

# Scott Nelson's Theme for 2016-2017

Presented to Ann Arbor West Rotary



**HEALTHY PEOPLE /  
HEALTHY PLANET**

**WHAT MAKES PEOPLE  
HEALTHY AT 100  
WILL MAKE THE PLANET  
HEALTHY AT 2100**

# Problem/Solution



- **Problem: Chronic Disease**
- **Solution: Lifestyle as Medicine**

# Lifestyle as Medicine Promises to Retire



- 80% of all chronic disease
- 92% heart deaths
- 33% cancers
- Most type 2 diabetes
- Significantly improve type 1 diabetes
- Most hypertension
- Significantly improve autoimmune disorders

# Retirement Speech – Fisheries Biologist



- Thirty years you learn
- Thirty years you earn
- Thirty years you “Fly Fish”
- On August 1st I turned Sixty
- And I am still learning!

# “Rotary is my Church!”



## Matthew 25 Sheep

## Rotary Focus Areas

I was hungry and you gave Me food

Basic Education and Literacy

I was thirsty and you gave Me drink

Water and Sanitation

I was a stranger and you took Me in

Peace and Conflict Resolution

I was naked and you clothed Me

Economic and Community  
Development

I was sick and you visited Me

Disease Prevention and Treatment

I was in prison and you came to Me

<http://rotarywomensprison.com/>

Pure Religion: to visit orphans and  
widows in their trouble: James 1:26

Maternal and Child Health

# The Rotarian – July 2016



column ➞ HEALTH

## Survival of the Fitbittest

You know you're getting healthier. So does everyone else

by STEVE ALMOND

In the seven days from 7 through 13 March, I took precisely

My friend Tom posted: "The dudes at my office have thrown down a department-wide challenge.

## The Next Big Thing of Rotary after Polio



# The Blue Zones



A screenshot of the Blue Zones website as it appeared in a web browser. The browser's address bar shows the URL "https://www.bluezones.com/about-blue-zones/". The website header features the Blue Zones logo on the left, which includes a stylized orange and blue figure. To the right of the logo is the text "BLUE ZONES®" and the tagline "Live Longer, Better®". Further right are social media icons for Twitter, Facebook, and Instagram, followed by a "SEARCH" button and a "Sign up for our newsletter" button. On the far right of the header is a book titled "Blue Zones Solution" by Dan Buettner, with the text "Available Now" below it. Below the header is a navigation menu with four links: "ABOUT BLUE ZONES", "JOIN US", "RESOURCES", and "BOOKS". The main content area features a large blue world map with four orange dots marking the locations of the Blue Zones: Sardinia, Italy; Okinawa, Japan; Loma Linda, USA; and Ikaria, Greece. Below the map, the text "Blue Zones" is written in a serif font, followed by the tagline "Where people live the longest." in a smaller font. At the bottom of the page, there are two photographs. The left photo shows three elderly men, with the central figure wearing a flat cap and gesturing with his hand. The right photo shows a man in a red life vest and a cap, holding a paddle, standing in a small boat on a river, with other people and trees in the background.


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"Read this book!  
*Healthy at 100* is a masterpiece."  
—DEAN ORNISH, M.D.

# HEALTHY at 100



HOW YOU CAN—at *any age*—  
DRAMATICALLY INCREASE  
YOUR LIFE SPAN *and*  
YOUR HEALTH SPAN



## John Robbins

Bestselling author of *Diet for a New America*

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## NEWSTART/SDA version of BLUE ZONES in 5 min.



- **Nutrition – 95% or more whole plant foods**
- **Exercise – 150 minutes brisk walk + resistance**
- **Water – half your weight in ounces of clean water**
- **Sunshine – moderate full sun exposure**
- **Temperance – Avoid harmful substances**
- **Air – Fresh Outdoor Air and deep breathing**
- **Rest – Good quality sleep**
- **Trust – in Higher power. Awesome relationships**

# Blue Zones Lifestyle Outline



<b>Seventh-day Adventist</b>	<b>True Health Initiative.org</b>
Nutrition	Forks
Exercise	Feet
Water	
Sunshine	
Temperance	Fingers
Air	
Rest	Sleep
Trust in God	Love and Stress

# True Health Initiative (Rotary Partner?)



← → http://www.truehealthinitiative.org/ True Health | Lifestyle as M... x

 **TrueHealth**  
INITIATIVE

A global consensus on lifestyle as medicine.

