

Whole Food Nutrition

... The Plant based way

Your **FUEL** for a preventative and an active lifestyle

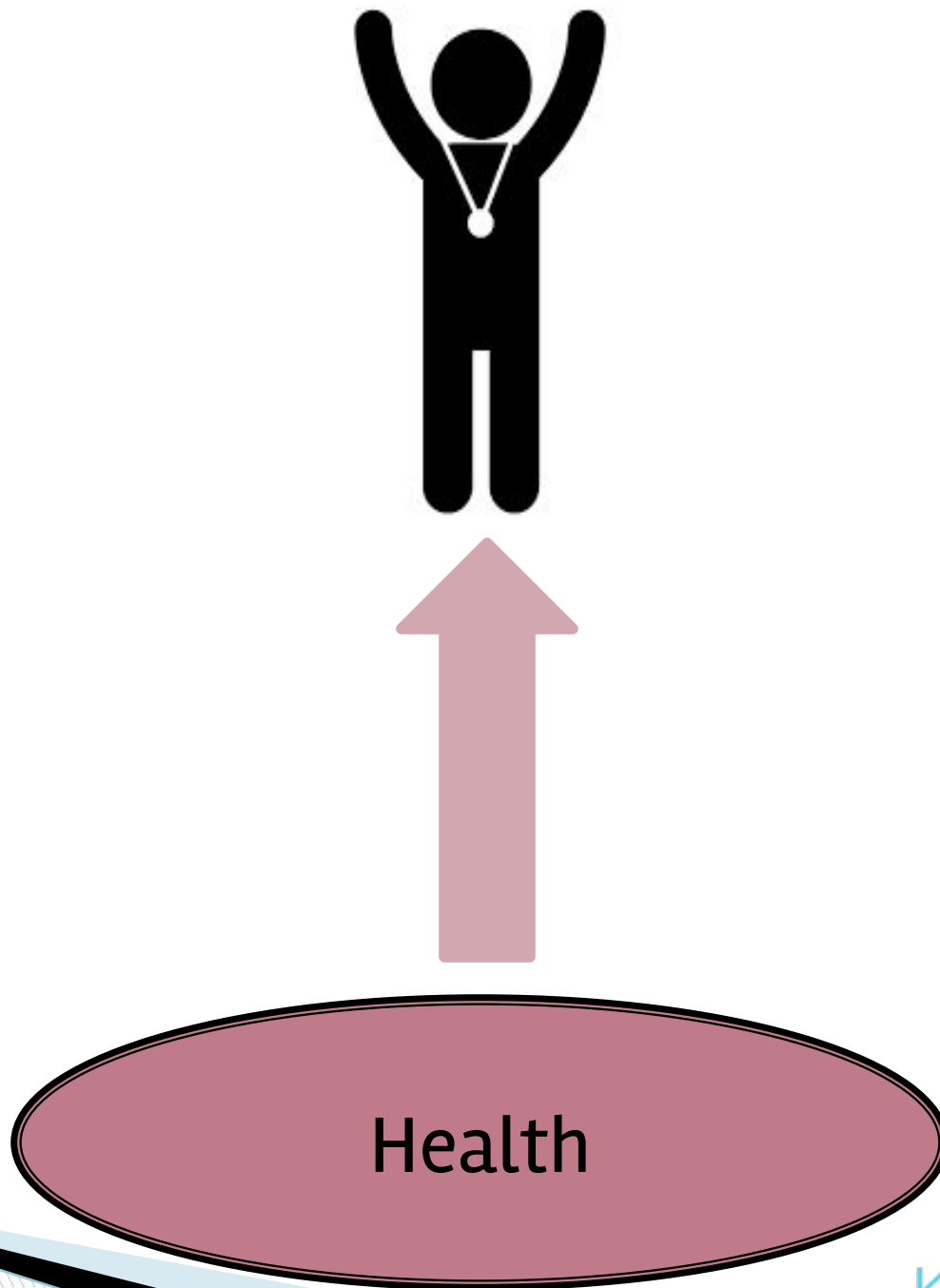
What is Nutrition?

- Nutrition is the sum total of all the processes and functions by which growth and development, maintenance and repair of the body, and reproduction are accomplished.
- It is replenishment of the tissues and not the accumulation of fat and not the “stimulation” (Excitation) of vital powers.

– Dr. Hindhede

Overfed, Yet Malnourished.

