



# Eating for Resilience and Longevity



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**Life is like riding a bicycle**

To keep your **balance**

You must keep **moving**



# Resilience

## resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

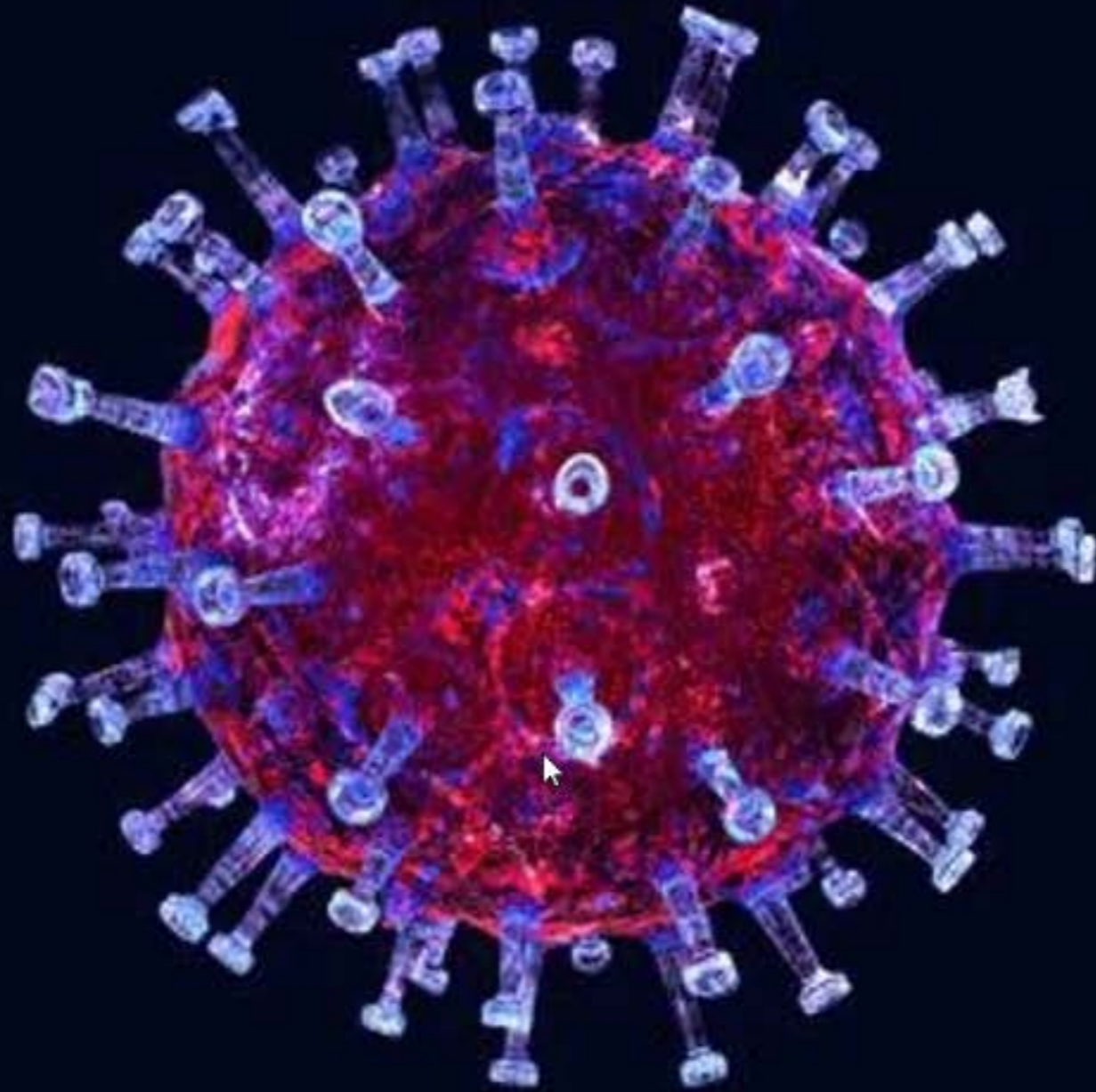


# Total Load and Resilience



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# Co-Morbidities Lower Resilience

- Gut Dysbiosis
- Metabolic Syndrome
- CVD
- Hypertension
- Diabetes
- Obesity
- Cancer
- Depression
- Anxiety
- Substance Abuse
- Autoimmune conditions
- Neurological diseases
- Aging



# Resilience and Longevity

- **Resilience** significantly contributes to **longevity** at all ages.
- More profound at advanced ages.
- Policies and programs to **promote resilience** have long-term positive effects on the **well-being** and **longevity** for senior citizens and their families.

