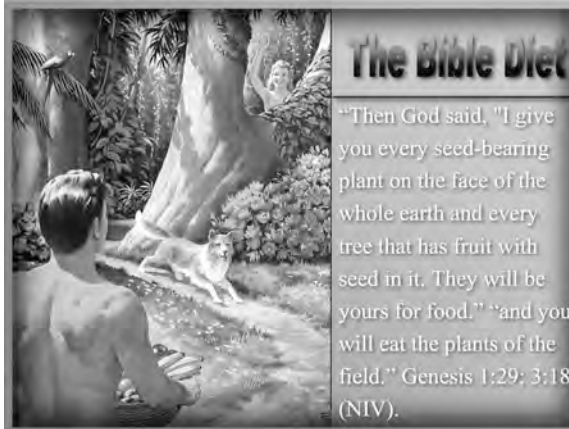
Prev Cardiol. 2001 Autumn;4(4):171-177.

## Plaque Reducing Diet

He goes on to say that, "This diet minimizes the likelihood of stroke, obesity, hypertension, type 2 diabetes, and cancers of the breast, prostate, colon, rectum, uterus, and ovary."



Prev Cardiol. 2001 Autumn;4(4):171-177.



## The Bible Diet

"Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'" "and you will eat the plants of the field.'" Genesis 1:29; 3:18 (NIV).

## Stresses Increase Heart Attack Risk

- Deadlines, fights with the boss, other pulse-raising situations.
- Important meetings, giving presentations, being laid off.
- Deaths in the family.
- Financial problems -- pay bills, bounced checks, coming into a financial windfall.



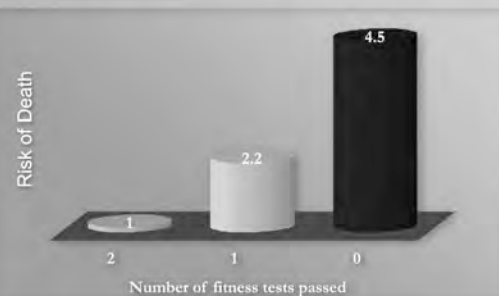
## WATER: Drink Your Heart Attack Away

- Men who drank five or more glasses of water a day showed a 62% reduction in risk of fatal heart attack.



Advertiser Health Study

## Regular Exercise Reduces Risk of Death from CHD



Circulation 1992 Mar;85(3):950-6.

## Physical Health



- According to the "Good Health Practice Study" on sixteen thousand Harvard alumni, *physical activity is the best predictor of longevity.*
- Those who exercised the least had a 3 fold increase in risk of premature death.

Am J Epidemiol. 1979 Feb;109(2):186-204.

# CANCER

What's Eating You?

## Rising Death Toll



CA Cancer J Clin, Mar 2006; 56: 106-130

## Tobacco, The Number One Carcinogen

- Lung
- Lip
- Mouth
- Throat
- Voice box
- Trachea
- Esophagus
- Stomach
- Liver
- Pancreas
- Bladder
- Kidney
- Cervix
- Leukemia
- Colon
- Skin
- Penis

## Tobacco and Stroke



Disease	Increased Risk
Stroke	2X
Osteoporosis	2X
Heart disease	3X
Lung cancer	10X
COPD	25X

N Engl J Med 1997;337:1052-57.

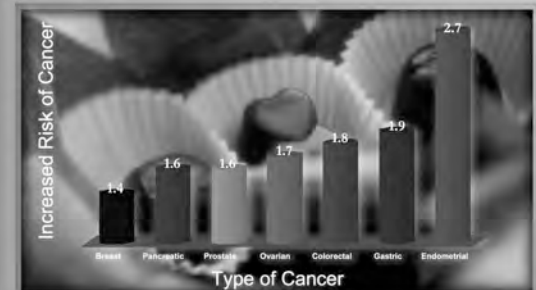
## Alcohol Related Cancers



- 75% of esophageal cancers.
- 50% of mouth and larynx cancers.
- 30% of liver cancers.
- Increases risk of colon, rectal and breast cancer.
- 60,000 cancer deaths per year related to alcohol.

Maxcy-Rosenau-Last Public Health & Preventive Medicine, 13 ed. 1992 p.816.

