

I choose to make

POSITIVE HEALTHY CHOICES

FOR MYSELF



Living Healthy, Wellness & Disease Prevention

by Dr. Paul Kasenene





At Wellcare we're passionate about helping people prevent disease find their way to better health it's as simple as that.

Join us and let's journey together to great health



Our goal is to educate, engage and empower people with effective, convenient and affordable services that prevent disease and change lives.

Wellcare Health & Wellness - Good Health..
Starts Here



Introduction

- Everyone wants to be healthy and well
- But the big question today is are we really well?
- Despite more access to information and more advances in research and technology people are actually more unwell than ever before

An epidemic of ill health and chronic disease

- Chronic diseases –
 - Diabetes, High blood pressure
 - Cancer,
 - Clots & Strokes, Heart disease
 - Arthritis,
 - Allergies and Asthma
 - Low immunity and recurrent infections (e.g. URTIs, UTIs, Candida)
 - Fibroids and Infertility
 - Ulcers

Non specific wellness issues affecting people today

- Fatigue & burnout
- Low energy
- Out of shape/ unfit
- Large bellies
- Constipation and digestive discomfort (bloating, gas etc.)
- Sexual dysfunction,
- Overweight and obese people & many more

Why is this important ?

1. Because most of these problems are preventable.
2. Everyone without discrimination is being affected including young people and even children.
3. Lack of symptoms does not mean your healthy
 - The things that you cannot feel are often the most dangerous and the first manifestation can be very lethal. Sometimes by the time you find out it is too late
4. Poor health seeking behavior by most of us
5. Money & Insurance cant make us healthy

7 major causes of all chronic diseases

- We must focus on the cause of the problem and not merely putting emphasis on treating the problem or reducing the symptoms
 - Poor diet
 - Dehydration
 - Stress and inadequate rest
 - Toxins (especially from envt pollution)
 - Lack of activity
 - Infections
 - Genetics

Taking Action – Making healthier choices

We all have a choice!

- Its all about choices!



- Will you chose good or ill health ? It's all in your hands

7 fundamental principles of healthy living

DIET

1. Water
2. Eating a healthy diet
3. Supplement your diet
4. Detoxification

ACTIVITY

5. Exercise and physical activity

MIND

6. Manage stress and peace of mind
7. Rest and Relaxation

1. Drink plenty of Water

- Most foundational aspect of health and the single most important nutrient for our bodies
 - We are 65% water (Brains 75%, lungs 80%)
- Drink plenty of water
 - At least 2 liters each day
 - Amount required = weight in kg/30
 - Room temp or warm not hot or cold
 - Do not drink while eating (drink ½ an hour before and 2 hours after meals)
 - Always start your day with 2 glasses (500ml) of lemon-cumber alkaline water

Lack of water (Dehydration)

- Symptoms and problems associated:
 - Headaches
 - Backache
 - Digestive problems – bloating and ulcers
 - Joint pains
 - Fatigue
 - High cholesterol
 - High blood pressure
 - Memory loss
 - Weight problems

- Type of water to drink
 - Boiled
 - Filtered
 - Alkaline water
 - Structured water
- How to prepare alkaline water
 - Filter your boiled water (if possible)
 - Add 1 lemon and ½ cucumber per liter
 - Leave overnight and drink next day.

2. Eating a healthy Diet

**“Every time you
eat or drink,
you are either
feeding disease
or
fighting it.”**

~ Heather Morgan, MS, NLC

Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

Genesis 1: 29

- 90% of our diet must be based on plant foods
- Ideally 50% of our foods must be eaten raw.
- Foods must ideally be eaten “WHOLE” –
Unrefined and unprocessed, (preferably with
their seeds and skins)

How we generally eat in Uganda





Wellcare
GOOD HEALTH STARTS HERE



GOOD HEALTH STARTS HERE





Recommended Eating - food guidelines

- Micronutrient rich Non starchy vegetables and fruits –50% min
- Healthy protein – 25%
- Energy rich foods – 25%







