



LOMA LINDA, CALIFORNIA
Stress-reducing, healthy diet practices of local Seventh Day Adventists rub off on the whole town

NICOYA, COSTA RICA
Water naturally rich in calcium and magnesium may help prevent heart disease and weak bones

SARDINIA, ITALY
Daily wine and laughter help Sardinian men enjoy the longest male lifespan

IKARIA, GREECE
Napping, occasional fasting and drinking goat milk may add years to life

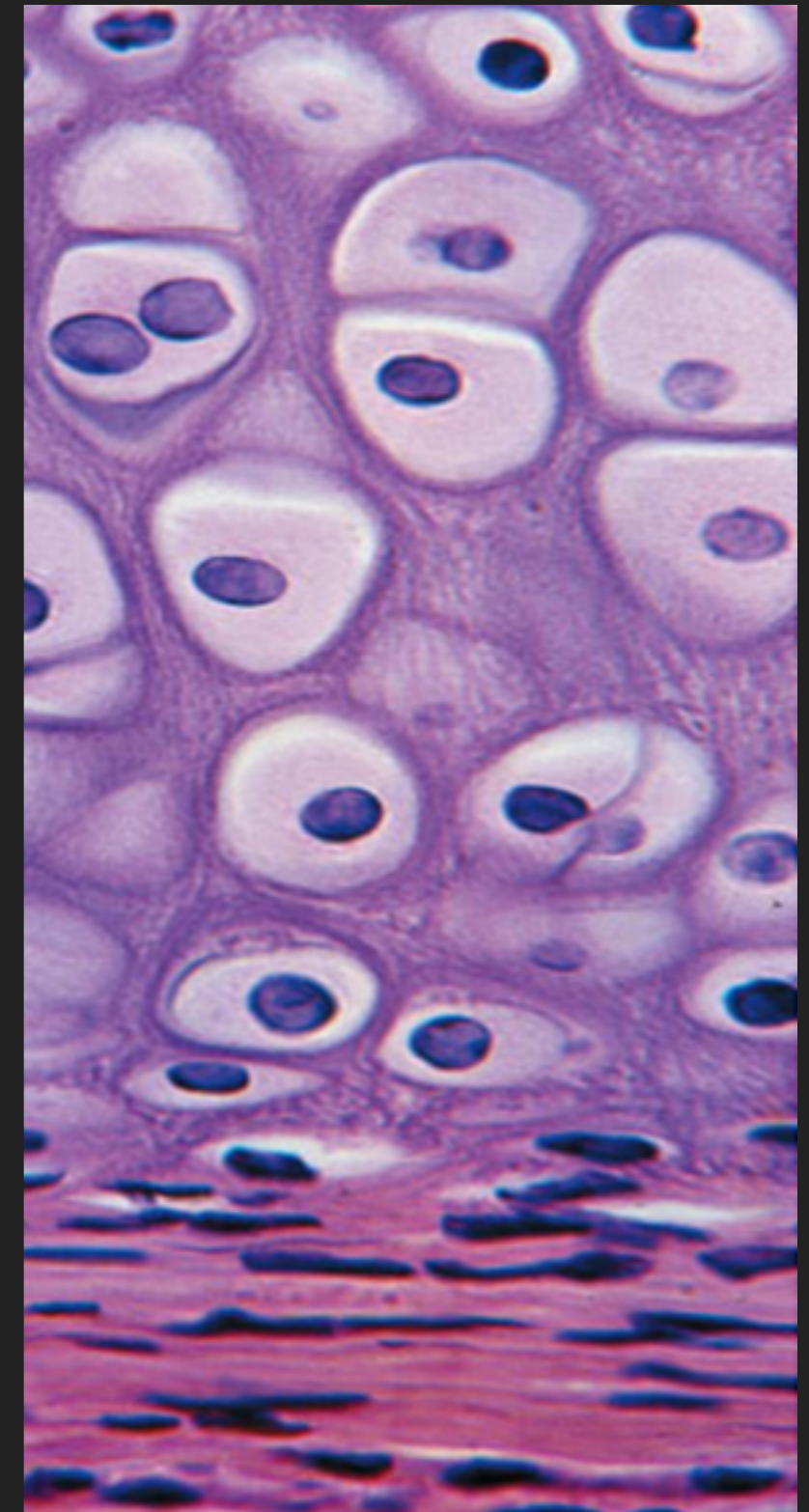
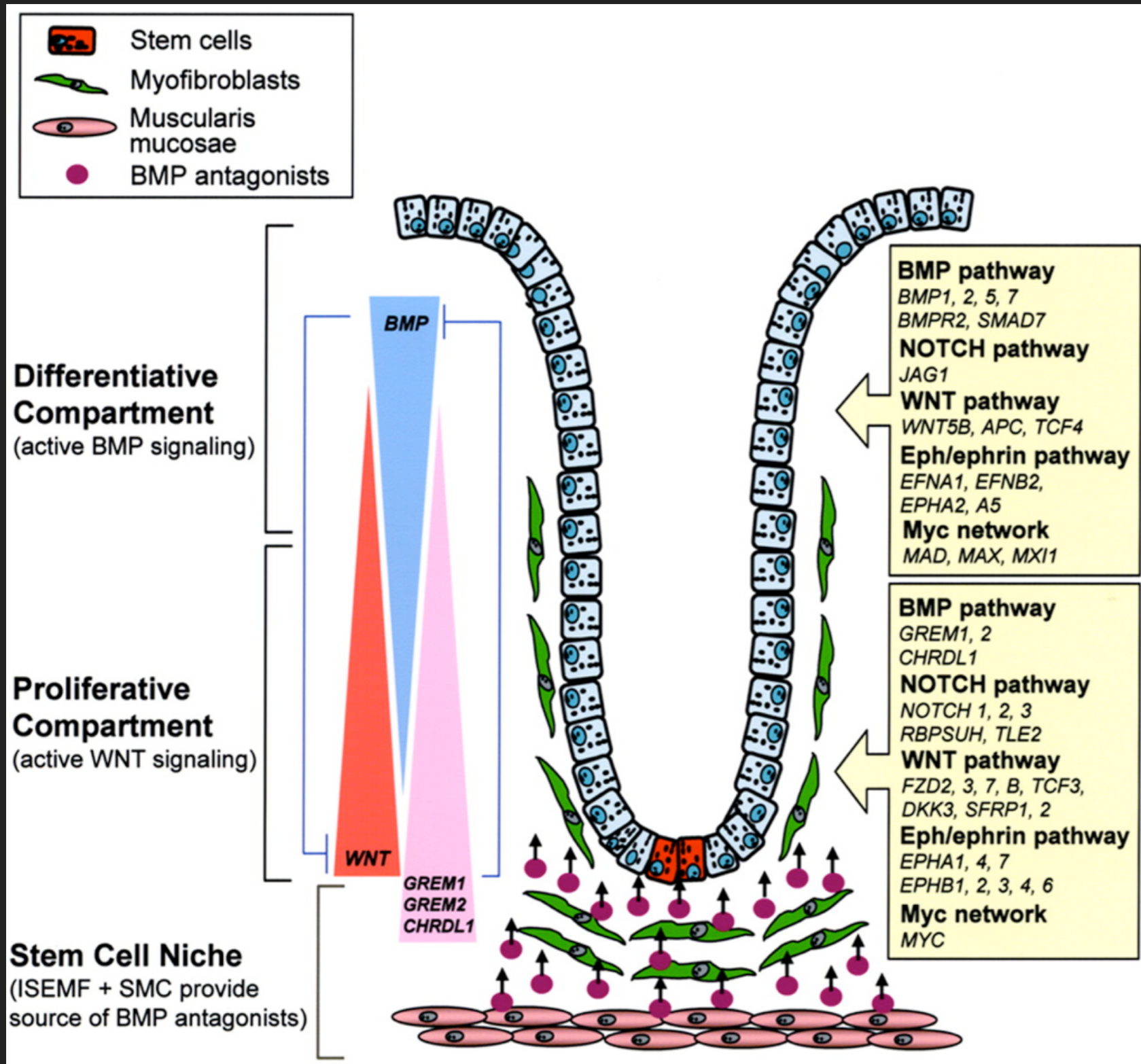
OKINAWA, JAPAN
Dedication to family and friends lifts Okinawan women to the longest female lifespan