## Sugars and Refined Carbohydrates Increases Cancer Risk



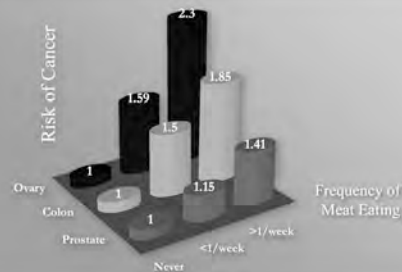
## Viral Causes of Cancer



- Viruses that Cause Cancer:
  - HBV and hepatitis C virus (HCV) causes liver cancer.
  - Human papillomavirus (HPV) causes cervical, anal, and head and neck cancers.
  - Human T cell leukemia virus type 1 (HTLV-1) causes leukemia and lymphoma.
  - Human herpesvirus-8 (HHV-8) causes Kaposi's sarcoma.
  - EBV causes Hodgkin lymphoma.

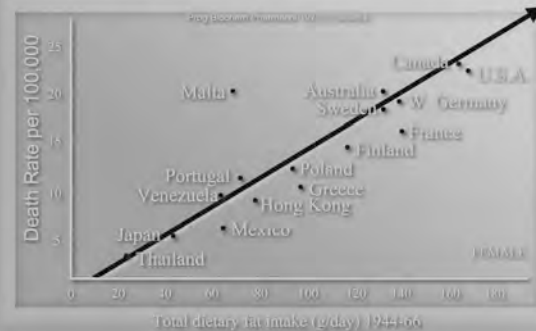
American Society of Clinical Oncology, December 2003

## Meat Consumption and Cancer



AHS-1 1976-88

## Dietary Fat and Breast Cancer Deaths



## Stress and Cancer

- Stress and depression decrease the immune system's ability to find and destroy cancer cells.



Int Rev Psychiatry. 2005 Dec;17(6):515-27. Lancet Oncol. 2004 Oct;5(10):617-25.

## Exercise and Cancer

- Reduces risk of breast cancer by 30-60%.
- Reduces risk of:
  - Ovarian,
  - Endometrial,
  - Prostate,
  - Colon cancer.



N Engl J Med 1997 May 1;336(18):1269-75.

## Antioxidants

- Antioxidants are shown to enhance normal immunity and restore a deficient immune system for the fight against cancer and aging.



Vaccine. 2000 May 8;18(22):2381-93.

## Fresh Fruit



- Fruit is high in antioxidants and phytochemicals which are capable of neutralizing carcinogenic substances entering the body.
- Fruit is high in vitamin C, flavonoids, limonoids, fiber, and pectin which have a combined anticarcinogenic effect.

## Vegetables and Cancer

- Vegetables contain vitamin A and C, phytochemicals and fiber which have anticarcinogenic effects.



## Beta Carotene, Vitamin A and other "Carotenoids"



- Reduce the risk of:
  - Lung cancer,
  - Prostate cancer,
  - Pancreatic cancer,
  - Other tissue-lining cancers.

J Natl Cancer Inst 1995 Dec 6;87(23):1767-76.

## Fresh Fruit and Vegetables and Immunity

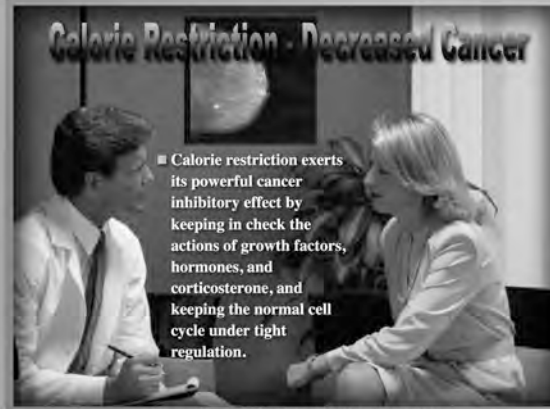
- Fresh fruit and vegetables are very high in naturally occurring nutrients and have been shown to help fight infections, inflammation, cancer, and allergic diseases because they invigorate the immune system.



Fortschr Med. 1990 Jun 10;108(17):338-40.

## Calorie Restriction - Decreased Cancer

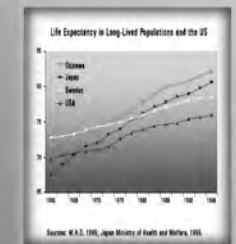
- Calorie restriction exerts its powerful cancer inhibitory effect by keeping in check the actions of growth factors, hormones, and corticosterone, and keeping the normal cell cycle under tight regulation.



