



FREE

**PLANT
BASED
COOKING
CLASSES**



2.0

Targeted at Hypertension, Type 2 Diabetes & Heart Diseases

To be held on:

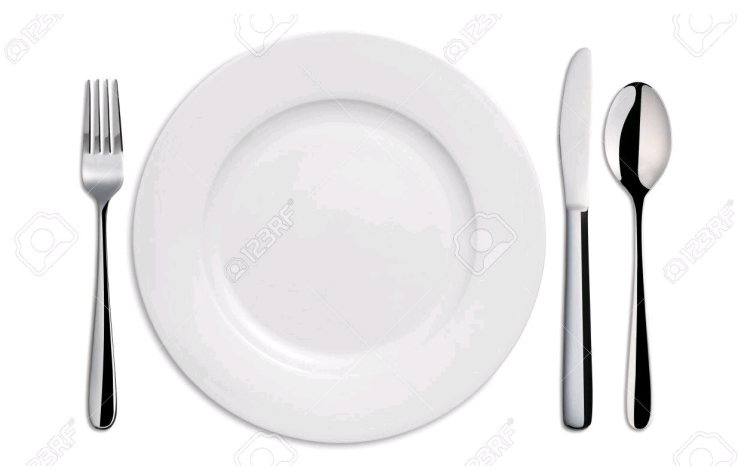
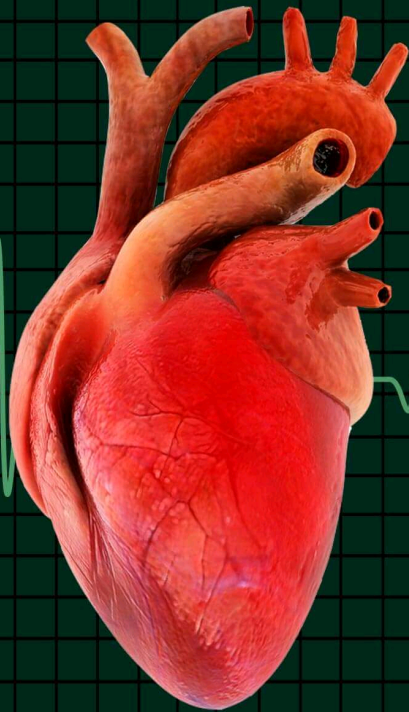
Thursday 13th June 6-8pm

Sunday June 2nd, 9th, 16th, 23rd & 30th 6-8pm

Heart Diseases

Fork & Knife Killers

David O. Ajao, PhD.



CVD morbidity and mortality



CVD is the number one cause of death globally, with an estimated

17.7 million

people having died from CVD conditions in 2015, representing 31% of all global deaths



It is also a leading cause of disability and death in the UK, affecting around

7 million

people and being responsible for one in four premature deaths in the UK



In 2015 CVD was responsible for **26%** of all deaths (129,147) in England

Scale of the problem

Cardiovascular disease (CVD)
is the leading cause of death worldwide

In England, CVD causes

1 in **4** deaths

which equates to

1 death every 4 minutes



Risk factors of CVD

Behavioural risk factors that can be modified include:



- smoking
- high cholesterol
- high blood pressure
- poor diet
- harmful drinking
- physical inactivity



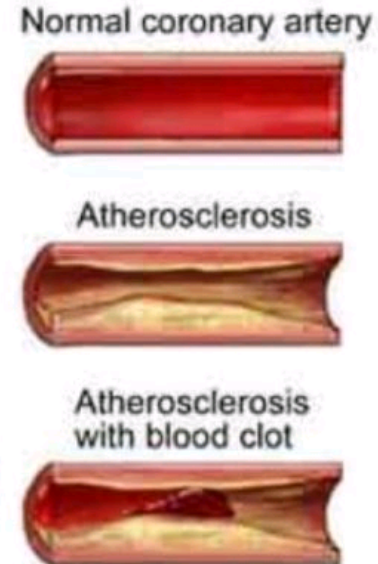
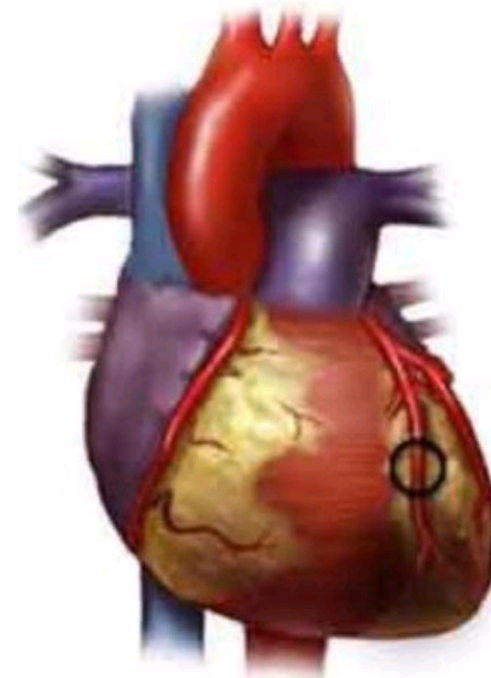
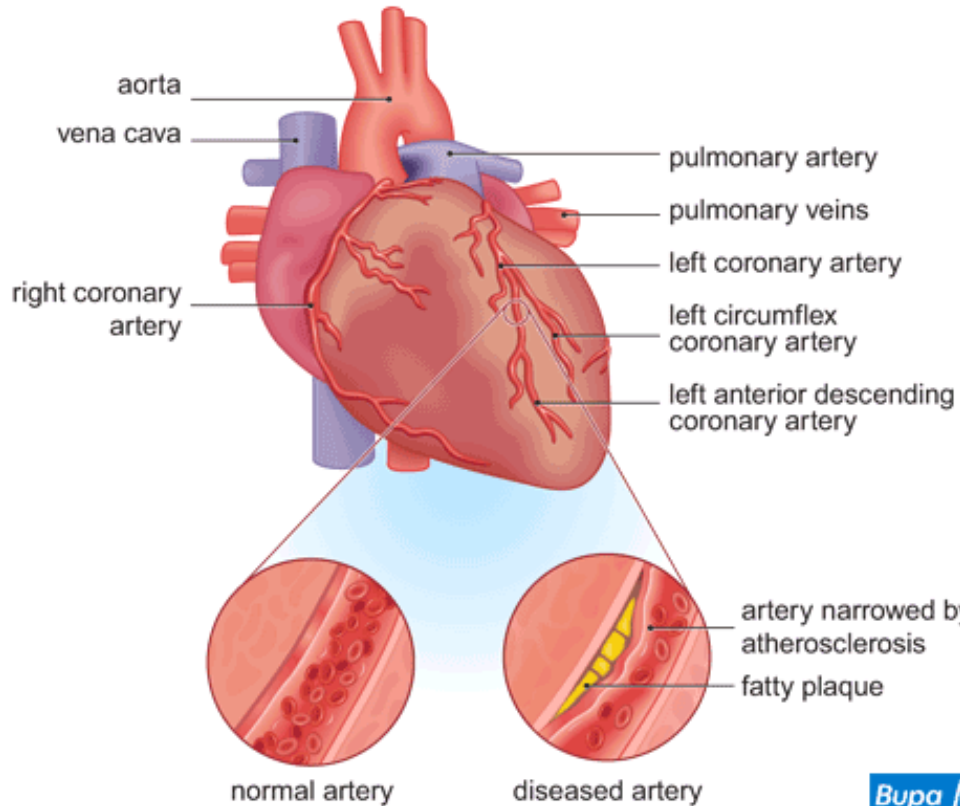
Environmental and social factors include:



