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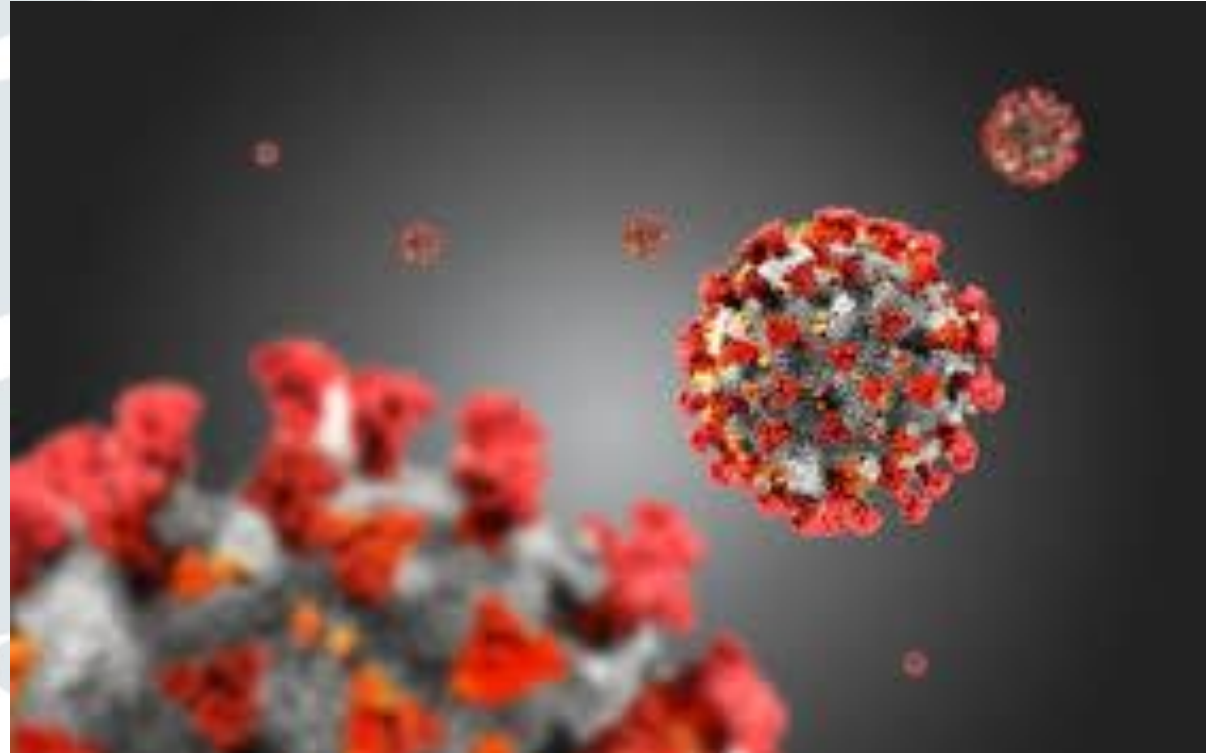
AFRICA. GET READY!

Investment in Health – Our greatest wealth

Staying Healthy and Preventing Lifestyle Diseases

Dr. Paul Kasenene

COVID-19 – The biggest health challenge of our time.

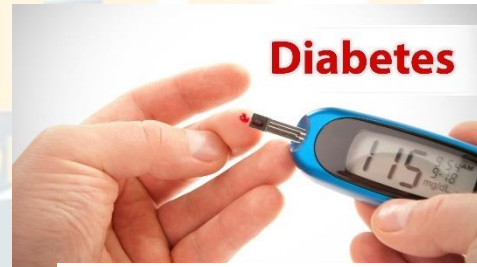
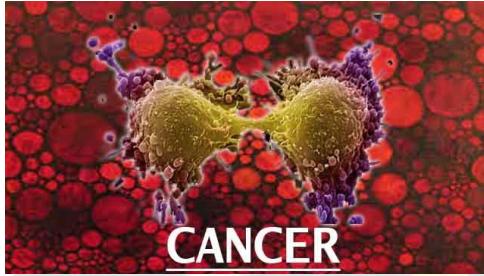


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Fear makes our immune system less efficient