Cancer Research 63, 1228-1234, March 15, 2003

## Okinawan Experience

- 40 percent fewer calories than Americans.
- Caloric intake of Okinawan children is 36 percent below the Japanese recommended intake.
- Okinawans have adequate nutrition.



Preventive Medicine, June, 7(2):205-17.

## Okinawa - Morbidity Minimized

- Compared to Americans, Okinawans:
  - 80% fewer breast and prostate cancers.
  - 80% fewer heart attacks.
  - 75% more likely to retain cognitive ability.
  - 50% fewer ovarian and colon cancers.
  - 50% fewer hip fractures.

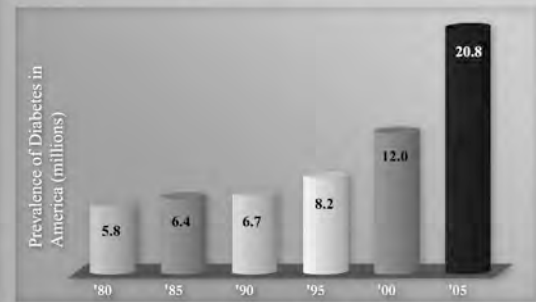


Preventive Medicine, June, 7(2):205-17.

# Diabetes

The Butter With The Sweet

## Prevalence of Diabetes, 1980-2005



Sources: CDC, Diabetes Data and Trends, 2005. CDC, Diabetes Fact Sheet, 2005.

## Diabetics With Heart Disease and Stroke



- Heart disease and stroke account for about 65% of deaths in people with diabetes.

## Other Complications

- Life expectancy reduced by 1/3.
- More infections.
- More likely to die of pneumonia or influenza.



## Weight and Prevalence of Diabetes



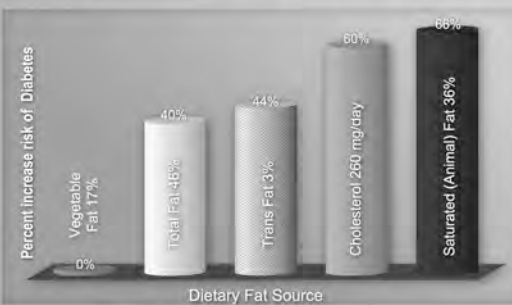
JAMA Jan 1, 2003; 289:76-79

## Fast Foods, TV, and Diabetes



Circulation, Feb. 25, 2003

## Fats and Diabetes



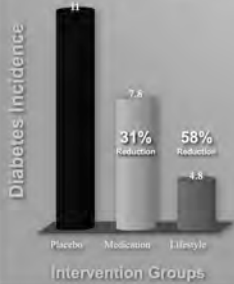
Adapted from Holmberg et al. Ann Clin Nutr 2001; 23:109-216

## Physical Activity and Risk of Diabetes



Nurses' Health Study, JAMA, Oct. 20, 1999

## Intervention Trial to Prevent Diabetes



- Lifestyle changes include:
  - Weight loss, goal 7% of weight.
  - Daily Exercise.
  - Diet Improvement:
    - High fiber.
    - Low saturated fat.
    - Low glycemic load.

NEJM 346:393-403, Feb. 7, 2002



Diabetic patients were studied for 25 days on a special diet, exercise program with adequate sunshine, rest and pure filtered water. Patients were fed an unrefined plant based diet, low in fat (10%-15%), high in fiber with no cholesterol.

- Average weight loss was 10.8 lbs.
- Nearly 1/4 no longer needed insulin or blood sugar drugs.
- Those who still needed injections saw their insulin requirements cut nearly in half.
- The average blood pressure dropped from 155/81 to a safer 132/77.
- And 81% had complete relief of diabetic peripheral neuropathy.

Crane, J Nutr Med (1994)

## Alzheimer's Disease

## Alzheimer's Disease



- Alzheimer's disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, communicate or carry out daily activities.

## Alzheimer's Deaths

- Alzheimer's is the 8th leading cause of death for people 65 years of age or older.
- 20,606 Alzheimer's deaths occurred in 1995.