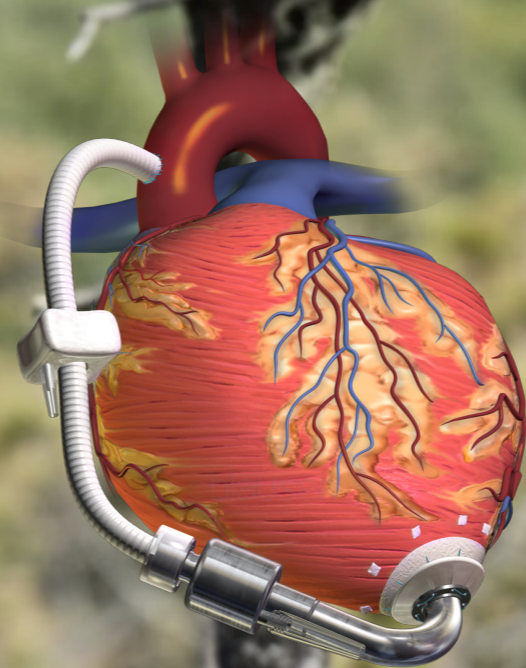


SARDINIA

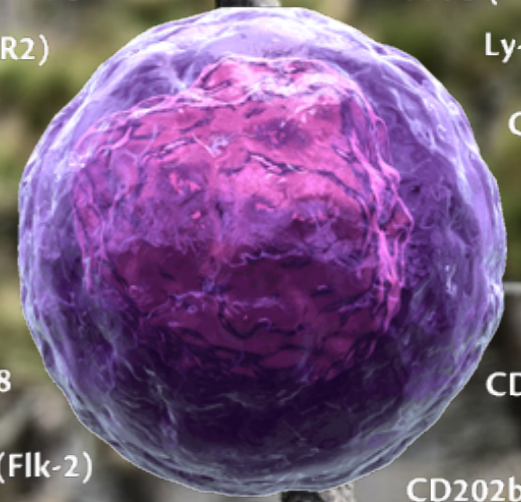


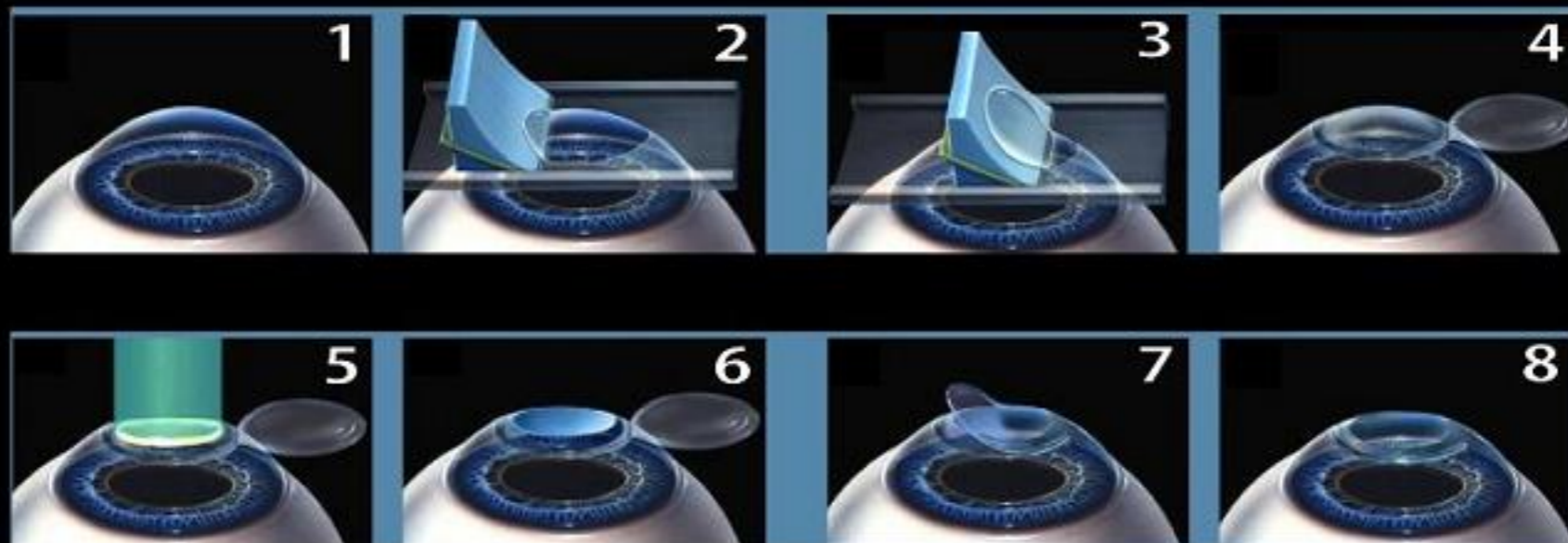
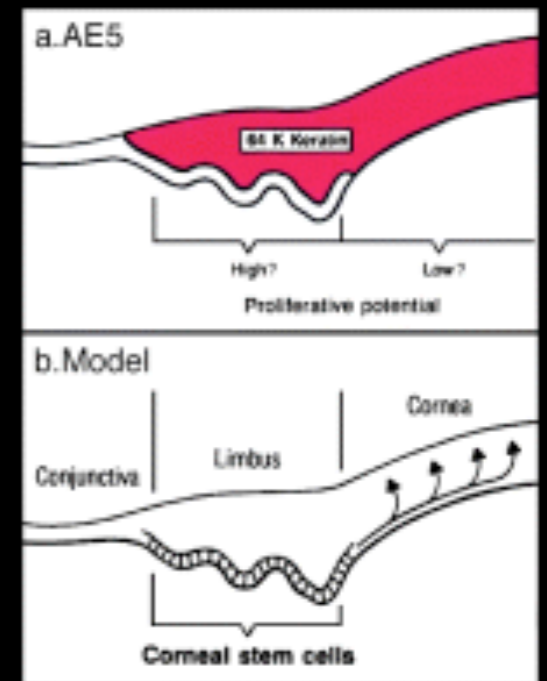
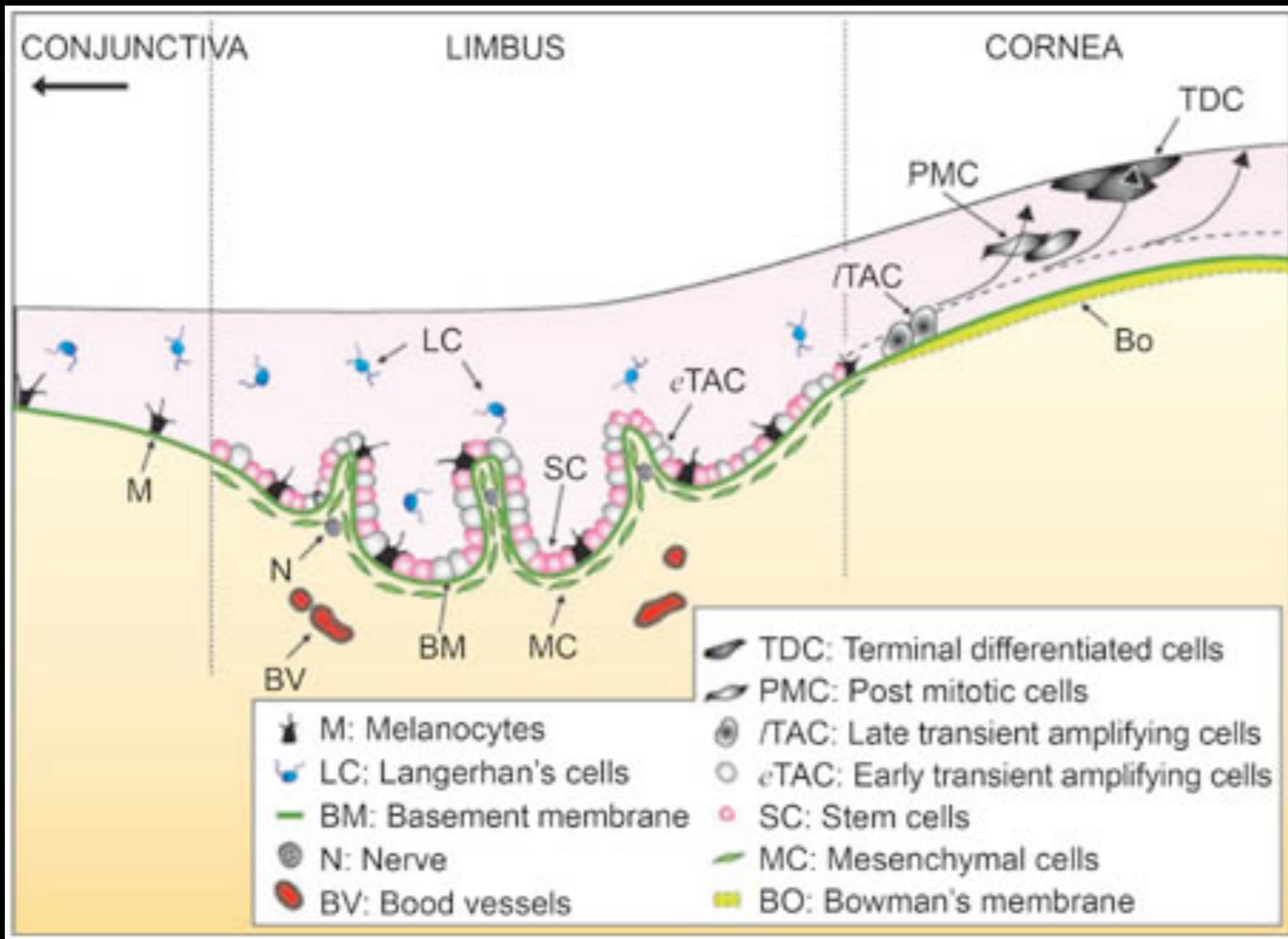
STH & KMENOVÉ BB.