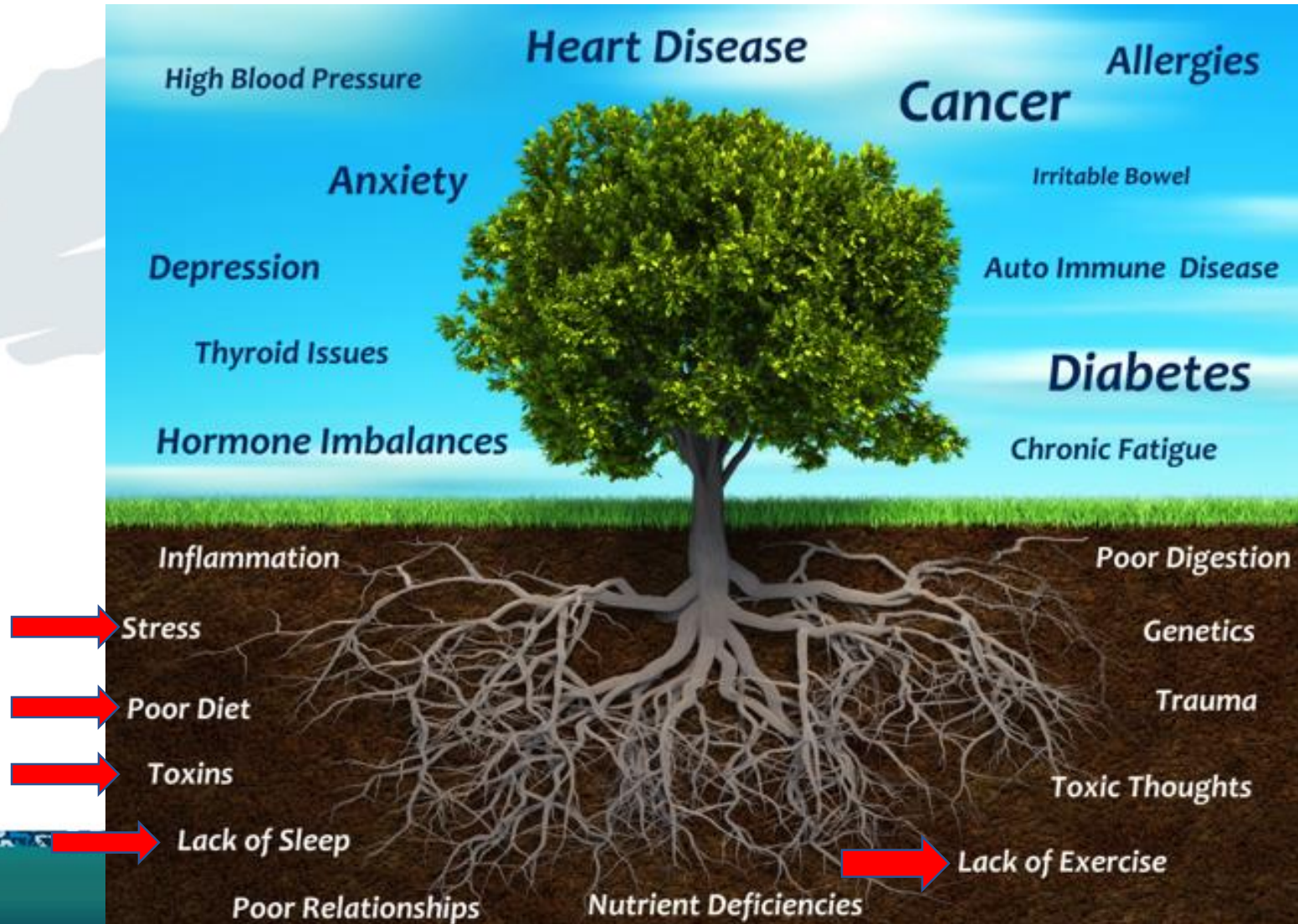


Disease and dis-ease are at unprecedented levels



Why?

More focus on disease than Health



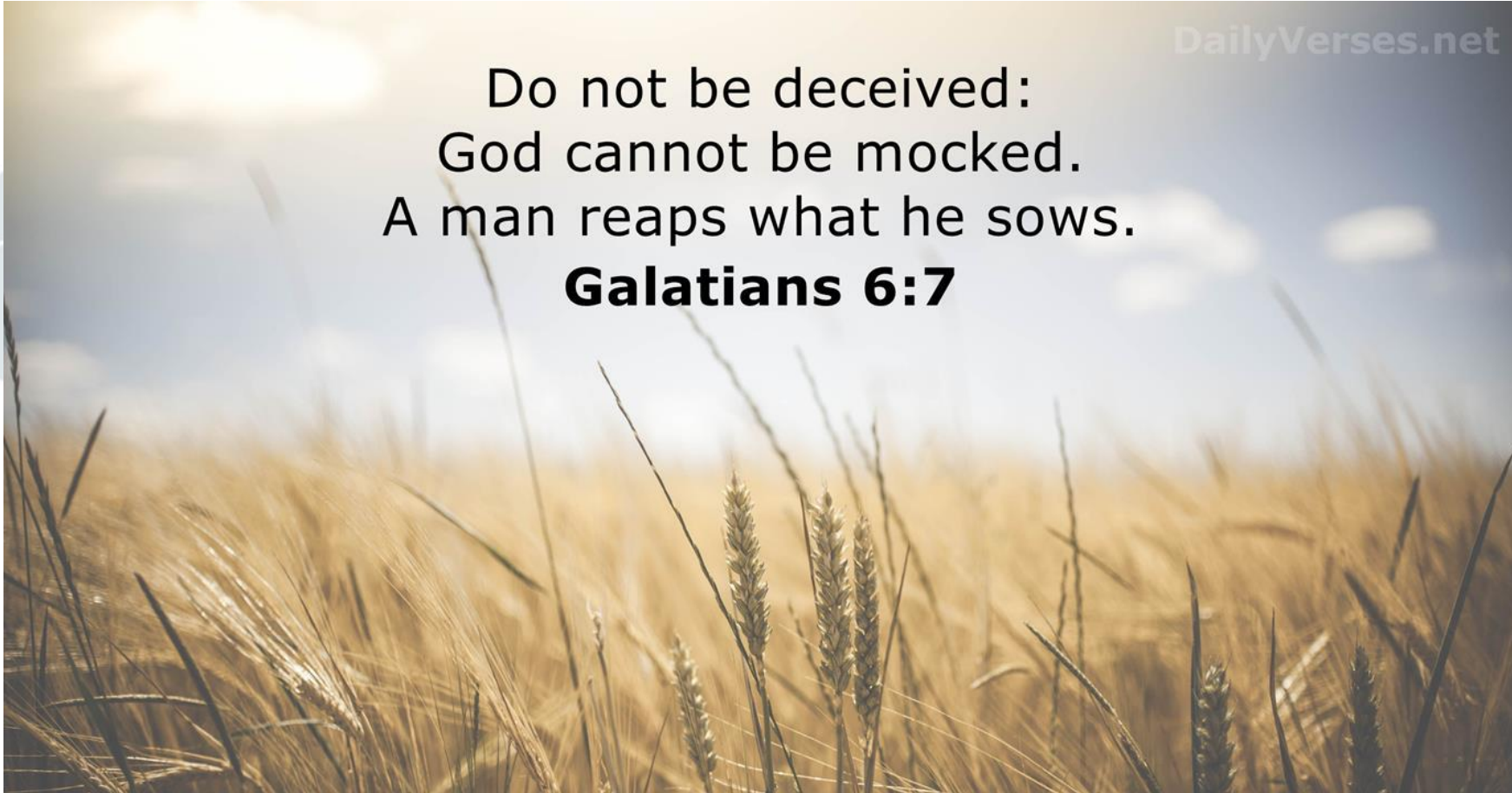
Health is all about our choices



- What will you choose?
- The path of health or illhealth?

Do not be deceived:
God cannot be mocked.
A man reaps what he sows.

Galatians 6:7





5 Fundamental principles of keeping your body healthy

1. Stay Hydrated
2. Eating a healthy diet
3. Stay Active
4. Get enough rest
5. Stress management and emotional wellness

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1. Remain Hydrated

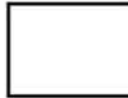
- Extremely important to remain hydrated
 - Especially when you have an infection
 - To boost your immune system
- Drink plenty of water
 - Body is 65 to 70% water
 - Aim to drink at least 2 litres/day
 - Daily amount required in litres = weight in kg/30
 - Children to aim for 4 to 8 glasses depending on age/weight

Drink more if you need to

URINE COLOR CHART

NO COLOR. TRANSPARENT

You're drinking a lot of water



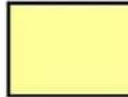
PALE STRAW COLOR

You're normal & well hydrated



TRANSPARENT YELLOW

Normal



DARK YELLOW

You need to drink some water soon



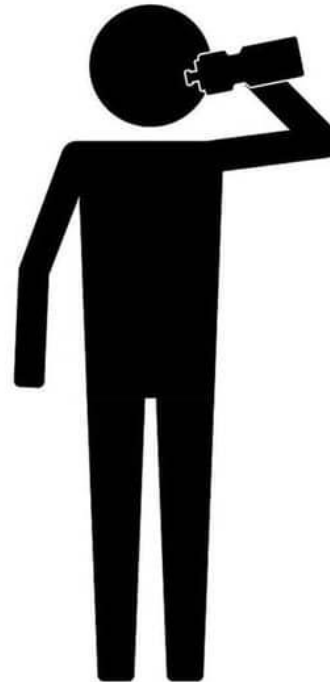
AMBER OR HONEY

Your body isn't getting enough water.



