

# WELLNESS JOURNEY: AGING WELL VS JUST GETTING OLD

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KITCHEN ON FIRE – COOKING SCHOOL

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## CONTINUING OUR WELLNESS JOURNEY

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We are continuing our wellness journey by making positive changes and adopting healthy habits that reduce lifestyle risk factors and prevent disease.

Learn how to be our best selves at any age. We will discuss how antioxidants, nutrients, and lifestyle choices can reduce premature aging and prevent metabolic slow down. These decisions also could reduce our chances of cancer or other chronic diseases

Is there a treat that's simple to make, packed with antioxidants and tastes amazing?  
YES! Chef Olive is making ...  
Chocolate Bark with Goji Berries and Orange Zest!

# WELLNESS JOURNEY: AGING WELL VS JUST GETTING OLD

EXPLORING OUR BODY'S NEEDS; WHAT WORKS WELL FOR ME

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Are you making  
proactive  
decisions to be  
well as you  
age?

If you are old  
enough to drink,  
you are the right  
age to embrace  
this topic!

Be proactive. Make small changes to make a positive impact on your quality of life as you age

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## WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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### Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting and everything in between (Currently both Virtual and In-Person)

Bringing people together through  
Cooking, Good Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible  
COOK using healthy cooking techniques  
EAT a variety of wholesome foods including herbs and spices  
SHARE and enjoy meals with friends and family  
AWARENESS of allergies and sensitivities

We're all good 😊

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## OBJECTIVES FOR TODAY

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- Changing in our brain and body as we age
- Factors within our control
- Foods that support our brain and body
- Rejuvenation through lifestyle choices
- Making a commitment to long-term health

2022 includes wellness talks, demos, cooking classes and individual consultations for a better you!

Aging is a nature process, though we need to take action as early as possible to slow the process. Your choices can speed up or slow down the aging process!

We are providing practical steps to rejuvenation and longevity.

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## WHAT HAPPENS AS WE AGE?

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Aging comes down to simple math

- If we are degenerating faster than we are regenerating, we are aging
  - Our aging process starts as young adults
- Oxidative Damage
- "the rate of aging is proportional to the level of oxidative damage from free radicals" (Harman, 1956)
  - Free radicals cause damage to the cell membrane
    - Disrupt hormone balance
    - Inactivate enzyme systems
    - Switch on inflammation and pain
    - Over-excite the immune system
    - Diminish mitochondria energy production
    - Damage cell DNA
    - Cause premature cell death and cancer
  - Unrepaired damage accumulates with age



The Father of  
"The Oxidative  
Theory"

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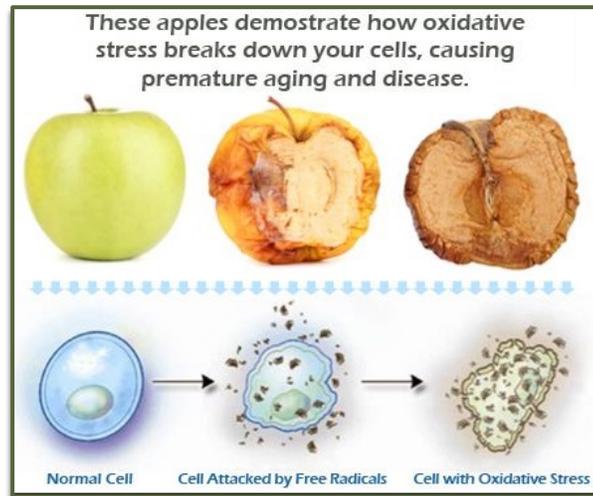
## What is oxidative stress?

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**Oxidative stress** is a disturbance in the balance between the production of reactive oxygen species (free radicals – see next page) and antioxidant defense mechanisms.



Free Radical

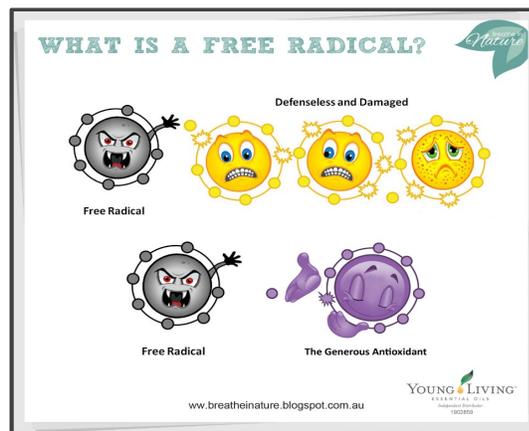


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## What are free radicals and antioxidants?