GOOD HEALTH STARTS HERE

Non starchy vegetables – (30 -50%)of diet

- This is the most important food group.
- 50% of our diet must be based on these foods
- Very high in nutrients and relatively low in calories
 - Dark Green leafy vegetables (healthiest foods) - Spinach, Nakati, Dodo, Sukamwiki
 - Other Green vegetables - Lettuce, Cabbage, cucumber,
 - Cruciferous vegetables- fight cancer (Broccoli, cauliflower, cabbage, brussel sprouts)
 - Other vegetables – carrots, beetroot, tomatoes, onions

Cruciferous vegetables



Top Anti-cancer foods

- Should be eaten at least 5 times weekly
 - Broccoli
 - Spinach
 - Cabbage
 - Onions
 - Garlic
 - Tomatoes
 - Carrots
 - Mushrooms
 - cauliflower

Fruits – (15 -20%) of the diet

- At least 4 servings fruit/day
 - 1 serving is about size of your fist
- Offers strongest protection against certain cancers; oral, oesophageal, prostate, pancreatic, colon and lung.
- Eat a variety of colours – Every colour has its own benefits
 - Blue
 - Purple
 - Red
 - Orange
 - Yellow
 - Green

Healthy proteins (25% of diet)

- Plant based should be 60% of your total protein
 - Legumes - like beans, kidney beans, soya beans and peas
 - Green vegetables – spinach, barley, broccoli
 - Nuts –groundnuts, almonds, cashews and peanuts
- Plants have complete protein and more protein per calorie than animals



Wellcare
GOOD HEALTH STARTS HERE

Animal protein & products (10% of dietary calories)

- Not more than once a day, preferably only two meals in a week.
 - Major sources should be lean white meat (Poultry and fish – Preferably local chicken)
 - Eggs are also accepted in moderation (No more than 3 per week)
 - Avoid red meat (beef, goat, lamb and **pork**) – high in saturated fat and acidic. (My recommendation is you stop completely)
- All meat/ poultry should be wild in nature (free roaming with little chemical exposure and little artificial feeds)

Animal products to avoid

- Processed and cured meats should be reduced or even stopped
 - Sausages, salami, ham, bacon, frankfurters etc.
 - Especially for children
 - Have acrylamides and nitrites
 - known carcinogens (increase cancer incidence)
 - Increase likelihood of many cancer

Nitrites and Nitrosamines in Processed meat

It's Official:

Bacon and Sausage Cause Cancer



(and are as Dangerous as Cigarettes)

Roasted and charred meat

The black charred or burnt part of this meat is known to have chemicals (heterocyclic amines that cause cancer)



Cancers Associated With Increased Consumption of Animal Products

- Bladder Cancer
- Brain Cancer
- Breast Cancer
- Colon Cancer
- Endometrial Cancer
- Intestinal Cancer
- Kidney Cancer
- Leukemia
- Lung Cancer
- Lymphoma
- Oralpharyngeal Cancer
- Ovarian Cancer
- Pancreatic Cancer
- Prostate Cancer
- Skin Cancer
- Stomach Cancer

Healthier High fiber Starchy Carbohydrates and whole grains (20% of diet)

- High fiber starchy vegetables
 - Orange high fiber starch
 - sweet potatoes, pumpkin, yams
 - Other high fiber starch
 - , cassava, Irish potatoes, matooke.
- Whole and intact grains
 - like unrefined maize, millet,, oats, whole grain bread, brown and wild rice, other whole grain cereals

Carbohydrates to avoid

- Refined and processed carbohydrates
 - Avoid refined white flour products (white foods) – white bread, chapati, samosa, mandazi, white rice, white pasta, refined white posho.
 - Refined pastries like cakes, biscuits, crisps
 - Fried foods (chips)
 - Avoid artificial sweetened products including packed fruit juices
 - Soda and Sugar must be completely avoided
- Eating these foods leads to weight gain, heart disease, diabetes and also earlier death

Dairy products?