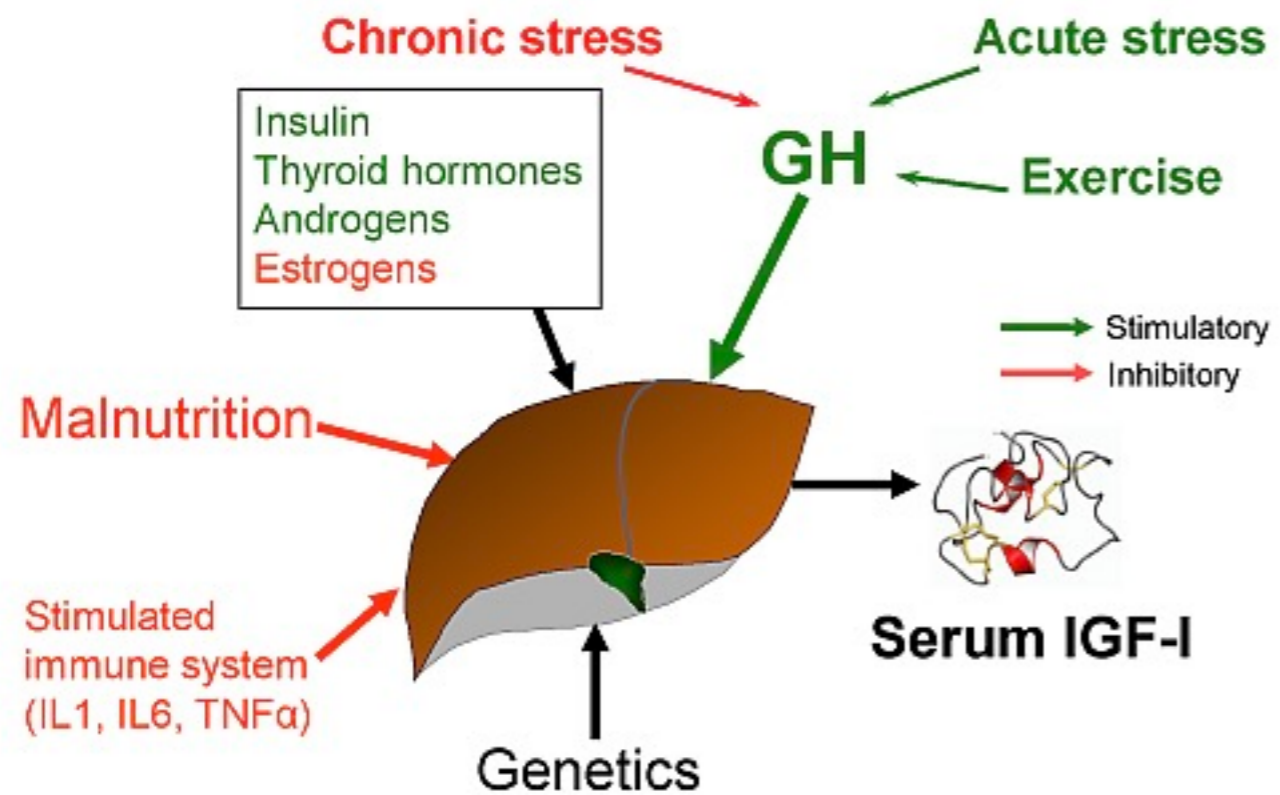


- CD34
- CD309 (VEGFR2)
- CD150 (SLAM)
- CD184 (CXCR4)
- CD271 (NGFR)
- CD338
- CD135 (Flk-2)
- CD90
- CD133
- CD93 (C1Rqp)
- Ly-6A/E (Sca-1)
- CD110
- CD111
- CD117 (C-Kit)
- CD105 (Endoglin)
- CD202b (Tie2/Tek)
- CD243 (MDR-1)



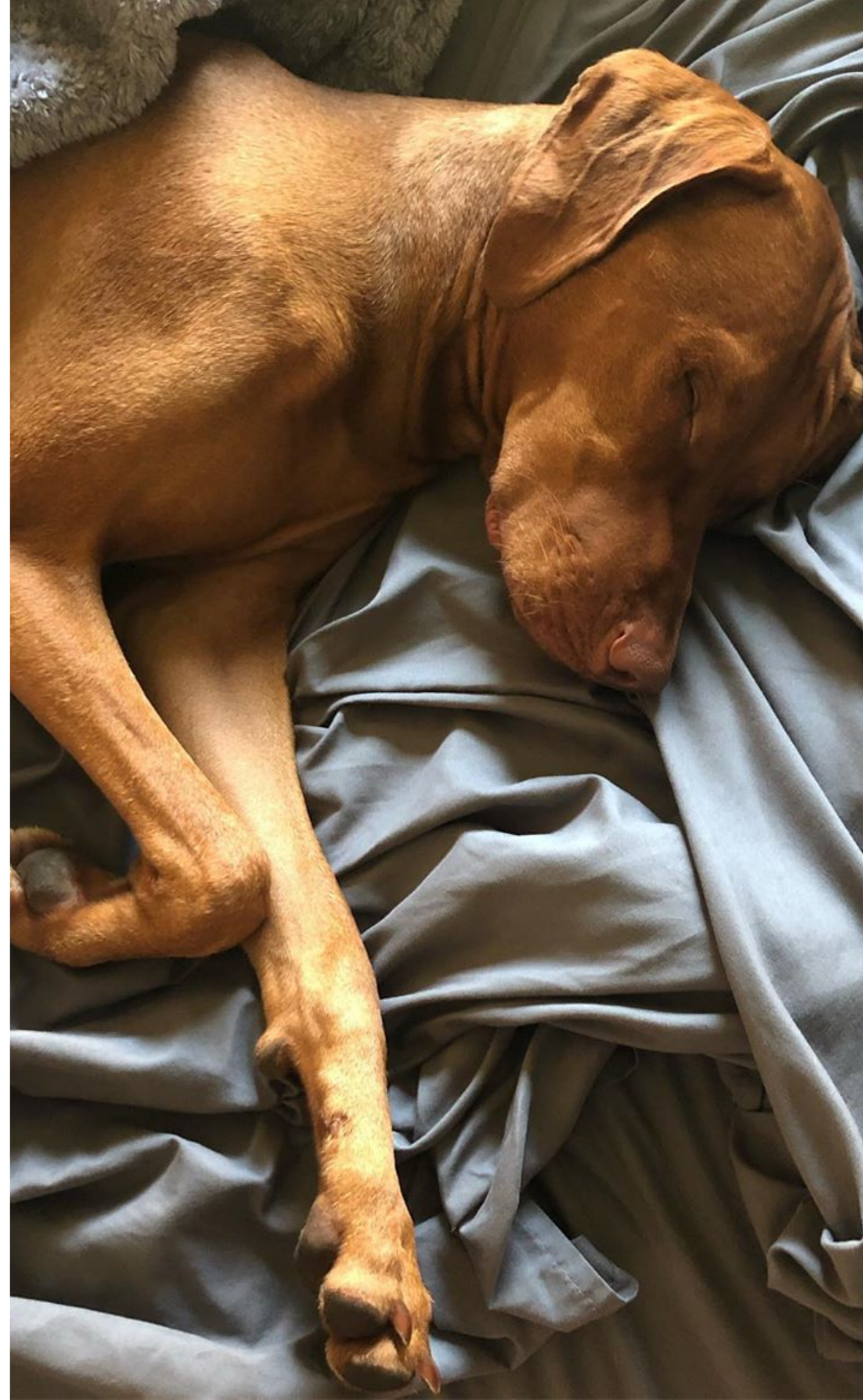
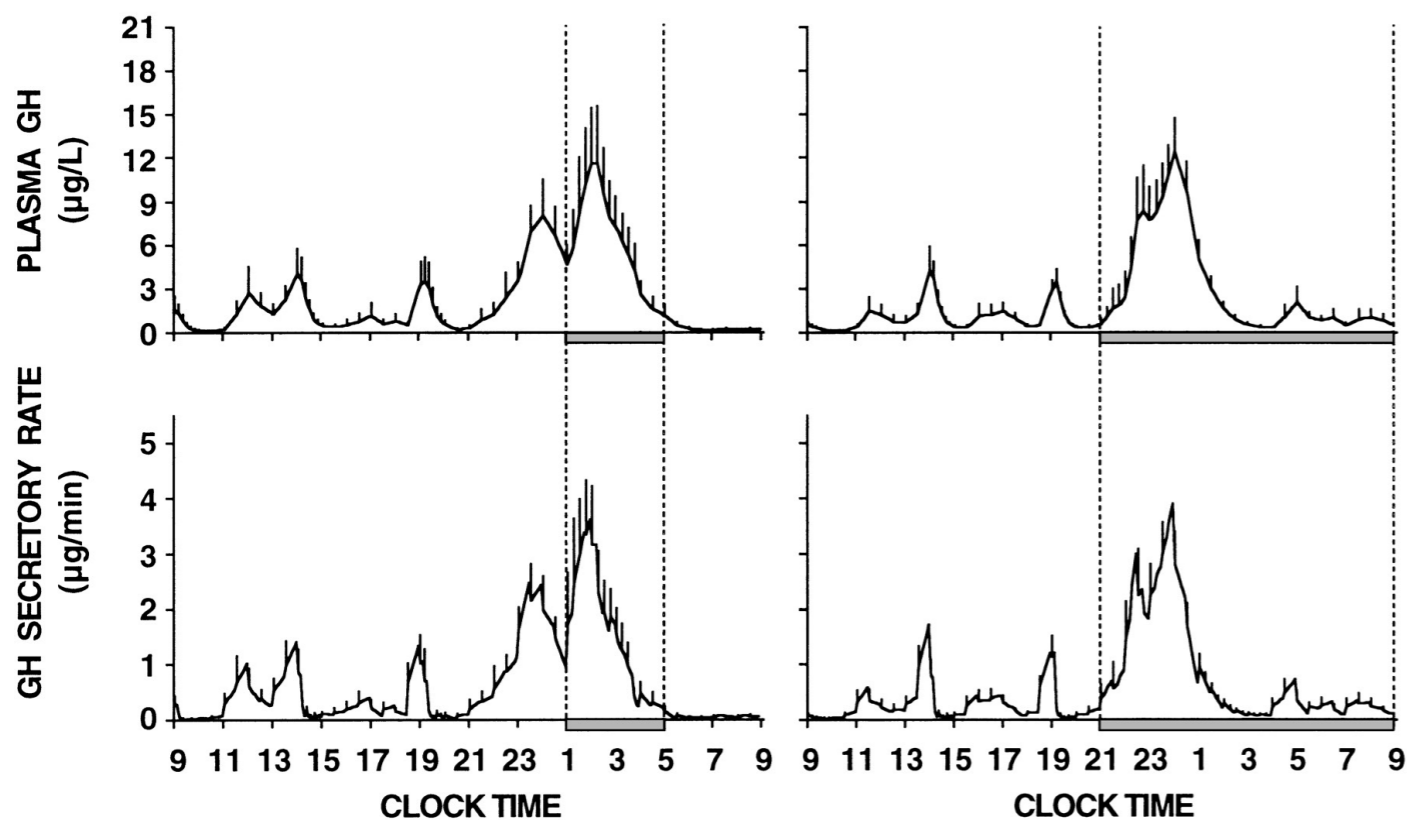


