

Maintaining and building...



Energy - Who wouldn't like more?
Kim Pullman RD, LN ~ Deb Rapaport, RN, BSN

First things first:

1. Write your weight on your chart.
2. Draw a line from your 16th week's weight to the 19th.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Are you doing something different?
 - c) Make a note about how you did this month.



What is energy?



- The product of food metabolism—measured in calories.

No really – it's how you FEEL!

- Vitamins
- Caffeine
- Herbs/Other Supplements
- Energy Stealers and Energy Sources

Energy Sources



- Food
- Exercise
- Restful Sleep
- Mental Energizers

Mental *Energizers*

- Positive Thoughts
- Exercise
- Outdoors
- Sunlight
- Colors
- Music
- Friends
- Laughter
- Make Your Own List



Energy "*Vampires*"

- Lack of sleep
- Negative thoughts
- Negative people
- Overeating/high fat
- Dwelling in the past
- Carrying a grudge
- Make Your Own List



Vitamins for energy?

- Vitamins/Minerals do NOT provide energy – BUT – they do help your body do everything it needs to do.



Vitamins and Minerals

- Found naturally in food.
- Organic compound or molecule needed in miniscule amounts.
- Act as coenzymes in a myriad of chemical reactions in the body.
- RDI's vary with age and gender, but are based on needs of 97 - 98% of individuals.

Psychology Quiz

- If you were to take the SAT test tomorrow what would you take with you?

Vitamins are like pencils

- You need a certain kind of pencil for different tests. Other pencils will not do!
- If you have no pencils you can't take the test.
- 10 times as many pencils won't improve your score and 10 times the vitamins won't make the reaction happen any faster.



Who?

- Those on low-calorie diets.
- Those who do not consume a balanced diet (fast food, vegetarian, no milk, not enough fruits and vegetables).
- Those who are pregnant, smoke, or use excessive alcohol.
- Those who have malabsorption or other medical condition.

They are SUPPLEMENTS

- There are many nutritional needs that cannot be addressed by popping a pill.
- Food is the BEST source of nutrients – all together in the perfect package.
- Our vitamin supplements are only as good as our current knowledge....



Hot Topic: Vitamin D

- Many people are not getting enough Vitamin D from their diet or sunlight.
- Naturally present in few foods (cod liver oil, fatty fish).
- Fortified foods such as milk, yogurt and some cereal – this increases every day.
- You can get it from sun – if your body can make it. 10-15 minutes on legs, arms or trunk. BUT – Availability of sunlight is variable.

Why do I need Vitamin D?

- Strong bones (helps absorb Ca & P)
- New research suggests deficiency associated with some chronic diseases: hypertension, cardiovascular disease, diabetes, metabolic syndrome, cancer, autoimmune diseases.

How Much?

- Blood test available to check status.
- Optimal supplement intakes about 1,000 to 2,000 IU (Harvard School of Public Health)
- Some people might need 4000 IU/day to correct deficiencies.
- Look at the label: cholecalciferol D3.



Others to Consider

- Calcium - Deficiencies may spur food intake.
- Vitamin B12 – all B-vitamins key to the “energy” cycle (making food into units of energy our body can use to power our muscles, brain, etc.)
- Iron – anemia anyone?
- Magnesium
- Selenium, Vitamin K, oh my!
- Carnitine...?

Check out:

<http://www.montanadieteticassociation.org/MDA-Conference.html>

Scroll down to Cathy Breedon's handouts.

Remember

- Assure Adequacy (100%) – don't assume it.
- No excesses! Only supplement 100% each day unless otherwise directed by a doctor.

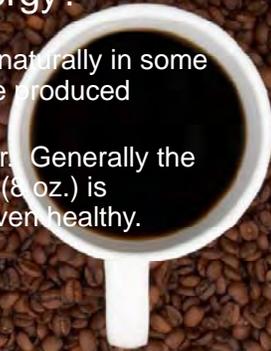
Quick Reference: Vitamins

1. Eat a healthy diet
2. Choose a daily multivitamin
3. Think about D
4. Say no to "megas"
5. Avoid "super" supplements



Caffeine for Energy?

- A stimulant that exists naturally in some substances and can be produced synthetically.
- "Habituation" is a factor. Generally the equivalent of 1-2 cups (8 oz.) is considered safe and even healthy.



Quick Reference: Caffeine

Regular Coffee 8 oz.	135 mg
Espresso per "shot"	30 - 50 mg
Black Tea 8oz	40 - 70 mg
Soda	35-55 mg
Energy Drinks	75-300 mg
Energy gum, mints, etc.	? Who knows?
Chocolate	
"Botanicals": guarana, yerba mate, green tea extract and kola nut.	? Up to 800 mg per dose

Quick Reference: Herbs

Herb	Other Names	Claimed Benefit	Safety Concern
Arnica	Mountain tobacco, leopard's bane, wundkraut	Muscle pain, stiffness	Increase anti-coagulation
Astragalus	Huanchi, huang qi, milk vetch	Weak immune system, fatigue	Interaction with immunosuppressants
Cayenne	Capsicum, red pepper, African chiles	Muscle pain, arthritis, digestive	Skin irritation, digestive disorders
Echinacia	Purple coneflower, Indian head	Immune sx, colds, infection	Immunosuppression

Quick Reference: Herbs

Herb	Other Names	Claimed Benefit	Safety Concerns
Ginseng	Russian root	Endurance, energy, immune fx	anticoagulant
Guarana	Zoom cocoa, Brazilian cocoa	Decrease body fat, energy	Contains caffeine
Rhodiola	Golden root, Arctic root	Energy, endurance	Interacts with other herbs

Risky Dietary Supplements

- Any supplement in greater than recommended amounts
- Ephedra – MaHuang, Mormon Tea, Sida Cordifolia- especially with “ECA stack” (ephedrine, caffeine, aspirin)
- DHEA and androstenedione and other hormone precursors
- Yohimbine – must not be combined with dietary tyramine
- Kava – Piper methysticum.
- GBL, GHB, BD – gamma hydroxybutyric acid.

Considering Supplements

- Ask yourself the questions: What, Why, Who Says, When, How Much.
- www.nccam.nih.gov
- www.nlm.nih.gov/medlineplus/druginformation

Reliable Information

- www.tuftshealthletter.com
- www.mayoclinic.com
- www.hsph.harvard.edu/nutritionsource
- www.nhlbi.nih.gov/health
- www.eatright.org
- www.eatrightmontana.org

Energy is a *Choice*

- How you choose to spend your time, what you choose to eat and how you choose to move your body can give you a sense of accomplishment, well being, better health, and the energy to enjoy life.
<http://www.lshs64.com/enjoytheride.html>



This Month:

1. Challenge: Think of a way you can create energy.
2. DO what you've decided that you will to meet your goals.
3. PRINT the food and fitness log as needed.
4. RECORD your food, fitness and weight in your log at least once per month.
5. BRING your binder and log to our next webinar.

Our next meeting is **Wednesday August 8** from 12-1pm.

Let us know if you have any questions!