MISSION THE PROBLEM THE SOLUTION COUNCIL ARTICLES CONTACT JOIN

**WE AGREE**

**Truth →**

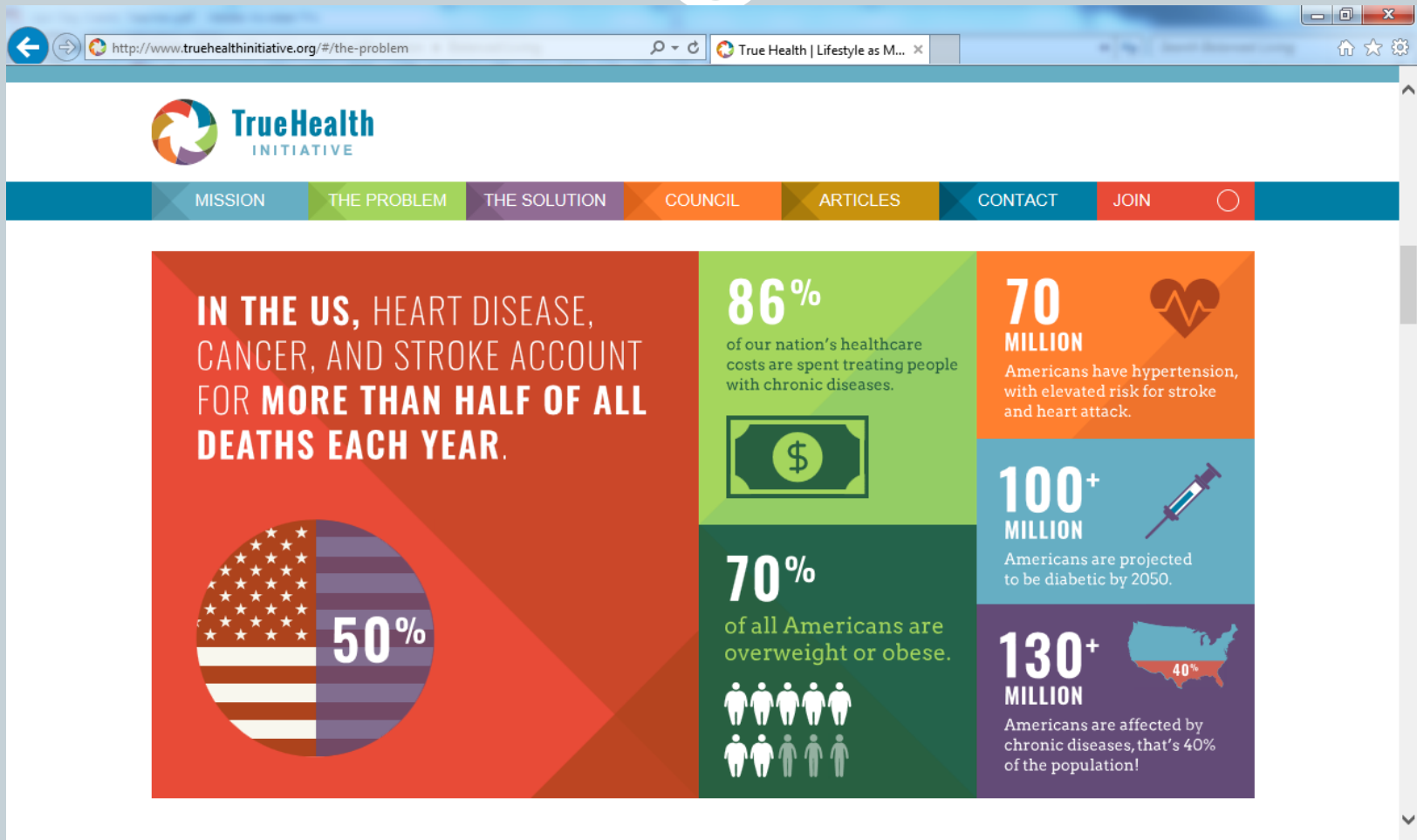
WANT HEALTH? TRY THE TRUTH

**LIFESTYLE AS MEDICINE: CULTURE, COLLUSION AND PSEUDO-CONFUSION**

http://www.truehealthinitiative.org/

The image shows a screenshot of the True Health Initiative website. The website has a blue header with the True Health Initiative logo and the tagline 'A global consensus on lifestyle as medicine.' Below the header is a navigation bar with links to MISSION, THE PROBLEM, THE SOLUTION, COUNCIL, ARTICLES, CONTACT, and JOIN. The main content area features a large grid of portraits of various individuals, with the text 'WE AGREE' overlaid in the center. To the right of the grid is a section titled 'Truth →' with the text 'WANT HEALTH? TRY THE TRUTH' and a circular button. Below this is a section titled 'LIFESTYLE AS MEDICINE: CULTURE, COLLUSION AND PSEUDO-CONFUSION' with a circular button. At the bottom of the page, there is a URL bar showing 'http://www.truehealthinitiative.org/'.

# The Problem



# 2.7 % of U.S. Adults lead Healthy Lifestyles

LIFESTYLE

A<sup>2</sup> News 4-17-2015

## Study finds only 2.7 percent of U.S. adults lead healthy lifestyles

By Ariana Eunjung Cha  
The Washington Post

American portion sizes, our couch-potato ways and our waistlines are the punchlines of jokes around the world. But how bad are we really? On the East Coast, in an urban area full of lots of highly educated people sporting all manner of Apple Watches, Fitbits and the like on their wrists, you might come to the conclusion the stereotypes are an exaggeration. You'd be wrong.

A study conducted by Oregon State University, the University of Mississippi and the University of Tennessee at Chattanooga has awarded nearly every adult in the country a failing grade. The researchers used four barometers to measure whether someone's behavior could be considered healthy. They include an

appropriate balanced diet, being active, meeting the recommended criteria for body fat percentage and not smoking.

Using data from the 2003-06 National Health and Nutrition Examination Survey data, they found that 97.3 percent of the 4,745 people they looked at did not meet the criteria.

Writing in Mayo Clinical Proceedings, the researchers described the standards as very reasonable. That is, they weren't looking for people to be marathon runners but just have a moderate amount of 150 minutes of activity a week.

