

# THE HEALTHY DENTIST

Your biggest health priorities are the prevention of Heart Attack, Stroke, and Cancer

## GENETICS & YOUR HEALTH

GENOTYPE	Apo E2 — 2/2 & 2/3	Apo E3 — 3/3 & 2/4	Apo E4 — 3/4 & 4/4
Population Prevalence Estimate	10%	65%	25%
Cardiovascular Lifetime Risk	Lowest	Intermediate	Highest
Higher Complex Carbohydrate Diet	May Worsen Lipids	Neutral	May Help Lipids
Higher Fat Diet <i>(always healthy fats like Omega 3's and olive oil)</i>	May Help Lipids	Neutral	May Worsen Lipids
Exercise effect on cholesterol surge after meal	Extra Benefit	Moderate	Neutral
Daily Moderate Alcohol Intake	May Help Lipids	Neutral	May Worsen Lipids
Dietary Healthy Fat Percentage Goal	35% of Calories	25% of Calories	20% of Calories

*REMEMBER: Genetics is Your Tendency, It is NOT Your Destiny; IF You Take The Appropriate Action*

### SUPPLEMENTS TO CONSIDER

<b>MULTIPLE VITAMIN/MINERAL:</b> Based on Age and Sex
<b>CALCIUM:</b> Up to Age 50: 1000mg/day OR Above Age 50: 1200 mg/day
<b>VITAMIN D3:</b> 5000 IU/day
<b>VITAMIN K1:</b> 1500 mcg/day and <b>VITAMIN K2:</b> 1200 mcg/day
<b>MAGNESIUM:</b> 400mg/day
<b>OMEGA-3's:</b> EPA: 700 mg/day + DHA: 500 mg/day

### HOW SWEET IT IS

*Daily recommendations: no more than 6 tsp for women; 9 tsp for men. Remember, on a nutrition label 4 grams of sugar = 1 tsp (teaspoon).*

<b>COCA-COLA</b> .....	20 oz.	=	16 tsp
<b>SWEETENED ICE TEA</b> .....	20 oz.	=	15 tsp
<b>ORANGE SODA</b> .....	12 oz.	=	13 tsp
<b>PANCAKE SYRUP</b> .....	1/4 cup	=	10 tsp
<b>FRUIT YOGURT</b> .....	1 cup	=	7 tsp
<b>SNICKERS BAR</b> .....	2.1 oz.	=	6 tsp
<b>OREOS, REDUCED-FAT</b> .....	6 cookies	=	6 tsp

For Healthy Plant-Based Food Ideas: [www.PlantBasedCooking.com](http://www.PlantBasedCooking.com)

Integrate Wellness Into Your Dental Practice: [www.TotalPatientCare.com/wellness](http://www.TotalPatientCare.com/wellness)

TO TAKE CHARGE OF YOUR HEALTH, PLAN ON ATTENDING

## THE HEALTHY DENTIST SUMMIT

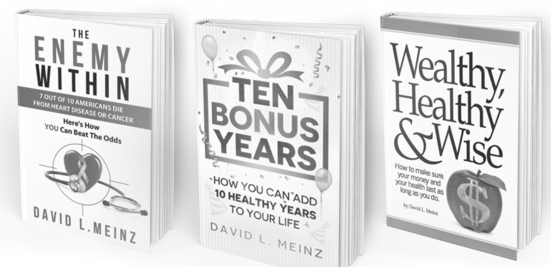
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For over twenty-five years, David Mainz has been helping people enhance both their personal and professional lives. As an award-winning international speaker, author, and frequent radio and television guest, he presents his inspirational and content-rich keynotes to groups worldwide.

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