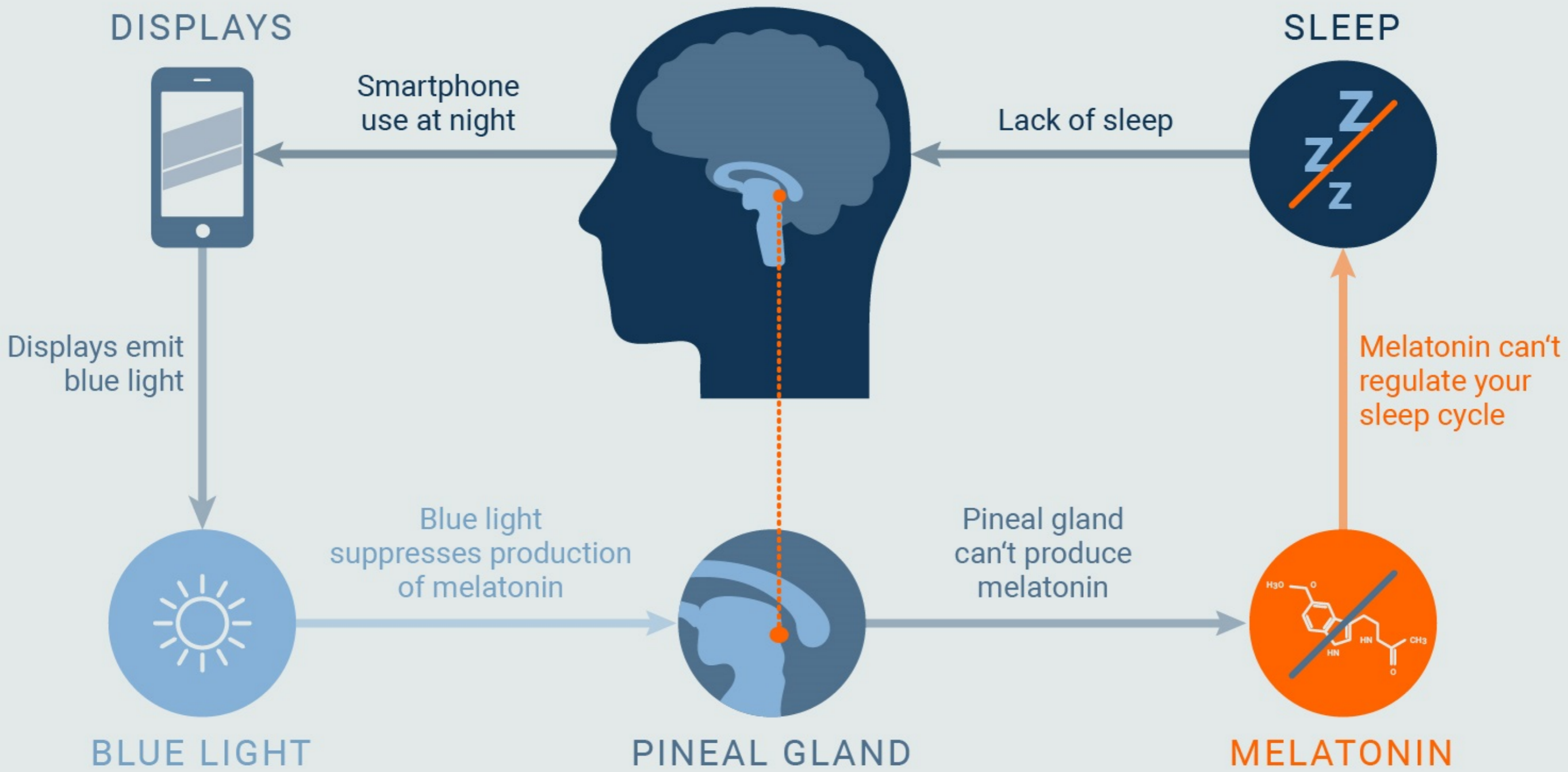
Factors that Influence Serum IGF-I



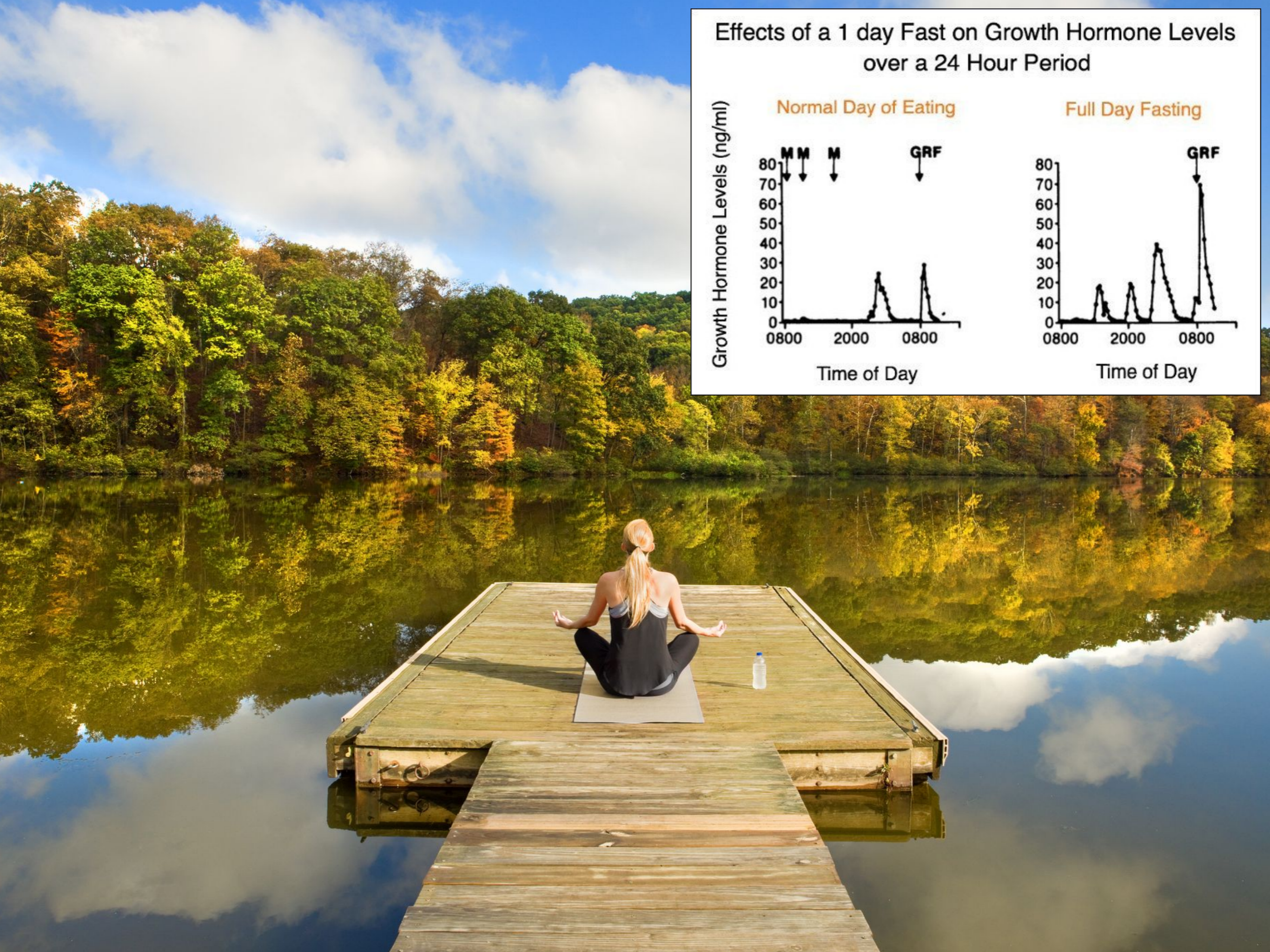
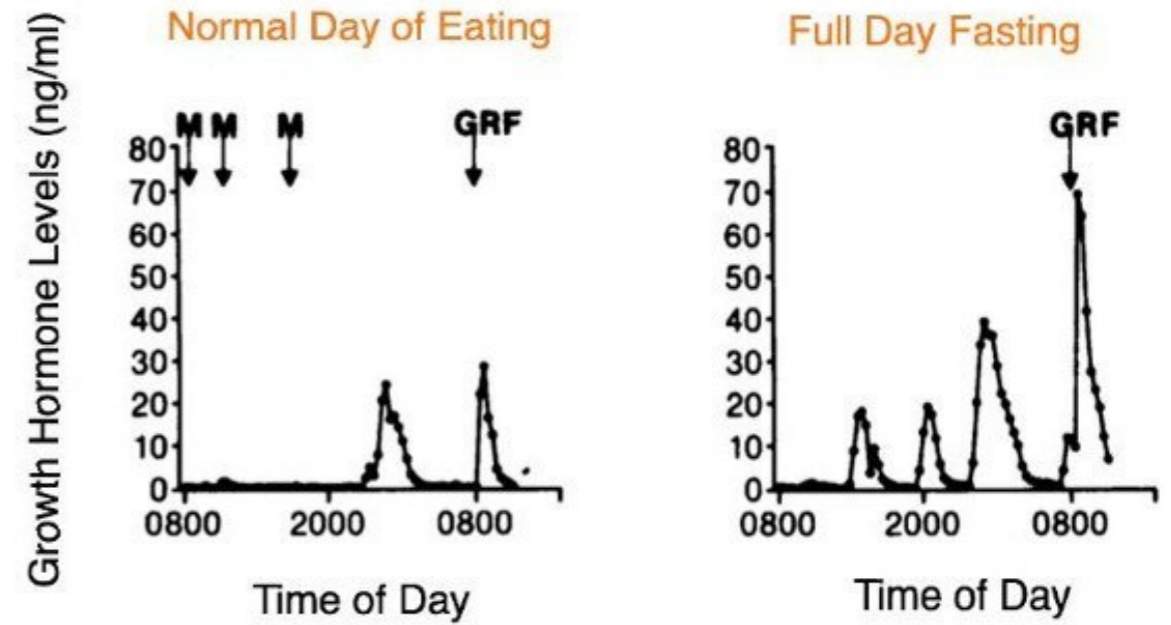
SLEEP RESTRICTION

SLEEP EXTENSION





Effects of a 1 day Fast on Growth Hormone Levels over a 24 Hour Period



SUPLEMENTY

10%

SPORT – POHYB

20%

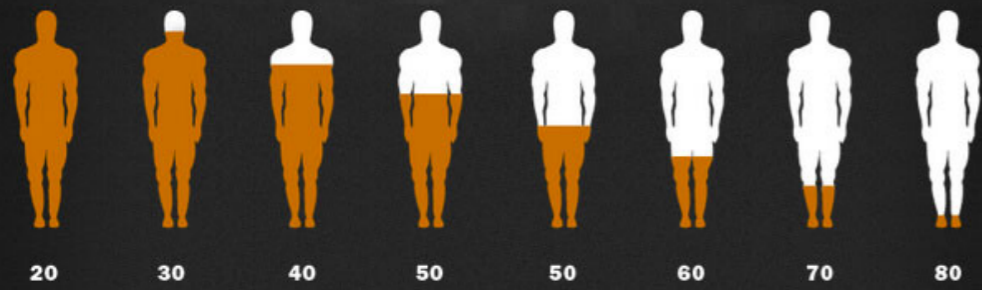
STRAVA

70%

REGENERACE

KMENOVÉ BB.

PRODUKCE TESTOSTERONU U MUŽE BĚHEM ŽIVOTA





Sep 28, 2019

Sep 29, 2019

Sep 30, 2019

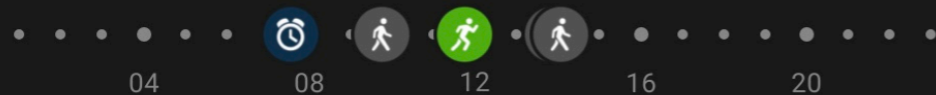
+34
Charged



-81
Drained

Impressive! You had a high drain day but managed to charge your Body Battery as well. Keep it up to increase your battery's efficiency over time. [More](#)

SHOW STRESS



— Body Battery ... Estimated



