



THE FAT SUMMIT

Separating Fat From Fiction





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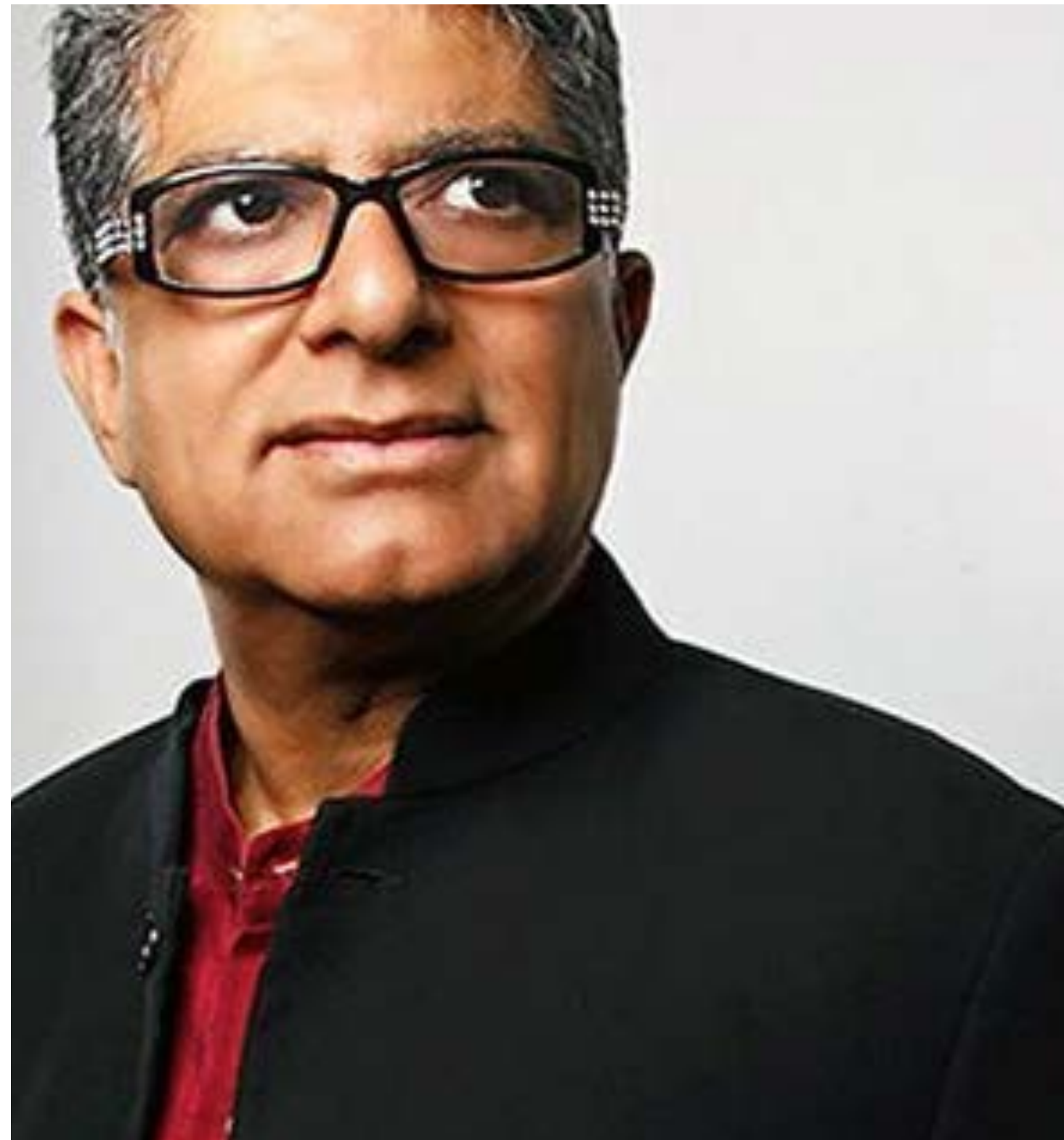
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Deepak Chopra

- Co-founder of The Chopra Center for Wellbeing and is a world-renowned pioneer in integrative medicine and personal transformation
- Board Certified in Internal Medicine, Endocrinology and Metabolism
- Author of more than 80 books translated into over 43 languages, including numerous New York Times bestsellers



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Super Genes

The combination of your genome (microbiome) and epigenome

- We are born with 23,000 genes
- On the way out from the mother's womb, and then shortly thereafter, we acquired 3.3 more million genes
- 150 times more genes that are of bacterial origin. The number of bacteria outnumber our cells 10 to 1, but the number of bacterial genes outnumber our human genes by a factor of 150 to 1.