SYRUP OR BROWN ALE

You need to drink water.
NOW & A LOT!



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2. Eat a healthy Diet – Learn the 7 principles

*When diet is **WRONG**, medicine is of no use.
When diet is **CORRECT**, medicine is of no need.*



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Keep in mind that....



Principle 1

90% of our diet should come from real food

- Real food is
 - “WHOLE” – Unrefined, (preferably with their seeds and skins)
 - Organic
 - Natural
- Unreal food is usually processed and refined and causes inflammation and lowers immunity

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What foods should we avoid 90% of the time?

Foods that promote inflammation, lower immunity and are generally unhealthy
(Eat less than 10% of the time)

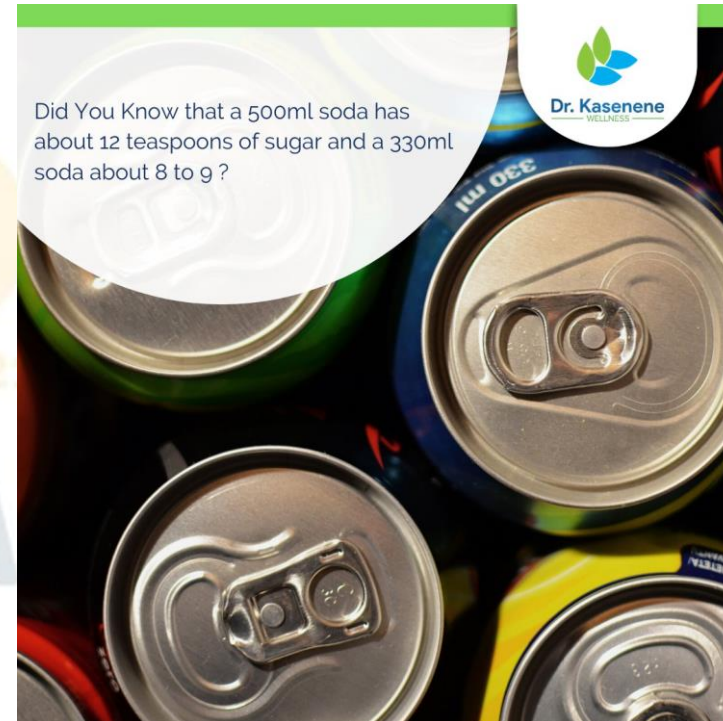
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1. Sugar and sugar rich foods

- Applies to table sugar and sugar rich drinks like soda and packed fruit juices as well as sweets

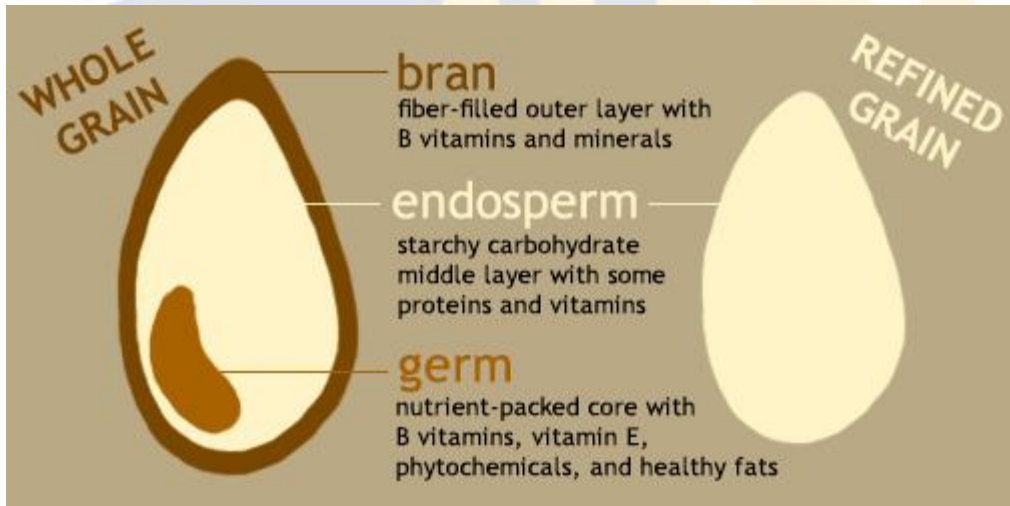


Soda is quite harmful to health



2. Foods high in refined grains

- Refined grains are high in calorie rich and low in fibre and nutrients.
- The perfect man made food for disease.



Refined grains to avoid

- Refined white flour products (white foods) – white bread, chapati, samosa, mandazi, white rice, white pasta, refined white posho.
- Refined pastries like cakes, biscuits, crisps







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3. Processed foods

- This includes
 - processed meat like sausages and bacon
 - Crisps
 - Packed foods like packaged soups, foods with additives



4. Oils and Foods made with unhealthy oils

- **Fats/Oil to eliminate** (Hydrogenated fats like margarine and vegetable shortening)
- Oils and fats to avoid
 - Sunflower Oil,
 - Sunseed oil,
 - Soybean Oil,
 - Corn Oil,
 - Safflower oil,
 - Canola oil



margarine and deep fried foods



Better oils to consider

- **Healthier oils to consider** (Olive Oil, Avocado oil, Almond oil, Coconut oil, Sesame oil, flaxseed oil)



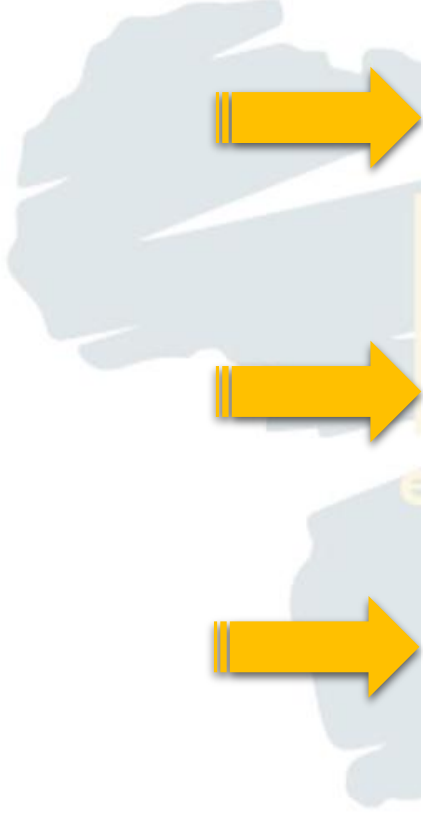
- **Acceptable animal fats in moderation**
 - Ghee and Butter

