



## MACHE 2009 Annual Conference Friday Workshops

**Workshop:** HealthWISE2: The Learning/Nutrition Connection

**Speaker:** Donna Clearman M.S., R.D.

**Session:** II **Time:** 1:30 p.m.

### *The Learning/Nutrition Connection*

#### *I. The Learning/Nutrition Connection*

- A. How nutrition affects learning
- B. How learning influences nutrition and life-long health
- C. Benefits of home education

#### *II. The 8 Essential Requirements for Healthy Living*

- A. FRESH AIR – indoor and outdoor
- B. SUNSHINE – 10 to 15 min./day; vitamin D essential for bone health
- C. REST – 8 hrs. sleep (10 hrs, if growing)
- D. EXERCISE – a lifestyle or a necessary activity
- E. WATER – for disease prevention
- F. MODERATION – self-control, time management
- G. NUTRITION – **SIMPLE DIET OF WHOLE FOODS EATEN AS FRESH AND UNPROCESSED AS POSSIBLE**
- H. SPIRITUAL – stress management, relationships to God and man
  - 1. Health-giving responses to negative stress:
    - anger: Matt 5:22, Eph 4:26
    - resentment: Matt 18:21-22
    - worry: Matt 6:34, Phil 4:13
    - fear: Matt 10:20,28, Heb 13:5-6
  - 2. Promises of health: Prov 3:8, 4:22, 16:24, Isa 58:8, Jer 30:17

#### *III. Basic Nutrition: What DO we need and WHY?*

- A. Macronutrients – Carbohydrates, Fats, Proteins
  - 1. Carbohydrates – energy, spares protein
    - Sources: grains (flours), starchy veg., fruit, beans, honey
    - Avoid: white flour products, white sugar
  - 2. Fat – energy, nutrient transport, cell structure, vitamin absorption
    - Sources: oils, egg yolks, nuts, seeds, olives, avocados: (15% min)
    - Avoid: hydrogenated oils, saturated fats
  - 3. Protein – tissue building, repair, and maintenance, energy
    - Sources: meat, fish, dairy, eggs, beans, legumes, seeds: (10% min)
- B. Micronutrients – Vitamins and Minerals
  - 1. Vitamins – metabolism, antioxidants, bones, skin
    - Sources: vegetables, fruits, whole grains, protein foods
  - 2. Minerals – enzymes, oxygen transport, bones
    - Sources: whole grains, beans, legumes, vegetables, fruits, protein sources
- C. Water – hydration
  - Sources: water, foods
- D. Fiber – normal bowel function
  - Source: plant foods

#### *IV. What is the Problem? What is the Solution?*

- A. Desire for convenience and low cost
- B. Food Industry provides both
  - 1. Longer shelf-life, devitalization of foods

2. Dangers of foreign ingredients
- C. Consequences of Nutritional Malnourishment
  1. B vitamins – chronic headaches, difficulty coping, insomnia, depression, paranoia, fatigue, rage
  2. Minerals – toxic metals (lead, mercury, aluminum) take their place
  3. Omega-3s – inflammation, ADD, ADHD
- D. Solution: **Get your food before it gets a nutritional label attached!**

#### V. *Carbohydrate Metabolism – The Sugar Addiction*

- A. Physical response to carbohydrate
- B. Behavior changes with low blood sugar
- C. Insulin response and weight control
- D. What can I do? – Plan, Prepare, Portion, Prevent

#### VI. *Food Allergies*

- A. Symptoms – depression, inability to concentrate, fatigue, confusion, nervous tension, anger, aggressive behavior, illness
- B. Common problem foods (milk, wheat, corn, nuts)
- C. Solution: testing, elimination

#### VII. *What ARE we to eat?*

- A. Diet Craze – High or Low Carbohydrate? Fat? Protein?
  - High protein depletes bone calcium. High fat increases heart disease risk.
  - High carbohydrate keeps insulin levels high – bad for diabetics and weight control.
  - Wrong focus = continued use of processed, devitalized food
- B. Diet Plan that never goes out of style – **A Simple Diet of Whole Foods eaten as Fresh and Unprocessed as Possible!**
- C. New design for dietary recommendations

#### VIII. *Steps to Change – Simple Mathematics*

- A. Addition – water, fresh vegetables, and fruits
- B. Subtraction – remove the highly processed and replace with whole foods; remove the stress that leads to comfort foods
- C. Multiply – your steps for exercise
- D. Divide – the portion sizes for weight control, if needed
- E. Make it easier: make it available, make it fun, tips for school

#### IX. *In Summary – To Improve Learning; To Find and Keep Your Health; and to Drastically Improve Your Life Now and Forever:*

1. Get **relationships** right with God and those around you,
2. **Moderate** your time and life so you can
3. Get the **rest, sunshine, fresh air, water, and exercise** you need
4. To feel like **eating fresh and whole foods**, and then
5. Pass this on to those you love.

#### X. *Recommended Reading:*

- Eat to Live by Dr. Joel Fuhrman, Little, Brown, and Company, 2003.
- Food and Behavior by Barbara Reed Stitt, Natural Press, 1997.
- What the Bible Says About Healthy Living by Dr. Rex Russell, Regal Books, 1996.
- Healthy Eating by Emilie Barnes and Sue Gregg, Harvest House Publishers, 2002.