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PUBLIC
ACCOUNTANTS®

2019 TASMANIA CONGRESS

30 MAY - 1 JUNE

HOBART FUNCTION AND
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EVENT PARTNER



iBOOKS+



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www.niim.com.au

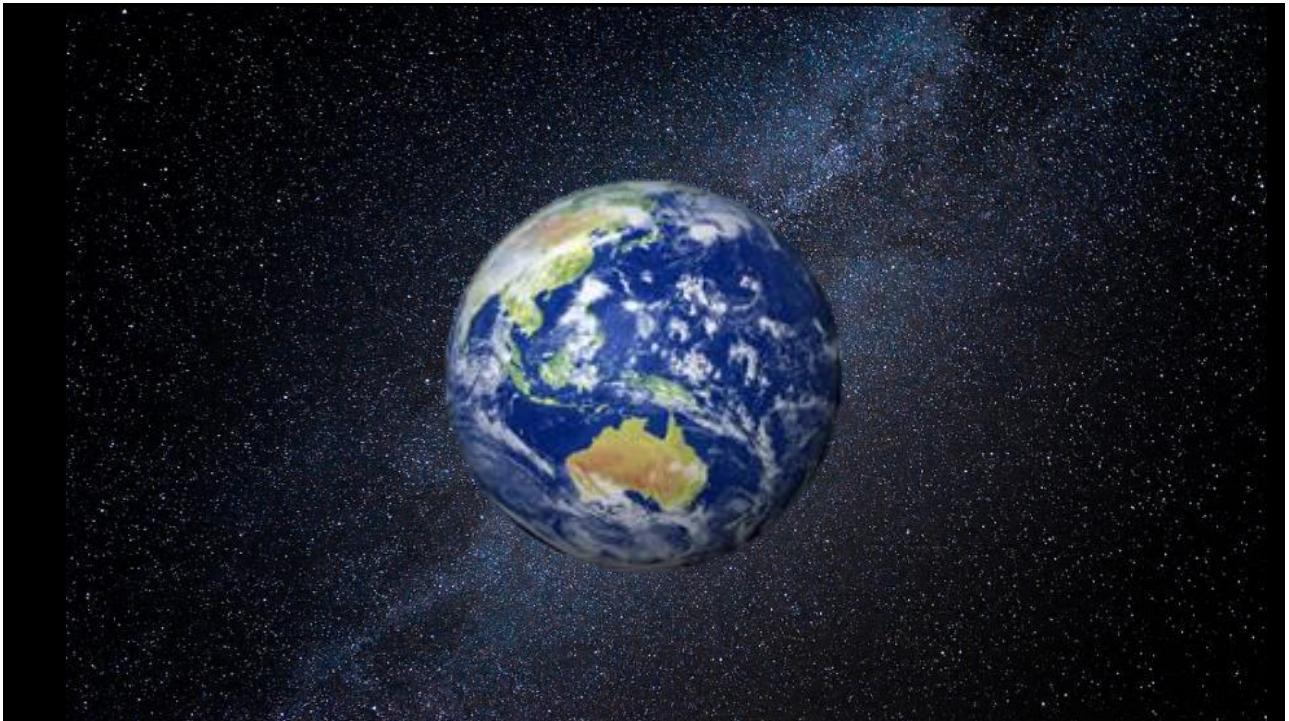


Institute of Public Accountants
2019 Tasmania Congress
30 May – 1 June
Hobart

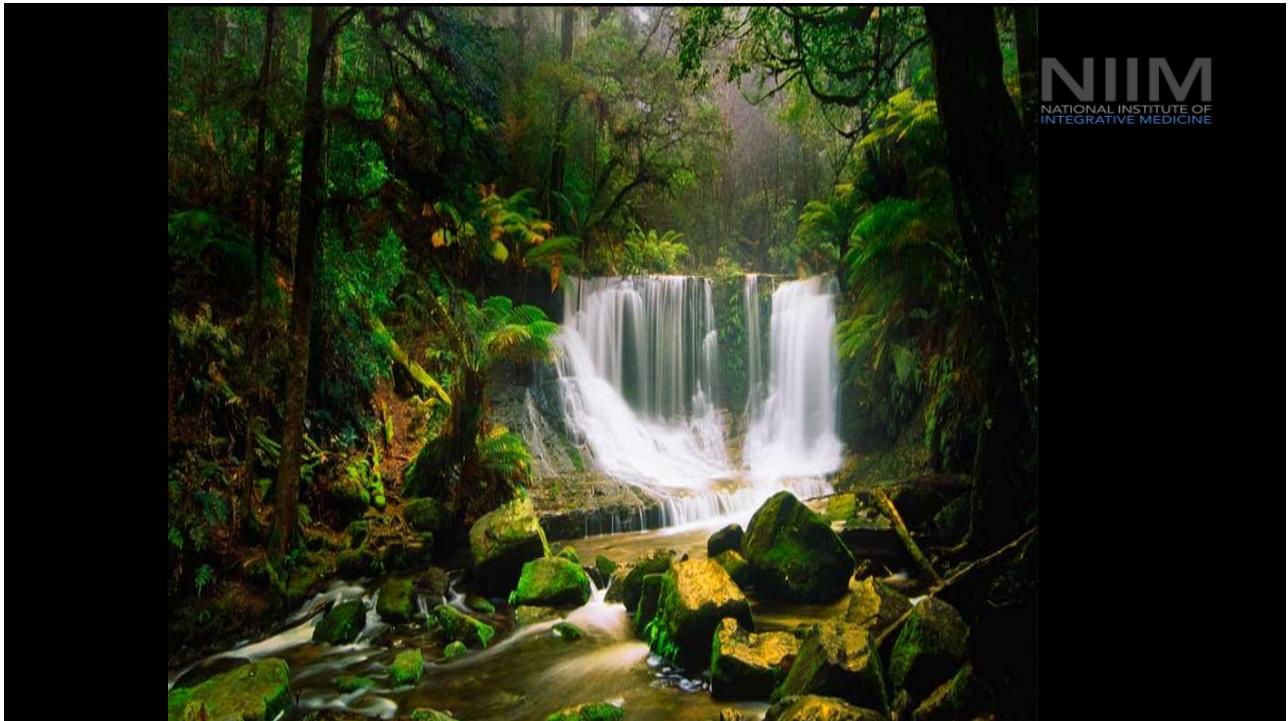
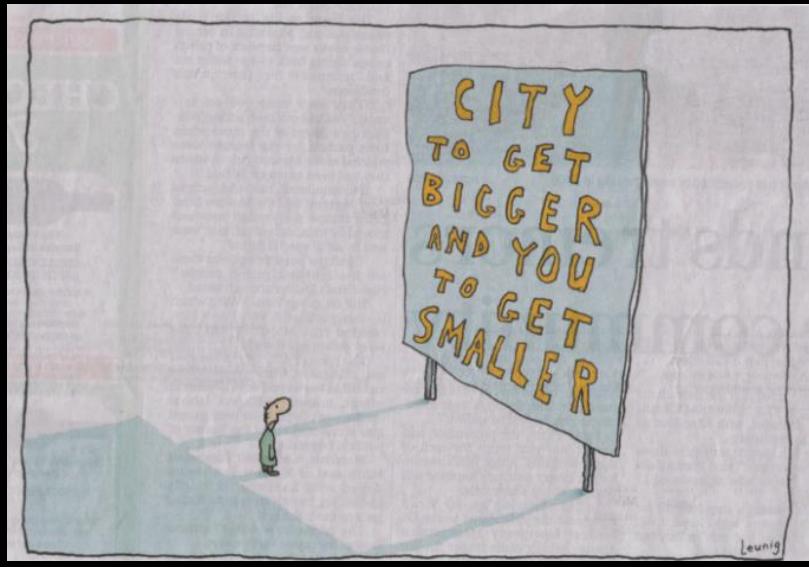


