

# I CHOOSE

# Wellness

**Dr. Kasenene**

WELLNESS

Nutrition, Wellness & Healthy Living

23<sup>rd</sup> Annual Judges Conference

**Nutrition, Wellness & Healthy Living**

by Dr. Paul Kasenene

**Wellcare**   
[GOOD] HEALTH STARTS HERE



At Wellcare we're passionate about helping people prevent disease find their way to better health it's as simple as that.

How to find the right plan for your great health

*Our goal is to educate, engage and empower people with effective, convenient and affordable services that prevent disease and change lives.*

*“Good health is not something we can buy.  
However, it can be an extremely valuable  
savings account.”*

*-Anne Wilson Schaeff*

# We are at WAR!

...And So

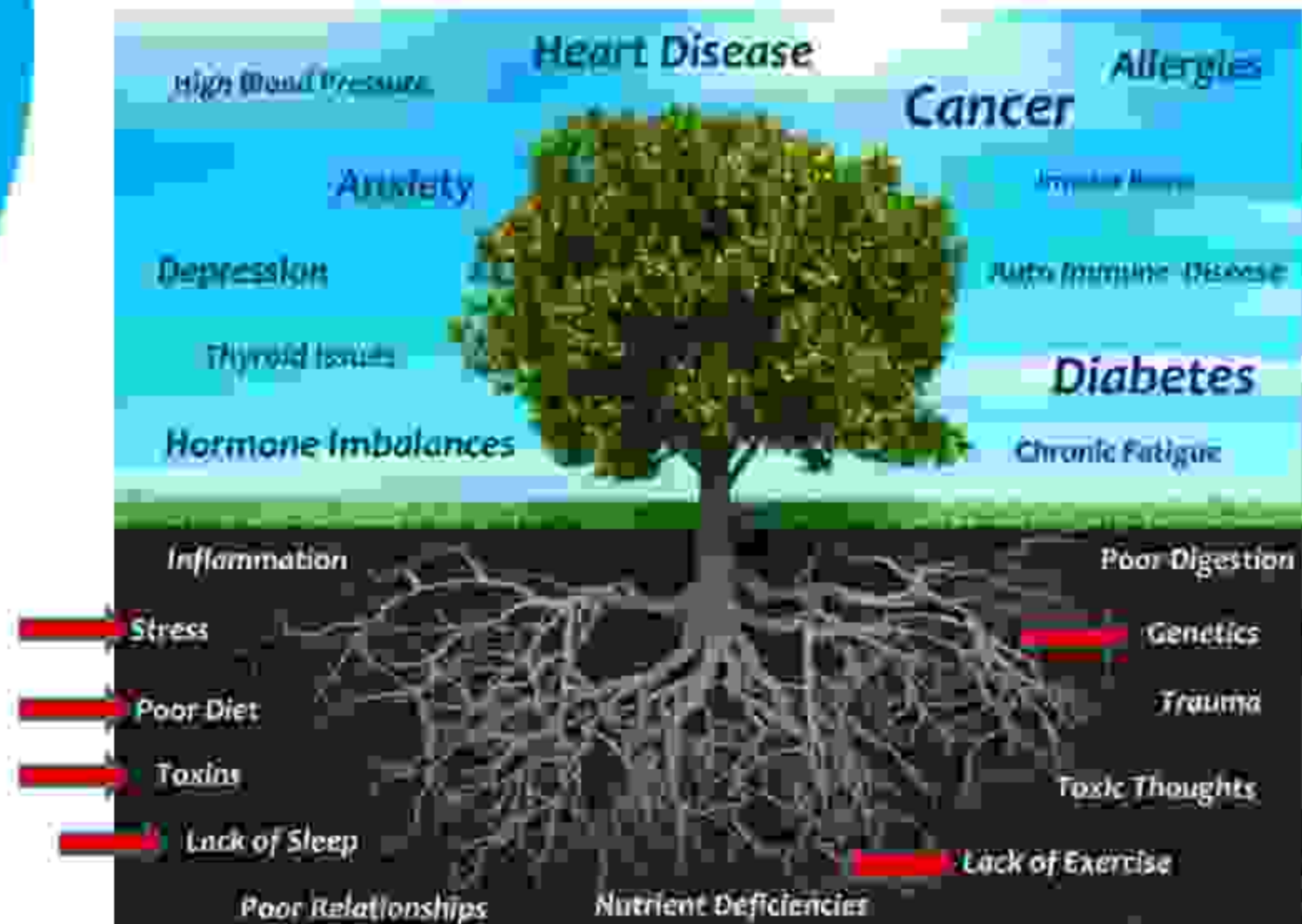
Much More!!