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Principle 2:

- To keep our immunity strong and boost our health, 50% of the food we eat at all times should come from vegetables and fruit
- That is half of all we eat
 - At Breakfast – 50% fruit
 - At lunch/dinner – 50% vegetables

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1. Cruciferous vegetables



- High in healthy compounds called glucosinolates
- Important for boosting immunity and reducing inflammation
- Important to help fight COVID-19 and CANCER

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2. Green leafy vegetables

- Dark Green leafy vegetables (healthiest foods) –
 - Spinach,
 - Nakati,
 - Dodo,
 - Sukama wiki,
 - lettuce



3. Allicin vegetables



- Include garlic and onions
- High in alliinase enzyme that boosts immunity and fights toxins
- Very important for boosting immunity, reducing blood pressure and reducing risk for blood clots

4. Mushrooms



Button Mushroom



Enoki Mushroom



Flat Mushroom



Swiss Brown Mushroom



Oyster Mushroom



Shitake Mushroom

- Best types include Reishi (Ganoderma), Cordyceps, Lions Mane, Button
- Very good immune boosting and cancer fighting properties
- Boost immunity and reduce clotting risk in COVID-19

2021 ALCOHOL
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5. Fruits

- At least 4 servings fruit/day - 1 serving is about size of your fist
- Offers strongest protection against certain cancers; oral, oesophageal, prostate, pancreatic, colon and lung.
- Eat a variety of colours – Every colour has its own benefits
 - Blue
 - Purple
 - Red
 - Orange
 - Yellow
 - Green

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Focus on those higher in Vitamin C to boost immunity

- Fruits

- Citrus fruits – oranges, lemons
- Guavas
- Pawpaw
- Pineapple
- Mango
- Grapefruits
- Berries



Here are some examples of how to
implement this principle





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Principle 3

Only 10% our food should come from animal products.

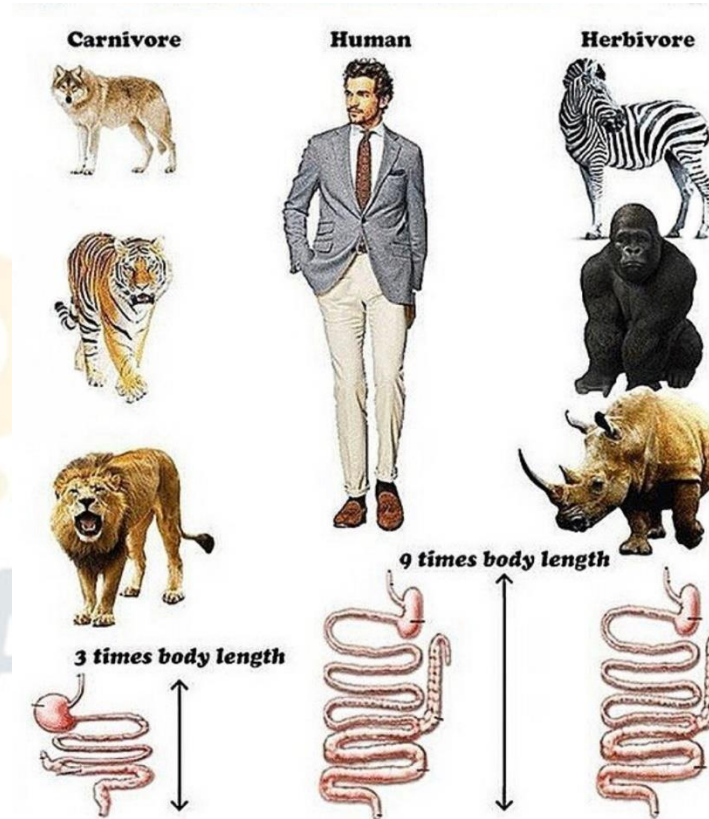
90% of the food should be from plants

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Why?

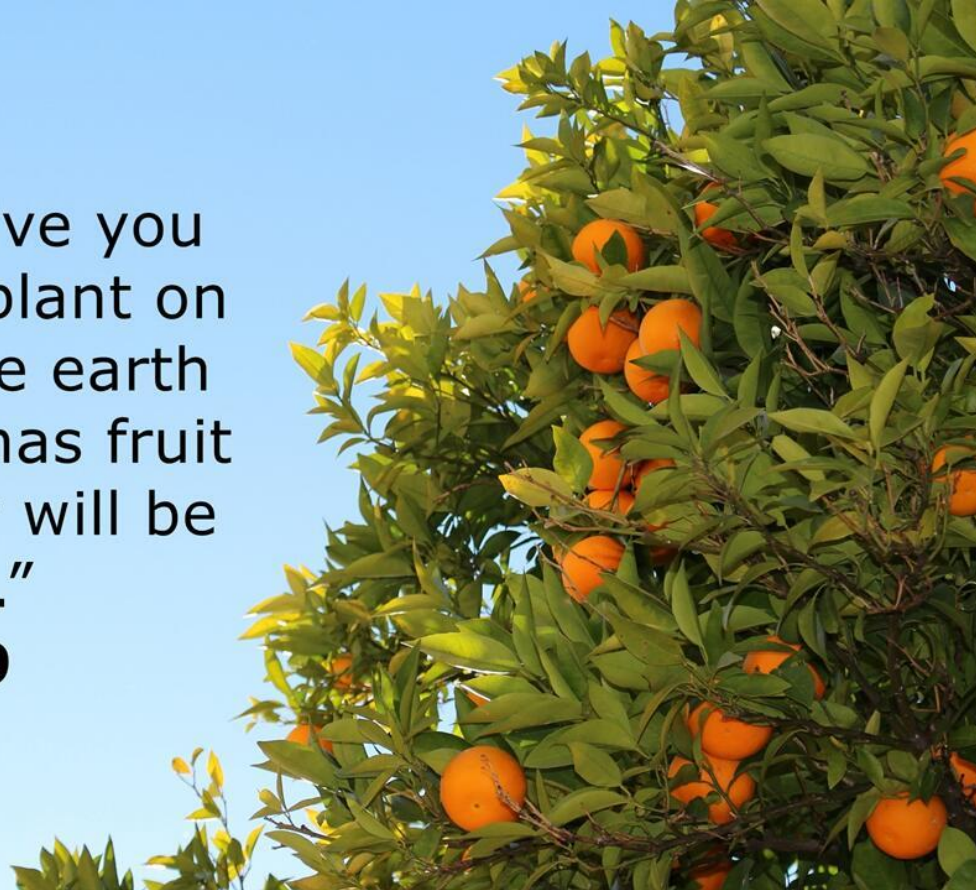
- Our digestive system is long and coiled and has a long transit time more suitable for plants
- Animal foods promote inflammation, something you want to avoid with COVID 19
- Many other health problems linked



Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

Genesis 1:29

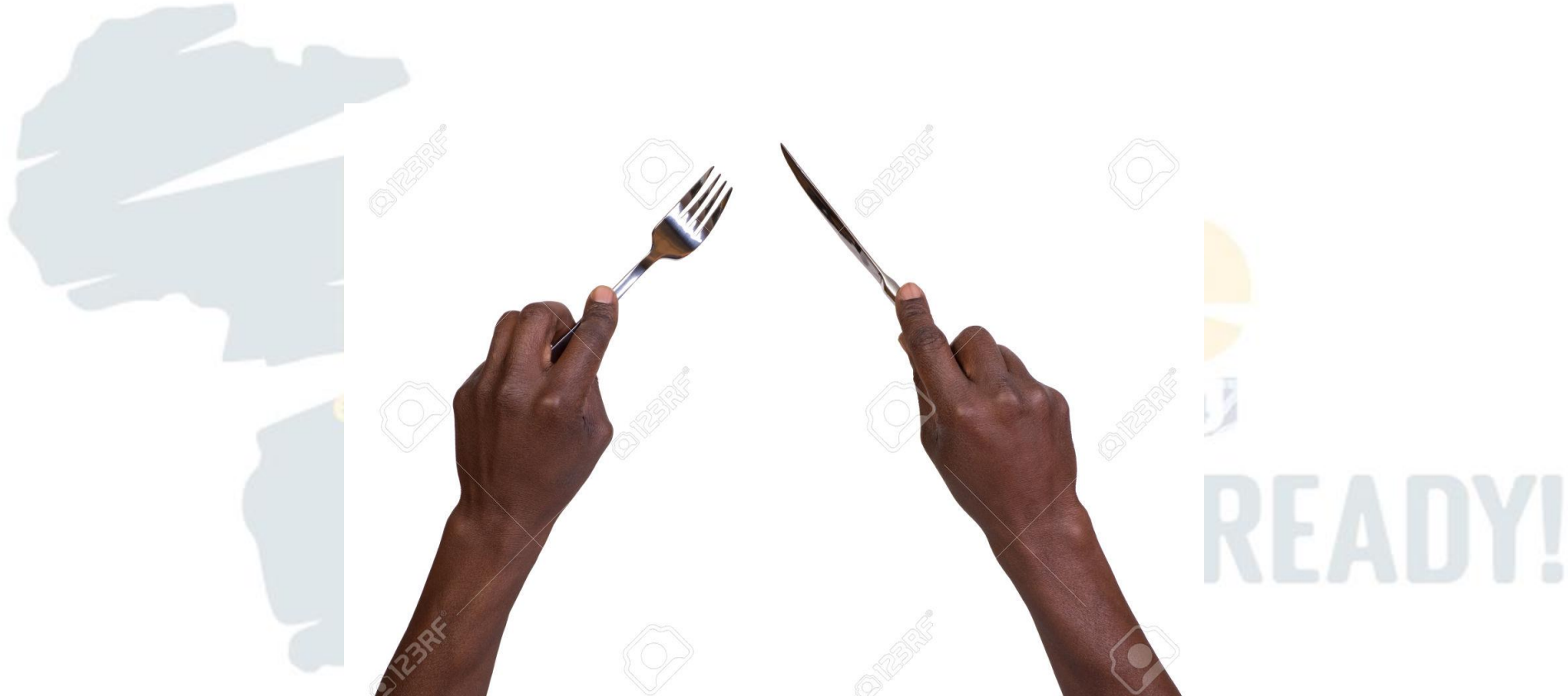
DailyVerses.net



How to apply this principle

- No more than 300 grams a week should be animal foods
 - An egg is 50 grams, A drumstick 100 grams,
 - So in this example, 2 pieces of chicken and 2 eggs a week are sufficient
- Try to exceed no more than 500 grams a week
- Aim to eat animal foods only two meals in a week.
 - Preferably only on the weekend

Think of how much animal food we eat



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Best types of animal foods

- Lean white meat are best options
 - Fish
 - Fatty fish like tilapia and even some like salmon
 - Organic chicken “local chicken”
 - Eggs
 - Local/organic eggs
 - Other forms of white meat
- Bone broth
 - Especially when sick. Can help with appetite and to boost immune system
- Organic dairy products (not milk)
 - Ghee
 - Organic yoghurt in moderation

Animal foods to reduce/avoid

Red meat (beef, goat, lamb and
pork)

- Pork is red meat, not white
- Ideally no more than once a week,
preferably a few times a month