Sep 29, 2019

Sep 30, 2019

Oct 1, 2019

+95
Charged



-41
Drained

Good job! You had a nice mix of charge and drain this day. Monitoring your Body Battery status can help you manage your day. [More](#)

SHOW STRESS



— Body Battery ... Estimated

Nov 15, 2019

Nov 16, 2019

Nov 17, 2019

Nov 16, 2019

Nov 17, 2019

Nov 18, 2019

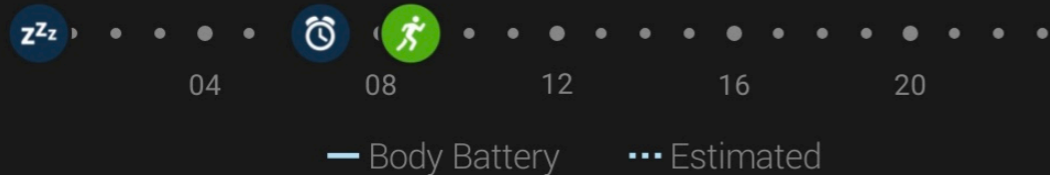
+49
Charged



-49
Drained

Great work! Your day had a mix of Body Battery charge and drain. Checking your status regularly can help you maintain your energy levels. [More](#)

SHOW STRESS



+3
Charged

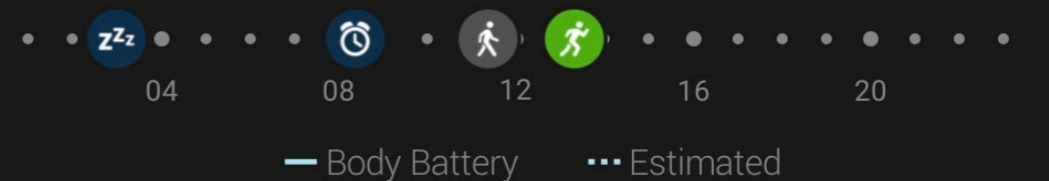
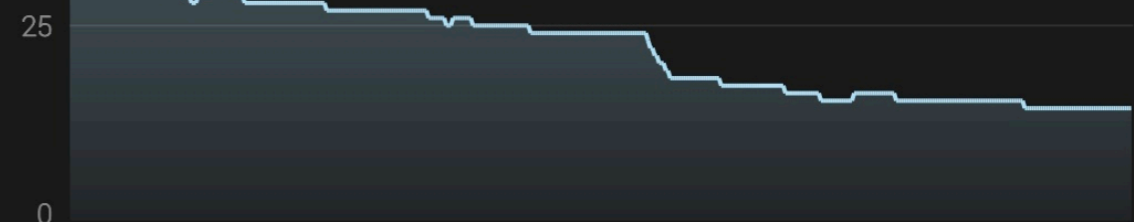
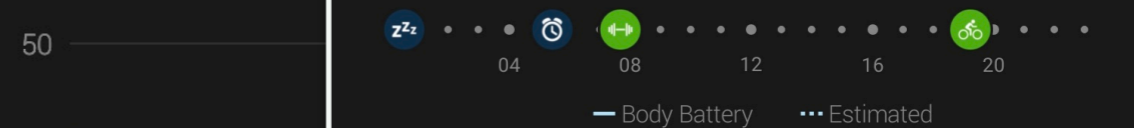
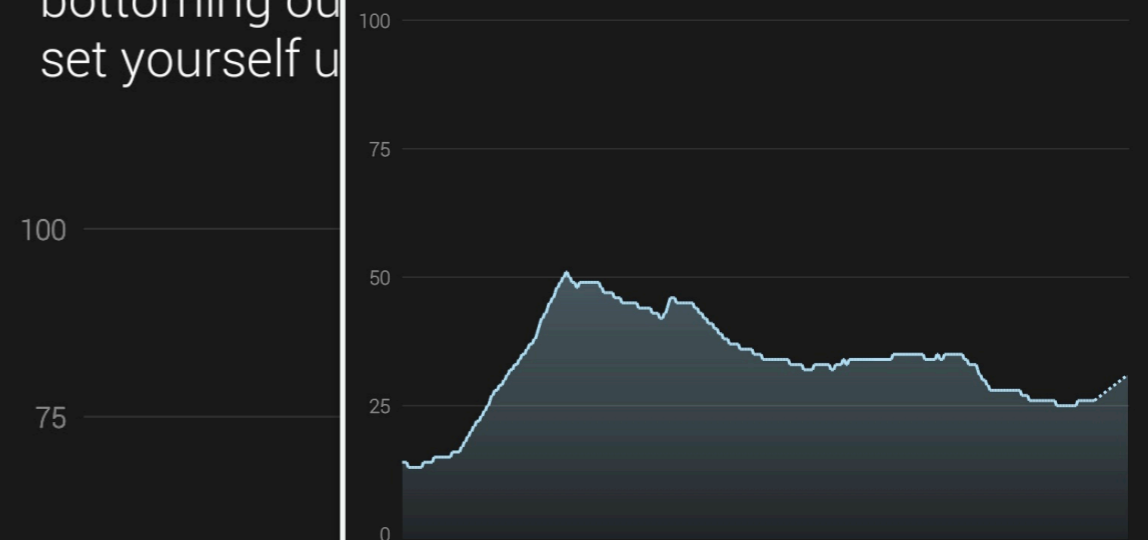
+58
Charged