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**Free radicals** are oxygen-containing molecules with an uneven number of electrons. The uneven number allows them to easily react with other molecules. Free radicals thus adversely alter lipids, proteins, and DNA and trigger a number of human diseases.



**Antioxidants** are molecules that can donate an electron to a free radical without making themselves unstable. This causes the free radical to stabilize and become less reactive.

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## EXAMPLES OF DISEASES ASSOCIATED WITH AGING

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Take action to delay or reduce the impact of some common diseases associated with the aging and degeneration process

- Alzheimer's disease
- Cervical dysplasia
- Congestive heart failure
- Angina pectoris
- Depression
- Cancer
- Diabetes
- Cardiomyopathy
- Macular degeneration
- Osteoarthritis
- Osteoporosis
- Parkinson's disease
- Retinitis pigmentosa
- Scleroderma

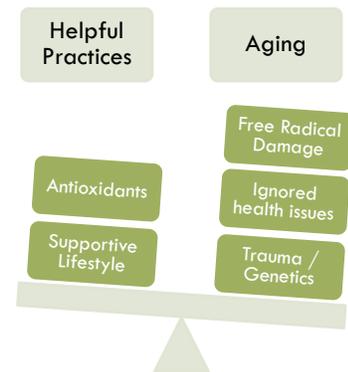
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## HOW CAN WE MOVE THE NEEDLE FOR MORE GOOD YEARS?

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Unrepaired damage accumulates with age. With an accumulation of free radical damage comes cellular alteration in pH, metabolism, and detoxification that leads to tissue wasting, organ dysfunction, and endocrine imbalance.

Let's tilt the scales back in balance with a little work upfront



Problems often occur in the middle of the life span and are initially ignored or unnoticed, then treated with over-the-counter or prescription medications that miss the underlying free radical/oxidative stress condition.

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## WHAT FACTORS ARE WITHIN OUR CONTROL?

- There are a variety of catch phrases... maybe one of them resonates with you.
  - Life Span versus Health Span
  - Thrive vs Survive
  - The Compression of Morbidity
  - Happy Everyday!

What I don't want to hear is "live like there's no tomorrow"  
Our goal is to plan for a long and healthy life!

## WHAT FACTORS ARE WITHIN OUR CONTROL?

- Nutrition –
  - We need less calories and more nutrients
  - Food selection and digestion are even more important as we age
- Lifestyle –
  - Exercise, sleep, stress, community support
  - Mindset – Outlook, attitude and mood

We will focus primarily on the dietary changes. Starting with a snack demo packed with antioxidants with Chef Olive

Focus on the adoption of healthy behaviors that support successful coping mechanisms, both psychologically and physiologically

## WHAT FOODS ARE BEST TO SUPPORT OUR BRAIN AND BODY?

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- Macronutrient balance – fats, proteins and carbs
- Choose only the best to support your body
- Focus on nutrient density; more antioxidants per bite!
- Avoid overeating to the point of slightly under eating
- Enjoy meals in a relaxing setting

Do you want your cell membrane to be made of olive oil or Pam Cooking Spray?

(And the answer is Olive Oil! 😊)

Have you ever felt hungrier than expected after eating fast food?

*Your body is still searching for nutrients!*

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## NUTRITION PRACTICES FOR HEALTHY AGING

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### **Eat clean** (create less garbage)

- Organic, high quality
- Adequate fiber for digestion
- Hydrate, don't wait to be thirsty
- Avoid overcooked foods
- Avoid processed foods
- Eliminate added sugars

\* Help protect a person from environmental and metabolic free radical stress

### **Eat more antioxidants** (clean up crew)

- Fermented foods
- Seeds (typically not seed oils)
- Booster foods\* - nutritional yeast, seaweed, and spices such as garlic, ginger, turmeric, parsley, cilantro, thyme, rosemary, basil, cinnamon, and nutmeg
- Rich colors; dark greens and berries (flavonoids)
- Supplement as needed