INTEGRATIVE MEDICINE

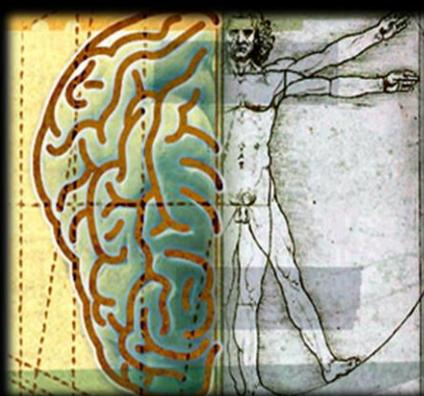
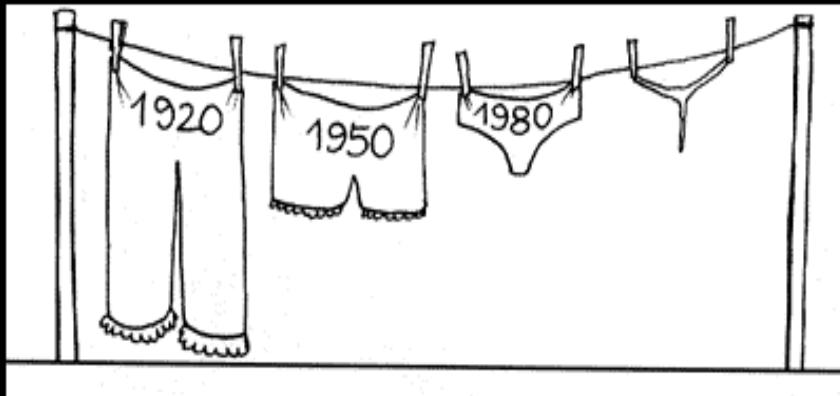
Why it is the best form of
Medicine







Evidence of Global Warming...



What is
Integrative
Medicine?



Integrative Medicine



Definition

Integrative Medicine (IM) is about **all** evidence-based medicine including complementary medicine -

- major interest on the cause of the disease
- patient is a participant in getting better
- making the patient as healthy as possible



CAM more popular

USA

- More visit CAM providers in 1990's than to all primary care physicians – Population cost = \$13b

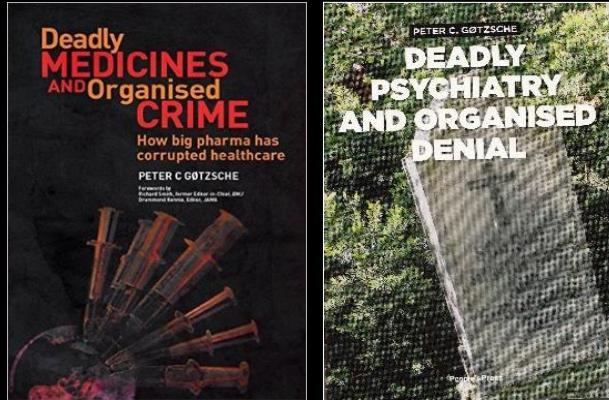
Australia

- As widely used as conventional medicine
- Consultations: 69 Million to both
- Population Cost = \$4.13 billion



Xue C et al, J Comp and Alt. Med. 2007; 13:643-

The problem with
conventional medicine...



National Institute of
Integrative Medicine (NIIM)



Melbourne



Gold Coast

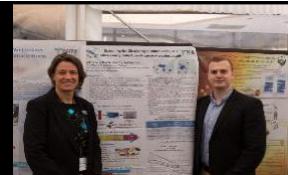
NIIM 3 Pillars



NIIM

CLINIC

- Clinicians
- Services



IM
NSTITUTE OF
E MEDICINE

RESEARCH

- Numerous projects



EDUCATION

- Online Courses
- Annual Symposium



EVENTS

- Free Public Lectures
- Clinical Workshops
- Fundraising Events



NIIM



NIIM Clinic Services

- Integrative GPs
- National leader in treatment of chronic disease
- Cancer therapies - Hyperthermia, Hyperbaric, PDT
- Intravenous Therapies
- Psychiatry, Toxicology
- NIIM Kids
- Pregnancy & Brain Centers
- Others



Health & Healing



Principles of Health



- Reduce Life Stresses
- Unloading / Relaxation
- Adequate Sunlight
- Sleep
- Exercise/Daily Walk
- Healthy Food
- Supplements



Mind-Body Medicine



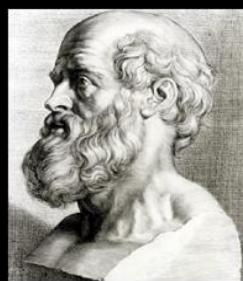
What is Mind-Body Medicine?