Stomach  
Upset?



# Disease Care vs Health Care?



**IT'S NOT THAT  
DIABETES, HEART DISEASE  
AND OBESITY RUNS IN  
YOUR FAMILY**

**IT'S THAT NO ONE RUNS  
IN YOUR FAMILY**

EB David Avncula Wolff

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# It's all about our choices



- What will you choose?

 **Methia.L.Nabawanda**  (MethiaLynn) Aug 18

Bina byebiluma Dr.Kasenene 😊







No one has ever regretted taking care of  
their body. But many have regretted  
neglecting it.

What choices are u making today?

## 6 Fundamental principles of keeping your body healthy

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

# 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**  
Well hydrated & well hydrated



**PALE STRAW COLOR**  
Well hydrated & well hydrated



**TRANSPARENT YELLOW**  
Slightly dehydrated



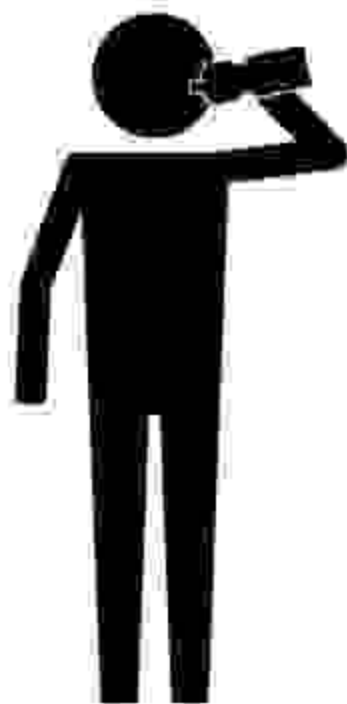
**DARK YELLOW**  
Well hydrated & well hydrated  
Water intake



**AMBER OR HONEY**  
Your body is starting  
to lose water



**SYRUP OR BROWN ALE**  
It's time to stop & hydrate  
Now & soon



## 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.*



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

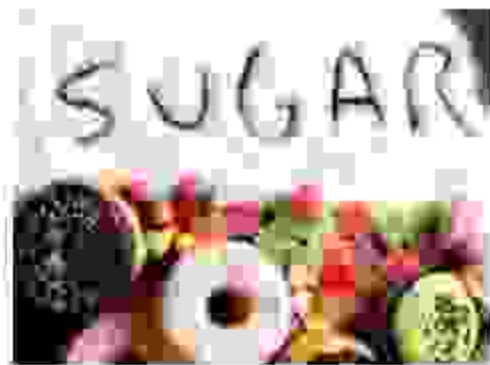
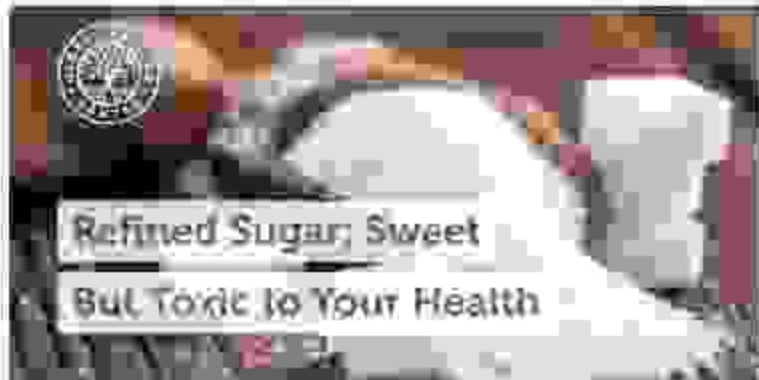
# What foods should we avoid 90% of the time?