"This is pretty low, to have so few people maintaining what we would consider a healthy lifestyle," Ellen Smit, a researcher at Oregon State and a co-author, said in a statement. "This is sort of mind-boggling. There's

clearly a lot of room for improvement."

The study's results are considered to be more reliable than previous ones because researchers used technology to track participants instead of self-reported surveys. For exercise, for instance, the researchers used an accelerometer, such as the ones in a phone or fitness band, to track movement. And blood samples were taken to confirm whether people were smokers.

There were, of course, many people who met one or more of the criteria. Only 11 percent were in the supremely unhealthy range meeting zero of the goals, 34 percent met one, 37 percent met two, 16 percent met three and 2.7 percent met all four. There were big differences among some of the subgroups studied. Women were



Researchers say you don't have to be a marathon runner to have a healthy lifestyle. You just need to have a moderate amount, 150 minutes, of activity a week. However, a study found 97.3 percent of U.S. adults don't meet that criteria. (MLive.com files)

more likely to have a healthy diet and not smoke, but they were less likely to exercise enough. Mexican American adults were more likely to have a healthy diet than their non-Hispanic white or black counterparts. Older Americans — 60 years and older — were overall less healthy than

those ages 20-39 but were more likely to have healthy diets and not smoke.

The researchers emphasized meeting all four goals is important because these factors have been linked to increased risk of cardiovascular disease and other medical conditions.

# What do the 2.7 % do?



- Appropriate balanced diet.
- Moderate activity – 150 minutes per week.
- Possess recommended body fat percentage.
- Not smoking.
- Am I part of the 2.7 or the 97.3?

# More People Are Globally Obese Than Underweight



Get going with  
Carnation Breakfast Essentials®

WHERE TO BUY

## More People Are Now Obese Than Underweight

However, study finds many people in parts of Asia and Africa still weigh too little

By Robert Preidt

*HealthDay Reporter*

THURSDAY, March 31, 2016 (HealthDay News) -- More people worldwide are **obese** than underweight, a new study found.

The researchers added that about one-fifth of adults could be **obese** by 2025.