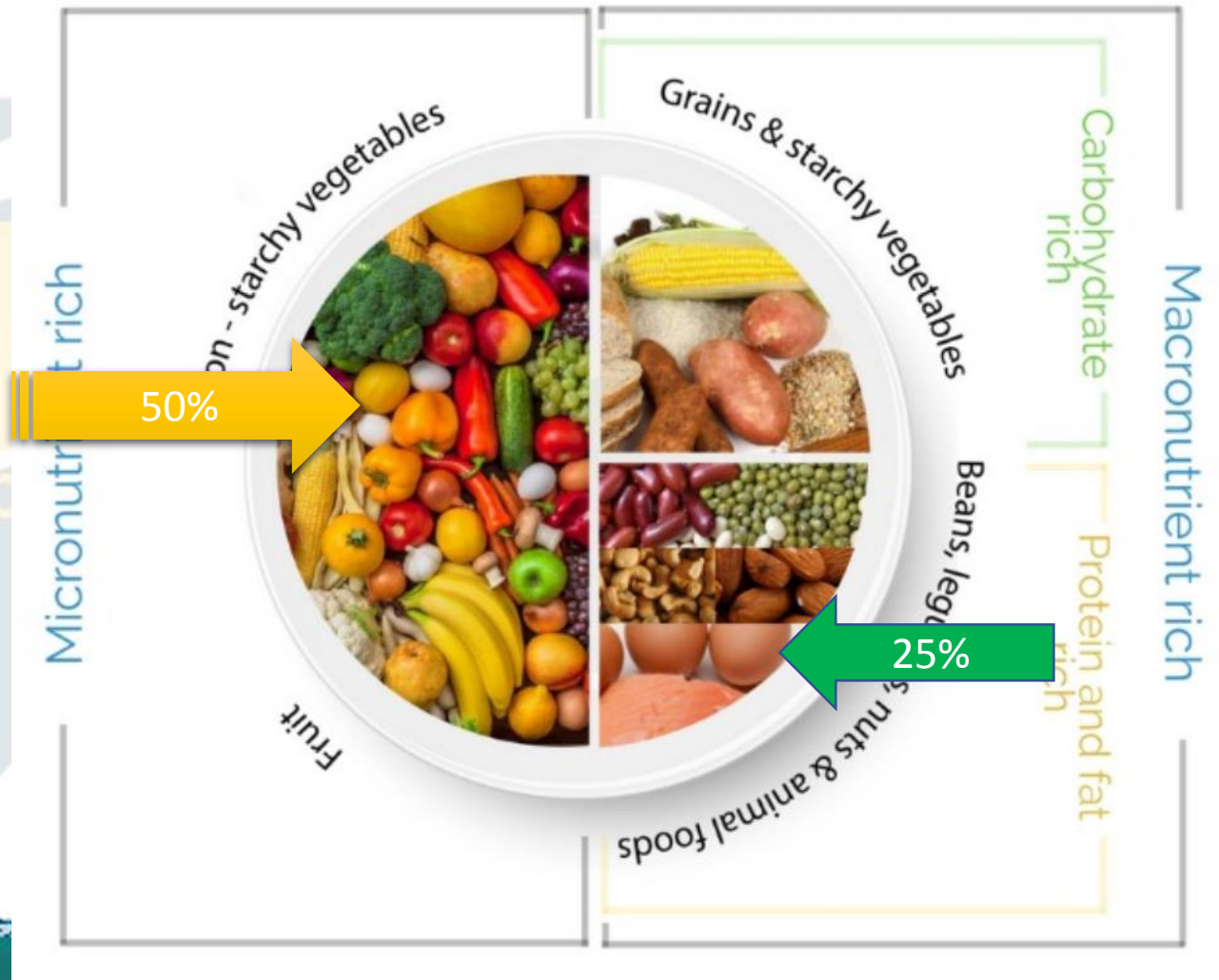


Animal foods to eliminate

- Processed meat
 - Sausages, salami, ham, bacon, frankfurters etc.
 - Especially for children. Contribute to rapid growth that increases risk for health problems in the future
 - Contain cancer causing nitrogenous compounds



Protein rich foods should make up 25% of the food we eat

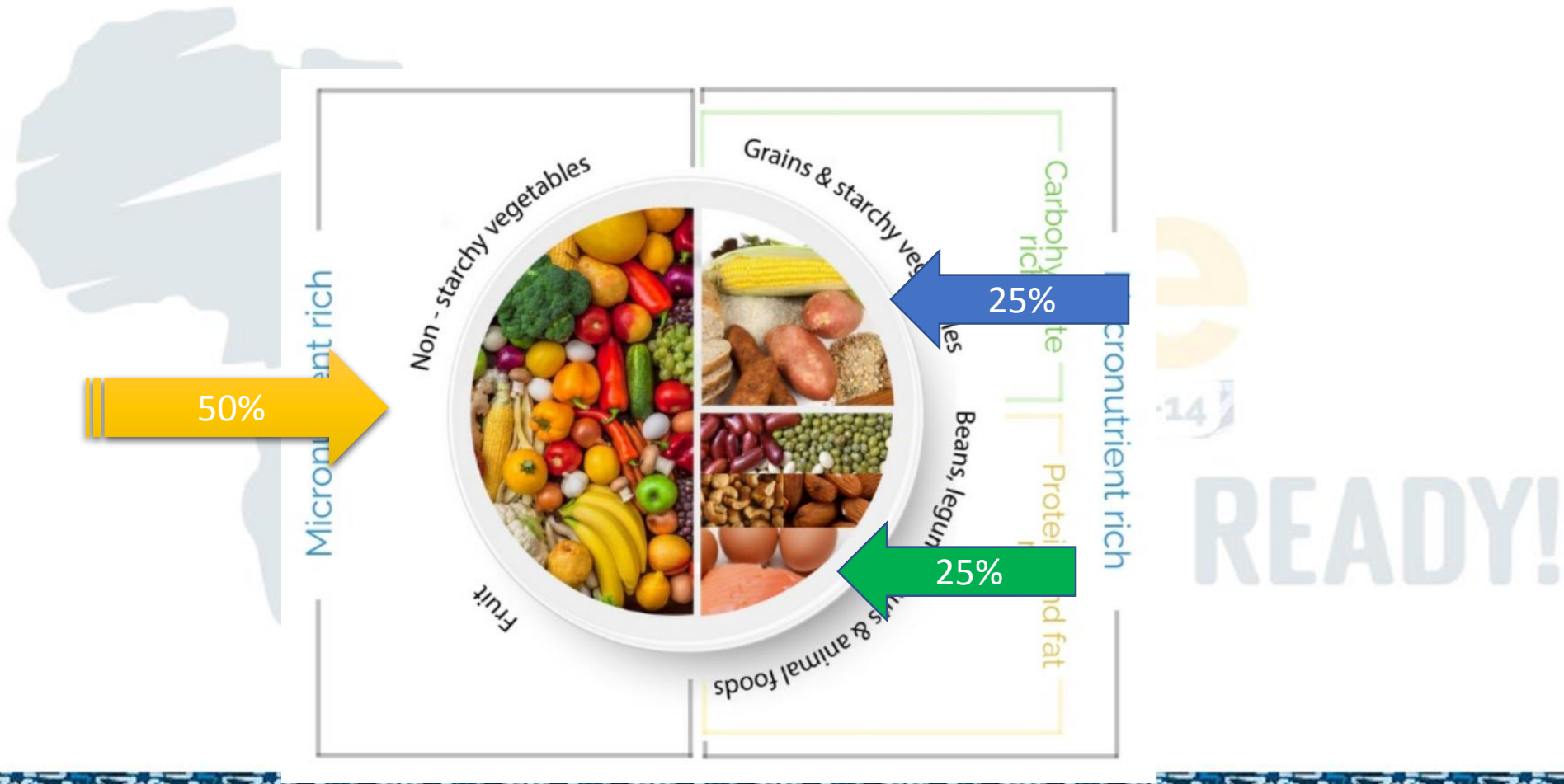


Choose immune boosting protein rich foods

- Most protein should be plant based
 - Legumes - like beans, kidney beans, soya beans and peas
 - Green vegetables – spinach, barley, broccoli
 - Nuts –groundnuts, almonds, cashews and peanuts