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



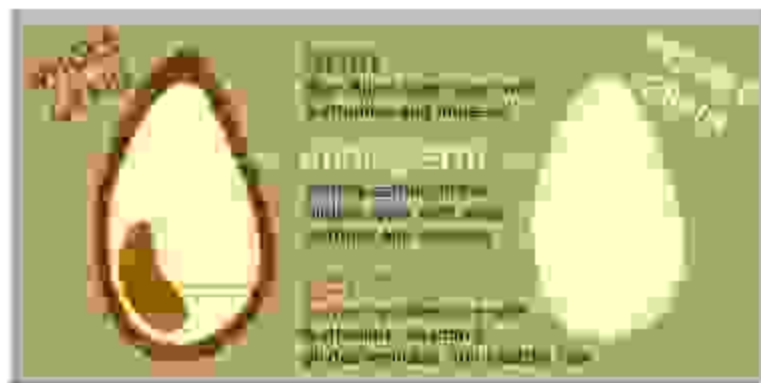
# 1. Sugar and sugar rich foods

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



## 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

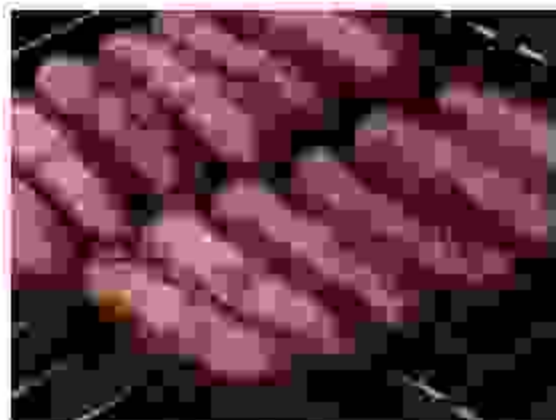
- Refined white flour products (white foods)
  - white bread, chapati, samosa, mandazi, white rice, white pasta, refined white posho.
- Refined pastries like cakes, biscuits, crisps





### 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



## 5. Alcohol

- The best amount of alcohol is actually no alcohol at all
- Safe amount
  - No more than 6 drinks a week
  - No more than 2 drinks a day
  - Not all 6 on the weekend
- One drink = 350ml of beer, 150ml of wine and 50ml of spirits



## 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 and dinner – 50% vegetables



# 1. Cruciferous vegetables



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

## 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



- 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

## 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



# 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









## Principle 3

Only 10% our food should come from animal products.

90% of the food should be from plants.

# 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



# 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 are eating



# Our lunch





# 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

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 restrict

- 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







# 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









- 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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800.881.1111 ext 2146 or [will@willcole.com](mailto:will@willcole.com)  
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### 3. Weight management

- Managing weight is very important for optimum health and boosting immunity
- Obesity increases risk for COVID19
  - What is your weight?
- Weight around the belly is particularly dangerous and even more harmful than overall weight



# Important considerations for weight loss

- A high nutrient – low calorie diet
  - Avoid sugar, refined grains, dairy, fried foods, alcohol and lots of animal foods
  - Eat more vegetables, fruits, nuts, seeds, legumes and small amounts of healthy carbohydrates
- Exercise regularly
- Detoxification or juicing regularly

Making healthy smoothies helps to boost immunity, support detoxification and weight loss