The number of obese people in the world rose from 105 million in 1975 to 641 million in 2014, with obesity rates rising from 3 percent to 11 percent among men and from 6

### Healthy Recipe Finder

Browse our collection of healthy, delicious recipes, from *WebMD* and *Eating Well* magazine.

Top searches: *Chicken, Chocolate, Salad, Desserts, Soup*

Search

# Obesity boom 'fuelling rise in malnutrition'



- <http://www.bbc.com/news/health-36518770> June 14, 2016
- **Malnutrition is sweeping the world, fuelled by obesity as well as starvation, new research has suggested.**
- The **2016 Global Nutrition Report** said 44% of countries were now experiencing "very serious levels" of both **under-nutrition and obesity**.
- It means one in three people suffers from malnutrition in some form, according to the study of 129 countries.
- Being malnourished is "the new normal", the report's authors said.
- There is "staggering global challenge" posed by rising obesity.
- The increase is happening in every region of the world and in nearly every country, they said.
- Hundreds of millions of people are malnourished because they are overweight, as well as having too much sugar, salt or cholesterol in their blood, the report said.
- The study was "redefining what the world thinks of as being malnourished".
- "It is a world that we must all claim as totally unacceptable."
- For every \$1 (70p) spent on proven nutrition programmes, \$16 (£11.25) worth of benefits ensue.

# Medical Errors Cause 251,000 deaths / year

WASHINGTON

May 8, 2016 A2 News -

## Medical errors a leading cause of death in the U.S.

By Ariana Eunjung Cha  
The Washington Post

Medical errors might be the third-leading cause of death in the United States — claiming 251,000 lives every year, more than respiratory disease, accidents, stroke and Alzheimer's, according to a study published Tuesday.

From incidents of nurses giving potent drugs to the wrong patient to surgeons removing the wrong body part, errors in hospitals and other facilities are incredibly common, the patient-safety researchers behind the analysis concluded.

The study, appearing in *BMJ*, calculates far higher numbers than a 1999 report that called such mistakes an "epidemic."

The new totals equate to almost 700 deaths per day, or about 9.5 percent of all deaths annually in the U.S.

Martin Makary, a professor of surgery at the Johns Hopkins University School of Medicine who led the research, said that "medical errors" include everything from bad doctors to more systemic issues, such as communication breakdowns when patients are handed off from one hospital department to another.

### PEOPLE DYING FROM CARE THEY RECEIVE NOT DISEASE

"It boils down to people dying from the care that they receive rather than the disease for which they are seeking care," he said.

The issue of patient safety has been a hot topic since the Institute of Medicine issued a landmark report on preventable medical errors 17 years ago, shocking the medical establishment and leading to significant debate about potential remedies.

Based on one study, the institute estimated deaths from medical errors to be as high as 98,000 per year. Makary's research involves a more comprehensive analysis of four large studies, including ones by the Health and Human Services Department's Office of the Inspector General and the Agency for Healthcare Research and Quality that took place between 2000 and 2008.

Makary said he and co-author Michael Daniel, also from Johns Hopkins, conducted the analysis to shed more light on a problem many hospitals and health-care facilities try to avoid discussing.

### CDC DOESN'T REQUIRE ERROR REPORTS

Although all providers extol patient safety and highlight the various safety committees and protocols they have in place, few offer the public specifics on

actual cases of harm.

Moreover, the Centers for Disease Control and Prevention doesn't require the reporting of errors in the data it collects about deaths through billing codes, making it hard to see what is going on at the national level.

The CDC should update its vital-statistics-reporting requirements so physicians must report whether there was any error that led to a preventable death, Makary said.

"We all know how common it is," he said. "We also know how infrequently it's openly discussed."

### NOT MANY IMPROVEMENTS

Kenneth Sands, who directs health care quality at Beth Israel Deaconess Medical Center, a patient care and research affiliate of Harvard Medical School, said the surprising thing about

medical errors is the limited change that has taken place. Only hospital-acquired infections have shown improvement.

"The overall numbers haven't changed, and that's discouraging and alarming," he said.