Mind Body Medicine –
most important area in medicine

Interactions of behaviour, mind and body –
directly affecting body mechanisms which in turn
influence health

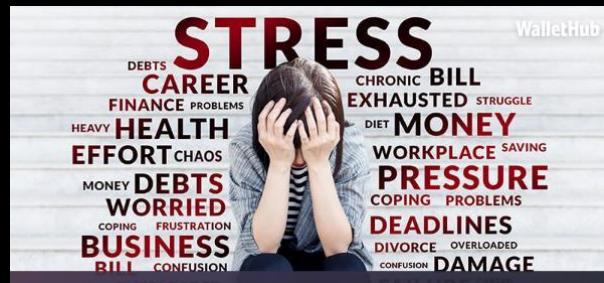


*The natural healing force within each one
of us is the greatest force in getting well*



Hippocrates

Stress



Stress & Chronic Diseases

Stress – involved in every chronic illness

- Cardiovascular
- Cancer
 - Bowel
 - Breast
 - Prostate
- Diabetes
- Alzheimer's
- Eye Diseases
- Osteoporosis



Stress



Psychological stress and mortality

English Study

- Meta-analysis cohort studies
- 68,222 people aged 35 years+

Results

- Increased risk of mortality - dose-response
- Risk of mortality raised even at lower levels of distress



Russ TC, et al BMJ 2012;345:e4933

Stress



Major Causes of Stress

- Loss of a close one
- Divorce / Marital / Relationship breakdown
- Loss of Job / Change of job
- Change of home
- Work demands

Holmes-Rahe Stress Inventory



General Stress Reduction



STORAGE

Excessive storage

Unloading - chatting with confidante; group therapy;
art; writing etc.

MEDITATION / RELAXATION

THERAPIES e.g. Vegetable Garden; Music, Pets etc

SLEEP

EXERCISE



General Stress Reduction



UNLOADING storage



Loneliness



- 1/3rd population affected in developed countries, and increasing
- Identified as bad as smoking and greater than obesity
- Linked to heart disease, cancer, depression, diabetes, suicide, other
- 26% increase in the risk of premature mortality



Cacioppo JT, et al. The neuroendocrinology of social isolation.
Annu Rev Psychol 2015; 66: 733–67.

UK Parliament 2018



Appoints Minister for Loneliness - Tracey Crouch

Problems

- Stiff-upper lip
- Buttoned up
- Grinning & bearing it
- Keep Calm & Carry on



The Secret to Living Longer

Prof Julianne Holt-Lunstad's Research

Boston Longevity Study



Key Factors for longevity

1. **Close relationships** - love, friendship, family, support etc.
2. **Social integration** - face-to-face contact

Longevity =

25% genes

75% lifestyle

Public Policy & Aging Report, Volume 27, Issue 4, Dec 2017, P127–130



Meditation



Helps

- Disease prevention / treatment
- Stress reduction
- Sleep disturbance
- Addictions
- Eating disorders
- Memory
- Muscle tension / pain
- Fatigue
- Other



Depression



Depression



Anti-Depression Drugs

1 in 10 Australian Adults use daily

- Australian use – doubled over last decade
- Iceland – only country higher rate of use
- Most anti-depressant drugs are ineffective



Med J Aust 2016; 204 (9): 348-350

Depression & Multivitamins



Double blind study

Assessment

- Depression, anxiety & stress scale (DASS)

Results

- reduced Homocysteine
- increased Vitamin B12 & Folate
- reduced depression and stress



Harris E, Sali A et al Proc. 3rd Int Cong. CM Research 3/2008

Depression & Vitamin D



USA Study

12,600 participants

2006 – 2010



Results

- Higher vitamin D –
 ↓ decreased depression
- Lower vitamin D -
 ↑ increased depression

Sherwood Brown et al Mayo Clin Proc 2012

Depression & Exercise



USA Study

300,000 Adults

Results

- higher levels of physical activity = lower odds of major depression
- Exercise = protective



Choi, KW et al, JAMA Psychiatry. online Jan23, 2019

Cuddles Change Genes



US Study

94 Healthy Children

5 Year observation - Genetic Testing

Results

Babies with less cuddles

- Genetically less developed
- Future health consequences – immunity, metabolism



Moore SR, et al, "Epigenetic correlates of neonatal contact in humans", *Dev & Psychopathology*, online Nov 2017

Food & Mood



London Study

Processed compared to whole foods

Results:

- Depression ↑ processed foods
(*sweets, fried foods, white bread*)
- Depression ↓ healthy foods
(*vegetables, fruit, fish*)



Akbaraly T et al Br J Psychiatry 2009; 195:408-

Exercise



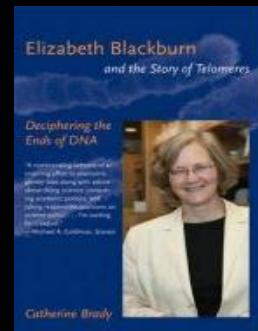
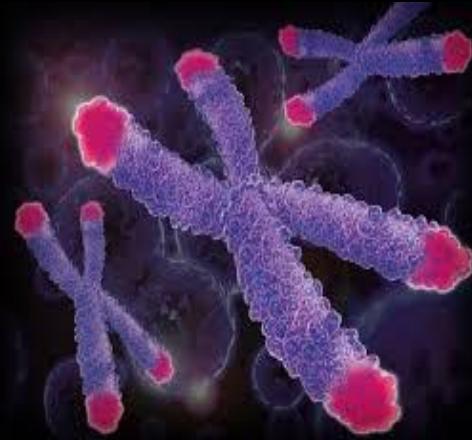
'Sit Less - Move More'

Benefits of Regular Exercise

Regular exercise is important

- Helps maintain a normal weight
- Good for mood
- Reduces the amount of stress hormones
- Helps bone and muscle development/strength
- Boosts blood circulation – good for brain
- Good for strong immune system





Exercise delays Telomere shortening

Questionnaire study

2401 twins

Health information

Telomere length measured



Results

Less physical activity =

Shorter telomere length up to ten years
and older

Spector T et al. Arch Int Med 2008;168:154

Sleep



Sleep & Obesity

Australian Study

40,834 Middle aged Australians

Results

- Sleep <7 hours a night associated with obesity



Magee CA et al Epidemiology 2009; Oct 29 online

Sleep



Painkiller

- Longer Sleep – tolerate pain better
- Similar to taking 30-60mg Codeine
- Tired body produces chemicals that sensitize the body to pain