- family history
- financial inequalities
- employment
- housing
- air pollution



Coronary Artery Disease (CAD)



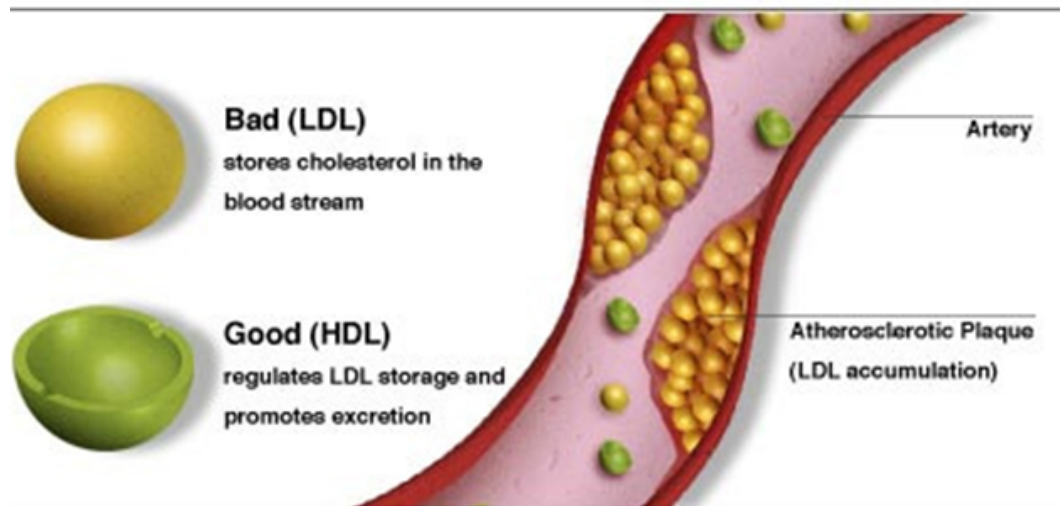
A coronary artery affected by atherosclerosis



What Is High Cholesterol?