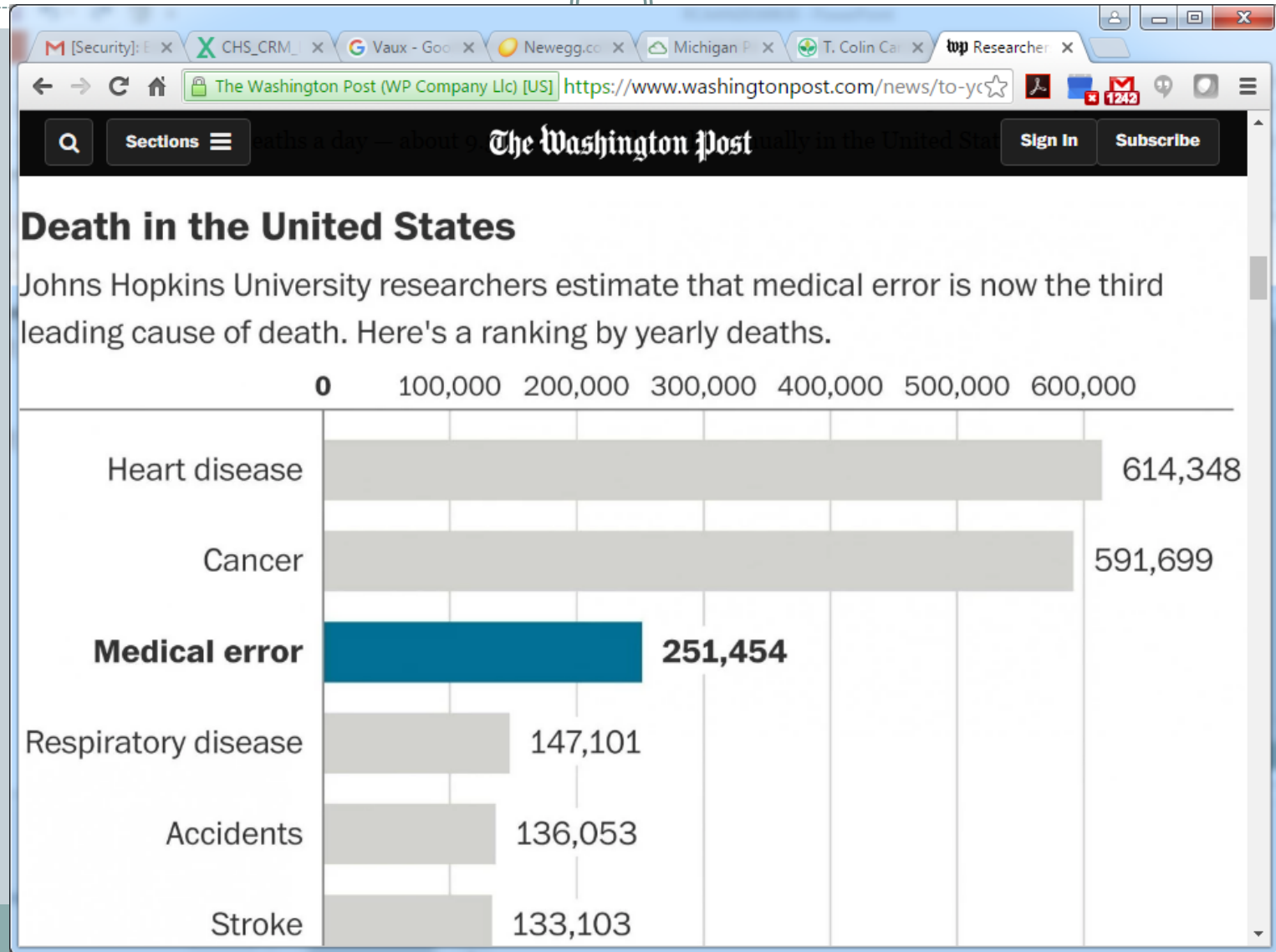
Sands, who was not involved in the *BMJ* study, said one of the main barriers is the tremendous diversity and complexity in the way health care is delivered.

"There has just been a higher degree of tolerance for variability in practice than you would see in other industries," he said.

Frederick van Pelt, a doctor who works for the Chartis Group, a health care consultancy, said another element of harm that often is overlooked is the number of severe patient injuries resulting from medical error.

"Some estimates would put this number at 40 times the death rate," he said.

# Death in the United States





- **April 6, 2016, at 11:06 a.m.**
- The number of people with diabetes has quadrupled globally in less than 40 years, shooting to 422 million, and it's becoming a real problem in poorer countries, according to a study published in The Lancet by the World Health Organization on Wednesday.