Carbohydrate rich foods should make up only 20 to 25% of the food we eat



Avoid this kind of serving



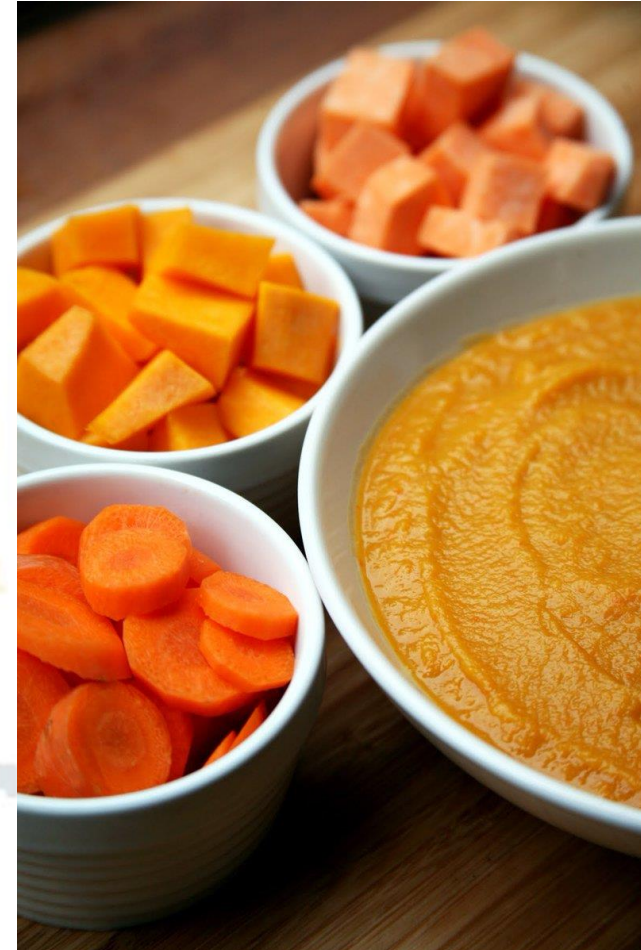
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What type of carbohydrate foods should you eat?

- High fiber starchy vegetables
 - sweet potatoes, pumpkin, yams, Cassava, Irish potatoes, matooke.
- For immunity and general health choose orange foods
 - Carrots, pumpkin, sweet potatoes



Other healthy carbohydrate rich foods

- Whole and intact grains
 - unrefined maize, millet, oats, whole grain bread, other whole grain cereals
 - Best at breakfast





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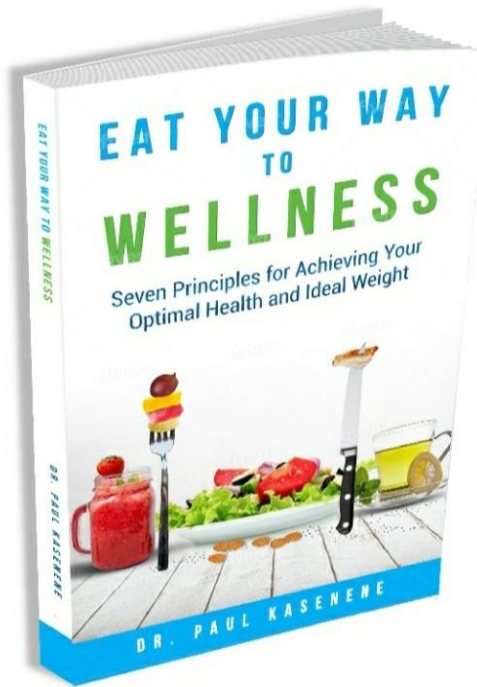


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- To learn about the other principles, including intermittent fasting and to get a more in-depth understanding, please get a copy of my book



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Call or send mobile money to
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Also available at:

shop.drkasenene.com,  and 

3. Physical Activity & Exercise

- One of the most important things to boost your health
- The Recommendations
 1. Target 3 hours a week of moderate intensity cardio/aerobic exercise
 - 30 minutes 5 – 6 times/week OR
 - 45 minutes 4 times a week OR
 - 1 hour thrice a week
 2. Flexibility/stretching – 5 min/day
 3. Strength exercises – 30 min/week

Those who think they have
no time for

EXERCISE

will sooner or later
have to find time for

ILLNESS.



— EDWARD STANLEY —

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4. Sleep & Rest

- The body requires a minimum of 7 hours of sleep each night.
 - If you have positive for COVID get even more sleep
 - Up to 8 to 10 hours a day
 - Best to go to bed early. Preferably 9 to 10pm
 - The body heals best between 9pm and 5 am
- Aim to get 15 to 30 minutes each day for silence and quiet meditation

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5. Emotional wellness tips

- Avoid too much information
 - Stay informed but not overly informed
- Lead a healthy lifestyle
 - Exercise
 - Sleep enough
 - Eat foods rich in magnesium and omega 3 –fatty acids

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- Nutrients that support emotional wellness and anxiety
 - Herbs - Ashwagandha, Kava Root
 - Nutrients – 5-HTP, GABA, Magnesium, B Vitamins
- Essential oils – lavender, chamomile
 - Use lavender oil in a warm bath to relax body
 - Chamomile oil as a massage
- Drink chamomile tea
- Limit caffeine and alcohol
- Seek help when you necessary

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Practice Gratitude & Forgiveness

- The word thank you is a very powerful healing word.
 - When you say thank you the brain immediately produces healing chemicals. It is simply amazing
- Forgive – we live in an imperfect world full of mistakes. Let go! Move on!
- Benefits
 - Enhance our immunity and keep our bodies healthier
 - Produce feel good and other healing neurotransmitters
 - Fight depression, stress and even autoimmune diseases and cancer

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Pray unceasingly

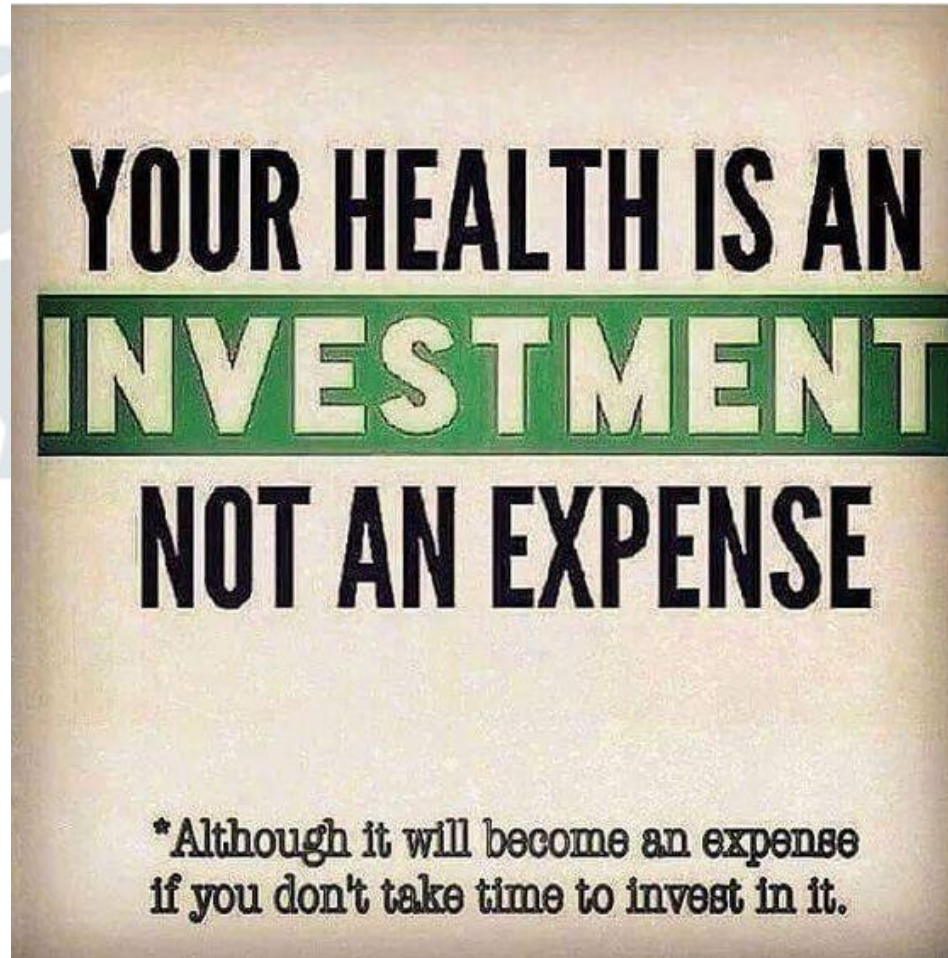
- Research has shown prayer to have multiple benefits to our mental and general health
 - Helps reduce anxiety and stress
 - Raises immunity
 - Reduces inflammation
 - Promotes longevity

