

# Why this matters to me

My paternal grandparents both died from heart attacks.

My dad had his first heart attack at age 49, with me in the room.  
He and his three brothers all had bypass surgeries.

My uncle Morris, however, lived to age 96 and my surviving uncle Rudolph is still a sharp, healthy 92-year-old.



**What's Good for your Heart is what's  
Good for Your Eyes.**

**"GENETICS LOADS OUR GUN AND LIFESTYLE  
PULLS THE TRIGGER"**

**Mehmet Oz**

**January 13, 2025  
Arnold M Stokol, OD**

# The Difference?

Morris and Rudy chose to not be sedentary and overnourished



The following works for me and is not medical advice

It is, however, the guidance I give my patients in need

I do wonder why is it called the FDA  
Don't underestimate the power of food

# They Lied

Phillip Morris said smoking was "good for us"

The only reason smoking rate has reduced is due to the taxing of cigarettes, which brought awareness of the it's danger

# Diabetes is the leading cause of blindness in the US

People don't die from Diabetes

Metabolic Syndrome, Insulin Resistance and Diabetes lead directly to CVD and are also closely linked to Cancer, and Neurodegenerative Diseases

CVD is our #1 cause of death

# **What amount of sugar in the blood is the difference between a normal level and “full-on” Diabetes?**

Arteries, veins and capillaries, end to end: 50,000 miles

**Simple carbs and processed foods instantly and sharply raise Insulin and glucose levels which forces the Pancreas to produce more Insulin**

**This results in Insulin Resistance and ultimately Diabetes**

# **The sugar industry made FAT the villain.**

But how do we go about taxing sugar and bring awareness of its danger to the forefront?

**The largest 'food group' in stores is bar-coded, sugar-rich baked goods, found in the center isles of our grocery stores**

The hibernating bear!!



# **Sugar is the Bad Boy!!**

The food industry took all the nutrient dense foods that our ancestors ate, pulverized, refined and processed these foods, making them calorie dense and nutrition deficient.

BUT they are tasty, cheap to produce and VERY profitable for the food industry.

# Sneaky METABOLIC SYNDROME

In the presence of insulin, glucose that's not used immediately as energy is stored as visceral, muscle or subcutaneous fat

**Given the chance,** fat would be burned as energy

# NAFLD

The liver is the primary target of Insulin function

If Fatty Liver is present the liver is less efficient, which stimulates the  
Pancreas to produce more Insulin

**RESISTANCE!!!**

45% of American adults have Fatty Liver

Children as well

# **Low Insulin level is the key.**

Blood Insulin level is more important than blood sugar level

Raise your hand if you know your fasting Insulin level

Fat is effectively stored by Insulin but is not released in its presence

# Metabolic Syndrome is when three of the following are out of range:

1. Triglycerides (>150)
2. A1c (over 5.6%)
3. BP (>120/80)
4. HDL (<60)
5. Waist measurement (Men > 40", Women >35")

Only 1 in 8 Americans is normal in all five!

# **Blood tests**

Please call or text me for a list of the tests I asked my doctors to order



Hunger is a signal that your body is begging  
for NUTRIENTS, not food

Ever had a large meal and still been hungry?

# Hunger

...is almost impossible to overcome in the presence of food.

Dopamine, the POWERFUL neurotransmitter

Cocaine, smoking

**Eating simple carbs creates cravings for more carbs.**

Try eating only 3 potato chips!!



# **New Diet Cutlery!!**

**There are better ways to  
lose weight**



# GLP-1 agonists reduce appetite.

They are a game-changer, but do not replace poor lifestyle choices

Eating protein and fats while cutting simple carbs also have the same major effect on reducing HUNGER

# Maintain low Insulin and sugar levels

Cut addictive simple carbs and include protein and the right fatty foods, like eggs and avocados in each meal

A sweet breakfast, like cereal creates cravings for the rest of your day

Enjoying a breakfast of only protein and fats

# Protein is an important safeguard against losing muscle.

PROTEIN intake in grams per day:

Your weight in pounds x 0.8 is key to not losing muscle

$$175 \times 0.8 = 140\text{g}$$

# The Simple "HOW"

Eating SIMPLE Carbs is the problem

Eating fats does not raise cholesterol

Use whole milk, rather than non-fat

Eliminate bread, pasta, rice, potatoes, all which lack Leptin, a hormone that turns off the hunger switch

Hooked on bread? Fermented Sourdough is a low GI option



Eat lots of meat, fish, chicken, turkey, pork with **COMPLEX** carbs


Start your meals with fresh salad dressed with only EVOO and  
Balsamic drizzle



No more soda or fruit juices

Avoid foods that have “added sugar” on the label

Stop adding sugar to tea and coffee



Avoid all processed foods  
If it is packaged and has a Bar Code, don't eat it

NO SNACKING...  
...between meals, **especially** after dinner



# Nutrition made simple

Eat mostly whole foods that you enjoy  
AND NOT SIMPLE CARBS!!

Stop eating when 80% satiated...  
...much easier to do if eating fats and protein

# A Good Place to Start

Check ALL labels and if there is any 'added' sugar, don't eat it

Avoid sweet breakfasts

# Nutritious, satisfying Foods:

My personal 'quick' foods are raw tree nuts, Avocados, Eggs

My quick meal is 2 hard-boiled eggs and half an avocado...

...or toasted Sourdough with canned sardines, soaked in EVOO, topped with aged Italian Parmigiano Cheese

# **“Alcohol Under Scrutiny”: DMN Jan 5, 2025**

Alcohol is a toxin, is carcinogenic and leads to carb craving

It spikes blood sugar levels, is 'empty calories', and settles as  
waistline visceral fat

# Sleep and Alcohol

Sleep is critical for brain regeneration and resetting the body

Alcohol is a major disrupter of restful sleep

Alcohol makes it easy to fall asleep but tends to wake one up  
after a few hours

At least, limit your alcohol intake

# Cardio, Strength and Balance

'Move'..... EVERY day

Zone 2 cardiovascular exercise, (while holding a conversation)

Resistance training for muscle mass, core and balance

Walk, isometrics....Anything!!

....and so,

It is not possible to exercise enough to neutralize poor nutrition

In the absence of simple carbs your body will be forced to use stored fat as energy, resulting in weight loss

Taking a medication, supplements or magic pill will not reverse the ill-effects of being sedentary or over-nourished

Any step in the right direction is a positive step

# **Eat to live**

BUT enjoy what you eat

“We need very little of the right foods to be healthy”





**Thank you!**

Arnold M. Stokol, OD

972-669-9229

[www.stokolfagala.com](http://www.stokolfagala.com)