- Is milk a healthy food?
- Yes – but only for children.... And only for the young of the animal it is got from
- Milk is very nutritious and so may not be very healthy for adults

Why should we avoid or reduce milk/dairy consumption

- High in saturated fat and calories
 - Weight gain, Heart disease, diabetes and cancer
- High in protein
 - Acidic type -Damages kidneys & Causes osteoporosis
 - Allergenic type – that can worsen or precipitate allergies and immune problems

Dairy recommendations

- Stop dairy products if you can (Applicable from 5 years of age)
- Avoid full cream, whole milk
- If you take dairy
 - Use skimmed milk and in moderation
 - Use low fat yoghurt
 - Avoid cows milk and look for alternative sources
 - Soy
 - Almond

Types of Fats (Vegetable Oils)

STOP

- **Trans** (Hydrogenated fats like margarine)
- **Saturated** (Coconut oil, Palm Oil, Cocoa Butter, Butter, Cheese, Chocolate, Beef, Chicken, whole milk, Cream, sausages, bacon)
- **Polyunsaturated fats** (Sunflower Oil ,Soybean Oil, Soybeans, Fish, Corn Oil, Tofu)
- **mOnounsaturated fats** (Olive Oil, Avocado, Peanuts, Peanut Butter, Canola oil, cashew nuts)
- Omega-3-Fatty acids Fish oil : Heart Healthy

Chia Seeds



- Very high in antioxidants
- Loaded with omega 3 fatty acids
- Very high in fiber
- High nutrient and low calorie
- High in quality protein
- High in Potassium, Magnesium, Manganese and Phosphorus
- 3 times the iron in spinach
- 5 times more calcium than milk
- 7 times more vitamin C than oranges
- 15 times more magnesium than broccoli
-

Health Benefits of Chia seeds

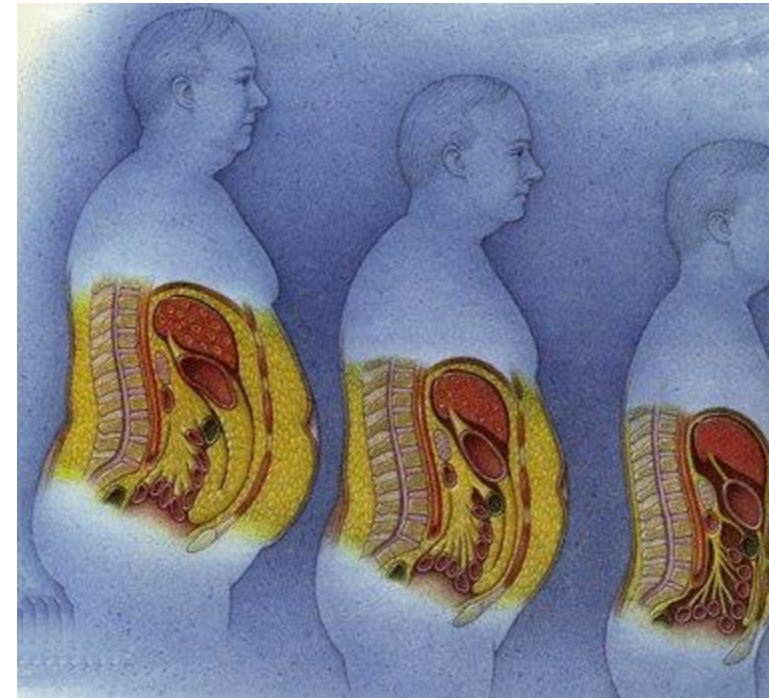
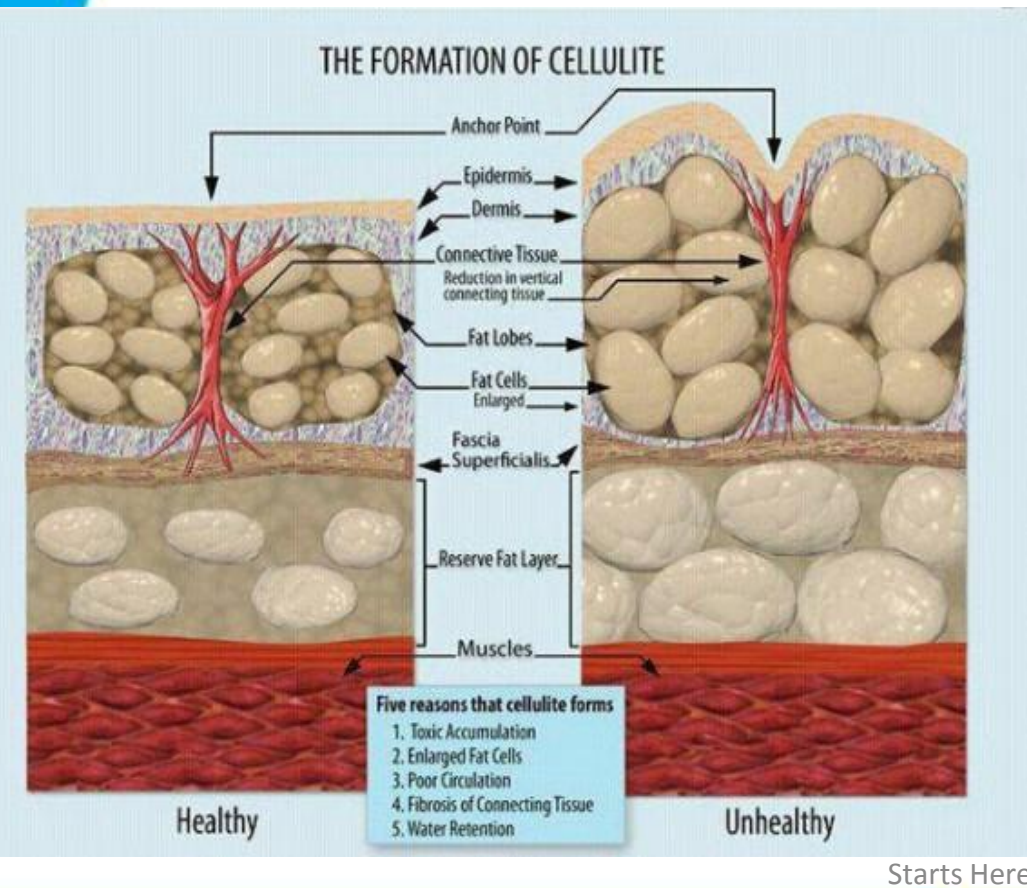
- Very powerful antioxidant and detoxifying substance
- Can help you lose weight
- Contributes to stronger teeth and bones
- Improves cholesterol levels
- Fights Belly Fat
- Gets you satisfied faster and keeps you full longer
- Improves Heart and Brain Health
- Helps control blood sugar and improve diabetes
- Improves your immune system
- Keep digestive system health
- Can improve exercise performance