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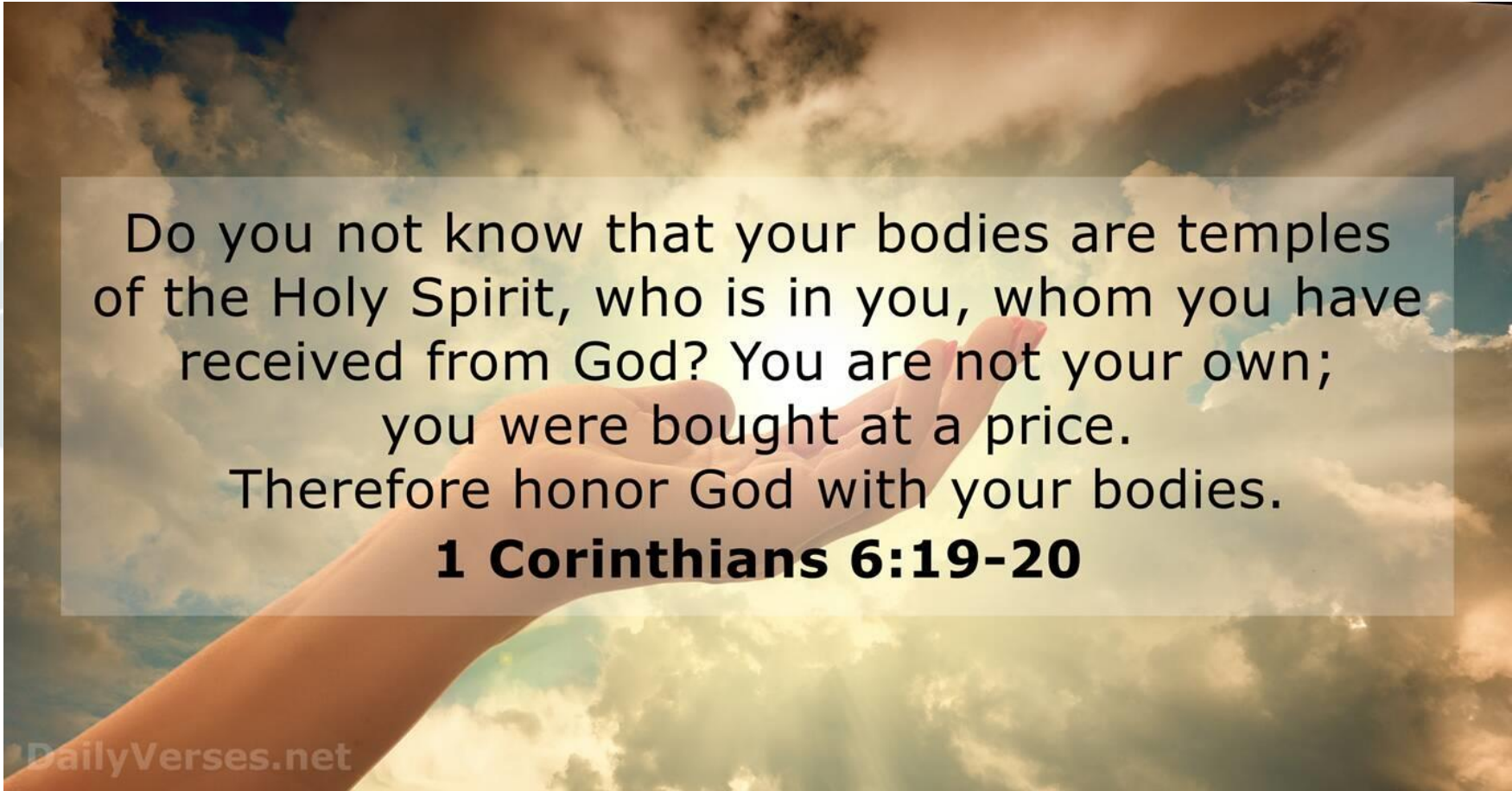
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Invest in your wellness right now!



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Do you not know that your bodies are temples
of the Holy Spirit, who is in you, whom you have
received from God? You are not your own;
you were bought at a price.
Therefore honor God with your bodies.

1 Corinthians 6:19-20

THANK YOU



"Take care of
your body. It's
the only place
you have to live."

~ Jim Rohn

ODY!



Stay in touch

- ***Dr. Kasenene Wellness Clinic***
- Location: Wellcare Health & Wellness
Plot 37, Bandali Rise, Bugolobi
(opposite Security Plus)
- Tel: Clinic Tel: 0414 220888, 0701 450450, 0775 829938
- Email - support@wellcare.co.ug
- *Social media – Twitter and facebook - @drkasenene*

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Remember to get a copy of my book – www.eatyourwaytowellness.org

eatyourwaytowellness.org

Dr. Kasenene

Making food choices without the correct information can be a tall order.

With all the different information about food, many of us find it hard to keep up. In my book, I try to make sense of what you really need to know about eating for wellness.

Get a copy today

Call or send mobile money to
+256 787 222 991 | +256 708 222 999 

Also available at:
shop.drkasenene.com and on 



The book cover features the title 'EAT YOUR WAY TO WELLNESS' and the subtitle 'Seven Principles for Achieving Your Optimal Health and Ideal Weight'. It also includes the author's name, Dr. Paul Kasenene, and an illustration of a healthy meal with a glass of water.