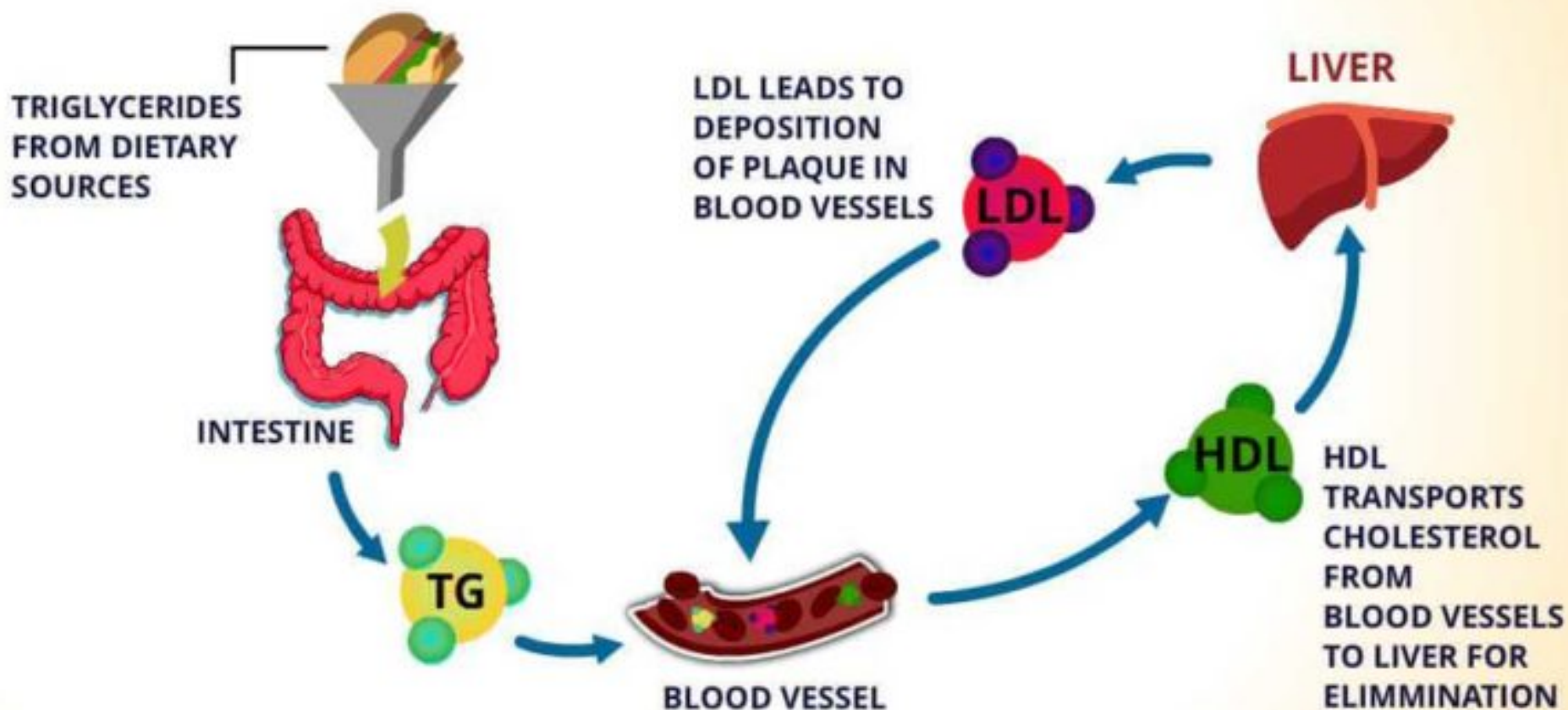
- Recommended **total cholesterol level below 5 mmol/L.**
- Total cholesterol level includes LDL (bad cholesterol) and HDL (good cholesterol) – and the balance between the levels of these two types of cholesterol is also important.
- **Risk of heart disease is increases with a high level of LDL cholesterol and a low level of HDL cholesterol.**