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## TYPES OF ANTIOXIDANTS - CAROTENOIDS AND FLAVONOIDS

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### Sources

- Alpha- and beta-carotenes: abundant in carrots and winter squash
- Lycopenes: give the characteristic red color to tomatoes, capsicum, and paprika
- Flavonoids: Red wine (naturally fermented), Green tea, Ginkgo biloba, Milk thistle, Bilberry, Hawthorne berries

### What depletes them

- Refined sugar
- Fake sugars, .i.e., Nutrasweet®
- Excessive coffee
- Preservatives
- Additives
- Pesticides

Carotenoids reduce the risk of cancer and protect against heart disease. And flavonoids have been shown to trigger genetic signaling in promoting health and in disease prevention

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## NUTRITION: MICRONUTRIENTS MAY BE LOW AS WE AGE

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Our philosophy:  
'food first' – food  
as medicine

Talk to your doctor  
or nutrition  
professional  
regarding the  
potential need for  
supplementation  
when lab values  
remain out of  
range, after  
making changes to  
your diet

- Vitamin C – protein absorption, creation of connective tissue, antioxidants
- Vitamin E – antioxidants to combat free radicals. Best to have from whole food sources like nuts and seeds.
- Bioflavonoids (flavonoids or vitamin P) – regulate cell signaling and shown to exhibit anti-inflammatory, antithrombogenic, antidiabetic, anticancer and neuroprotective activities
- B6 and B12 Vitamins – protein absorption and cognitive function.
- Vitamin D – works in conjunction with calcium to promote bone health and strength
- Calcium – bone density and strength
- Magnesium – glucose and blood pressure regulation, as well as relaxation and sleep
- Zinc – maintaining a robust immune response
- Co-enzyme Q10 – positively affects mitochondrial deficiency syndrome and the symptoms of aging based mainly on improvements in bioenergetics. Cardiovascular disease and inflammation are reduced by the antioxidant effect of CoQ10
- Alpha Lipoic Acid – neutralize damaging free radicals; one of the most potent, versatile and longer-acting antioxidant vitamins known

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# HOW TO REJUVENATE THROUGH LIFESTYLE CHOICES?

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Lifestyle – Exercise, sleep, stress, community support

- Breathe fresh air (get out in nature and use filtration when needed)
- Regularly engage in cardio and weight resistant exercise
- Establish a regular sleep routine for restorative sleep
- Establish a Meditation routine
- Ground yourself to the earth – i.e., woods, ocean, dirt, sand, water

Mindset – Outlook, attitude and mood

- Build positive, supportive relationships
- Remove or repair toxic relationships
- Start each day as a fresh beginning

Nurture your well being.  
Be your best advocate  
for long-term mental and  
physical health.

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## NOW'S THE TIME – LET'S MAKE POSITIVE CHANGE

We hope we have cleared up questions about health & nutrition and sparked curiosity to engage in future sessions about controlling lifestyle risk factors as we go through the year.

Let's establish some goals!

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## DEFINE YOUR COMMITMENT TO LONG-TERM IMPROVEMENT

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Are you willing to prioritize your long-term health goals?

- If not now, when?

Are you listening to your body (and your health outcomes)

- What is driving your eating choices? Does it benefit you?
- How is your sleep, energy, mood, or health stats?
- Have a followed up with you doctor and scheduled your annual screenings?



Are you providing your body with the food and care it deserves?

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## WHAT STEPS WILL YOU TAKE TODAY?

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Start thinking about your goals today!

- 2 goals for reducing lifestyle risk factors
- 2 goals for long-term planning for healthy aging!

Create  
SMART  
goals!

We will continue to provide support and education:

- Nutrition and Lifestyle Discussions + Demos for Disease Prevention
- Return of the Summer Cooking Series! **Up next! Friday, August 12th**
  - Including quick and healthy meal prep and recipes with nutrition tips as well!
- Individual Nutrition Consultations
  - A limited number of sessions available to address your nutrition questions

What is your first goal?

Are you up  
for chatting  
1:1 in  
September

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## WRAP UP / QUESTIONS?

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### About Lisa Michelle Miller, BS, NC

- Ocean View Nutrition – Consulting & Coaching

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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas - @drinkRebout

Link to today's presentation, demo info and more  
<http://www.kitchenonfire.com/lifestyle-for-disease-prevention>