# Diabetes Today



- 1 in 11 Globally are Type 2 diabetic.
- 1 out of 10 people in the US has Type 2 diabetes.
- 1 out of 3 children born after 2000 will have Type 2 diabetes in their lifetime.

# Healthy Planet – in Peril



- The world's cattle alone consume a quantity of food (grain) equal to the caloric needs of 8.7 billion people—more than the entire human population on Earth ( [\*"The Global Benefits of Eating Less Meat"\*](#) by *Mark Gold and Jonathon Porritt*) WorldWatch Website.
- Cattle subsist best on grass.
- People subsist best on grain/plants.
- There are 7 billion people on earth.
- Enough food is produced today to feed 15 billion people.

# Healthy Planet in Peril



- <http://www.worldwatch.org/node/6297>
- A widely cited 2006 report by the United Nations Food and Agriculture Organization, *Livestock's Long Shadow*, estimates that 18 percent of annual worldwide GHG emissions are attributable to cattle, buffalo, sheep, goats, camels, pigs, and poultry. But recent analysis by Goodland and Anhang finds that livestock and their byproducts actually account for at least 32.6 billion tons of carbon dioxide per year, or 51 percent of annual worldwide GHG emissions.

# The World Peace Connection





The conflict in Syria and the rise of Isis have displaced half a nation of people and generated the largest humanitarian crisis in the world today. Some 8.7 million people are now suffering food insecurity, and the country's agricultural infrastructure has largely been destroyed. Yet while ideological, political and religious differences are clearly major causes in the conflict, what often gets overlooked is the impact of climate change and

## How Climate Change and Failed Agricultural Policies have Contributed to Conflict in Syria

209 1

by [Megan Perry](#), originally published by [Sustainable Food Trust](#) | MAY 10, 2016

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# This is NOT Funny!

A12 / THURSDAY, MAY 19, 2016 / THE ANN ARBOR NEWS

## Local

PITTSFIELD TOWNSHIP

### Wolverine who reversed diabetes offers free seminar ...

By Ryan Stanton  
ryanstanton@mlive.com

Former University of Michigan football player Marc Ramirez has been inspiring others with his story of reversing type-2 diabetes by going vegan and eliminating all animal products from his diet.

Ramirez, a former offensive lineman who played under legendary coach Bo Schembechler, will share his story of weight loss and improved health during a free nutrition seminar Saturday.

The event runs from 4-6 p.m. at the Bill Crispin Chevrolet dealership at 7112 E. Michigan Ave. in Pittsfield Township.

The seminar is being organized by Chickpen and Benn Inc., a nonprofit Ramirez and his wife started to help others learn about the benefits of a whole-food, plant-based diet.

Ramirez will discuss how he eliminated all five of his medications in two months for type-2 diabetes, high cholesterol and high blood pressure, and how he has been

medication free for more than four years.

"We are just trying to continue to educate any and everybody who's willing to listen, who's sick of being sick," he said in a March interview.

"We are seeing time and time again, as people come to these meetings, because we've been having them for a little over a year now, people losing weight, getting off medications, feeling better, and that's what energizes my wife and I to continue down this path."

The seminar also will feature nutritional advice from local medical doctor Robert Breslany and Swaroop Shojani, a former U-M cancer researcher with two restaurants in Ann Arbor, Hut-K Chaats and Back2Roots Bistro.

Admission is free and there will be free food samples. Bikram Yoga Ann Arbor and Bill Crispin Chevrolet are co-sponsoring the event.

Register at [whooin.com/DNH-TJC-CAQC](http://whooin.com/DNH-TJC-CAQC) today or Friday to attend.



Former University of Michigan football player Marc Ramirez stands in front of Michigan Stadium on March 8. (MLive.com file)

YPSILANTI

### ... or you can try eating 20 feet of bratwurst

Third annual challenge, benefiting the FLY Children's Art Center, will be held Sunday

By Tom Perkins  
tomperkins@mlive.com

How many feet of sausage and intestines can you cram into your intestines? Sunday is the day to find out.

That's when Ypsilanti's Wurst Bar holds the Wurst Challenge III, an annual contest that "will pit sausage-loving philanthropists ... against an imposing 20 feet of delicious, freshly

made bratwurst."

In other words, it's a charity sausage-eating contest.

Each contestant is provided 20 feet to take down. The gluttony is all for the kids. The event raises money for downtown Ypsilanti's FLY Art Center and its initiatives, and each challenger is seeking support through the FLY Children's Art Center website, [flyartcenter.org/](http://flyartcenter.org/).

The Wurst Bar is giving 10 cents per inch, and co-sponsor Lagunitas Brewing will donate the

proceeds from its sales of Undercover Shutdown Investigation Ale during the event.

FLY's Linette Lao said in a news release that the proceeds go to "offer scholarships, grow our outreach in local schools, and to sustain our Creativity Lab, which is becoming a destination in Ypsilanti and attracting kids from across southeast Michigan."

Last year's challenge raised \$7,737 for the cause, and attracted hundreds of onlookers and national media attention.

"FLY picks quality creative experiences into children's minds the same way

that we pack quality meals into an all natural casing." Wurst Bar co-owner Jesse Krzymski said in a news release. He and Ypsi blogger Mark Maynard organize the fun.

Prizes will be awarded to the challengers who raise the most money, consume the most bratwurst, and the audience favorite, which goes to "the individual to attack his or her brat with the greatest sense of style."

While no one has yet to finish a 20-foot link, seasoned sausage veteran Jason "Knifebeard SausageHawk" Youngs downed most of it the first



Jay Zocher, of Ann Arbor, reaches for a beer while attempting to eat a 20-foot bratwurst during a 2014 fundraiser for the FLY Children's Art Center at Wurst Bar in Ypsilanti. (MLive.com file)

year, then polished off the remainder later that evening, Maynard said.

Only four challengers had entered the 2016 contest as of Monday and the calls are out for more.

Come see if this is the year someone swallows 20 feet—or two stories worth—of sausage in one sitting. Doors open at 5 p.m. Sunday, and the gluttony gets underway at 6 p.m.

# Prevent Diabetes with Grains



**FEEL GOOD EVERY DAY**

**EAT THE GRAINBOW**

Prevent diabetes and other chronic conditions by expanding your whole grain horizons. These new additions to your repertoire aren't just healthy—they're tasty.

By Marygrace Taylor

We'd never limit ourselves to just one type of fruit or vegetable. But when it comes to whole grains, we tend to stick with what's familiar: a bowl of oatmeal for breakfast, whole wheat bread for our sandwich or the occasional scoop of brown rice alongside chicken and vegetables.

Not that eating lots of oatmeal, whole wheat bread or brown rice is bad—far from it. All whole grains are a good source of belly-filling fiber, which might explain why one major review found that people who eat them have less body fat than people who don't. Research also shows that diets rich in whole grains are associated with reduced risk for diabetes, high cholesterol, heart disease and depression as well as colon and breast cancer.

But just as it's smart to eat a colorful variety of fresh produce, it's also a good idea to eat plenty of different whole grains. "The nutritional composition of broccoli is not the same as the nutritional composition of peas. And the same stands true for different whole grains," says Nicola McKeown, Ph.D., director of nutritional epidemiology at Tufts University.

That's not all. Eating the same old brown rice or whole wheat pasta can be as boring as wearing the same outfit every day. By switching things up, we can keep meals interesting—and stay more motivated to continue making healthy choices.

"While they're all versatile and healthy, different types of whole grains offer a chance to explore a variety of textures, shapes and flavors," says Frances Largeman-Roth, R.D., food

# Response From Disease Focus Area Leader



Mon, May 16, 2016 at 1:55 PM  
Dear Scott,

Good e-meeting you and I am glad you had the opportunity to meet up with Erica and Vinay. I also appreciate greatly the resource links you have forwarded. It is really exciting to your focus on the chronic non-communicable disease prevention and treatment arena. The Trustees in their wisdom years back had the foresight to highlight NCDs our Disease Prevention and Treatment, Area of Focus.

We are seeing remarkable project and advocacy efforts from Rotarians worldwide working towards promoting healthy life styles by targeting diabetes, cancers, cardiovascular diseases as well as Alzheimer's and dementia.

The singular 'corporate' RI program for the next several years will remain the eradication of polio. However our portfolio in Disease Prevention and Treatment is exploding led by Rotarians at the clubs and district levels in partnership with the leading health organizations in the world specific to their mission. I see this as growing exponentially over the years in exactly the direction you are leading your club's efforts.

Thanks much in advance for the t-shirt. I also wish you every success and maximum satisfaction in your upcoming presidential year. Thank you for these remarkable volunteer efforts.

Best regards,

John Wahlund  
Manager, Disease Prevention and Treatment,  
Maternal and Child Health, Areas of Focus  
[john.wahlund@rotary.org](mailto:john.wahlund@rotary.org)  
Tel 1.847.866-3248

# The Solution – TrueHealthInitiative.org



The screenshot displays the TrueHealthInitiative.org website. The browser's address bar shows the URL <http://www.truehealthinitiative.org/#/the-solution>. The website features a navigation bar with the following links: MISSION, THE PROBLEM, THE SOLUTION (highlighted), COUNCIL, ARTICLES, CONTACT, JOIN, and a circular icon. The main heading is "MANY EXPERTS. 6 PRINCIPLES. ONE VOICE." Below this, a paragraph states: "The True Health Initiative offers clarity over confusion; we work to spread the fundamental evidence and consensus-based truths about lifestyle as medicine. Decades of published research support six core principles of healthy living that most effectively add years to lives, and life to years." The central graphic is a circular wheel divided into six colored segments (red, blue, green, purple, orange, and yellow) with the text "ONE VOICE" in the center. Surrounding this central wheel are six circular icons, each representing a principle: FORKS (green, with a fork and knife), SLEEP (blue, with a crescent moon and stars), FEET (orange, with footprints), STRESS (purple, with a lotus flower), FINGERS (red, with hands), and LOVE (red, with a heart). At the bottom of the page, the text "It's time to live like your health depends on it." is displayed, followed by two buttons: "JOIN" and "THE RESEARCH".

TrueHealth INITIATIVE

MISSION THE PROBLEM **THE SOLUTION** COUNCIL ARTICLES CONTACT JOIN

**MANY EXPERTS. 6 PRINCIPLES. ONE VOICE.**

The True Health Initiative offers clarity over confusion; we work to spread the fundamental evidence and consensus-based truths about lifestyle as medicine. Decades of published research support six core principles of healthy living that most effectively add years to lives, and life to years.

**ONE VOICE**

**FORKS**

**SLEEP**

**FEET**

**STRESS**

**FINGERS**

**LOVE**

It's time to live like your health depends on it.

JOIN THE RESEARCH

# Solution: Lifestyle as Medicine

## TrueHealthInitiative.org



- Our vision is a world where all people live long and healthy lives, free of preventable chronic disease.
- Our mission is to create a culture free of preventable chronic disease by demonstrating and disseminating the global consensus on the fundamental, evidence-based truths of lifestyle as medicine.
- Together we can build a movement around the fundamentals of healthy living, preventing as much as 80 percent of chronic disease and premature death.
- Public Education is needed at all stages of human development.

# What Role would Rotary Play



- **Similar as Polio Plus:**
- **Promote Education**
- **Provide Global coordination**
- **Provide Boots on the ground**
- **Become a non-geographic Blue Zone like the Seventh-day Adventist Church.**
- **Provide funding**

# What Role Could District 6380 Play?



- **Help Fund the construction of a Wellness Center in SE Michigan.**
- **If 6380 can help fund a Hospice where we help people die. A wonderful idea!**
- **Can 6380 help fund a center to help people live?**

# What Am I Doing?



- Proclaiming this Theme to you
- Lining up speakers for our lunch meetings
- Speaking at other 6380 clubs
- Engaging the global Rotary community @rotary.org

# What can you do?



- Allow yourself to be educated. . .
- Consider joining the Blue Zone!
- “Put your oxygen mask on first”
- Help strategize on the promotion of Lifestyle as Medicine
- Recognize this could attract membership!

# Farmacy of the Future!



# Michael Pollen's Rules of Eating



- **Eat Food** (not non food)
- **Not Too Much**
- **Mostly Plants**
  - Book “The Omnivore’s Dilemma”
  - **PBS Documentary: In Defense of Food**

# John Robbin's Prayer



**MAY ALL BE FED**  
**MAY ALL BE HEALED**  
**MAY ALL BE LOVED**