‘Nutrition’, today is no longer about
Carbohydrates, Fats and Proteins;
Its mainly about **Vitamins and Minerals.**



'The concern is not Protein Deficiency.

The concern is Protein Excess'

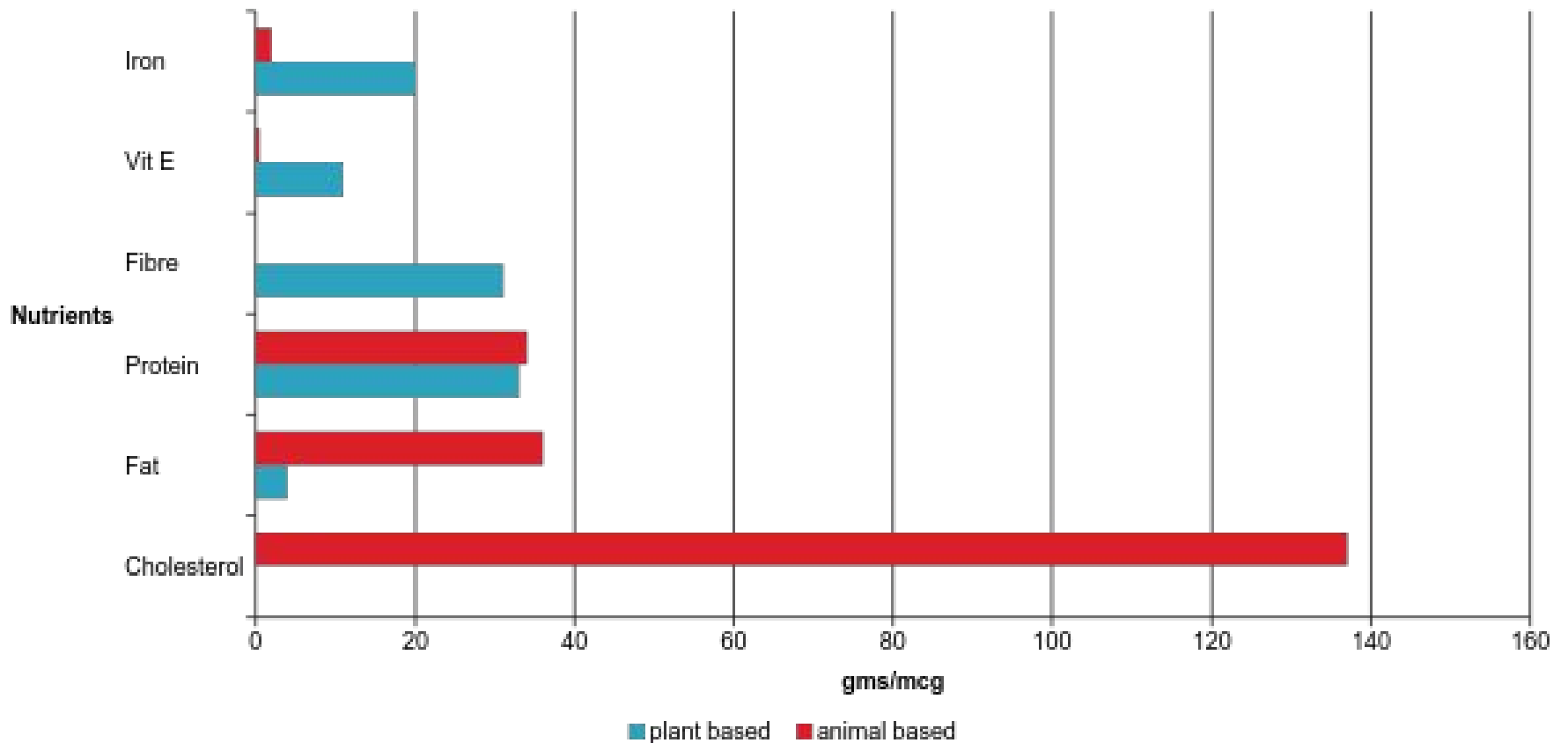
Deficiency Of Protein

- Kwashiorkor (**Deficiency of Calories**)

