



## 5 Takeaways

### **Understanding the Microbiome Series - Herbs that Fortify the Immune System**

with Sanaz Demehry, MS, PA-C

Herbalist and Integrative Medicine Practitioner, UCI Susan Samuel Integrative Health Institute

- 1. Astragalus can be used to cook in your food or as a supplement.**
- 2. Astragalus may help strengthen the immune system.**
- 3. Black Elderberry has a long history of use in colds and is safe in children and adults.**
- 4. Black elderberry has several human studies showing it reduces the severity and duration of influenza.**
- 5. Thyme is a powerhouse for upper respiratory infections, cough and congestion.**

To learn more about Culinary Health and to register for upcoming sessions, scan here:





## 5 Takeaways

### **Understanding the Microbiome Series - Fiber, Microbiome and Immune Health**

with Katrine Whiteson, PhD

Chancellor's Fellow and Associate Professor

Molecular Biology and Biochemistry, UCI School of Biological Sciences & Pediatrics,  
UCI School of Medicine

- 1. Fiber is complex carbohydrate chains that resist quick digestion, from plant-based foods.**
- 2. Fiber could play an important role in maintaining gut health, avoiding blood sugar spikes, even vaccination efficacy and cancer treatment response.**
- 3. Most Americans have a huge gap in the fiber they eat, often much less than half of the recommended amounts.**
- 4. We need both fiber and the microbes that can break the fiber down in our guts.**
- 5. Consider aiming to increase the diversity of plants and fermented foods in your diet.**

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:





## 5 Takeaways

### Understanding the Microbiome Series - Herbs that Cultivate an Environment for the Microbiome

with Sanaz K. Demehry, MS, PA-C  
Herbalist and Integrative Medicine Practitioner

1. **Artichoke leaf is a great prebiotic**
2. **[www.usprobioticguide.com](http://www.usprobioticguide.com) is a great resource tool**
3. **Artichoke extracts are helpful in IBS and dyspepsia**
4. **Alginate, or alginic acid, is a good source of prebiotic and helps with GERD**
5. **Spices that are antimicrobial are: turmeric, cumin, ginger, garlic, onions**

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:





## 5 Takeaways

### **Understanding the Microbiome Series - Human Microbiome Through the Lifespan**

with Katrine Whiteson, PhD

Chancellor's Fellow and Associate Professor

Molecular Biology and Biochemistry, UCI School of Biological Sciences & Pediatrics,  
UCI School of Medicine

- 1. Microbiomes are unique to each person, with important similarities within households and geographic regions.**
- 2. Most microbes are not pathogens! There are enormous numbers of undiscovered microbes, especially beyond better studied industrialized humans.**
- 3. Early life gut microbiomes are very influenced by breastfeeding; diversity stabilizes by age 3-5 in humans.**
- 4. Adult microbiomes are stable, diet and lifestyle are important impacts.**
- 5. Later adult microbiome diversity begins to decline, especially without access to whole food diets.**

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:





## 5 Takeaways

### Diabetes & Diet

With Michelle Luhan, MS, RDN, CDN  
UCI SSIHI Dietitian and Nutrition Counseling

- 1. Two ways to manage diabetes with diet: Plate Method or Carbohydrate Counting**
- 2. Lose weight if overweight. Follow a high-fiber, plant-forward diet like the Mediterranean Diet.**
- 3. Exercise 30 minutes a day; a walk for 10 minutes after a meal lowers your blood sugar by 22%.**
- 4. Hydration and fiber are key to success. Fiber is essential to healthy gut biome - vegetables, whole grains, legumes and fruits. Aim to drink half your weight in ounces of water per day (160 lb. person = 80 oz or 10 cups)**
- 5. Time Restricted Eating (TRE) may improve weight loss, lower cholesterol and blood pressure, increase insulin sensitivity, as well as decrease visceral fat and fasting blood sugar.**

To learn more about Culinary Health and to register for upcoming sessions, scan here:





## 5 Takeaways

### **Holistic Spring Cleaning; Reset Your Mind, Body & Spirit**

With Theresa Nutt CREDENTIALS

UCI SSIHI Director of Health and Wellness Coaching

- 1. Reflect - What is working and what is not?**
- 2. Paint your picture.**
- 3. The power of lifestyle – small, daily health choices add up.**
- 4. Identify your purpose and follow it!**
- 5. Identify one new action you can take, and start now.**

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:





## 5 Takeaways

### Foods for Longevity

With Ryan McNally, ND, MS, PA

UCI SSIHI Assistant Director of Integrative Health Education

1. Aging is a major risk factor for all chronic disease and death.
2. The average lifespan and centenarian rate are increasing.
3. Animal models have demonstrated that lifespan is modifiable with intervention.
4. Lifestyle interventions positively impact human health, prevent early mortality, and may extend healthspan and lifespan.
5. There are many supplements, U.S. Food & Drug Administration-approved drugs, and candidate drugs that are promising and are currently being researched for the extension of healthspan and lifespan.

**To learn more about Culinary Health and  
to register for upcoming sessions, scan here:**





## 5 Takeaways

### Herbs for Reflux Relief

With Sanaz K. Demehry, PA-C  
UCI SSIHI Herbalist and Integrative Medicine Practitioner

1. Your gut bacteria has a direct effect on your health and well-being.
2. Aloe Vera helps with heartburn, gas, nausea, reflux and more.
3. Marshmallow Root Tea helps with stomach inflammation and discomfort.
4. Chamomile Tea helps with stomach cramps, bloating and anxiety.
5. Ginger enhances gastric motility, moving food through stomach and decreasing the pressure on the sphincter.

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:







## 5 Takeaways

### Food Myths: What do we believe?

With Miki Purnell, MD, ABFM, AboIM, ABIHM

1. You are what you eat - and what you absorb.
2. Miso does not raise blood pressure.
3. Cooking oil can be oxidized before expiration date.
4. Eating an optimal amount of seaweed can be helpful for health.
5. Choose safe sweeteners (erythritol and allulose seem the best choices).

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:





## 5 Takeaways

### What Is Culinary Health?

With Shipra Bansal, MD, DipABLM

- Poor diet is now the number 1 risk factor in the U.S. contributing to premature mortality. Working to improve our diets can reduce our risk of chronic disease by almost 80%.
- Keep the skin on your produce whenever possible. The majority of fiber and phytonutrients are in the skin or just under it.
- Get your cruciferous veggies (kale, collards, broccoli, cabbage, cauliflower, etc.). These powerhouse vegetables produce powerful compounds called sulforaphanes that protect against multiple cancers. To maximize your intake, cut the vegetable and let it sit for at least 10-15 minutes before cooking.
- Eat whole grain whenever possible, as the bran has the majority of fiber as well as a broad range of micronutrients that are lost when we eat a processed grain.
- Processed meat (lunch meats, etc.) is a class I carcinogen, so try to eliminate this category from your diet if possible.

**To learn more about Culinary Health and  
to register for upcoming sessions, scan here:**





## 5 Takeaways

### How Much Should I Exercise?

With Judy Lee Vogt, MD - SSIHI Concierge Primary Care Physician and  
Jessica VanRoo - SSIHI Executive Chef

- 150 minutes per week of moderate to vigorous aerobic exercise.
- More is better than a little.
- Increase the intensity, duration and frequency over time.
- Join a team, build a community, get a dog.
- Adding 1/4 tsp baking soda to each pound of protein in your recipes increases the PH of the meat and makes it more tender.

To learn more about Culinary Health and  
to register for upcoming sessions, scan here:

