

Food as Medicine

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“
Let food be thy medicine
and medicine be thy food

Hippocrates”



Core Principles of Healthy Eating

- Real, whole foods
- Organic, non-GMOs
- Variety of color/phytonutrients
- Healthy fats, mostly fish and plant-based
- Grass-fed beef and bison
- Pasture-raised poultry
- No highly-processed foods
- No trans-fats



Food is Information

- Food has the ability to turn on or off genes that control disease risk, lifespan, and metabolism.
- **Nutrigenomics:** a new science that studies the impact of food choices on gene expression.
- Proving that we truly are what we eat!



Food is Information

- Food is not just calories
- Bad food negatively impacts blood sugar levels, triggers allergic reactions, inflammation, and autoimmune responses.
- When we eat the SAD (Standard American Diet), we become overweight and undernourished.
- **This is becoming an epidemic in our children!**
- We need to focus on the type of food our children are getting, not just the quantity.
- Our eating habits and beliefs about food are passed on to our children.
- If we aren't thoughtful of what we're eating, then they won't be either.



Mindful Eating

- Often we eat out of boredom, availability, stress, addiction, or misunderstanding.
- Food is central to our social connections: it's used for celebration and interaction.
- We need to practice mindfulness and intention when we eat.
 - Becoming knowledgeable about portion sizes, balancing meals with healthy nutrients, and actively managing food cravings through awareness.
 - Developing an appreciation for the path of food – from soil to table – and becoming aware of the benefits of plant-based foods.
 - Eating a variety of colors and flavors to get the full spectrum of healthy compounds from food in every meal.
 - Taking time to enjoy meals with others when possible, and avoiding eating while working, commuting, watching TV, or scrolling social media.
 - Finding pleasure and joy in cooking, eating, and tasting while making healthy choices.

Take away points

- Stop eating fast food
- Eat from the fridge, not the pantry
- Eat with purpose
- Be knowledgeable about what you're putting into your body
- Eat more plants
- Eat less sugar
- Consider your diet as the cause of your symptoms, mental health, and chronic diseases
- Feel empowered that you can directly impact your health and your children's health by making better food choices
- Become concerned about the global impact of our SAD diet
- Advocate for change, by starting with yourself