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Super Genes

The combination of your genome (microbiome) and epigenome

- Microbiome - who am I?
- Epigenome is a shell of proteins outside the gene and influence gene activity
- Traffic of information between the epigenome, the microbiome, and the human genome through various metabolites



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The Microbiome

- First thing food comes into contact with
- The ecology of the earth
- Does not like hormones, insecticides, pesticides, or petroleum products
- Doesn't like anything artificial, alcohol, refined, manufactured, processed, GMO



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The Microbiome

- Traffic of information between the epigenome, the microbiome, and the human genome through various metabolites
- Your genome, your epigenome, which is a group of proteins primarily what are called histones, they react to everything from sleep to emotions to stress to exercise to movement to breathing to food



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Ayurveda - Food That Comes Directly From Nature Is the Best Food

Food has six tastes: sweet, sour, salty, bitter, pungent, and astringent

- The combination of sweet, sour, and salt, slows down your metabolism
- Bitter, pungent, astringent speeds up your metabolism
- Astringent, bitter, sweet is anti-inflammatory, but sweet doesn't mean refined sugar



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Ayurveda - Food That Comes Directly From Nature Is the Best Food

Food has six tastes: sweet, sour, salty, bitter, pungent, and astringent

- Sweet means anything that even has a sweet aftertaste. Complex carbohydrates and fats are considered sweet
- Fat is good as long as you're not having refined sugar (Lipophilic- helps the membrane of the cells absorb other micronutrients)
- If you're having refined sugar with the fat, it's devastating



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Meditation Study at the Chopra Center

- Within four and a half days the essential armories which regulate the length of telomeres or chromosomes went up 40%
- All the genes involved in healing or self-regulation were up-regulated
- All the genes that were involved in excessive or inappropriate inflammation went down



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2015 Study by Dr. Walter Willett and Dr. David Ludwig

- 53 randomized control studies
- Long term studies (a year or more)
- Low fat v. High fat/low carb
- Dramatic improvement in weight using high fat diets



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Breathing Techniques Study

- The vagus goes from the midbrain to the lungs to the heart to the abdominal organs
- Simple breathing techniques stimulate the vagus nerve which changes the microbiome which shoots up oxytocin, dopamine, opiates, serotonin back to the brain
- The vagus helps you breathe slower, stimulates the parasympathetic nervous system, changes the microbiome, changes inflammatory markers, changes leaky gut, and changes the way the brain works



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SBTI, Self-Directed Biological Transformation Initiative

Panchakarma is Ayurveda's primary purification and detoxification treatment

- Food
- Detox
- Sleep
- Yoga
- Pranam
- Movement
- Healthy motions all combined



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Spirituality as Self-Awareness

- Awareness of body; an awareness of mental space, which is thoughts, feelings, emotions; awareness of relationship; and awareness of what's happening inside you
- There's awareness, and then there's all the things we can be aware of. First are the five senses: sound, touch, sight, taste, and smell
- You can develop awareness of mental space and then you can develop awareness of relationship



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When your breath slows down or when it becomes deeper or more regular, everything changes. Brainwaves, heart rate variability changes, gene activity changes, self-regulation gets amplified.



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Best Diet to Optimize Genes

- Don't take anything that's refined, manufactured, or processed, has chemicals, steroids, hormones, antibiotics, or is genetically modified
- If you do eat meat and poultry or fish, use it sparingly
- High fatty fishes are good like salmon
- Make sure your food comes farm to table



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Mindful Eating

- If you're distracted, or if you're upset, or if you're stressed, the same food will be metabolized differently
- If you're making a lot of adrenaline or cortisol because your mind is agitated, and you're distracted while you're eating food, the same food can be shunted into a metabolic pathway that is toxic, that can cause inflammation
- You can get the best food to a stressful person, and they'll make poison out of it. On the other hand, if you're enlightened, then it doesn't matter what food