Public Health Rep. 1997 Nov-Dec;112(6):497-505

## Alzheimer's Prevention

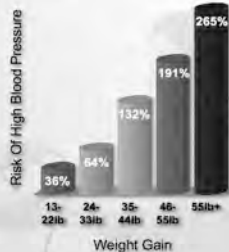
- Prevention is the best strategy:
  - Healthy lifestyle, a healthy body supports a healthy brain.
  - Blood pressure control.
  - Cholesterol control.
  - Regular physical activity.
  - Ongoing education, exercise strengthens the brain.



Can Fam Physician. 2006 Feb;52:200-7.

## Escalating Obesity Raises Pressure Concerns

- Weight loss decreases the risk:
  - 24% for a 13.2 to 22 lb loss.
  - 53% for a >22 lb loss.



Int J Obes (Lond). 2007 Dec;31(12):1818-25

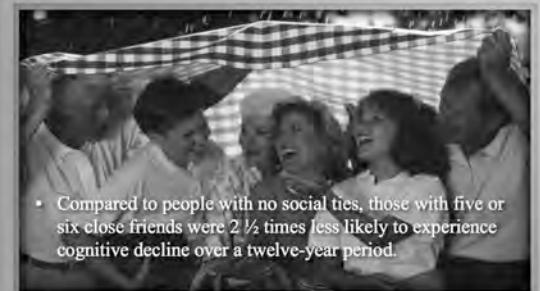
## Alzheimer's Among Friends



- People with more friends were found to have better cognitive function and lower rates of Alzheimer's.

Lancet Neurol. 2006 May;5(5):406-12.

## Social Health



- Compared to people with no social ties, those with five or six close friends were 2 1/2 times less likely to experience cognitive decline over a twelve-year period.

Clin Geriatr Med. 2002 Aug;18(3):485-503

## Alzheimer's and Cholesterol

- Hypercholesterolemia is a risk factor for Alzheimer's disease.
- Rabbits fed cholesterol in their diet developed Alzheimer's type changes in their brains.



Neurosci Lett. 2004 Oct 14;369(2):87-92. J Mol Neurosci. 2004;24(1):97-104.

## Mad Alzheimer's Disease

- A recent study links up to 13% of all "Alzheimer's" victims as really having Creutzfeldt-Jakob disease.
- There is three times the risk of developing Alzheimer's in meat eaters as opposed to vegetarians.



Med Hypotheses. 2005;64(4):699-705.

## Alzheimer's and Caloric Restriction

- Evidence indicates that overeating is a risk factor for Alzheimer's Disease.
- Caloric Restriction is preventative in delaying the onset of Alzheimer's.



FASEB J. 2005 Apr;19(6):659-61. Epub 2005 Jan 13.

## Stress and Alzheimer's

- Chronic stress accelerates the onset and severity of cognitive deficits and Alzheimer's disease.



FASEB J. 2006 Apr;20(6):729-31; Neurology. 2003 Dec 9;61(11):1479-85.

## Oxidative Stress and Alzheimer's

- Protection against oxidative stress by antioxidant fruits and vegetables with good micronutrients has been shown to delay the onset of Alzheimer Disease.



Neurobiol Aging. 2006 Apr 17; Proc Nutr Soc. 2005 Nov;64(4):565-70.

## Mental Health With Aging

- Learning stimulates growth of dendrites and creates additional neuronal networks, which is important for overcoming damage to brain tissue.



Perls TT, et al. Living to 100: Lessons in Living to Your Potential at Any Age, p. 157.

# Arthritis

## Arthritis and Americans

- According to the CDC, 31% of the U.S. population suffer from arthritis, making arthritis the leading cause of disability among Americans.



## Arthritis and Diet

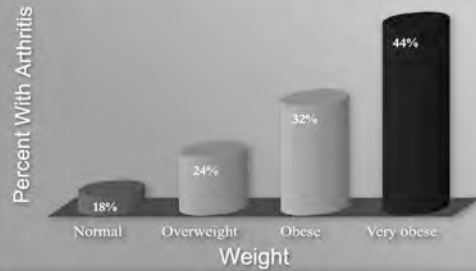
- People who are low in vitamin C and D have 3 times the risk of osteoarthritis.
- The antioxidant and collagen promoting properties of vitamin C delay the onset of osteoarthritis.



Arthritis Rheum 1995;38:1500-5; Postgrad Med J. 2003 Jul;79(933):377-83.



## Obesity and Prevalence of Arthritis



JAMA Jan 1, 2003; 289:76-79

## Weight Loss and Joint Health



- A 10% weight reduction in patients with knee OA improved function by 28%.