Roth T et al Sleep Med Reviews 2007; 11:71

Sleep – Breast Cancer



USA Study

97 Women advanced breast cancer

6 Year study

Average age – 55 years

Assess sleep quality



Results

- Quality of sleep shown to be predictive of survival

Palesh.O et al. SLEEP, 2014; DOI: 10.5665/sleep.3642



Weight



Obesity



UK Report

- Shortens life by 13 years
- Smoking 10 years

Ideal Waist Size

- 95cm Males
- 80cm Females



The Foresight Report 250 leading UK scientists 10/2007

Weight & Obesity



Australia – overweight or obese

- 63% Adults



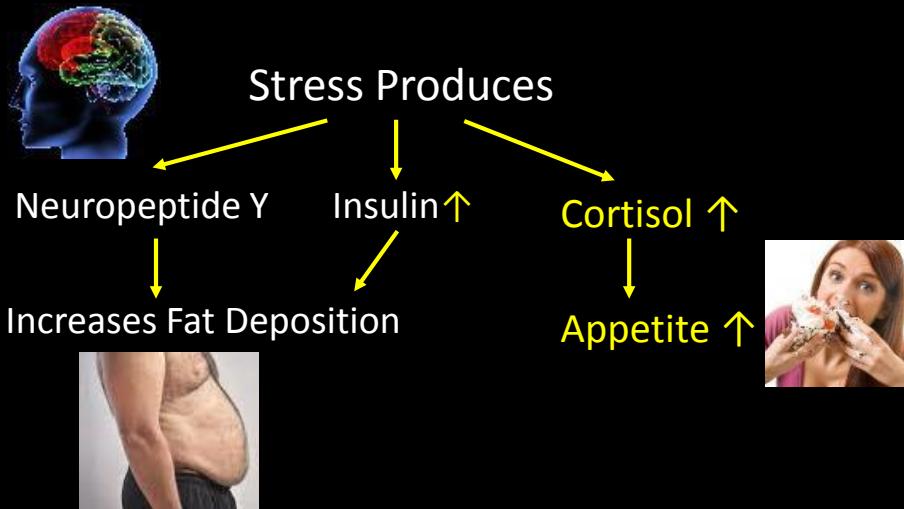
- 25% Children



Overweight and obesity –
second highest contributor to disease burden after diet

Aust Bureau Stats 2011-12

Stress & Obesity



KMO L E et al Nature Med 2007; 13:803-

Sugar



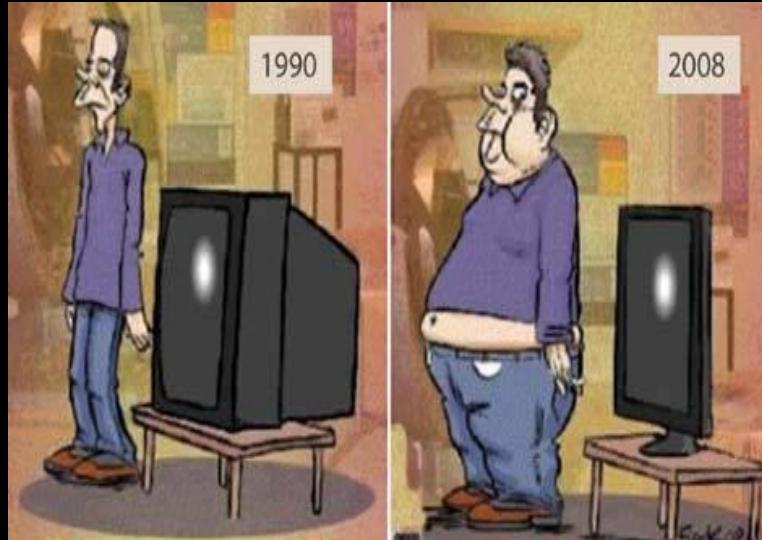
The World Health Organisation March 2015
recommended just 6 teaspoons of
added sugar p/day



Australian's average 27 teaspoons/day



2012 report Sugar Consumption in Australia



Dietary Advice



Poor Diet

Lancet global burden of disease

Poor diet

contributes to more disease than physical inactivity, smoking and alcohol combined



Lancet Global Burden of Disease 2010-15

Australians Fruit & Vegetable Consumption

Australians

93% not eating recommended vegetables p/day
– (5 p/day)

70% not eating recommended amount of fruit p/day
– (2 p/day)



A.B.S. 2011-12 National Nutrition and Physical Activity Survey (NNPAS).

The Health Benefits of Olive Oil



Mediterranean Diet & Health

Meta-analysis of 12 studies
1,574,299 subjects

Mediterranean diet –

Reduced

- Overall mortality
- Alzheimer's disease



Sofi F BMJ 2008;337 - online



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Cooking with Olive Oil

Is it safe to cook with EVOO?

YES! It is very healthy to cook with EVOO

Why?

Least Polar compounds as a result of heating

Highest Antioxidants keep oil stable



De Alzaa F, et al Acta Sci Nut Health Vol 2 Issue 6 June 2018

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Cooking with Olive Oil - Polar Compounds