Excess of Protein

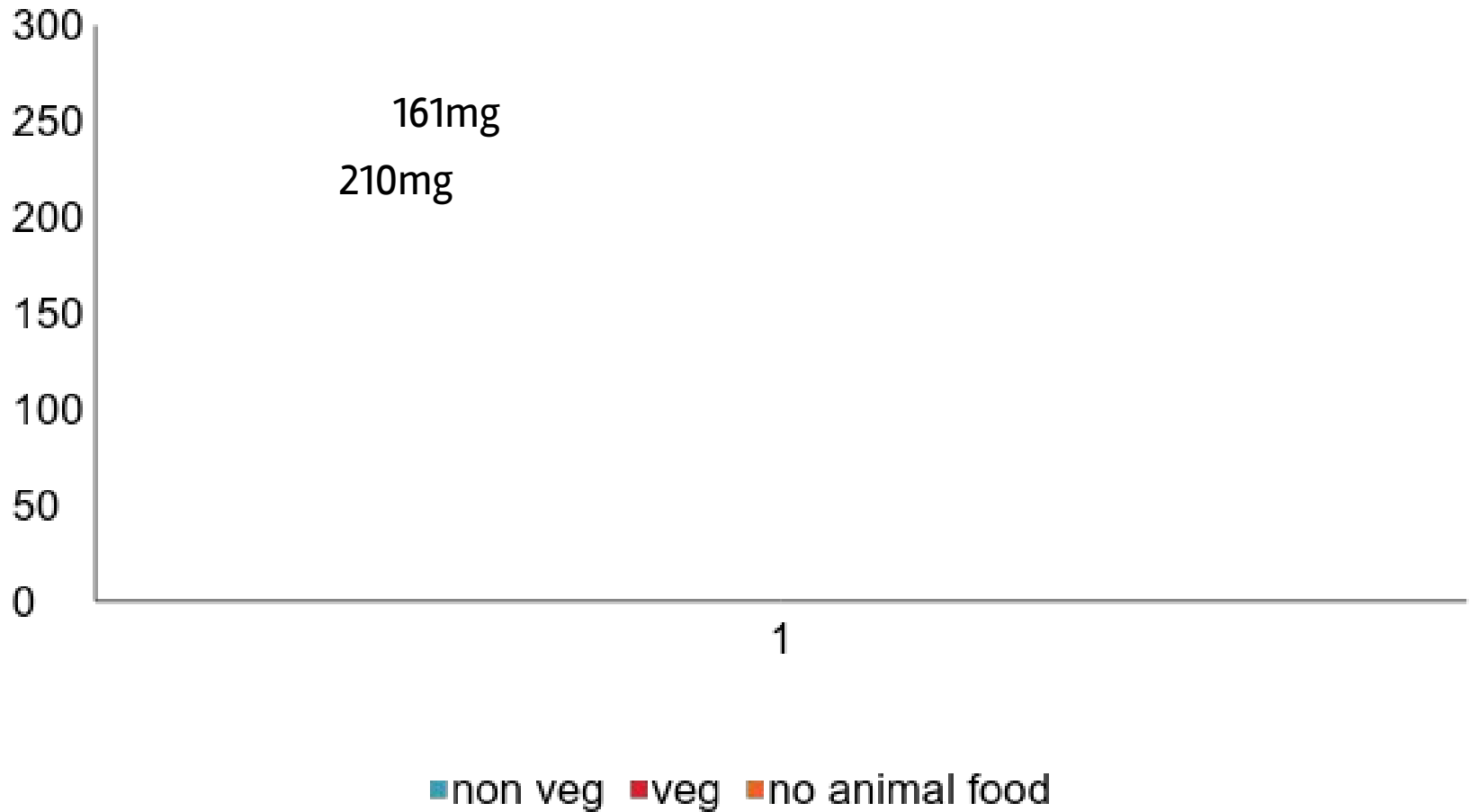
- Lack of Energy, Blood Pressure
- **Fat (Obesity)** , Kidney Stones, Gout, High cholesterol, Osteoporosis, Acidity,
- Cardiovascular Diseases, Cancers....