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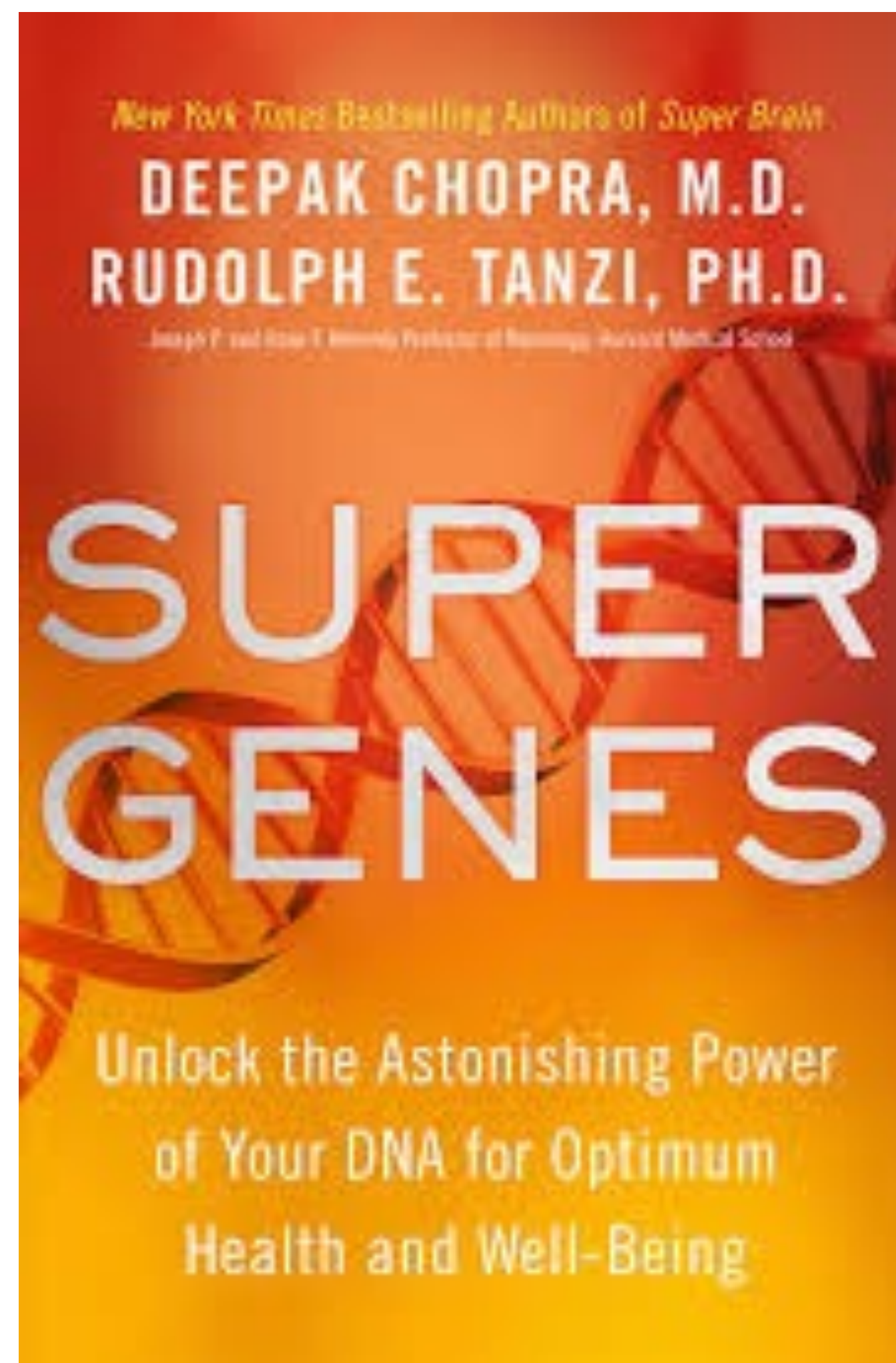
What does Deepak Chopra eat?

- Plant based diet, eating less meat and sometimes no meat at all. Protein is plant based
- Enjoy avocados, nuts, non-GMO soybean, fish occasionally
- Eats one big meal - either lunch or dinner
- Soup or salad around 6 pm
- Yogurt, kombucha tea, & kanji & kimchi



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