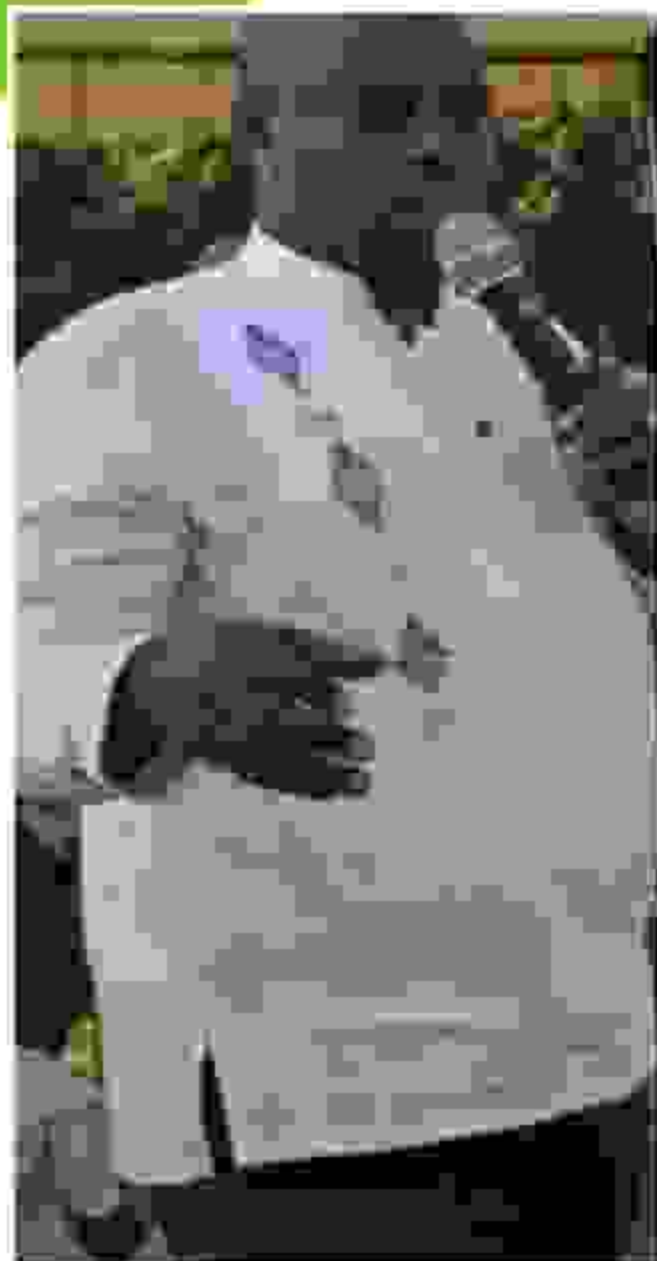
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# Drink green tea/ preferably matcha

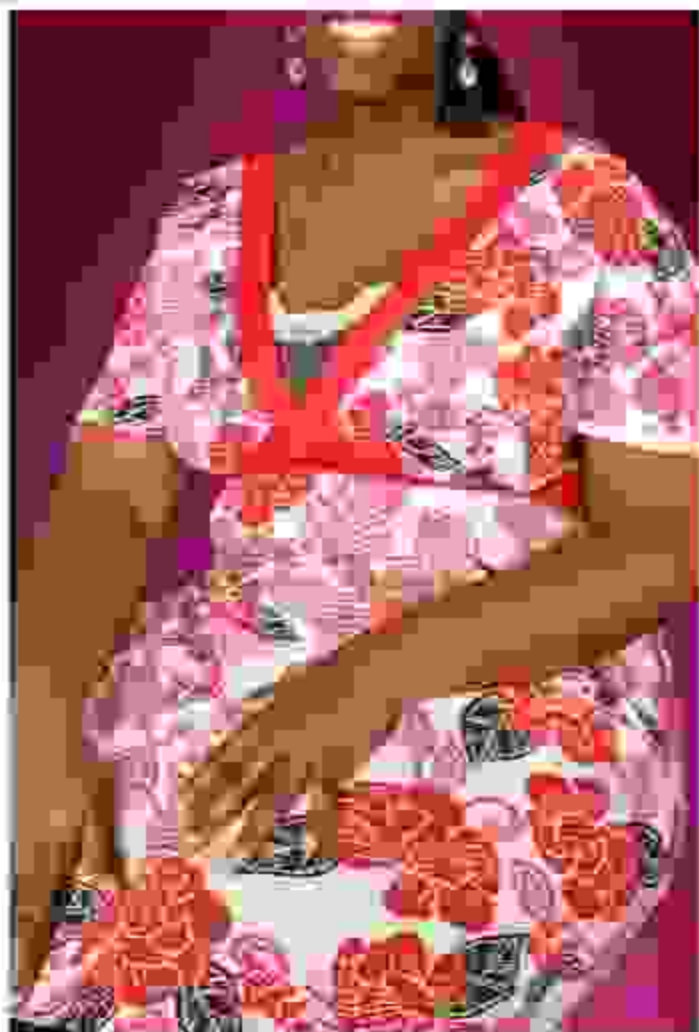
- Very powerful antioxidant (Cancer fighting and has antiviral effects )
- Detoxifies body
- Burns calories & helps in weight loss
- Improves cholesterol
- Enhances calm and mood
- Boosts immunity
- Increases energy levels
- Boosts memory and concentration