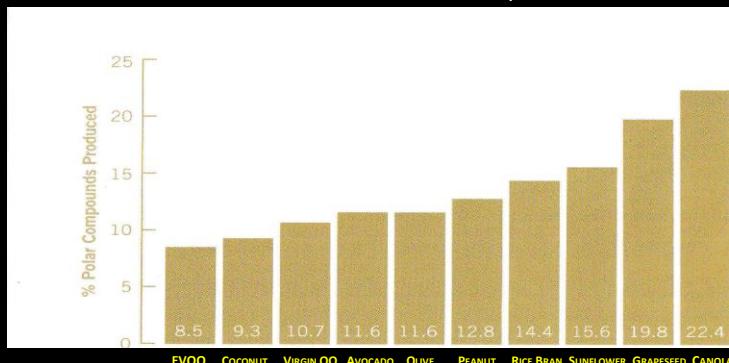


Australian Study

Compared oils - 180°C heat for 6hrs & 240°C for 20mins

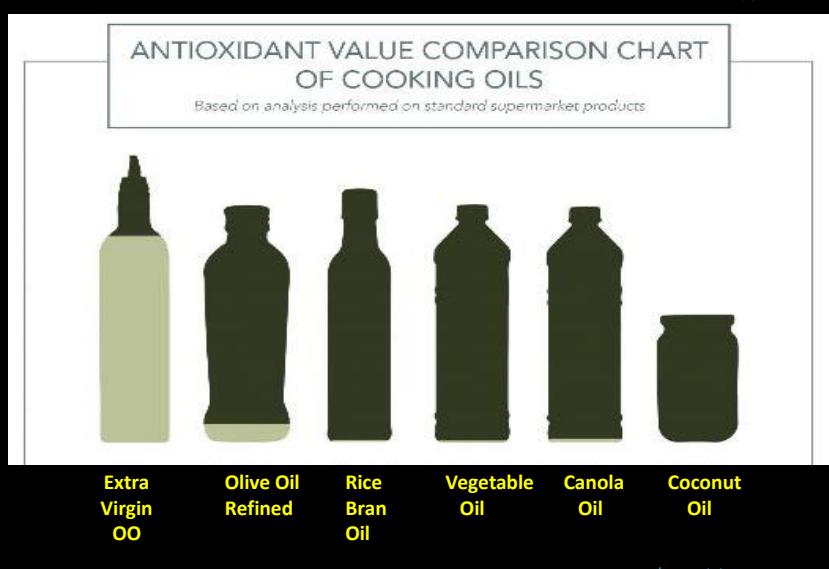
Results

- EVOO Produced lowest levels of Polar Compounds



De Alzaa F, et al Acta Sci Nut Health Vol 2 Issue 6 June 2018

Olive Oil - Antioxidants



Coconut Oil



Study – Cambridge University

94 people – Aged 50 – 75

3 Fats: EV Olive Oil, EV Coconut Oil, Unsalted Butter
Effect on cholesterol levels

Results

EV Coconut Oil

- Increased good cholesterol HDL
- Decreased bad cholesterol LDL



Khaw K-T, Sharp SJ, Finikarides L, et al. *BMJ Open* 2018 - online

Cooking Oil Fumes



Oils - Carcinogenic contents

From most to least

- Safflower
- Vegetable
- Corn
- Olive



Chiang T et al. *Environ Res Sect A* 1999; 81:21-22

Acrylamides



Result from reaction of amino acids and reducing sugars during heating (toasting) of starch rich foods.

Shown to cause cancer in animal studies.



Mottram DS et al Nature 2002;419:448

Mediterranean Diet – Cancer Prevention



Multiple Studies show that Mediterranean Diet prevents cancer

Olive Oil is most likely to be the key factor of this diet



Martin-Moreno JM¹, Int J Cancer. 1994 Sep 15;58(6):774-80

Coffee Consumption



Spanish Study

19,896 Participants

Up to 17yr follow-up



Results

- Higher coffee consumption – lower risk of early death

Navarro A et al, Eur Soc Cardiol Aug 2017



Fats



Fats



Types

OMEGA 0



OMEGA 3



OMEGA 6



OMEGA 9



Omega 0 Fats



Cholesterol – New Guidelines

Low fat diet including
animal products, eg butter, cheese, eggs
No longer '**Bad**'



No significant relationship between dietary cholesterol and blood cholesterol

'How did experts get it so wrong?'



Omega 3 Fats From Seafood



Functions

- Reduces blood stickiness
- Modify Chol/trig
- Immune modulation
- Anti-inflammatory
- Toxic to cancer cells
- Improves mood
- Improves memory
- Other



Pregnancy & Fish Oil



US Study

197 Pregnant Mothers

Daily 600mg DHA Supplement

Assessed infants pre-term or not

Results

- 58% reduction in pre-term births

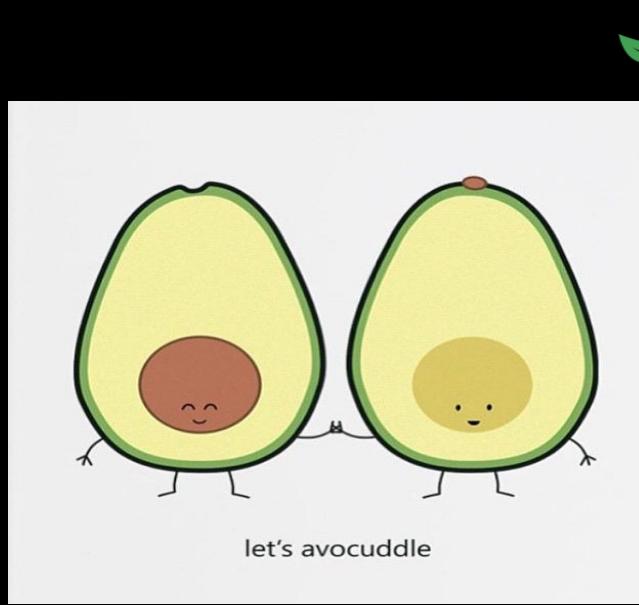


Shireman T et al, Prostagl Leuk & Ess EFAs 2016 111, 6-10

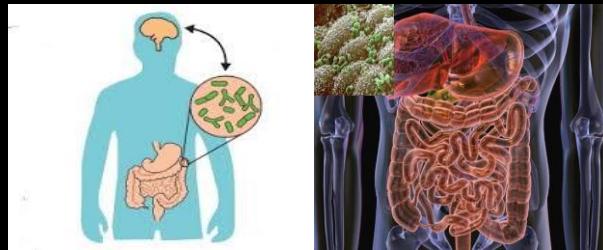
Omega 9



- Olive oil
- Avocado



Gut Flora / Microbiome



Hippocrates "All disease begins in the gut"

Gut Microbiome

Gut Microbiome

- Estimated number –
100 trillion
- human cells –
one-tenth to one-third of microbiome



Gut Microbiome



Prebiotics: Foods

Onion family, Honey, Artichoke, Asparagus, Soy, Wheat, Oats, Barley, Bananas, Almonds, Pistachio



Probiotics: Foods

Yoghurt, Fermented Foods eg Sauerkraut, Kimchi, Kefir...