Osteoarthritis Cartilage. 2005 Jan;13(1):20-7.

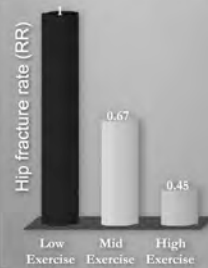
## Exercise and Cartilage Nutrition



- Cartilage has no blood supply. It depends on cyclic weight bearing to pump or squeeze nutrients in and out of its sponge like matrix.

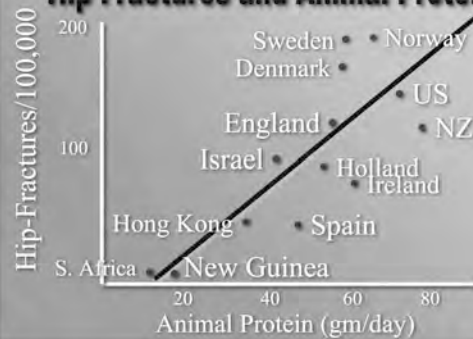
Ann Rheum Dis 1990 Jul;49(7):536-9.

## Exercise and Hip Fracture



JAMA Nov. 13, 2002; 288:2300-06

## Hip Fractures and Animal Protein



Abelov BJ, et. Al. Calcif Tissue Int. 1992 Jan;50(1):14-8.

## Macular Degeneration

## What is Macular Degeneration?

- 10 million Americans have macular degeneration.
- Macular degeneration is the deterioration of the back layer of the eye that sends the images we see to the brain.
- It is the leading cause of blindness for those aged 55 and older.



## Risk Factors For Macular Degeneration



- Smoking.
- High cholesterol.
- Low HDL.
- Diabetes.
- Obesity.
- Oxidative Stress.
- High triglycerides.
- Chronic blue light exposure.

Ophthalmology. 2004 Jul;111(7):1280-7.

## Effective Dietary Interventions For Macular Degeneration



- Lifestyle factors for cardiovascular disease are also helpful for Macular degeneration.
- Antioxidant vitamins A, C, E, and Zinc.
- Spinach and Cabbage contain zeaxanthin and lutein.

JAMA. 272:1413-20(1994). Arch Ophthalmol. 111:104-9(1993). Ophthalmology. 2005 Dec;112(12):2076-80.

## Retirement Health by Design

## Maximize Your Health



- Successful aging involves lowering one's risk of disease.
- Develop strategies to maximize your genetic strengths while compensating for deficiencies.

## Self Fulfilling Prophecy

- What we have shown is that you have a choice, you can lower your risk of:
  - Heart Disease.
  - Cancer.
  - Diabetes.
  - Alzheimer's disease.
  - Arthritis.
  - Macular degeneration.



## Live To Your Potential

- Don't waste your life-savings on medical bills.
- Miss being there for your grand children.
- Be a burden to others.
- Retire to a nursing home.

## Live To Your Potential

- Don't waste your life-savings on medical bills.
- Miss being there for your grand children.
- Be a burden to others.
- Retire to a nursing home.
- Identify your inherited and cultivated disease weaknesses and learn to make them your strengths.

Northern Lights Health Education

WWW.JohnClarkHealth.com  
WWW.MyBirdFlu.info

Email: ClarkHealthEd@aol.com

# NEWSLETTER!

*The Good News*

being valued, being loved, freedom of thought, freedom of choice, freedom to trust, peace, contentedness. These are ours, there are choices we can make, there is always Truth to be found.

We are happy to present you with our two latest DVD's on Diabetes and Cancer. We hope you will be able to use these for showing to your friends and community, and helping people with these problems. If you put them in a computer there is additional support materials included on them, like handouts and advertising ideas. The Cancer DVD production was held up for a time but we are pleased it is finally finished! It not only has John as a presenter but also Amber Bell, who helped John in late 2006 with a DVD production on Avian Influenza (or Bird Flu). These have been made available thanks to you, supporters of our non-profit organization, our ministry if you will and we thank you all. These DVD's and our live health presentations are helping countless others because of the selfless giving by all those that wish to see others learn about health and healing. We hope that the information will go far and wide and we encourage it to be copied and distributed for non-commercial purposes.

Neil Nedley, M.D.

## PROOF POSITIVE:

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WRITTEN BY NEIL NEDLEY, M.D.

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