[Curr Gerontol Geriatr Res.](#) 2010: 525693.

# Tools for Resilience and Longevity

**Sunlight - nature**

**Fresh, local food**

**Hydration**

**Movement**

**Mindfulness**

**Sleep / Rest**



**Detox practices**

**Herbs and spices**

**Sauna**

**Periodic Fasting**

**Positive attitude**

**Service to Others**

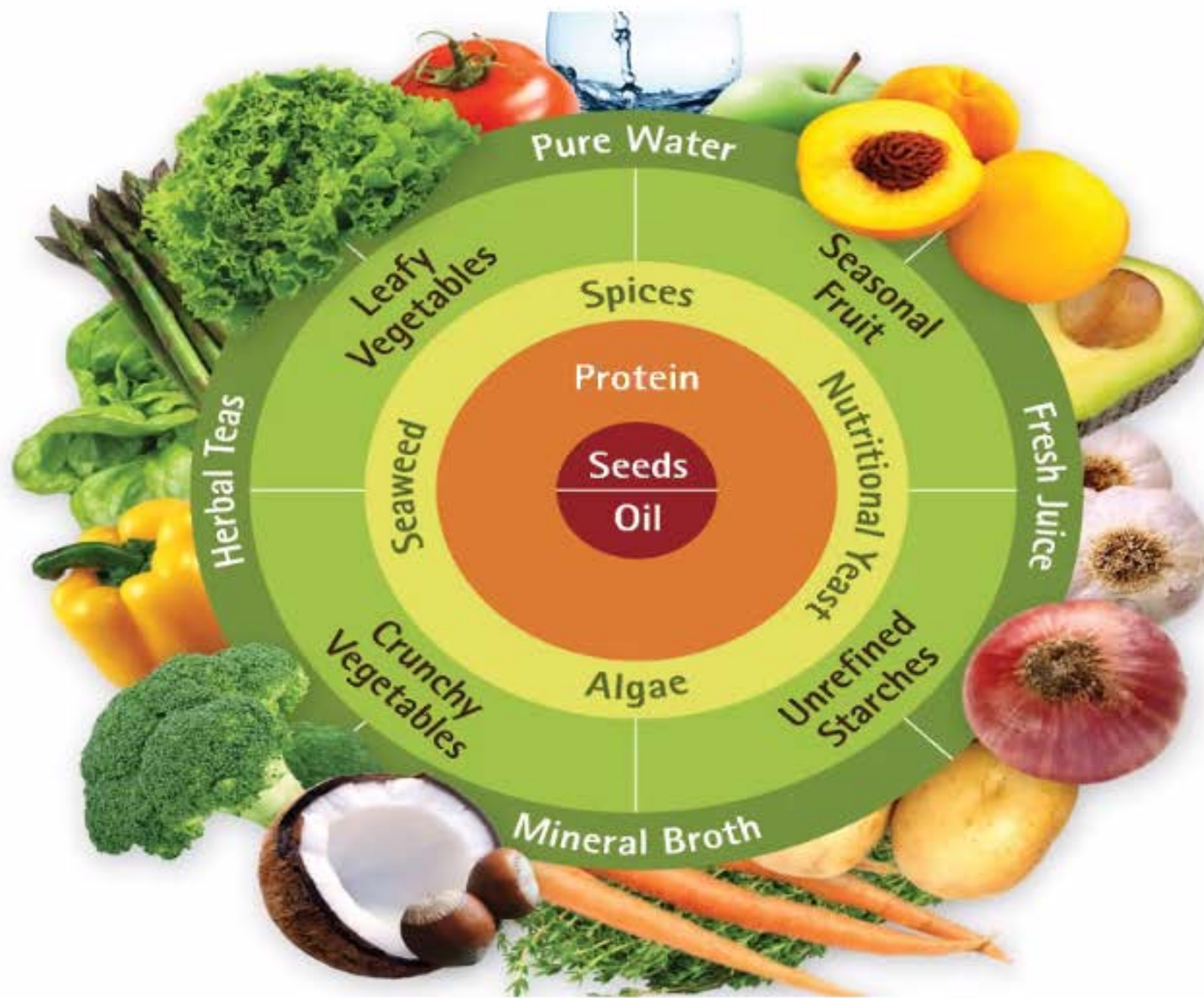
# Food Wisdom

**“When diet is wrong, medicine is of no use.**

**When diet is right, medicine is of no need.”**

- ~ Ayurvedic proverb





- **PROVIDES**
  - Macronutrients
  - Micronutrients
  - Phytonutrients
  - Fibers
  - Fluids
  - Ferments
  - Micro-organisms