Supplements

Pregnancy & Antibiotics



Asthma

300 Mother-Child pairs
Follow-up 3 years



Results

- Antibiotics 2nd and 3rd Trimester cause Asthma
- Twice as many Asthmatic children

Lapin B et al Ann of Allergy Asthma Immun 2016 online

Antibiotic Abuse

Worldwide Study

First Year of Life- Australian Babies

- 50% given antibiotics (almost always unnecessarily)
- 2nd highest over-use in world



Anderson H. et al, Murdoch Children's Res Inst – Jour Paed & Child Health, July 2017



Chronic Diseases



Chronic Diseases

- Cardiovascular Disease
- Cancer
 - Bowel
 - Breast
 - Prostate
- Diabetes
- Alzheimer's Disease
- Eye Diseases
- Osteoporosis



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Osteoporosis



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Osteoporosis



Risk Factors

- Vitamin D
- Genes
- Gender, hormones and ageing
- Medical diseases and medications
- Life stresses/depression
- Physical activity/weight bearing exercises
- Diet/Weight
- Smoking
- Vitamin K2

Nwosse et al Brit J Nutr 2009; 106:online

Osteoarthritis (OA)

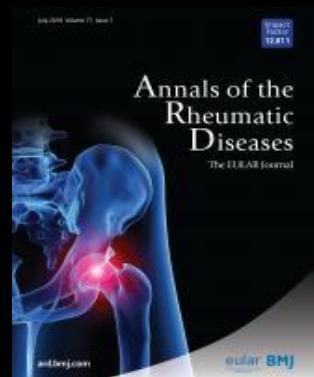


Chondroitin Study

- 800mg/day Chondroitin
- Celecoxib 200mg/day
- Placebo

Results

- Chondroitin better than Celecoxib



Reginster J-Y, et al Ann Rheum Dis 2017; 0 :1–7. doi:10.1136/annrheumdis-2016-21086

Hypertension



Hypertension Treatment

40% adults worldwide have Hypertension
- 9.4 million deaths per year

Who should be treated?

- Blood pressure above 90/150
- Over-treatment can be dangerous



Martin SA et al BMJ 2014;349:g5432

Kyolic Garlic

NIIM Research

Treatment Benefits

- Blood Pressure control – better than BP Drugs
- Blood Vessel health – improved
- Microbiome – improvement

Other Research

- Decalcification of Coronary Arteries



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Ried K, Travica N, Sali A. Frontiers in Nutrition 2018,
Ried K, Travica N, Sali A. Integrated Blood Pressure Control 2016;9:9.



Hypertension

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Integrative approach

- Lifestyle/Diet
- Kyolic Garlic
- Beetroot Juice
- Magnesium
- Probiotics
- Other

my iPad



Heart Health



CVD & VIT D



Low Vitamin D

Several studies show

- increased coronary artery disease
- Stroke / Kidney failure

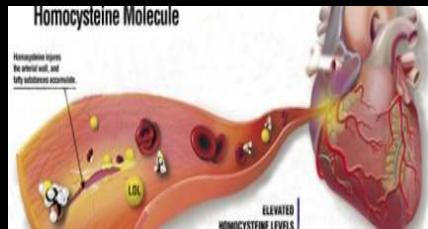
Reid IR, et al Heart 2012 Apr;98(8):609-14.

Homocysteine



Increases

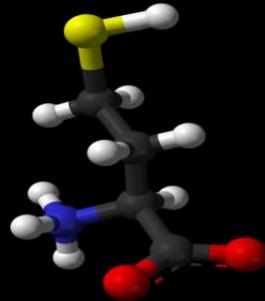
- CV disease
- Genetic abnormalities
- Parkinson's disease
- Alzheimer's disease
- Mood
- Cognition
- Osteoporosis



Homocysteine Treatment



- Stress Reduction
- Diet
- Exercise
- Folic Acid
- Vitamin B6
- Vitamin B12
- Other



Ageing -Cognitive Decline, Dementia, Alzheimer's Disease



Cognitive Decline



Risk Factors

- Loneliness
- Stress
- Diet/Weight
- Exercise
- Vitamin D
- Homocysteine
- Toxicity
- Decreased Lithium
- Other



Alzheimer's Disease



Olive Oil

Compound from extra virgin olive oil
– oleocanthal

Results

- Oleocanthal can protect against Alzheimer's Disease



Klein WL et al Toxicol & Appl Pharma 2009; Issue 2, Oct

Multivitamins Cognitive & Cardiovascular Function

Melbourne Study
160 Healthy Adults
Aged 50-70 years
Supplementation – Fish Oil (3gm & 6gm) +
Multivitamin



Results

- Fish Oil (6gm) decreased blood pressure
- Multivit + 3 & 6gm Fish Oil – improved memory

Pase, M, Sali A, Pipingsas, A, et al, Jour Amer C Nut Volume 34, Issue 1, 2015

Vitamin C & Cognition

(Concentrations of Vit C are higher in Brain than rest of body)

NIIM Study Melbourne
80 Adults - 24-96 y/old
- Cognitive assessments
- Vit C levels measured



Results

- Higher Vitamin C = better cognition

Vitamin C Concentrations and Cognitive Function: A Cross-sectional Study
Nikolaj Travica 1,2*, Karin Ried2,3,4, Avni Sali2, Irene Hudson5,6, Andrew Scholey1, Andrew 1 Pipingsas

Introduction

- Vitamin C concentrations are quite transient, with a number of factors affecting levels
- Adequate levels are important and lack of it can affect cognitive performance. Additionally, viruses, infections, autoimmune disease, pregnancy and old age (>60 years) promote the use of vitamin C and desire concentrations.
- Symptoms present during marginal vitamin C deficiency include fatigue, confusion, depression and memory loss.
- The biological roles of vitamin C in the brain have recently been described in more detail.
- Neurons are particularly concentrated in vitamin C but are also sensitive to low levels of deficiency due to its role in neurotransmission.
- The brain uses about 20% of the total vitamin C through glial cells called astrocytes.³
- The hippocampus, which contains the central cortex, hippocampus and the amygdala.
- Studies have indicated that Vitamin C plays a role in neuroinflammation, redox imbalance, angiogenesis, neurodevelopment and neuronal energy support.⁴

Our recent systematic review assessed the vitamin C blood plasma concentrations in cognitively intact and impaired groups of participants (graph 1).

Studies demonstrated higher vitamin C concentrations in the cognitively intact group of participants compared to cognitively impaired groups.

The Mini Mental State Examination (MMSE) was not suitable to detect a variance in cognition in the healthy group.

Our results indicated that cognitive function with healthy samples was the lack of sensible cognitive assessments suitable for cognitively intact adults and reliance on food frequency questionnaires to predict vitamin C concentrations.

A cross-sectional study design was followed, with participants attending one testing session.

Primary measures included plasma vitamin C and cognition. Secondary measures included serum vitamin E, B12, mean corpuscular volume (MCV), total homocysteine, systolic blood pressure, gender, education, exercise (duration/type), family history of cognitive decline/dementia.

Cognition was assessed using both paper and pen assessments and a computerized battery.

Four cognitive tests were used to assess cognitive function. The MMSE and SUCAB were performed by a geriatrician (the geriatrician's analysis (performed by MMSE) and the MMSE analysis performed by a pathology company in Queensland). Cognitive levels were averaged at the two analyses.