Detox and weight loss

- Toxins are anything that can potentially harm body tissue, that come from both from within our body (waste products of metabolism) as well as toxins that we are exposed to in our environment, air, food, and water.
- Detox is a process of eliminating toxins from the body that affect us.
- Detox should always be the first process and always leads to sustained weight loss.

Where are toxins stored?

- In Fat cells throughout the body
- In our belly..



- Good Health..



Very good detox and anti-inflammatory foods

1. Aloe Vera
2. Beet root
3. Lemon
4. Apples
5. Broccoli
6. Green leafy veggies; Cabbage, Lettuce, Spinach
7. Garlic
8. Green tea
9. Red grapes & tomatoes
10. Ginger

The Juice fast (3 – 7 days)

- This is a very powerful way to detox your liver and body as well as cleanse your digestive tract.
- A juice involves consuming only raw vegetable and fruit juice and water for a short period of time. It is considered one of the more rapid methods of detoxification due to the reduced food intake and absence of solid food.



Wellcare
GOOD HEALTH STARTS HERE

Benefits of the juice fast

- It has immense benefits
 - Lose 2 – 4kg in 3 – 7 days
 - Cleanses the body
 - Helps with constipation
 - Improves energy levels
 - Boosts immunity
 - Helps control blood pressure and sugar
 - Reduces belly size

Before



2 months Later



BEFORE - 121kg



2 MONTHS LATER - 106 kg



GOOD HEALTH STARTS HERE

Another testimony!