**Eating for Health™  
& Resilience**

# Worst and Best Foods and Habits

## Check Yourself Out

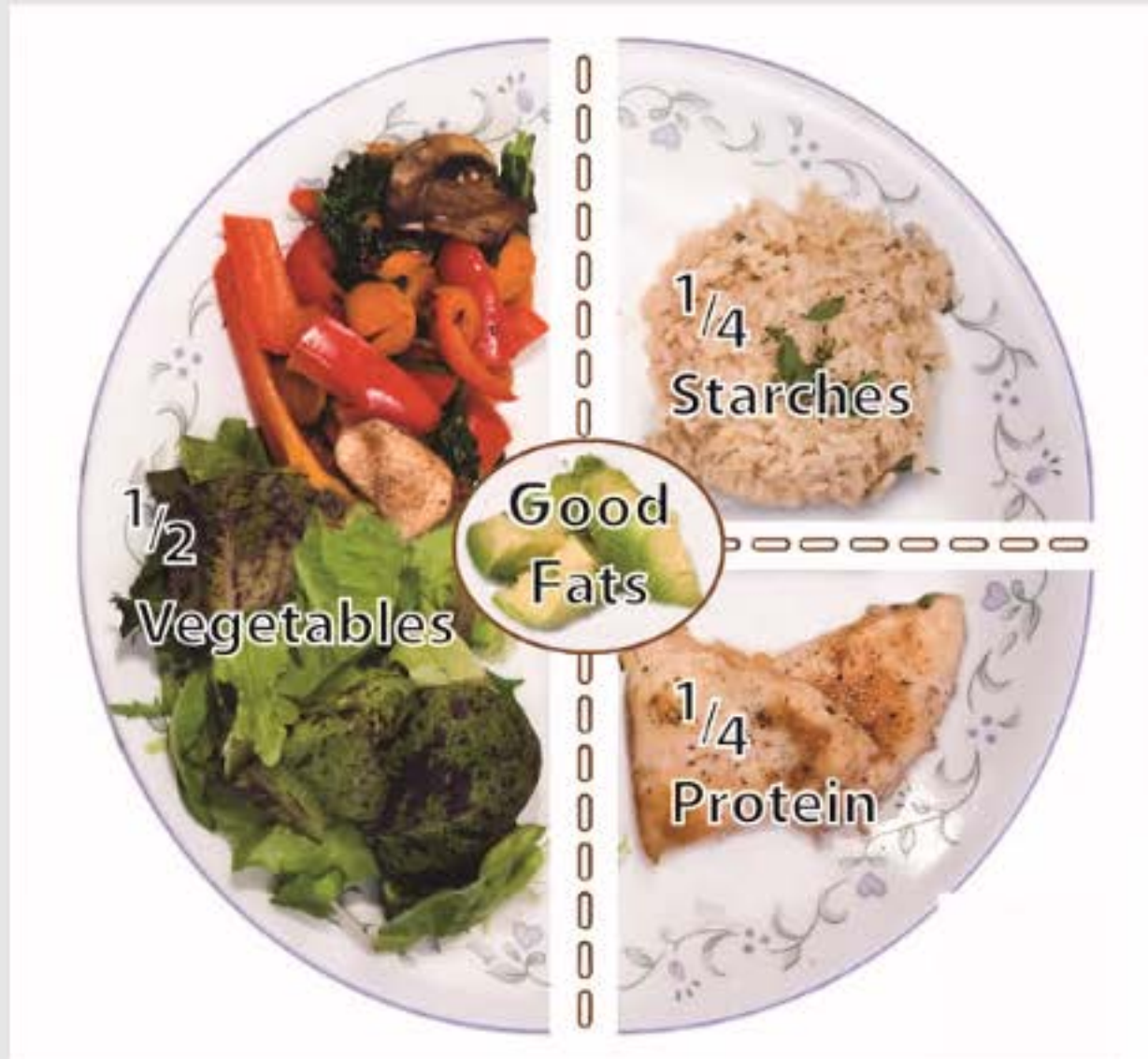
### WORST -

- **Overeating**
- White sugar
- White flour
- Artificial Sweeteners
- Hormone fed meat and dairy
- Hydrogenated fats
- Oxidized or fried vegetable oils
- Excessive gluten
- Excessive caffeine, alcohol
- Tap water

### BEST

- **Mindful eating**
- Fresh organic fruits
- Fresh seeds & oils
- Organic seasonal vegetables
- Unrefined starches
- Green and herb tea
- \*Free range meats
- \*Organic eggs and dairy
- Pure filtered water

\* if you choose



*\*more  
vegetables  
preferred over  
starches on  
some  
nutritional  
programs*

**Well Balanced Plate  
Portions and  
Proportions**

# Immune Supportive Snack Plate

**Name the Ingredients**





# Seeds of Life

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- Delicious, nutty flavor
- Healthy fats — loaded with omega 3
- Loaded with fiber
- May help prevent cancer
- Grind fresh, keep refrigerated
  - Flax oil very perishable - refrigerate
- Great seeds to stock and eat daily
  - Chia, hemp, sesame, sunflower, pumpkin seeds
  - Spice seeds, cumin, cardamom, coriander, caraway



## Beverages: Tea

- **Water + plants = tea**
- **Green Tea with Mint**
- 4 cups water, 2Tbs dried or 10 sprigs fresh mint,
- 1 t. – T. green tea, 2 slices of lemon.
- May add drizzle of honey to sweeten.
- Yield: 4 servings

“The road to health is paved *with good intestines*”