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Before



2 months Later



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Dr. Kesavani



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weight?**

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## 4. 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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## 5. 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 by 10pm
  - The body heals best between 9pm and 5 am
- Aim to get 15 to 30 minutes each day for silence and quiet meditation



## 6. 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

# Magnesium rich foods

1. Avocado
2. Banana
3. Pumpkin seeds
4. Dark chocolate
5. Spinach
6. Broccoli
7. Almonds & Cashews
8. Beans



SPINACH



BROCCOLI



AVOCADO



DARK CHOCOLATE



ALMONDS



BLACK BEANS



BANANA



FIGS



# Omega-3 rich foods

- Chia & flax seeds
- Avocados
- Walnuts
- Fish – tilapia, salmon, sea food
- Olive oil
- Soybeans
- Egg yolk (organic)



# Practice Gratitude

- 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.
- **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

Invest in your wellness right now!

**YOUR HEALTH IS AN  
INVESTMENT  
NOT AN EXPENSE**

*"Although it will become an expense  
if you don't take time to invest in it."*

THANK YOU



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

—Jim Rohn

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# Stay in touch

- ***Dr. Kasenene Wellness Clinic***
- Location: Wellcare Health & Wellness  
Plot 37, Bandali Rise, Bugolobi  
(opposite Security Plus)
- Tel: Clinic - 0701 450450, 0761 000450
- Email - [support@wellcare.co.ug](mailto:support@wellcare.co.ug)
- *Social media* – Twitter and facebook - @drkasenene

Remember to get a copy of my book –  
[www.drkaseneene.com](http://www.drkaseneene.com)

www.drkaseneene.com



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 take it up. In my book, I try to make sense of what you really need to know about eating for wellness.

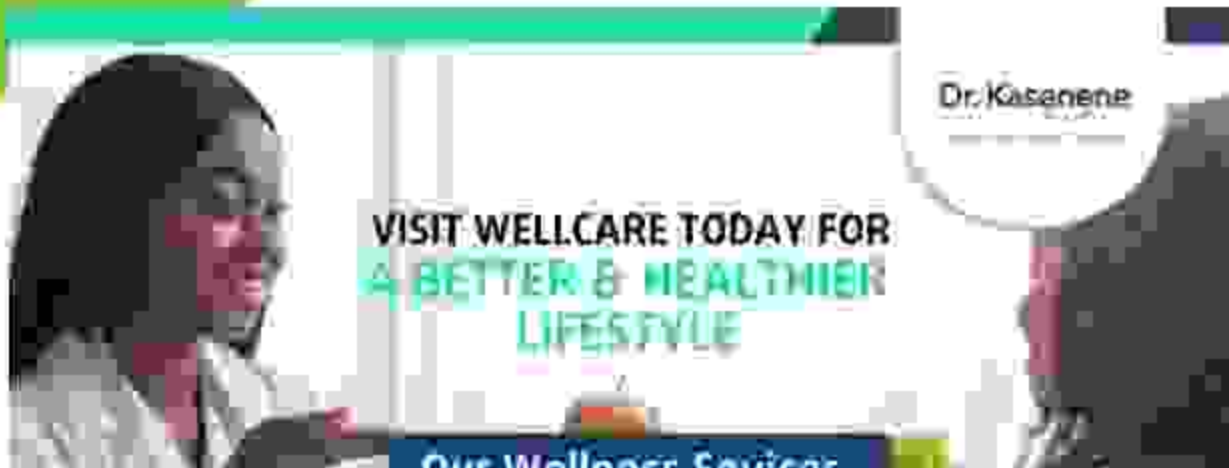
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LIFESTYLE**

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