-40
Drained

You were able to keep your Body Battery from bottoming out. Try to get plenty of good sleep to set yourself up for active days. [More](#)

SHOW STRESS



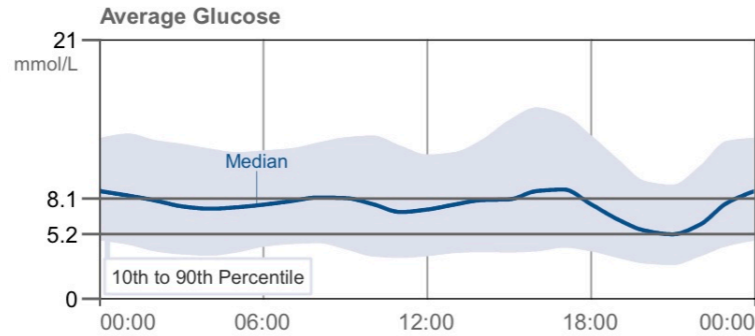
Snapshot

1 August 2019 - 30 September 2019 (61 days)

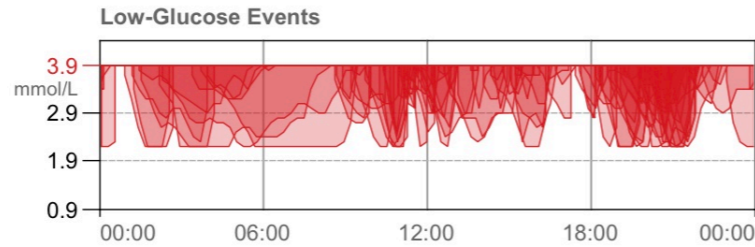
Glucose

Estimated A1c **6.7%** or **50 mmol/mol**

AVERAGE GLUCOSE	8.0 mmol/L
% above target	44 %
% in target	32 %
% below target	24 %

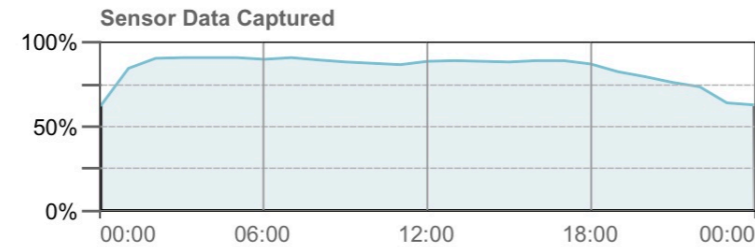


LOW-GLUCOSE EVENTS	90
Average duration	110 Min



Sensor Usage

SENSOR DATA CAPTURED	85 %
Daily scans	9



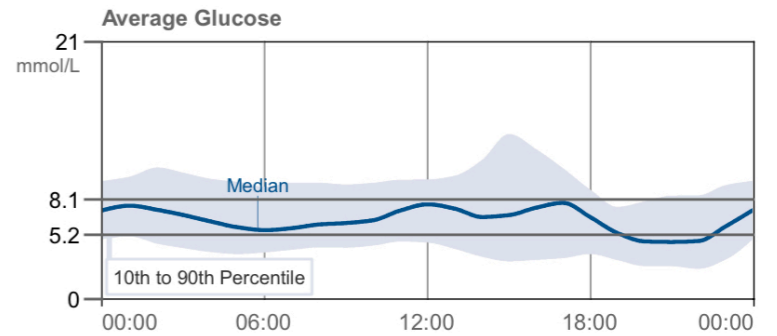
Snapshot

4 October 2019 - 24 October 2019 (21 days)

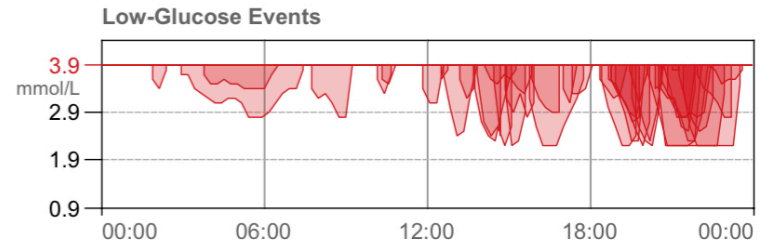
Glucose

Estimated A1c **5.8%** or **40 mmol/mol**

AVERAGE GLUCOSE	6.6 mmol/L
% above target	26 %
% in target	43 %
% below target	31 %