Bad vs. Good Cholesterol



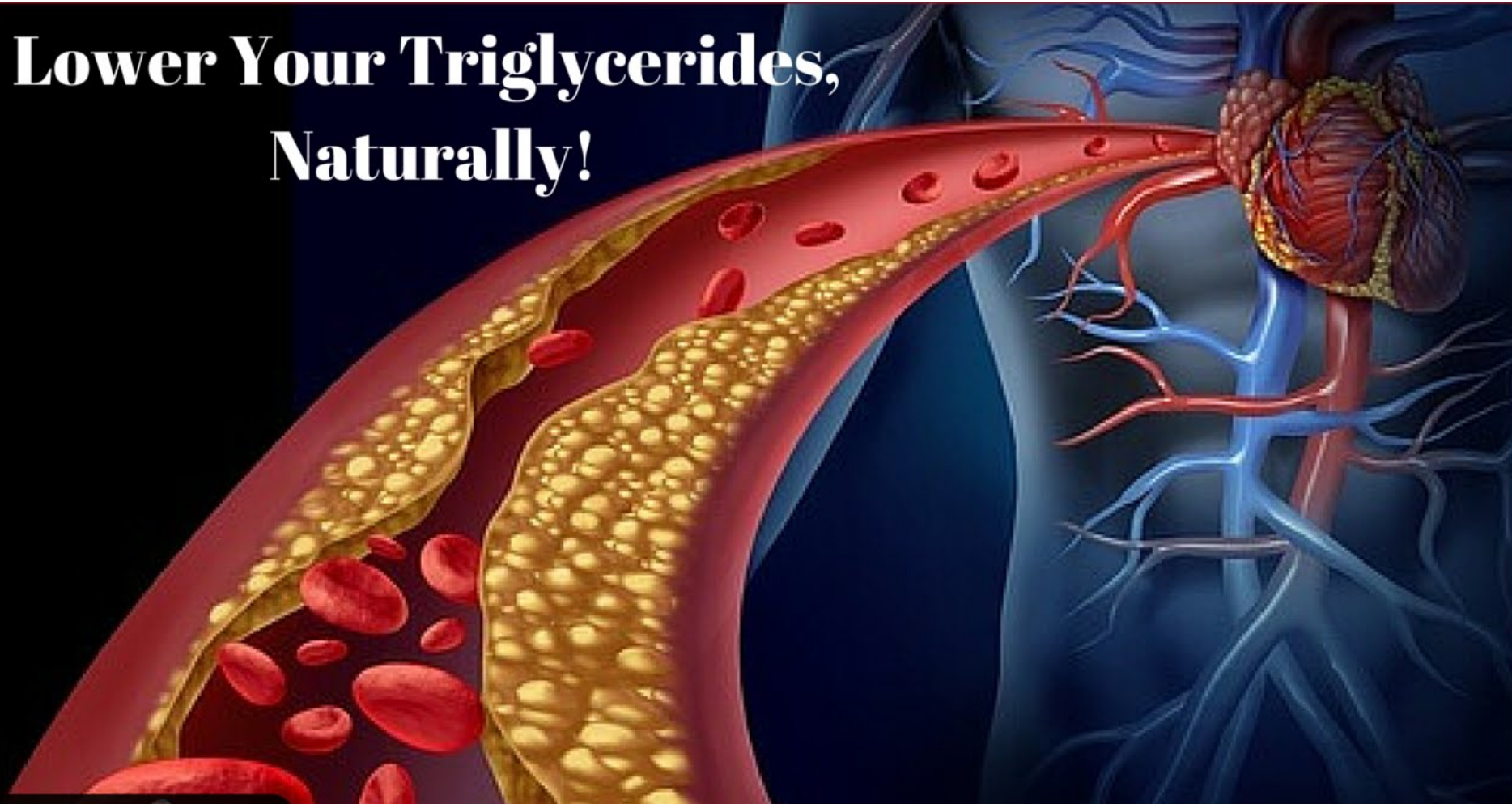
Triglycerides, Cholesterol, LDL & HDL

TYPES OF CHOLESTEROL

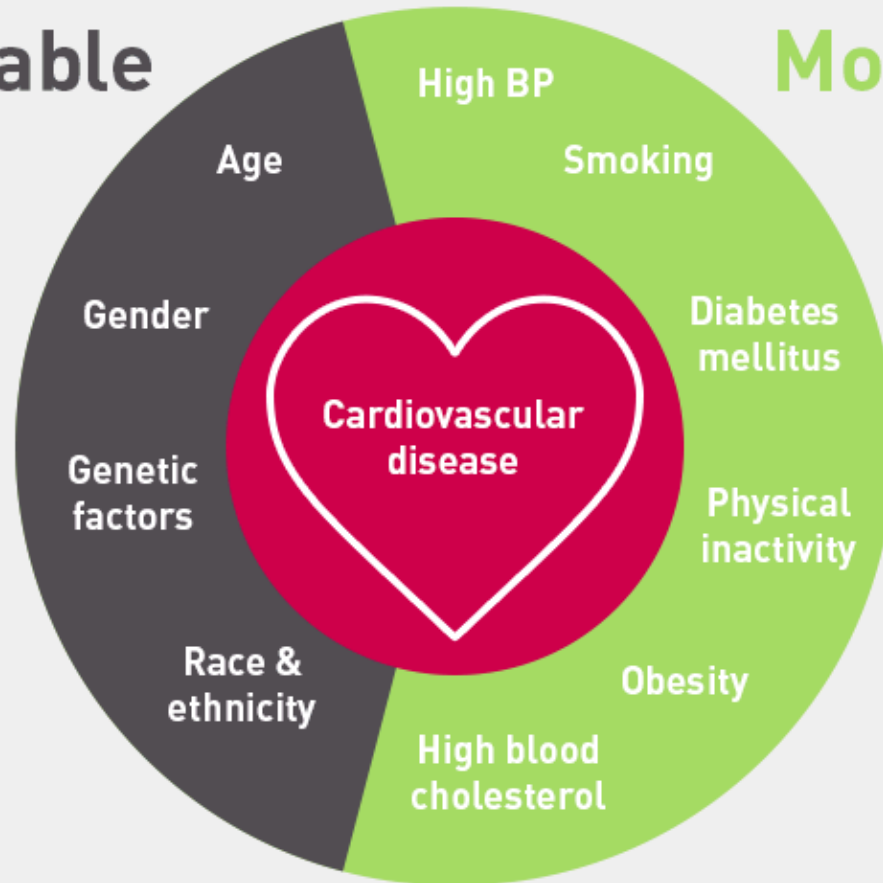


Triglycerides, Cholesterol, LDL & HDL

**Lower Your Triglycerides,
Naturally!**

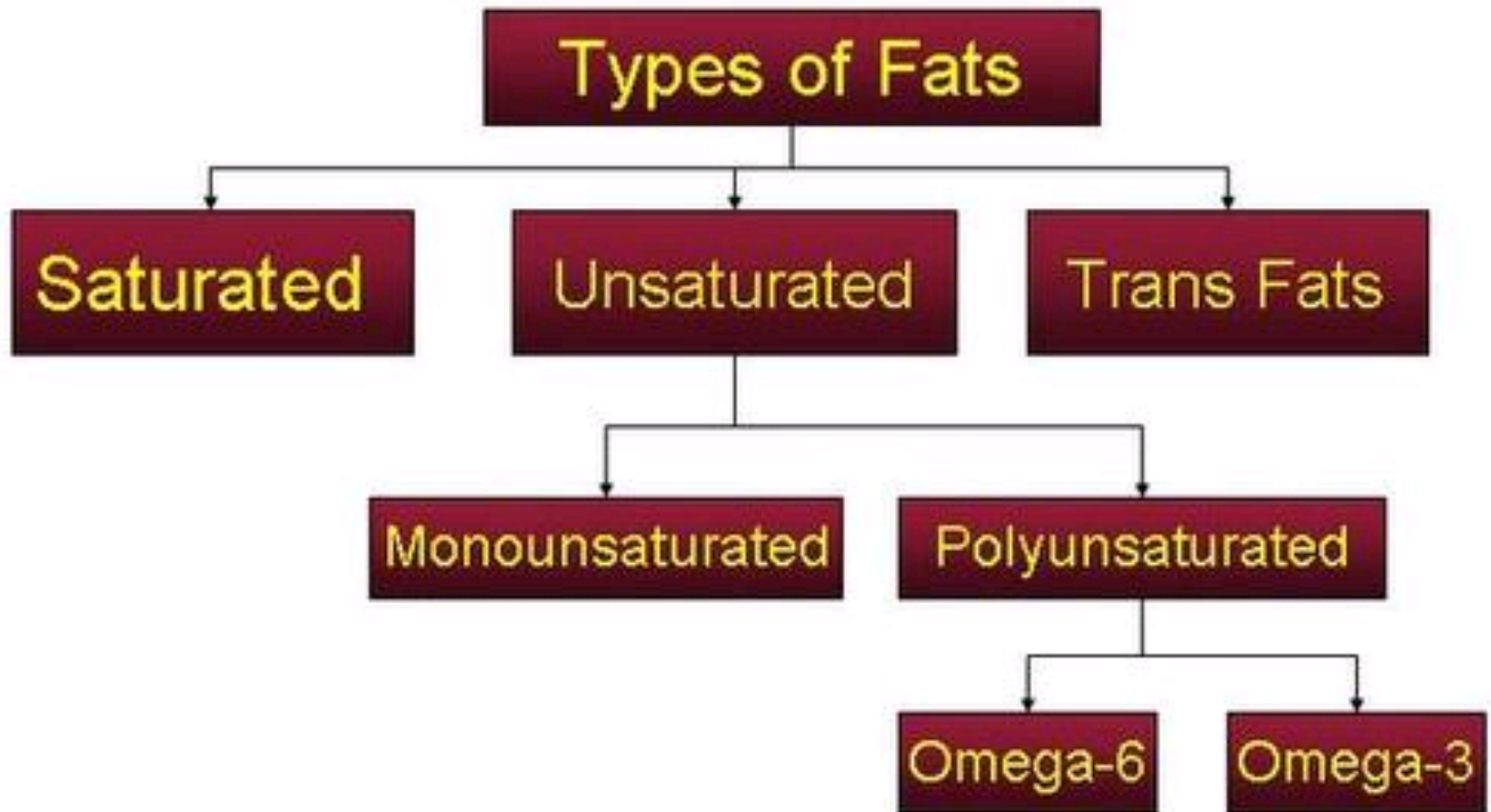


Non-modifiable risk factors

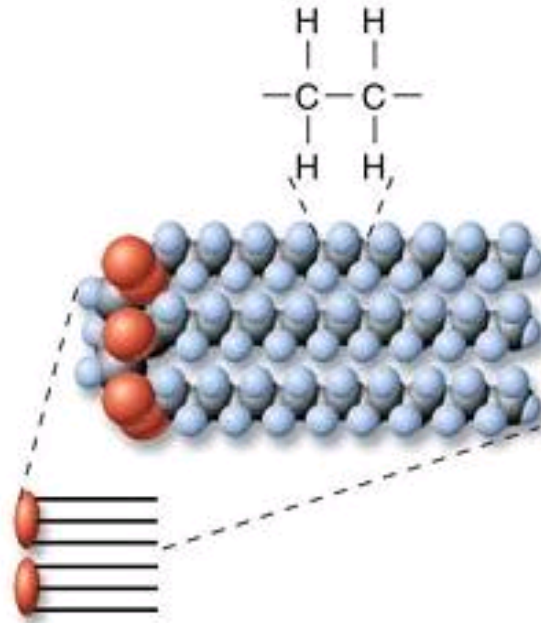


Modifiable risk factors

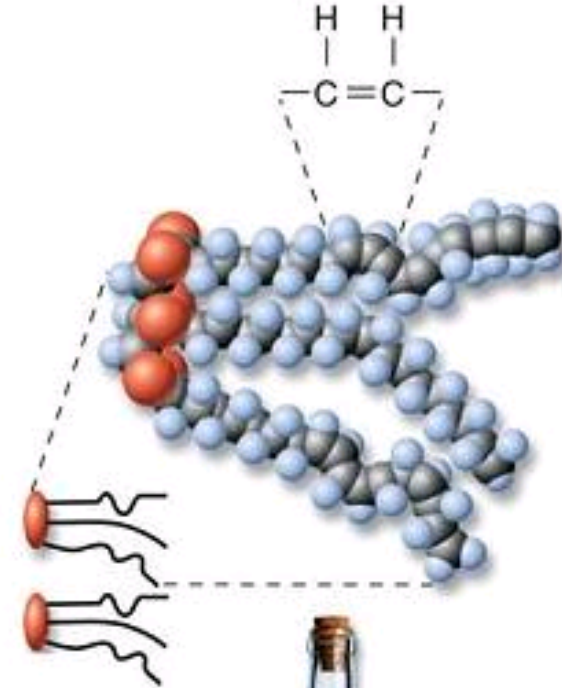
Saturated vs Unsaturated Fats



Saturated vs Unsaturated Fats



(b) Hard fat (saturated): Fatty acids with single bonds between all carbon pairs



(c) Oil (unsaturated): Fatty acids that contain double bonds between one or more pairs of carbon atoms

Mono-unsaturated Fats

Monounsaturated fats are found in high concentrations in:

- Olive oil
- Peanut
- Canola oils
- Avocados
- Nuts such as almonds, hazelnuts, and pecans.
- Seeds such as pumpkin and sesame seeds.



Olive Oil & Canola Oil

- Like olive oil, Canola oil is high in monounsaturated fat (63%).
- High level of polyunsaturated omega-3 (ω -3) fat (9-11%)
- Canola oil contains significant amounts of phytosterols (about 0.9% by weight) that reduce the absorption of cholesterol into the body.
- Olive oil is good for cooking, has a high oxidation threshold i.e. remains stable at higher temperatures

Poly-unsaturated Fats

Foods and oils with higher amounts of polyunsaturated fats include:

- Walnuts.
- Sunflower seeds.
- Flax seeds/oil.
- Fish, such as salmon, mackerel, herring, albacore tuna, and trout.
- Corn oil.
- Soybean oil.
- Safflower oil.