Plant Food Vs Animal Food



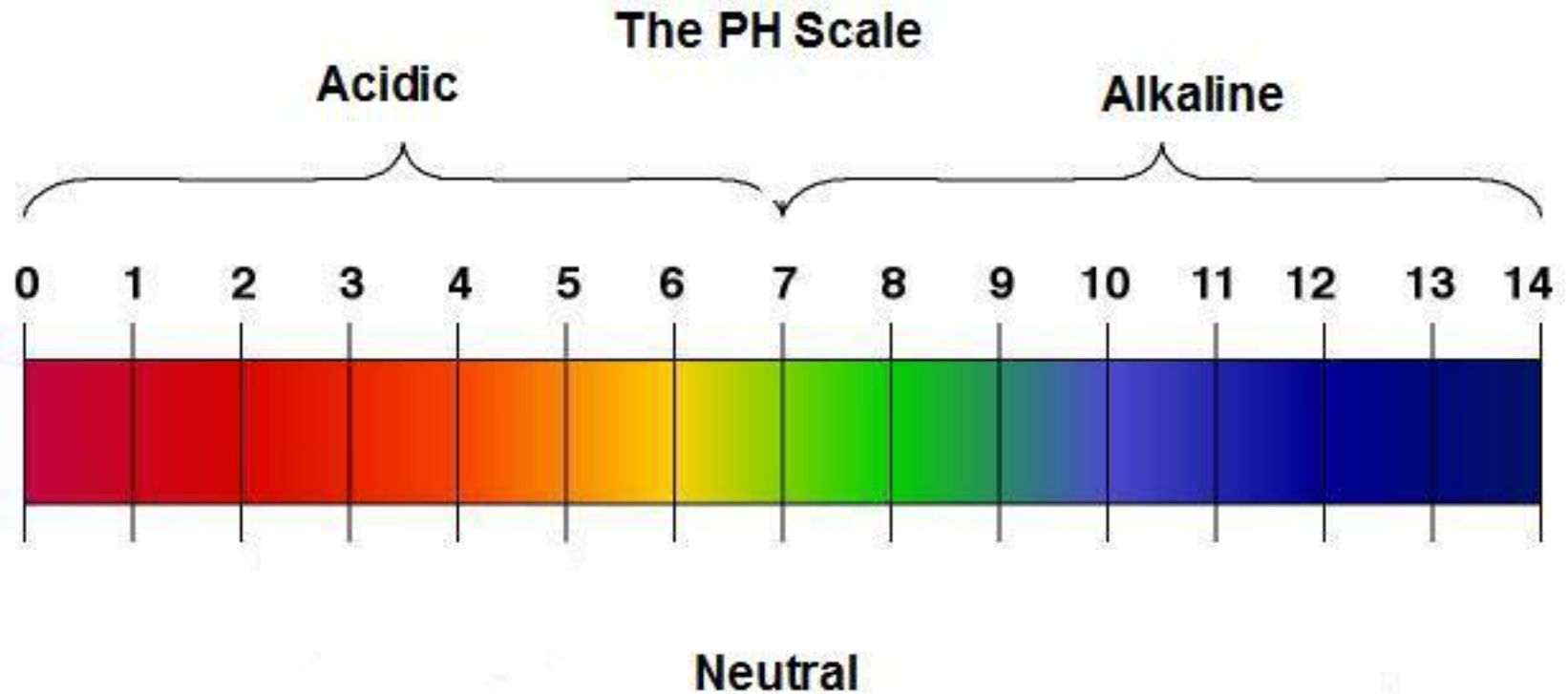
Derived from The China Study

Average Cholesterol Levels



- Increased animal protein not only brings up cholesterol and related issues but also the Blood Glucose Levels.

The Acid Attack



Nature of Animal Protein

- Acidic
- Growth Promoting (Rapid Growth–Early Puberty and Hormonal Issues ; Cancers)
- Osmotic – Water Retention
- Animal foods and meat have lower shelf life hence decompose faster.
- Preservatives, hormones and steroids are added–natural and unnatural, both.
- Denaturation–Most of the proteins get denatured when heated above 41 Degree Celsius (105.8 degree F), which is very close to human body temperature.

Anatomy

Carnivores

- Teeth- Canines
- Saliva-1-2 pH
- Stomach-1pH
- Small Intestine- 3-6x body length
- Urine - Highly Acidic

Herbivores

- Dull Canines
- 8.2 pH
- 4-5pH
- 10-12x body length
- Alkaline

Humans

- Blunt Canines
- 6.5-7pH
- 4-5pH
- 10-12x body length
- Slightly acidic

	Protein Content in Milk	Lifespan of Animals
Rat	8.7g	4 yrs
Goat	4.1 g	15 yrs
Cow	3.3-4g	22yrs
Cat	11.1g	25 yrs
Human	1.25-2.7g	70 yrs

The Recovery Circus

- Sugars
- Mineral salts (electrolytes)
- Rest
- Sleep

Benefits of Plant Protein Over Animal Protein

- Easily digestible (Pre-digested enzymes)
- Assimiable
- Preventative
- Disease Reversing
- Reducing dependence on medication

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for Good Health