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Connie Rogers

Holistic Health Coaching
USA

Nutritional Metabolism & Metabolic Syndrome

Abstract:

A healthy brain depends on a healthy gut, which includes a healthy metabolism. If our daily habits include street drugs, junk foods, pesticides, and chemicals, we have neither. All street and prescription drugs leave a negative footprint on the brain and the gut. If we chemically spray the life out of our backyard soil, the Earth we inhabit, the foods we ingest, and the geo-engineering of the sun, the Earth-sun axis is disrupted. The sun is the brain of planet Earth. The fruits of our labor and behavior are intertwined with the roots of life. Toxic actions and behaviors/ neglected self-care habits have dominated our world to date. We can't suffer from metabolic and endocrine disruption without pointing to the underlying root causes. What are we eating? "Gut bacteria produce hundreds of neurochemicals that the brain uses to regulate basic physiological and mental processes such as learning, memory, and mood. Gut bacteria manufacture about 95% of the body's serotonin supply, influencing mood and GI activity."

1. "Recently, several clinical studies have shown that diabetes, obesity, and components of metabolic syndrome are associated with cognitive impairment, including dementias such as Alzheimer's disease."
2. "Another study links cholesterol metabolism impairment and neuropsychiatric disorders and provides insights into neuronal dysfunction due to abnormal cholesterol metabolism in neuropsychiatric disorders."
3. Cholesterol imbalances can be related to a high sugar diet and chronic stress, linking cholesterol imbalances to depression. "Depression has become a major public health problem, where nutrition plays a significant role in the onset as well as severity/ duration of depression."
4. Example: "High fried food consumption impacts anxiety and depression due to lipid metabolism disturbance and neuroinflammation."
5. And, if we take this one step further: "Mitochondrial dysfunction (fried foods) not only impairs energy production but is found causal in metabolic and neuropsychiatric disorders such as depression." Notably, as you can imagine, people with diabetes and obesity have

a higher risk of depression.

6. These findings bring clarity to neurological symptoms posing as psychiatric conditions. Research reminds us that 'misfiring neurons' may increase the risk for schizophrenia,
7. depression,
8. and are mostly related to an unhealthy gut-brain axis. Our metabolic and endocrine systems work together to ensure the health of our entire nervous system. Just as the earth-sun axis plays a massive role in our metabolic system, studies show that endocrine-disrupting chemicals (such as microplastics and PFAS)
9. damage the ecosystem of our oceans and environment. Metaphorically, the ocean reacts like our central nervous system, and when upset, the communication system between our endocrine system, metabolic system, gut microbiome, and other organs is limited. The Earth has a rhythm and can react to stimuli. Schumann's Resonances (7.83 Hz) drive our world's harmonizing pulse for life. With the right kind of stimulus, we feel rhythm not only in the brain but also in the body. North and South Pole shifting can affect this harmonizing pulse. "Our planet has a rhythm that has played a significant role in governing the evolution of life
10. sending colluding signals to all microorganisms. "When Schumann published his research results on resonance, a physician named Dr. Ankermueller made the connection between the Schumann Resonance and the alpha rhythm of brainwaves. Dr. Ankermueller realized that the Earth had the same natural resonance as the human brain."
11. Facts are, all living systems respond to the Earth's frequencies. How well we respond depends on the health of our immune system. Humans can't live without the sun's frequency.
12. Sunlight is a useful therapeutic modality for many conditions including hypertension
13. and mood disorders. Vitamin D, from sun exposure, supports gastrointestinal homeostasis and immunity. Low levels of this 'Sunshine Vitamin' is inversely correlated with insulin resistance.
14. Signals from the the sun affect our circadian rhythms by influencing the secretion of melatonin. Sleep is a restorative process, so when we don't get enough, elimination slows, metabolism changes, autoimmune disorders increase along with premature aging. Since eighty percent of our immune system is in our gut, sleep is affected by adverse changes in our gut microbiome and immune system. Additionally, unhealthy eating patterns,
15. and/or consuming junk foods will result in chronic stress, negatively affecting the mental and metabolic health of children
16. as well as adults. Why should these issues concern us? There is a critical link between metabolism and immunity, highlighted by the findings that cellular metabolism affects im-

mune cell state and fate and contributes to infectious disease, and inflammatory diseases including cancer.

17. I've included Recommended Reading: 'Cancer is a Metabolic Disease' by Thomas Seyfried.

As you can see our habits and actions create a world of effects! Changing and developing a healthy way of living is a stepping stone to changing the understanding of all aspects surrounding our metabolism, our gut-brain axis and the Earth-sun axis.

Biography

Connie Rogers graduated near the beginning of the renowned Institute for Integrative Nutrition in NYC. (NYC 2003) She is accredited through the American Association of Drugless Practitioners. Connie Rogers is a Published Author (2015), Certified Integrative Nutritional Holistic Health Coach, Certified Brain Health Coach, Professional Researcher, Ghost Writer, Certified Cosmetologist / (1977) Skin Health Educator for over 40 years. Connie has owned and operated 2 day spas in her lifetime. She attended Gilda's Club in NYC for caregiving studies in ovarian cancer. Studied <http://www.newstart.com/program/> Training under Don Hansen New Start Program in Colorado. Connie currently writes, speaks, and offers holistic options for balancing wellness. She believes when we tune into our health, growth is a spiral process changing directions as we learn. Connie has helped clients regain their personal health by taking back control of their lives through gained knowledge and simple yet powerful positive daily habits. Her passion is to discover and address the "causes" of health challenges and then create a movement of balance and vitality. Anyone close to her will agree, Connie Rogers truly walks the talk and the many lives she has empowered will tell you her wisdom and guidance are priceless. She coaches on the topics of the mind/body connection, gut microbiome/hormone connection, skin health from within, removing toxic exposures in order to create health, and the emotional balancing act of foods and moods.