Polyunsaturated Fats



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4



Poly-unsaturated Fats

Nuts/Seeds (1oz)	Omega 3 (g)	Omega 6 (g)	Ratio n-6/n-3
Walnuts	2.6	10.8	4.2
Flaxseeds	1.8	0.4	0.2
Pecans	0.3	6.4	22.0
Poppy seeds	0.1	8.6	96.0
Pumpkin seeds	0.1	5.4	107.8
Sesame seeds	0.1	6.7	55.7

PLANT SOURCES OF OMEGA-3 FATTY ACIDS

@VEGANFITLYFE



CHIA SEEDS



FLAX SEEDS



WALNUTS



EDAMAME



WINTER SQUASH



HEMP SEEDS



CANOLA OIL



WILD RICE



SPINACH



CAULIFLOWER



BERRIES



SEAWEED & ALGAE

Trans Fats

Foods High in Trans Fats



French fries



Cheeseburger



Pies



Chicken nuggets



Vanaspati ghee



Donuts

TRANS FAT

is found **in many foods**



Chocolates & Wafers



Shortening & Margarine



Ice-cream



Biscuits & Cookies



Cakes



Breakfast cereals



Burgers



Breads & Buns



French fries



Pastries, Pies & Puffs



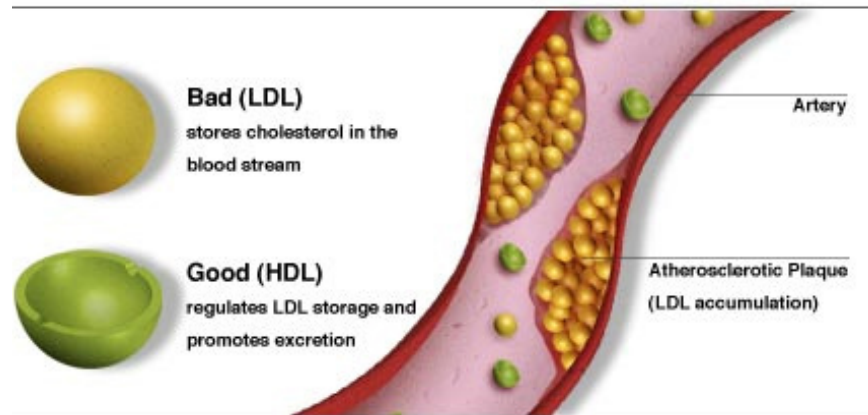
Fried chicken



Pizza

Too Much of Good Cholesterol?

Bad vs. Good Cholesterol



- European Heart Journal: Danish researchers followed 116,000 participants for an average of six years, and found that extremely high levels of HDL were associated with higher risk of death from CVD & all other causes.
- HDL levels of 116 mg/dL in men and 135 mg/dL in women were associated with a higher chance of premature death than occurred in “normal” levels.
- The level of HDL associated with the lowest mortality: 73 mg/dL in men and 93 mg/dL in women.
- So, do what you can to raise your HDL. But don't get too much of a good thing.

<https://atlanticcoastrehab.blog/hdl-too-much-of-a-good-thing>

Too Much of Good Cholesterol?



ESC

European Society
of Cardiology

European Heart Journal (2017) **38**, 2478–2486
doi:10.1093/eurheartj/ehx163

CLINICAL RESEARCH

Lipids

Extreme high high-density lipoprotein cholesterol is paradoxically associated with high mortality in men and women: two prospective cohort studies

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Received 27 November 2016; revised 16 January 2017; editorial decision 13 March 2017; accepted 14 March 2017; online publish-ahead-of-print 12 April 2017

See page 2487 for the editorial comment on this article (doi: 10.1093/eurheartj/ehx274)

Temperance/Moderation



Temperance is moderation in the things that are good and total abstinence from the things that are foul.

~ Frances E. Willard

Temperance

"WET" OR "DRY"

"VOTE WET
FOR MY
SAKE!"



"VOTE DRY
FOR
MINE!"