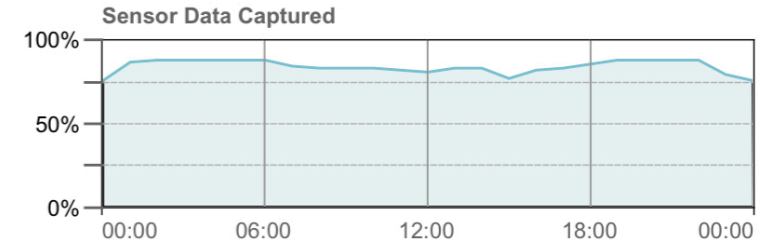


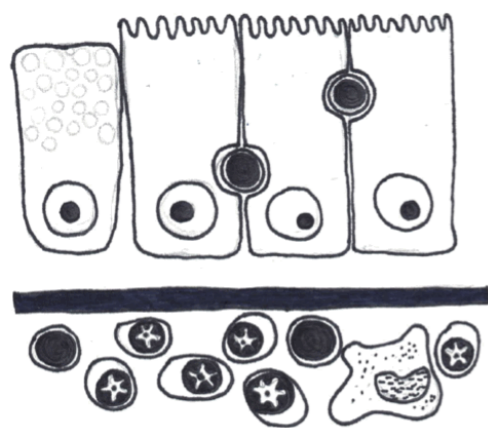
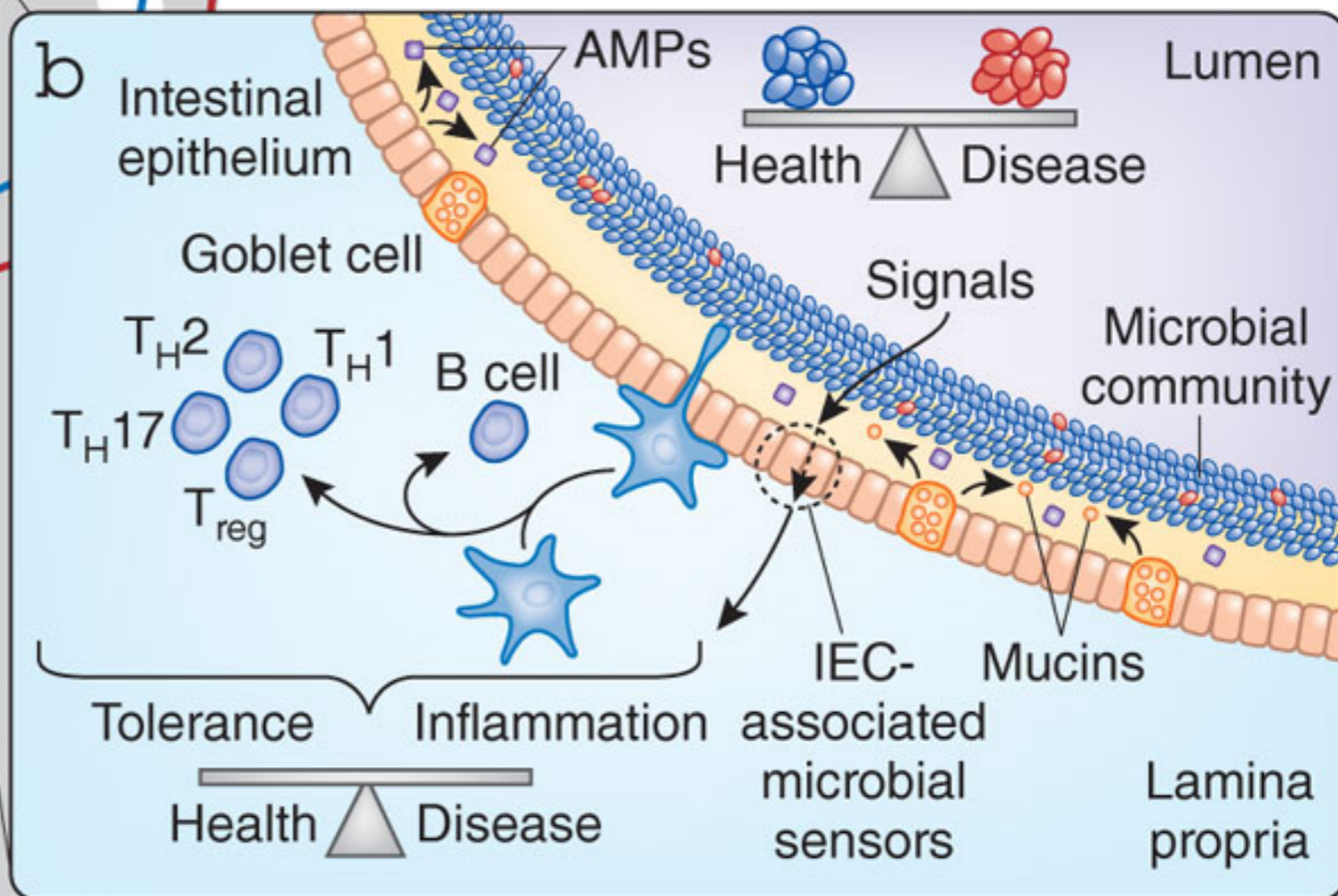
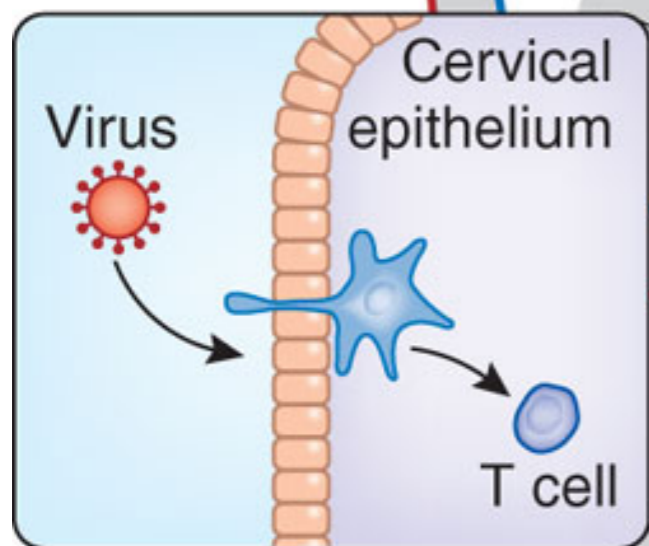
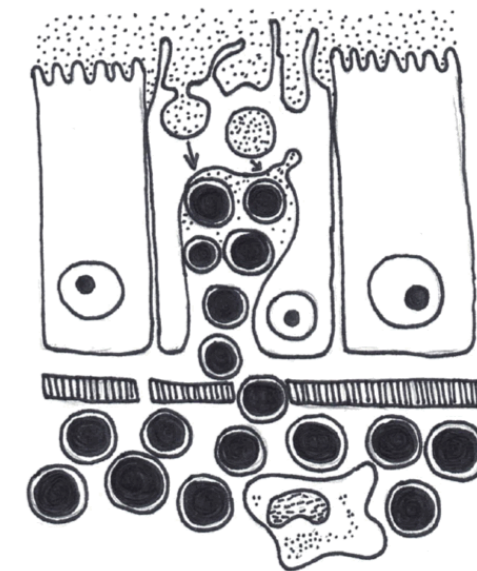
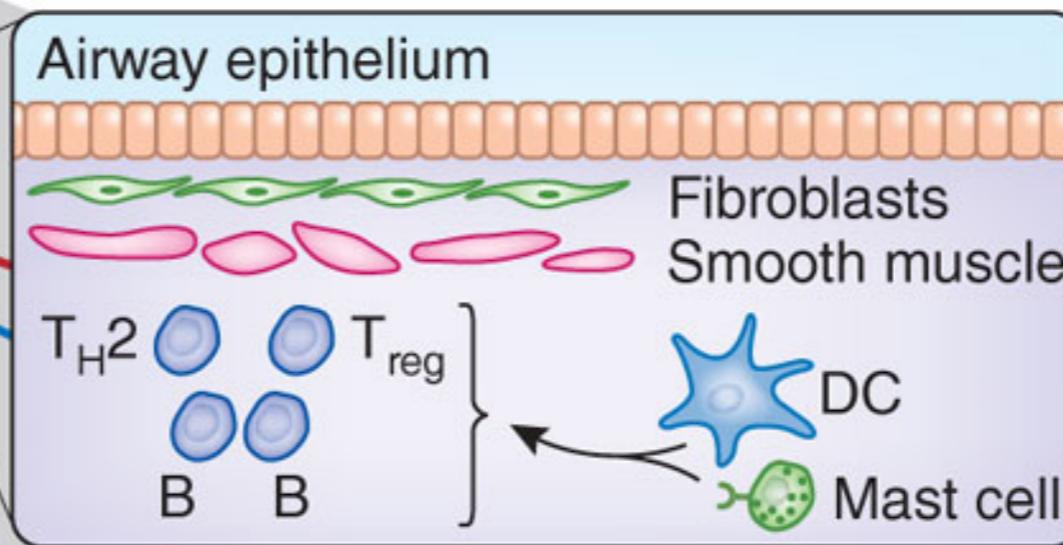
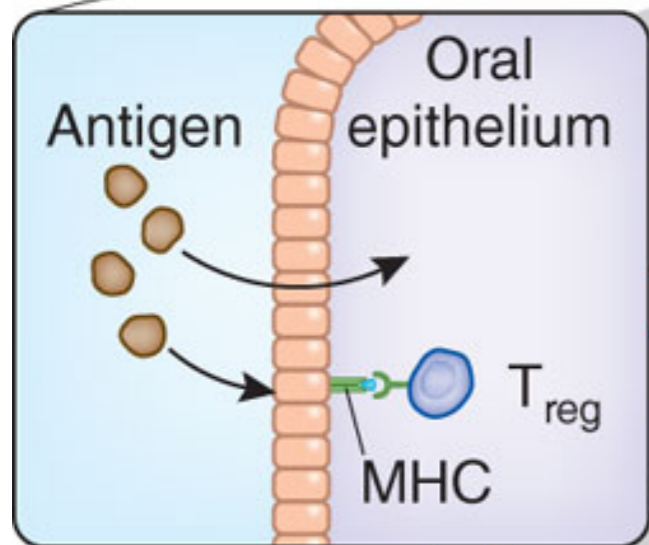
LOW-GLUCOSE EVENTS	37
Average duration	96 Min



Sensor Usage

SENSOR DATA CAPTURED	85 %
Daily scans	10







Tui Heights Healthy Food Pyramid

- Eat sensibly — use common sense
- Avoid extremes
- Eat homemade
- Eat home grown or organic when you can
- Limit or avoid processed & junk foods
- Avoid artificial sweeteners & sugar
- Avoid most vegetable oils & ALL margarine