Graph 1. Baseline blood vitamin C concentrations and MMSE scores

Graph 1. Baseline blood vitamin C concentrations and MMSE scores

Legend: Control (blue), Optimal (green), Deficient (red)

Y-axis: Baseline blood vitamin C concentrations (nmol/L)

X-axis: Mean MMSE (scaled score)

Graph 2. Vitamin C categories and MMSE/20MWT scores

Graph 2. Vitamin C categories and MMSE/20MWT scores

Legend: Year 1, Year 2, Year 3, Independent, Final test, Recognition, SUCAB

Graph 3. Vitamin C categories and SUCAB task results

Graph 3. Vitamin C categories and SUCAB task results

Legend: Year 1, Year 2, Year 3, Independent, Final test, Recognition, SUCAB

Results

Table 1. Association of baseline serum vitamin C and cognitive function (MMSE)

Variable	Year 1	Year 2	Year 3	Independent	Final test	Recognition	SUCAB
Age (years)	16.95 ± 15.85	20.07	16.98 ± 15.85	20.07	16.98 ± 15.85	20.07	16.98 ± 15.85
Deficient (n)	12	16.98 ± 15.85	12	16.98 ± 15.85	12	16.98 ± 15.85	12

Table 2. Spearman correlation between MMSE/20MWT and vitamin C concentrations

Year	Year 1	Year 2	Year 3	Independent	Final test	Recognition	SUCAB
Mean MMSE	+0.022	+0.063	+0.053	+0.043	+0.043	+0.032	+0.034

Graph 2. Vitamin C categories and MMSE/20MWT scores

Graph 3. Vitamin C categories and SUCAB task results

Discussion / Implications of Research

- Reduced cognitive participants in the adequate vitamin C group were older on average than the control group, whereas those in the deficient group were mainly male (table 1).
- A Spearman's correlation analysis revealed moderate strength, significant negative correlations between vitamin C concentrations and scores on the MMSE and the SMTM (table 2).
- Additionally, a geriatrician's correlation revealed moderate strength, significant negative correlations between MMSE and SUCAB and congruent shape and spatial working memory performance (table 3).
- An analysis of covariance revealed significantly higher scores on total MMSE and scores on the SMTM (graph 2).
- Additionally, the MMSE/20MWT results on cognitive memory performance on different cognitive tests (MMSE, SUCAB, SMTM) and the cognitive tests (recognition) in the adequate group (graph 3) indicated that the cognitive tests in the adequate group were better supported by the hippocampus and prefrontal cortex in the central nervous system.⁵
- Future randomized controlled trials using vitamin C are warranted to determine causality relationship.

Plasma Vitamin C Concentrations and Cognitive Function: A Cross-Sectional Study

Abstract

This poster displays the results from a cross-sectional study that examined the association between plasma vitamin C concentrations and cognition. Although the neurological roles have been well established, the question remains as to whether these biological effects influence functional cognitive performance in a healthy population. In this study, we recruited 36 participants (18 healthy volunteers and 18 cognitive impaired individuals) compared to cognitively impaired peers. However, previous studies have failed to utilize suitable cognitive assessments for cognitively intact participants, and have relied on food frequency questionnaires to predict cognitive function. We developed a battery of cognitive tests to evaluate cognitive function and exploring whether there is an association between plasma vitamin C concentrations and cognitive function in cognitively intact adults. To date, this is the first study to have done this with the utilization of suitable cognitive assessments such as the Swinburne University Cognitive Assessment Battery (SUCAB).

Research Design

Conclusion

Plasma vitamin C concentrations were negatively correlated with cognitive function in the healthy group. Cognitive function in the healthy group was better supported by the hippocampus and prefrontal cortex in the central nervous system.

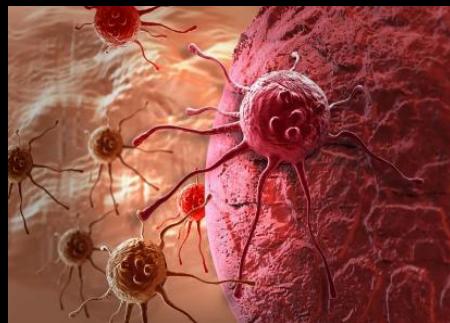


Top Brain Foods

- Fish / Fish Oils
 - Blueberries/Berries
 - Nuts & Seeds
 - Extra Virgin Olive Oil
 - Turmeric
 - Dark Chocolate
 - D & B Vitamins



Cancer



Cancer Statistics

Australia 2018

- 145,000 New Patients
- 1 in 2 Men & Women by age 85
- More than 70% survive over 5 years
- Most common cancers : prostate, breast, colorectal, melanoma and lung cancer

Cancer Council Aust 2018

Cancer Prevention

World Cancer Research Fund Recommendations

- **Weight** – maintain healthy weight
- **Exercise** - 30 minutes daily
- **Food** - variety of plant foods
 - limit red meats, avoid processed meats
 - avoid sugary drinks
 - limit ‘fast foods’; salty foods
- - limit alcohol – 2 for men, 1 for women
- **Breastfeed** babies where possible



WCRF US www.wcrf.org

Breast Cancer & Prostate Cancer

Protective Diets

- Fish
- Fruit
- Vegetables (Dark Green, Leafy)
- Whole grains, beans, legumes
- Soy Products



Rakel D. Integrative Med. 2007

Breast Cancer –Vitamin D



Higher Vitamin D Childhood and adolescence

- Less breast cancer later
- Increases survival and remission

Blackmore KM et al, Am J Epid 2008;168:915

Mian Li, et al. J of Clin Endocrinol & Metab, 2014; jc.2013-4320



NIIM Unique Cancer Treatments



NIIM Unique Cancer Treatments



- Hyperthermia
- Circulating Tumour Cells (CTC)
- Intravenous Therapies
- Live Blood Analysis
- Photodynamic Therapy (PDT)
- Hyperbaric Therapy
- Other

NIIM



Hyperthermia - Morestep



NIIM



Hyperbaric (Perry Sigma36)



Circulating Tumour Cells -CTCs-



Intravenous Vitamin C as Cancer Therapy



Laboratory (in vitro)

