Lupus & Nutrition

The gut connection and how to support your body with good nutrition
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★ This presentation is for information only. Please consult your healthcare practitioner(s) for personal advice.
TODAY’S AGENDA

01 The Gut Connection
We are what we eat??

02 A Whole Foods Approach
Understanding the basics of a healthy diet

03 Anti-Inflammatory Diet
What to avoid and what to enjoy

04 The Micronutrients
Supplements, herbs, and alternative approaches

05 The Daily Plan
Strategies, tips and tricks

06 Food Insecurity
Getting what you need on a limited income
POLL: Types of Lupus
01
THE GUT CONNECTION
You are what you eat!!
DIGESTION

**Step 1**
THE MOUTH
Chew to a paste
Salivary enzymes break down sugars

**Step 2**
THE PANCREAS
Digestive enzymes break down sugar, fats and starch

**Step 3**
SMALL INTESTINE
Absorption into bloodstream

**Step 4**
THE LIVER
Receives, Processes, Sorts, Sends

**Step 5**
LARGE INTESTINE
Absorbs water and salts
Creates waste

**Step 6**
ELIMINATION
Waste is excreted and voided

The Body’s Cells
THE BASICS of DIGESTION

- Food is broken down into tiny fragments
- The blood transports these fragments around the body to the cells
- The fragments are used to build and fuel cells in the body
- The liver is the brains of the operation
BLOOD FEEDS CELLS

**Protein**
Meats, dairy, legumes

**Amino Acids**
Build new structural and functional proteins

**Fats**
Oils, nuts, animal foods

**Fatty Acids**
Cell walls, hormone creation

**Carbohydrates**
Grains, vegetables, fruits

**Sugars & Fibre**
Cellular energy, waste removal
YOUR IMMUNE SYSTEM

WHITE BLOOD CELLS

- Self = no reaction
- Invader - bacteria, virus: Attack & Destroy
- Self = foreign: Attack & Destroy
- Auto-Immune Disease
INFLAMMATION

- Natural part of an immune response - cascading reaction
- Serves to contain and attack foreign invaders
- Creates redness, swelling, and pain
- Acute (short-lived) vs. Chronic (prolonged)
A WHOLE FOODS APPROACH

Understanding the basics of a healthy diet
CORE VALUES

Clean
Avoid chemicals, preservatives, pesticides, toxins;
Eat Organically produced or wild foods

Whole Foods
Avoid refined, highly processed foods and eat tip to tail

Seasonal
Eat light, cooling in foods in summer;
Eat nourishing, warm foods in winter

Variety
Enjoy a large variety of foods to ensure you get all of the nutrients you need

Colours
A rainbow on every plate ensures you’re eating enough fruits and vegetables

Hydrate
Ensure you are drinking adequate amounts of plain, clean water
WHAT TO AVOID

BAD FATS
Trans Fats (hydrogenated oils), margarine, shortening, lard

PROCESSED MEATS
Cured meats, hot dogs, deli meats

JUNK FOODS
Chips, candy, cookies, baked goods, soda

Vegetarian?
Soy?
Alfalfa!
POLL: Dietary Limitations
03

THE ANTI-INFLAMMATORY DIET

What to minimize and what to enjoy
Dr. Weil’s Anti-Inflammatory Food Pyramid
THE KEY ELEMENTS

**PROTEIN**
- Lean Meats (organic or wild)
  - Eggs, nuts, seeds
  - Legumes*
  - Dairy*
- Palm-sized portion
- 0.8g/Kg body weight/day

**FATS**
- No Trans Fats
- Little Saturated Fats
- Lots of Polyunsaturated Fats
- Coconut, olive, sunflower, canola, safflower
- 50-60g/day

**FIBRE**
- 25-30g/day
- From a variety of whole grains, fruits, vegetables, and seeds

**WATER**
- Drink enough water to void every 2-4 hours
- Caffeinated drinks and alcohol increase your need for water
DAILY PRACTICE

Journal
Track your foods, exercise, stress levels and symptoms - try to draw correlations

Eliminate Sensitive Foods
Eliminate foods prone to sensitivities - dairy, gluten, soy, corn, eggs, shellfish - see if you feel better

Prepare From Scratch
Connect with your food through time and effort, know what goes into your food, become friends with food

Eat Mindfully
Eat with intention and follow your own rules; Eat without distraction or stress; Rest after a meal to allow digestion to occur
THE MICRONUTRIENTS

Supplements, Herbs and Alternative Approaches
MAKING UP FOR LOSSES

SUPPLEMENTS

In foods?  In pills?

**Calcium**
- Especially important if taking Corticosteroids
- Eat with acid-containing food or Vitamin C

**Vitamin D**
- Supports immune function and calcium absorption

**Omega-3s**
- Anti-inflammatory and support brain and skin health

**Iron**
- Competes with calcium for absorption
- Eat with acid-containing foods or Vitamin C

**Vitamin C**
- Protects mucous membranes, strengthens immune system
- Very sensitive to cooking
MAKING UP FOR LOSSES

HERBS

Ginger
Turmeric
Chamomile
Rose
Rooibos
Black tea
Green tea
ALTERNATIVE APPROACHES

Systems to organize your life
Emotional support when you can’t control things - social
Nutrition & supplements
Exercise
Meditation and mindfulness
Liver Support

STRESS MANAGEMENT
Internal & external

Massage
Counselling
Acupuncture
05

THE DAILY PLAN

Strategies, Tips & Tricks
PUTTING IT INTO PRACTICE

PLAN
Choose your recipes, plan out your meals, create your shopping list

SHOP
DON'T GO HUNGRY!
Focus on the exterior of the grocer, buy what’s in season, choose local & organic

PREPARE
Batch prep, enjoy the process, be creative, do it together, make the time

EAT
Eat together, slowly & undistracted;
Eat filling meals, healthy snacks

REST & RELAX
Support digestion with water and enzymes;
Go for a light walk to aid digestion
The Checklist

- Half-plate fruits and vegetables
- Lean protein sources
- Healthy fats
- Whole grains
- Raw & Cooked
- Water instead of juice/alcohol
- Wholesome ingredients
- Filling, but not stuffed
- Cooked with Love
- Eaten without Guilt

Canada’s Food Guide

Have plenty of vegetables and fruits
Eat protein foods
Make water your drink of choice
Choose whole grain foods
Lupus Canada
Recommended recipes and nutrition advice

Dr. Weil
Anti-inflammatory diet information and recipes

Oh She Glows!
Super healthy recipes with great gluten and dairy free options
06

FOOD INSECURITY

Getting what you need on a limited income
FEELING STRETCHED?

1 in 7 Canadians are food insecure (pre-pandemic)

14%

Local Meal Programs
- $ Dinners at Home
- Meals on Wheels

- Food Bank
- Soup Kitchen
- Food Recovery
- Breakfast Program
- Community Meal
- Potluck Club

- Price-matching apps (Flipp)
- Plan meals with the sales
- Bulk buy (with friends)
- From-scratch vs. pre-prepared
- Large batch cooking - freeze, can or dehydrate
- Farmers market coupon program
POLL: Level of Food Security
IN SUMMARY

**Nutrition Counts**
Foods are the building blocks of your body

**Anti-inflammatory Foods**
Balanced nutrition with whole foods including healthy fats, whole grains, lean proteins, and plenty of plants.

**Minimize Stressors**
Keep toxin levels below thresholds by managing stress, supporting your body, and living mindfully

**Ask for Help**
Nutrition and disease are complex and individual - get professional advice when you need it

"Eat food, not too much, mostly plants"
- Michael Pollan
THANKS!

Does anyone have any questions?

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