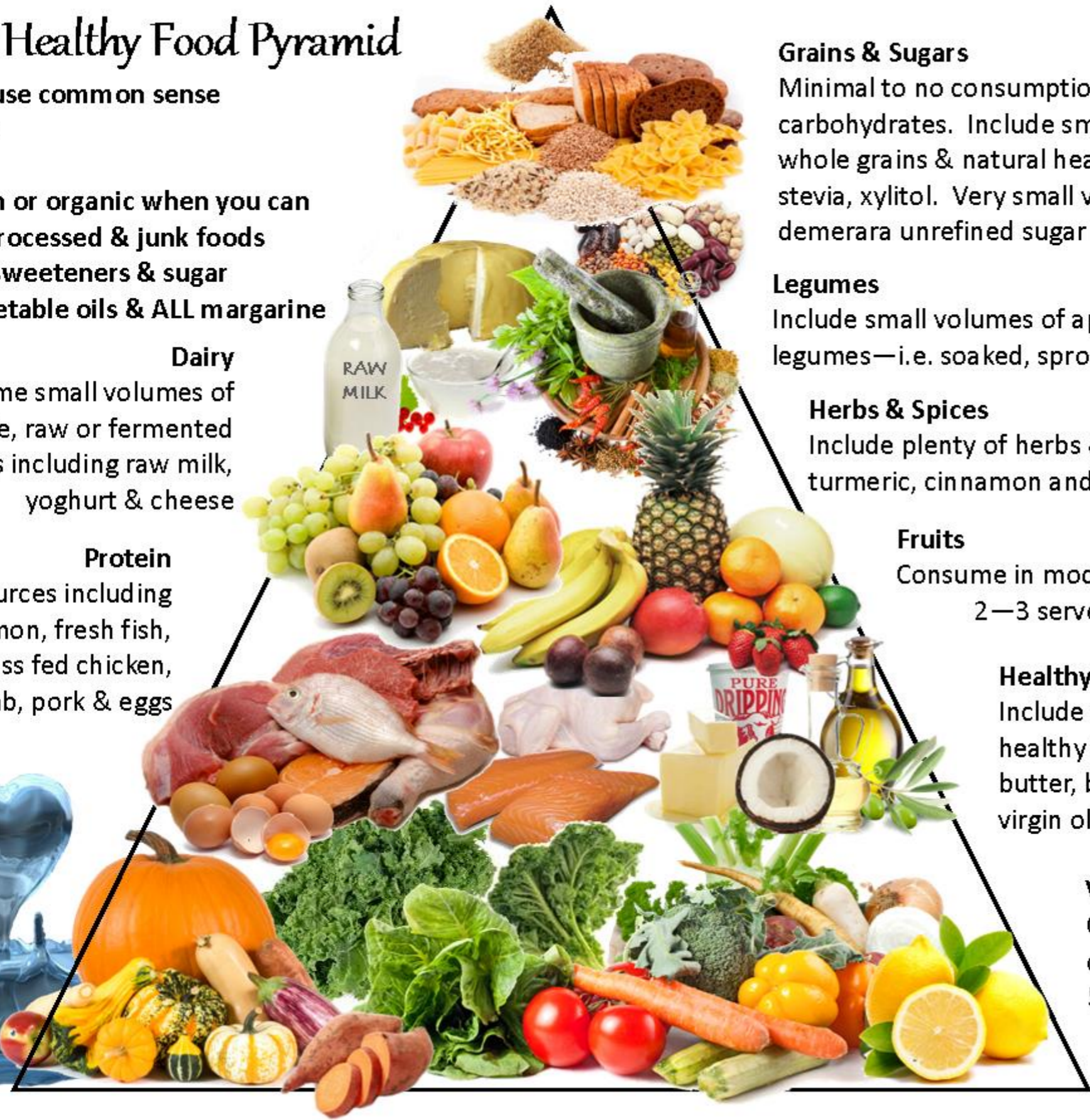
Dairy

Consume small volumes of healthy whole, raw or fermented dairy products including raw milk, yoghurt & cheese

Protein

Include healthy sources including wild salmon, fresh fish, free range & grass fed chicken, turkey, beef, lamb, pork & eggs

Water
Plenty of clean, fresh, non-fluoridated water



Grains & Sugars

Minimal to no consumption of simple sugars & carbohydrates. Include small volumes of ancient grains, whole grains & natural healthy sweeteners like honey, stevia, xylitol. Very small volumes of muscovado or demerara unrefined sugar is ok too—for most people.

Legumes

Include small volumes of appropriately prepared legumes—i.e. soaked, sprouted, fermented

Herbs & Spices

Include plenty of herbs & spices especially turmeric, cinnamon and Himalayan salt

Fruits

Consume in moderation
2—3 serves daily

Healthy Fats

Include moderate amounts of healthy fats including coconut oil, butter, beef dripping or lard, extra virgin olive oil, avocado & raw nuts

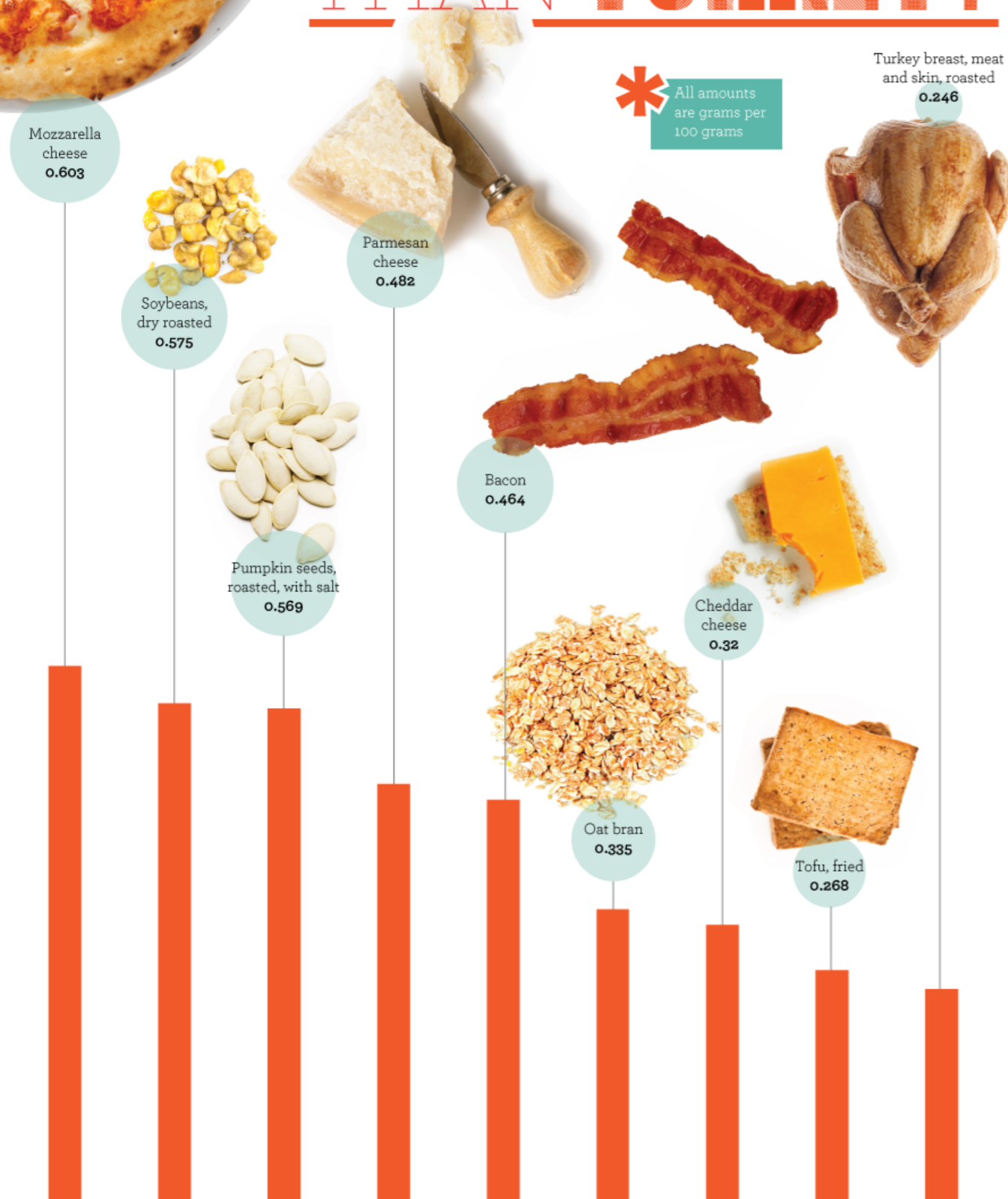
Vegetables

Consume lots of fresh, lightly cooked & raw vegetables
5—8 serves daily





WHAT FOODS HAVE MORE TRYPTOPHAN THAN TURKEY?



The Top 10 Foods Highest in Tryptophan

280mg = 100% of the RDI for Tryptophan



©HealthAliciousNess.com



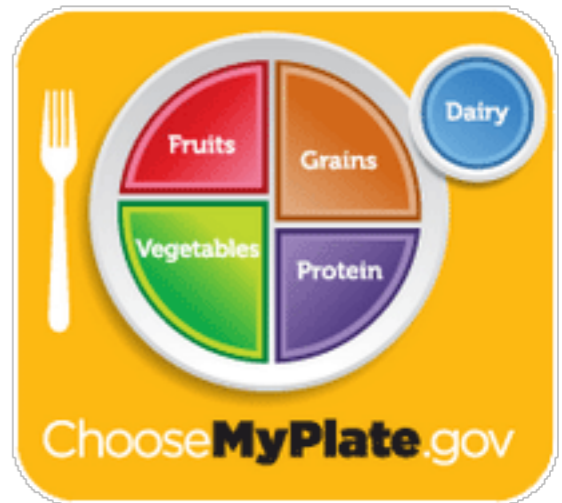


Find your **balance** between food & fun!



Eat well.
Be active.
Have fun.

For your personal plan go to:
ChooseMyPlate.gov





Q&A