**Vibrant Soil – Powerful  
Plant Food**

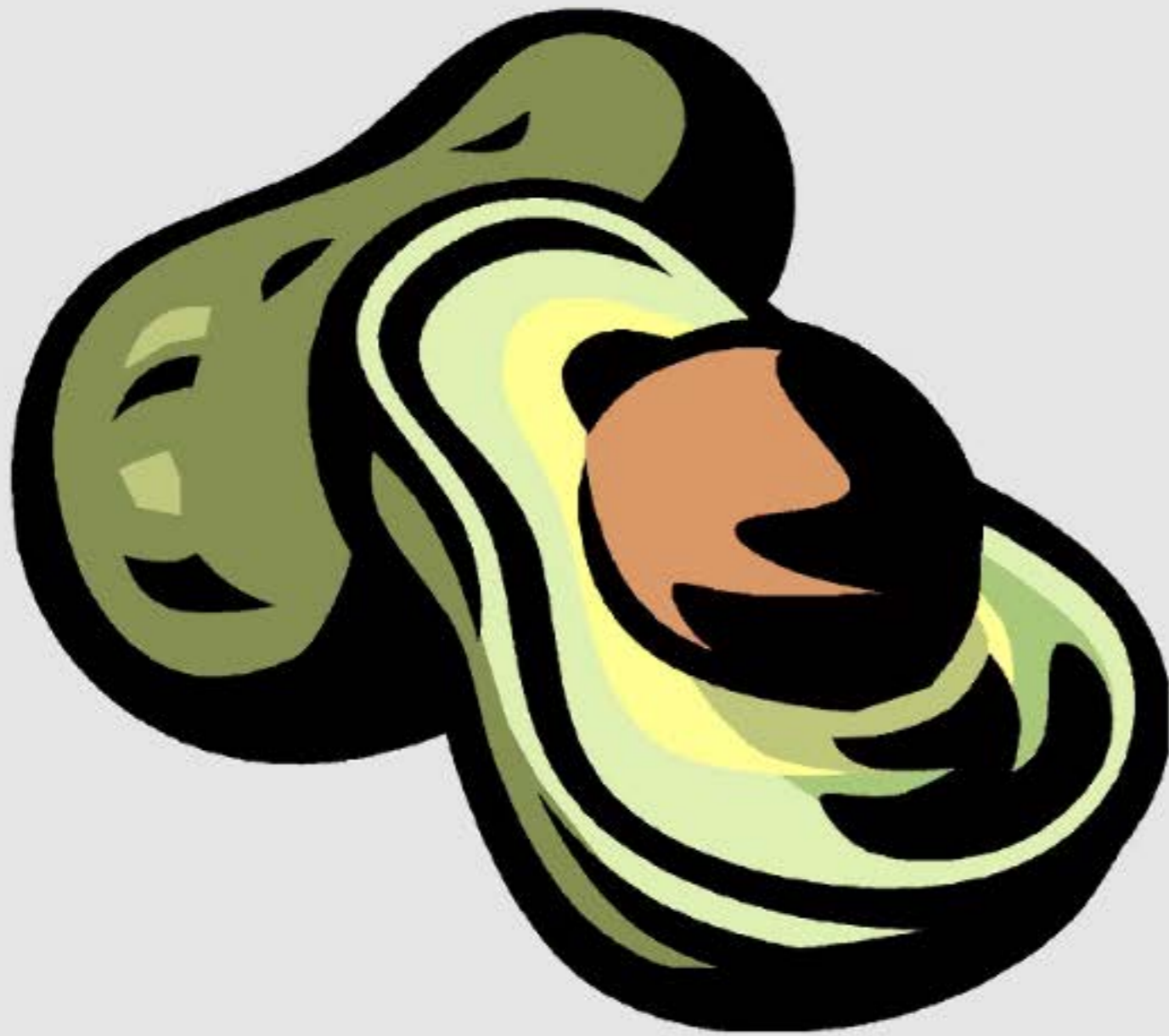
**Build  
Protective  
Gut Ecology**





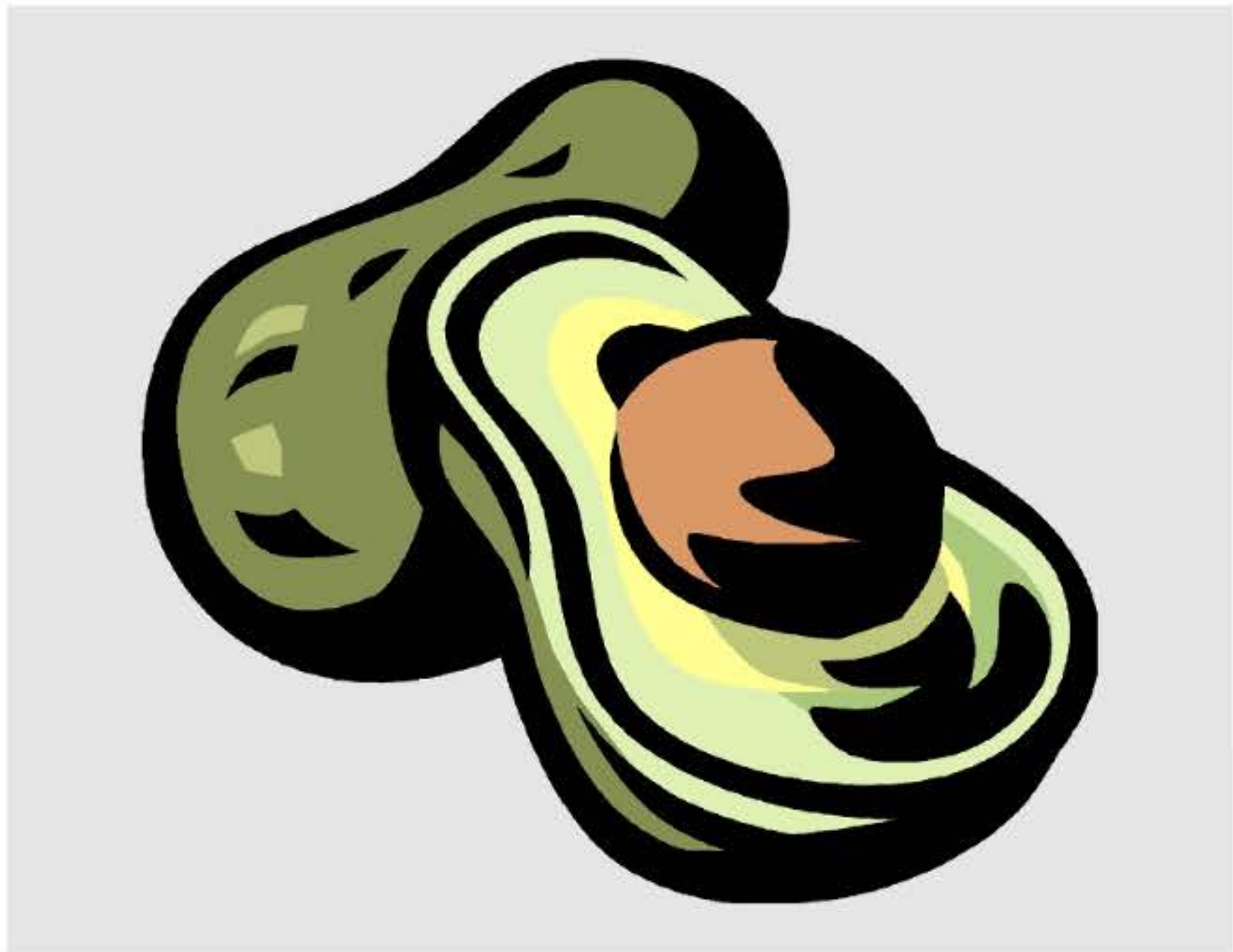
## Microbiome Boosting Foods

- Fresh fruits and vegetables
- Whole grains and legumes
- Seeds, nuts and sprouts
- Fermented foods
- Sauerkraut
- Miso
- Yogurt and kefir
- Kimchi
- Tempeh
- Apple Cider Vinegar
- Herbs, spices,
- Edible flowers



## Satiating Fats Avocado scores A+

- Contain mono fat — heart healthy
- May lower cholesterol
- Slows brain and skin aging
- Hi in potassium regulate blood pressure
- Source of folate — important for heart health, depression control, nerves
- Guacamole therapy!