Dr Paul – 2008 about 78kg



Me in 2015 – 64kg



Summary

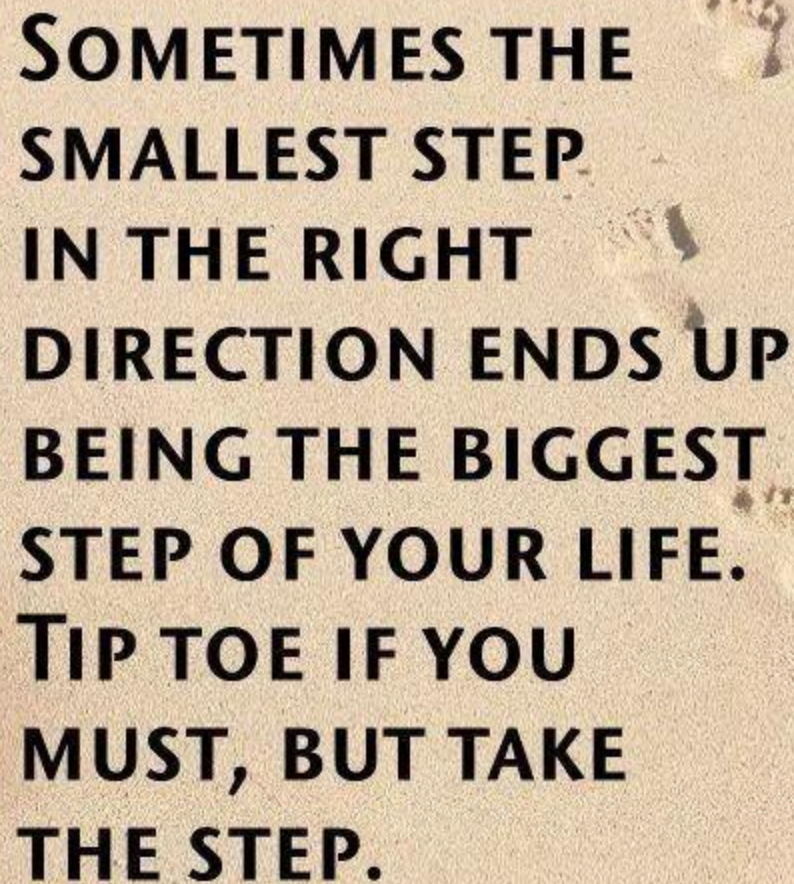
- Some of us may already have health problems but the good news is that most problems can be slowed, stopped or **even reversed**.
- No matter what kind of life you have lived, ill health is reversible.
- The solution lies not with doctors but with you making the right choices
- The magic number here people is 3. It takes only
 - 3 days of action to begin feeling a positive change
 - 3 weeks to form a habit.
 - 3 months and you can start to measure a difference
 - 3 years for the effect on your body to seem as if you have done it your entire life.
- So lets start today!

Who can benefit from Wellcare

- People who would like to
 - Lose weight – losing weight fast and keeping it off
 - Detox and cleanse
 - Fight fatigue, digestive problems, headaches etc
- People who have
 - allergies and sinuses
 - chronic diseases who are tired of taking medication and want a natural approach to manage and reverse diabetes, hypertension, high cholesterol, arthritis and others
- People who want to
 - Know how healthy you are
 - Eat healthy and need eating plans for themselves and families

Way Forward

- Find out how healthy you are
 - Do some tests esp BMI, Body age, BP, Blood sugar
 - Cholesterol, Hepatitis B, Liver function
- Begin to drink water and Eat healthy
- Lose weight and detox
- Exercise and track your activity
- Get enough rest
- JOIN our FASH community coming soon!



**SOMETIMES THE
SMALLEST STEP
IN THE RIGHT
DIRECTION ENDS UP
BEING THE BIGGEST
STEP OF YOUR LIFE.
TIP TOE IF YOU
MUST, BUT TAKE
THE STEP.**

MEDIAWEBAPPS.COM

Making a big life change
is pretty scary.

But, know what's even
scarier?

Regret.

THANK YOU



Wellcare Health & Wellness
Plot 37, Bandali Rise, Bugolobi
(next to Jazzville)

Tel: +256 414 220888, +256 701 450450

Dr Paul Kasenene: +256 701 482448, 792 482448

paul.kasenene@wellcare.co.ug

"Take care of
your body. It's
the only place
you have to live.

~ Jim Roh

Good health
Starts here...



Health



Fitness



Weight Mgt



Eat Healthy



Prevent Disease



wellcare
GOOD HEALTH STARTS HERE