

Society of Mayflower Descendants Annual Meeting

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So many things can affect our health now-a-days. I thought I would highlight a few things we can actually relatively easily effect and potentially change or improve.

1. Focus on getting healthy protein, healthy fats and lots of green vegetables-other foods are not really adding much more than energy.

Healthy Fats-for high heat cooking–avocado oil, coconut oil, butter , ghee(vegan form of butter)

- For low heat cooking or other uses-extra virgin olive oil, flax seed oil

Other oils for cooking –generally have negative health consequences.

Essential Fatty acids-EFA(essential for brain health and the health of all membranes)-found in fish , most commonly currently obtained from fish oil

Omega 3: anti-inflammatory,(most people are deficient) Omega 6: proinflammatory(over represented in out diet in corn products and corn fed meat)

Supplementation 1000mg EFA per 50lbs up to typical 3000mg adult dose-look for EPA=DHA

2. Avoid Plastics in all areas-use metal or glass containers for storing food and water

BPA-Bisphenol A is an industrial chemical that has been used to make certain plastics since the 1960's. BPA is found in epoxy resins and polycarbonate plastics which are often used in containers that store food and beverages, such as water bottles. It is so pervasive it seems often unavoidable.

BPA interferes with the bodies hormones especially estrogen-behaves like estrogen in the body, also linked to Cancer and diabetes.

BPA free is not safe as the BPA is replaced by other dangerous chemicals.

**Go out and get a metal or glass-lined water bottle and use it rather than bottled water.

3. Get your Vitamin D checked. Your doctor should check a 25(OH) Vit D. If it is below 30ng/ml supplementation is indicated. 1000IU/50lbs, optimal adult dosage is 5000IU/d, optimal level is over 60-(60-100ng/ml).

Vitamin D3 is essential for Immune function, mood and absorption of calcium-Normally made by your skin with 20min of sun exposure. Anyone living north of Atlanta, Georgia generally cannot get enough sun exposure to make an adequate amount.

Optimally the 1st 20min of sun exposure each day should be without sunscreen.

4. Get rid of toxic soaps and cleaners

7th Generation is a good brand-dish soap and dishwasher liquid, laundry soap.

Young Living essential oils has a safe and healthy line of cleaning products: Thieves-You can go to Young Living .com and use my number(2024753)to join and place an order.

Baking soda and vinegar

5. Optimize your sleep.Though people can function on 7hr/night –they function better with 9hrs/night.

National Sleep Foundation Sleep Time Recommendations for age:

| | |
|-----------------------------|-------------------|
| Newborns 0-3mo | 14-17 hrs |
| Infants | 4-11mo 12-15hrs |
| Toddlers | 1-2yrs 11-14hrs |
| Preschoolers | 3-5yrs 10-13hrs |
| School age children-6-13yrs | 9-11hrs |
| Teens | 14-17yrs 8-10 hrs |
| Young Adults | 18-25yrs 7-9hrs |
| Adults | 26-64 7-9hrs |
| Older Adults | 65+ 7-8hrs |

6. Avoid sugar and artificial sweeteners

Honey and stevia are your best sweetener choices

Stevia is a sweet plant without calories available in a number of useable forms in the grocery store.

I have a number of summaries and articles that address these issues that you are welcome to take .