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# Wild Salmon

- Protein, vitamins, minerals
- Wild salmon - healthiest food
- Extremely heart healthy
  - Balances heart rhythms,  
Lowers cholesterol
- Helps insulin response
- Reduces inflammation, dry eyes
- Wild salmon is better, more omega 3 than farmed
- Other top protein foods
  - Other fish, esp. fatty fish such as sardines, tuna, and mackerel
  - Eggs, tempeh, meats and poultry (no growth hormones, no antibiotics)
  - Whole grain, flax seed pilaf



# Resilience Building Beverages



**Herbal Tea**



**Lemon, Ginger,  
Honey Water**



**Fresh Fruit & Veg  
Juice**



**Bone / Mineral  
Broth**



**Respiratory  
Tonic**



**Green  
Tea**



# Lose the Pandemic Roll

## Belly Trim Food Plan + Exercise + Mindfulness

- AM smoothie, 2 meals day; no food after 6 pm
- Hydrate every hour: lemon water, tea
- Minimize sugar, wheat, dairy, snacks
- Source your food: local and organic

## ACV Tonic

10 oz water, 1 tsp ACV + ½ tsp maple syrup

- Boost metabolism and immunity
- Balances bloods sugar, pH,
- Unpasteurized & unfiltered.
- Use in dressings, marinades, hair and skin rinse

## Lemon

- 1 a day, keeps aging away
- liver, lung, gut, gall bladder tonic



# Spice for Life: Turmeric, Garlic & Ginger

**Turmeric:** Anti-inflammatory (curcumin)

- Immune boosting antioxidants
- Source of beta-carotene
- Heals tissues to diminish pain
- Pair with black pepper & healthy fats