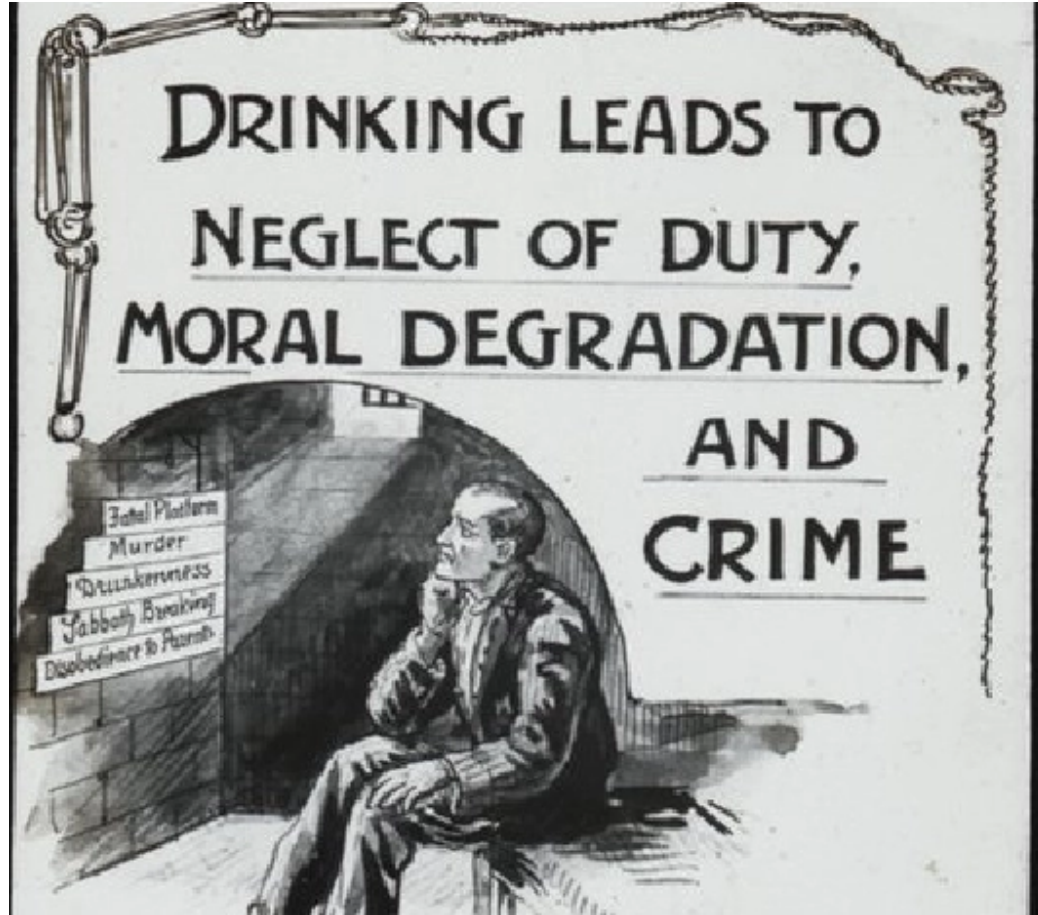


Shall the Mothers and Children
be Sacrificed to the Financial
Greed of the Liquor Traffic?

IT IS UP TO YOU, VOTER, TO DECIDE

VOTE DRY

DRINKING LEADS TO
NEGLECT OF DUTY,
MORAL DEGRADATION,
AND
CRIME



Fasting



1  PURGING OF CANCEROUS OR PRECANCEROUS CELLS

2  A RAPID SHIFT INTO NUTRITIONAL KETOSIS

3  DECREASE IN FAT TISSUE

4  INCREASED GENE EXPRESSION FOR LONGEVITY AND HEALTHSPAN

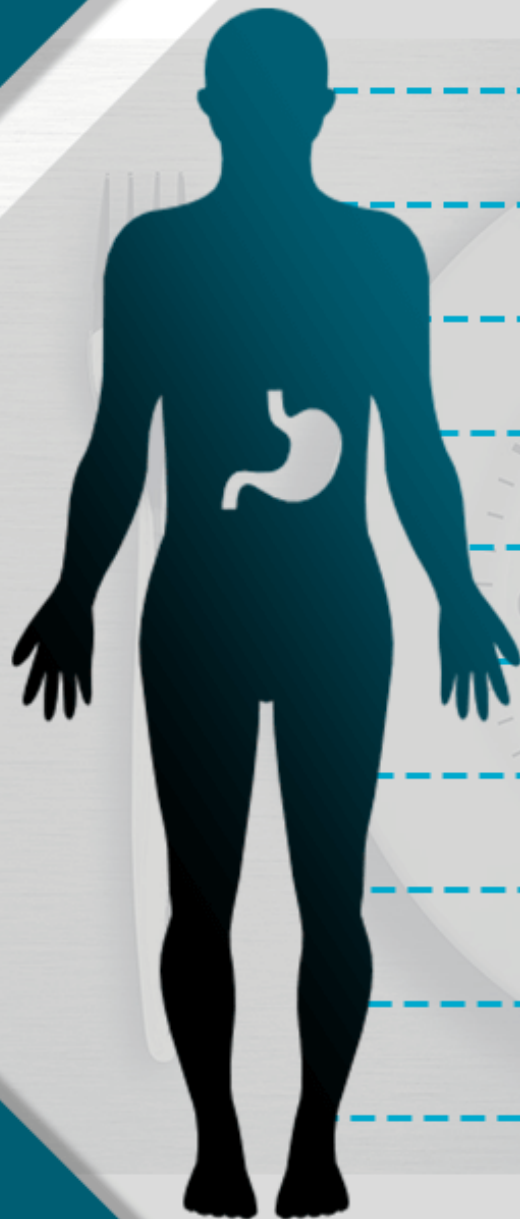
5  AUTOPHAGY AND APOPTOTIC CELLULAR CLEARING/REPAIR

6  IMPROVED INSULIN SENSITIVITY

7  DECREASE IN OXIDATIVE STRESS AND INFLAMMATION

8  ENHANCED COGNITIVE EFFECTS AND NEUROPROTECTION

10 Amazing Benefits Of **FASTING:**



Reduced insulin levels, lower blood sugar



Cellular detoxification



Weight loss, reduced belly fat



Lower inflammation, fewer pains



Reduced cancer risk



Better heart health



Enhanced brain function



Reduced Alzheimer's risk



Better sleep



Improved life span

Eating to Live vs. Living to Eat

EAT TO LIVE



Eating to Live vs. Living to Eat



One Must Eat To Live
Not Live To Eat.