- High concentration Vit C destroys cancer cells

High dose IVC

Human Research Studies

- can destroy cancer cells

Padayatty SJ et al (Levine M) CMAJ 2006;174:937

Drisko J et al, J Am Coll Nutr 2003;22:118-



Cocoa / Dark Chocolate



Cocoa / Dark Chocolate



Actions

- Anti-aging
- Anti-depressant
- Relaxing
- Aids Cognition
- Normalises blood stickiness
- Reduces cholesterol
- Appetite suppressant
- Cancer prevention & treatment
- Prevents diabetes
- Cough suppressant
- Anti tooth decay
- Other



Cocoa Mood, Cognitive & Cardiovascular Health



Melbourne Study

40 people, average age 24 years

Effects of 250mg Cocoa daily

Measured mood, fatigue, cognition & CVD health

Results

Improved

- mental fatigue
- cognition



Massee L, Ried K, Travica N, Sali A, Pipingas A, et al Front. Pharmacol., 20 May 2015

World's Oldest Person



Jeanne Calmert

- Lived to 122 + 164 days
- French
- Took up fencing at 85
- Smoked until 95
- Rode bicycle at 110
- Made rap CD at 121



Jeanne Calmert

Diet

- Vegetarian
- Olive Oil
- Chocolate
(2 lbs/week)



Chocolate & Nobel Prizes

A survey of Noble Prize Winners

In general the more chocolate that is consumed in a country – the more Nobel Prize winners the nation produces



,NEJM 2012, online Dr F Messerli

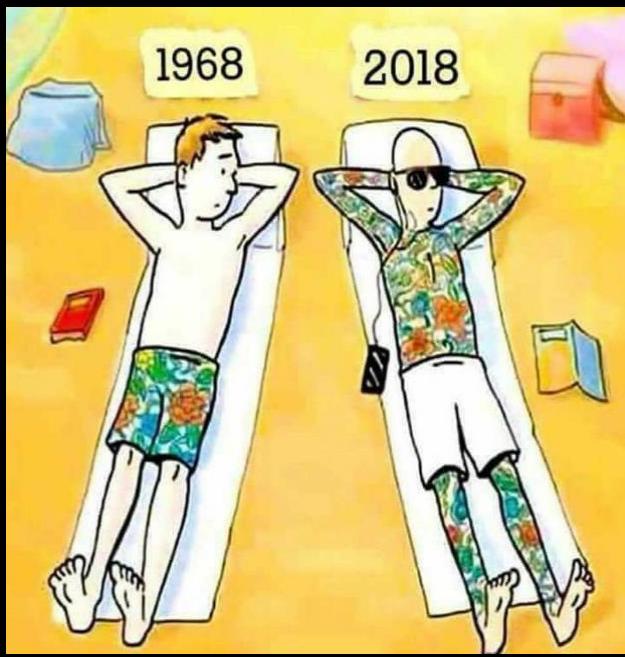
Vitamin D



Vitamin D



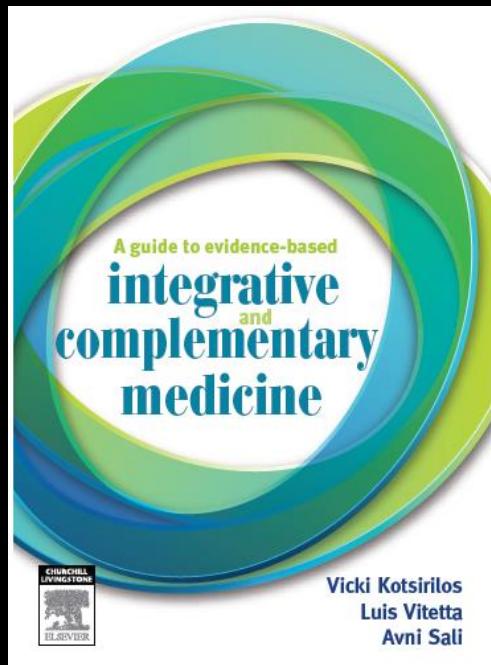
- Commonest nutritional deficiency in Australia
- Important factor in most common chronic diseases

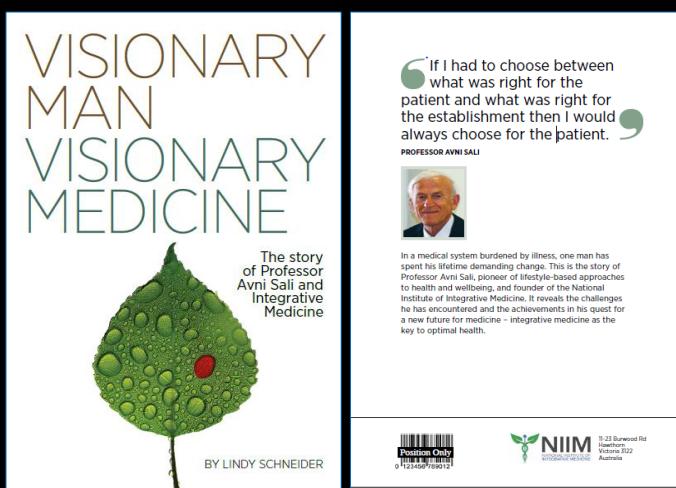
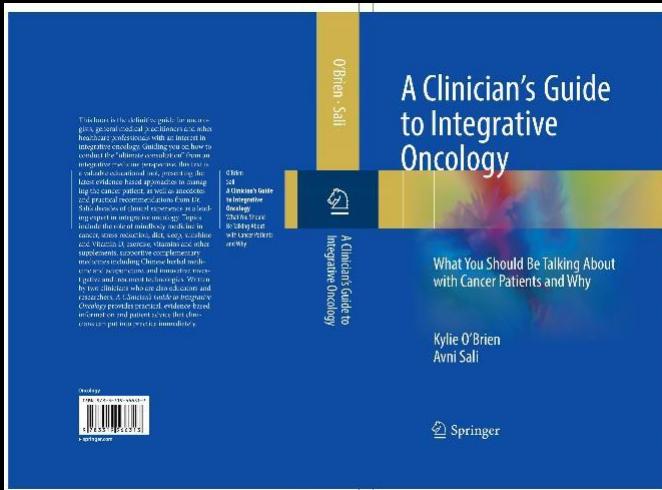




Happy Page

- Sunlight → Serotonin ↑ + Vitamin D ↑
- Exercise/Walk
- Fish Daily
- Dark chocolate – Cocoa
- Adequate Sleep
- Reduce Stress & Unloading







Become a
'Friend of NIIM'
join free at

www.niim.com.au

Thank you



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