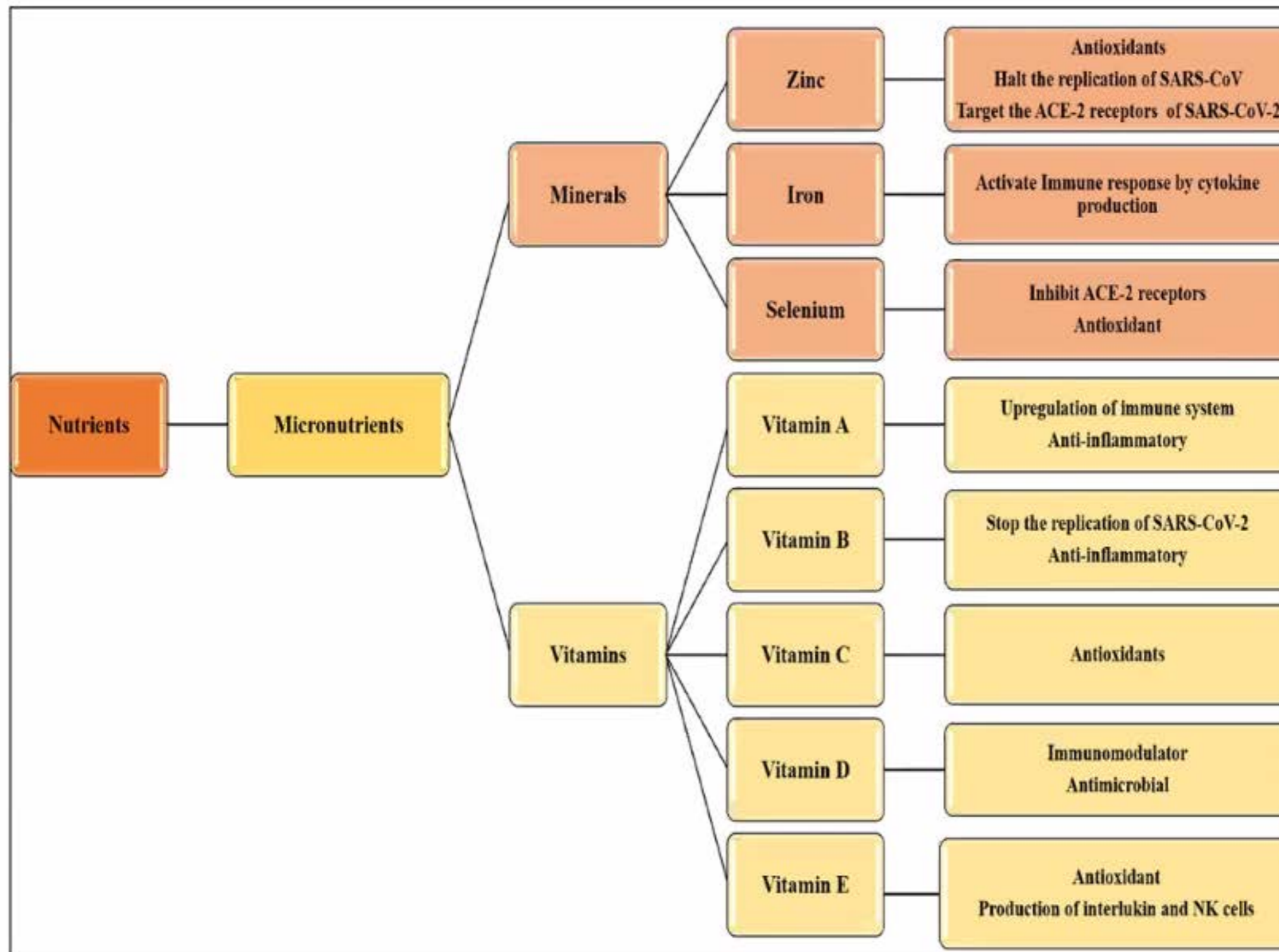
**Garlic:** anti-viral, anti-microbial, immune booster

**Ginger** Stimulates digestion

- Potent anti-inflammatory (gingerols)
- Natural remedy for nausea & motion sickness
- Relaxes digestive tract
- Removes cellular debris
- Promotes warmth and circulation



# Mechanism of Action of Micronutrients





# Bauman Consulting and Community Programs



**Bauman Solutions**  
Advantage Wellness



**Bauman Wellness**  
food • arts • community



# Bauman Wellness Programs

## **Affordable Nutrition**

healing from the ground up

## **Brighten Up**

heal anxiety, depression and insomnia

## **Nutrition Essentials for Everyone**

eating for health and vitality

## **Resilience and Recovery**

wellness tools for CoVid-19 protection

## **Worksite Wellness**

manage stress, build morale, boost productivity

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