Moliere

Nellie and Annie Lyons Born in 1901 and 1895, the ninth and sixth of 10 children of Annie Daniels and William Lyons, both street hawkers. Only half the Lyons children survived into adulthood

Photograph: Horace Warner/Spitalfields Life

Eating to Live vs. Living to Eat



Children's bedroom in Manchester, 1971

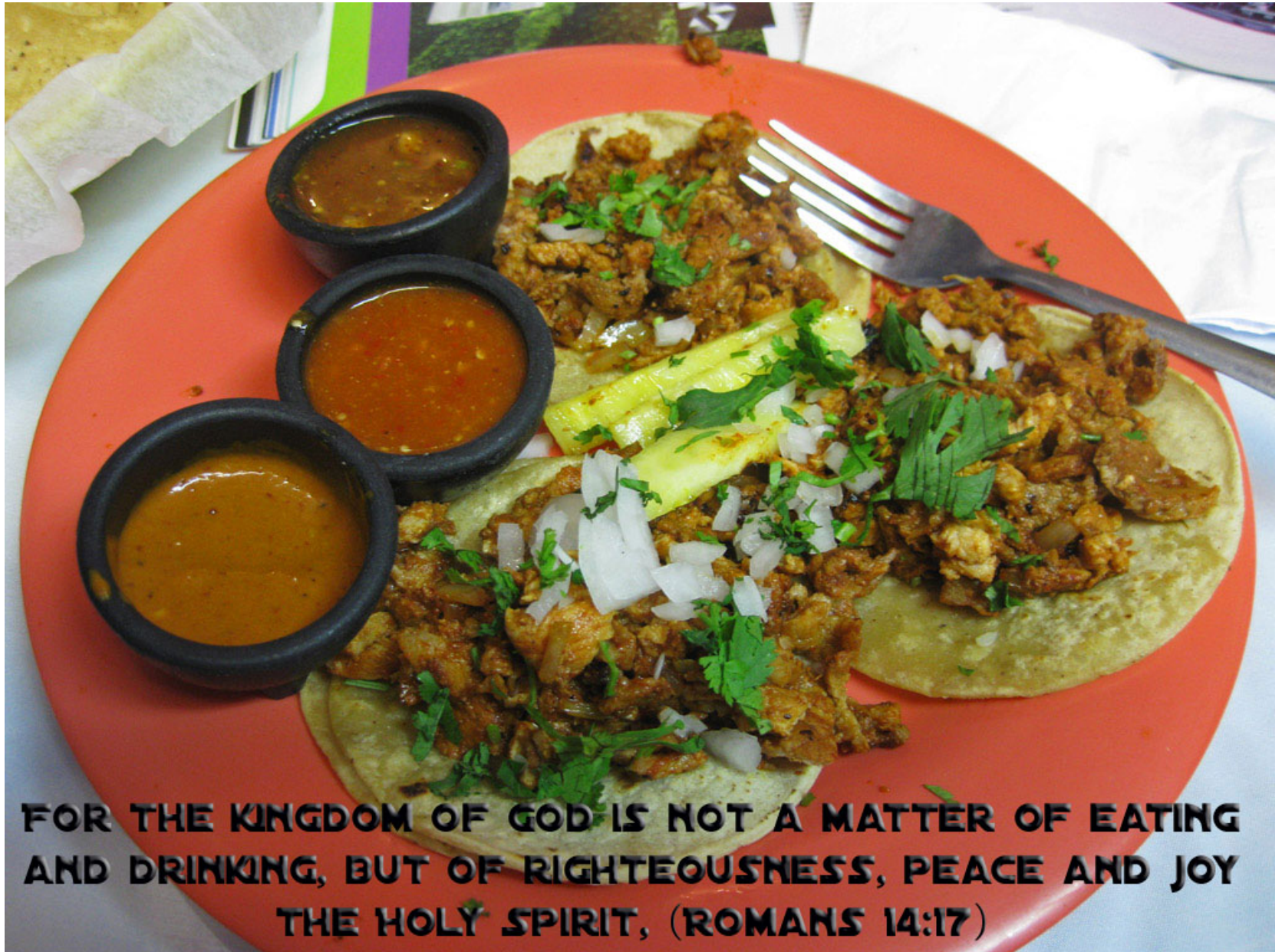
Eating to Live vs. Living to Eat



Courtesy: Kevin Carter, New York Times, March 26, 1993

https://en.wikipedia.org/wiki/The_vulture_and_the_little_girl

Eating to Live vs. Living to Eat



FOR THE KINGDOM OF GOD IS NOT A MATTER OF EATING AND DRINKING, BUT OF RIGHTEOUSNESS, PEACE AND JOY THE HOLY SPIRIT, (ROMANS 14:17)

Eating to Live vs. Living to Eat



MAN DOES
NOT LIVE
ON BREAD
ALONE



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2.0

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Specific Plant-Based Foods/Juice of Benefit

- Fiber-rich and antioxidant-rich foods of all kinds
- Vegetables (all kinds, including beets, carrots, cruciferous vegetables like Brussels sprouts, broccoli, cabbage, cauliflower and kale, dark leafy greens, artichokes, onions, peas, salad greens, mushrooms, sea vegetables and squashes)
- Fruits (all kinds, especially berries and citrus)
- Herbs and spices, especially turmeric (curcumin) and raw garlic (also basil, chili peppers, cinnamon, curry powder, ginger, rosemary and thyme)

Specific Plant-Based Foods/Juice of Benefit

- Legumes and beans
- Healthy fats found in nuts, seeds, avocados and extra virgin olive oil
- Additional teas like green tea, oolong or white tea
- Supplements: Omega 3 (e.g. in flaxseeds, plant-based algal oil); Curcumin (turmeric) and garlic supplements, Carotenoids, Selenium, Vitamin C, Vitamin D, Vitamin E, Glucosamine, etc.