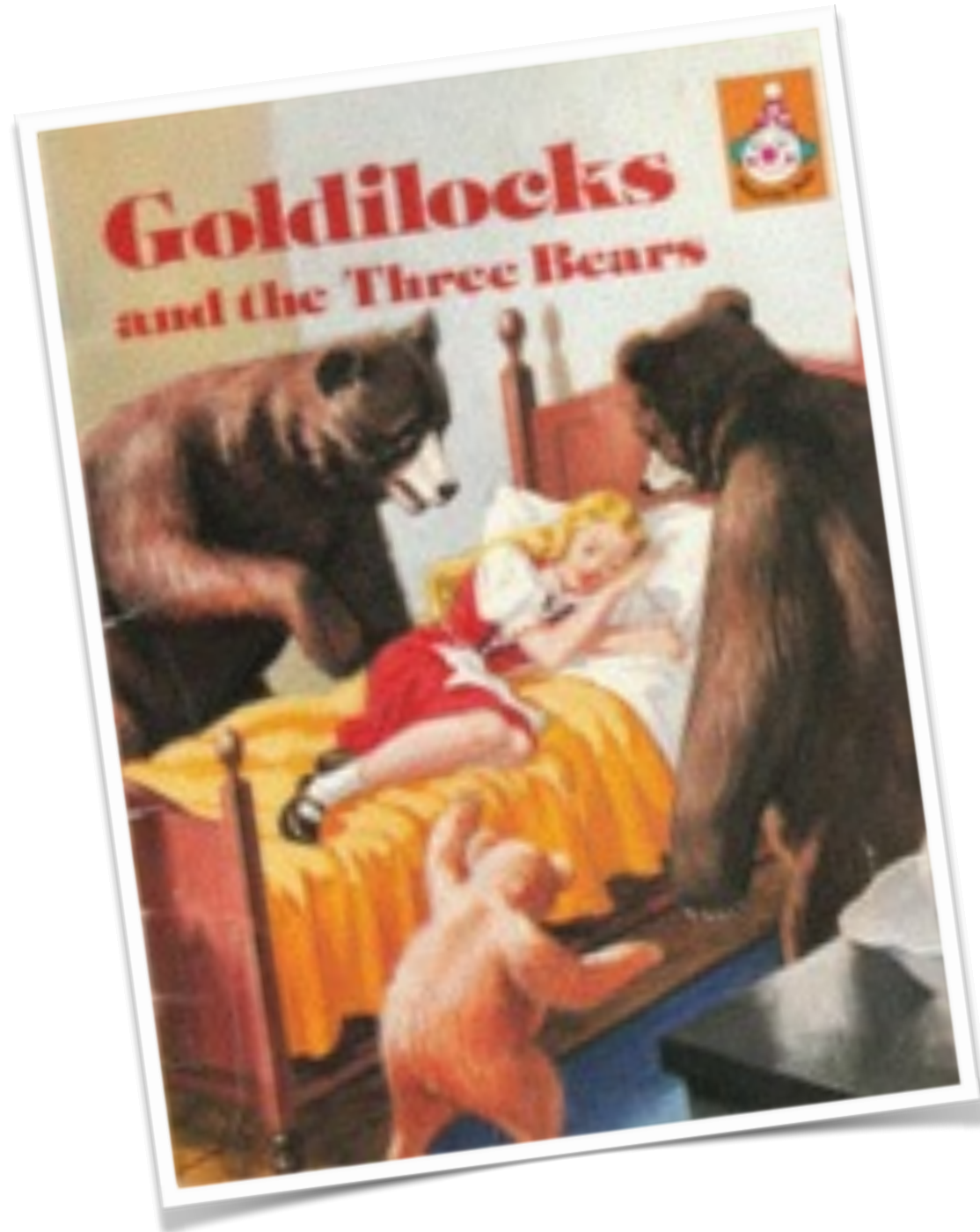















The Qi of Goldilocks



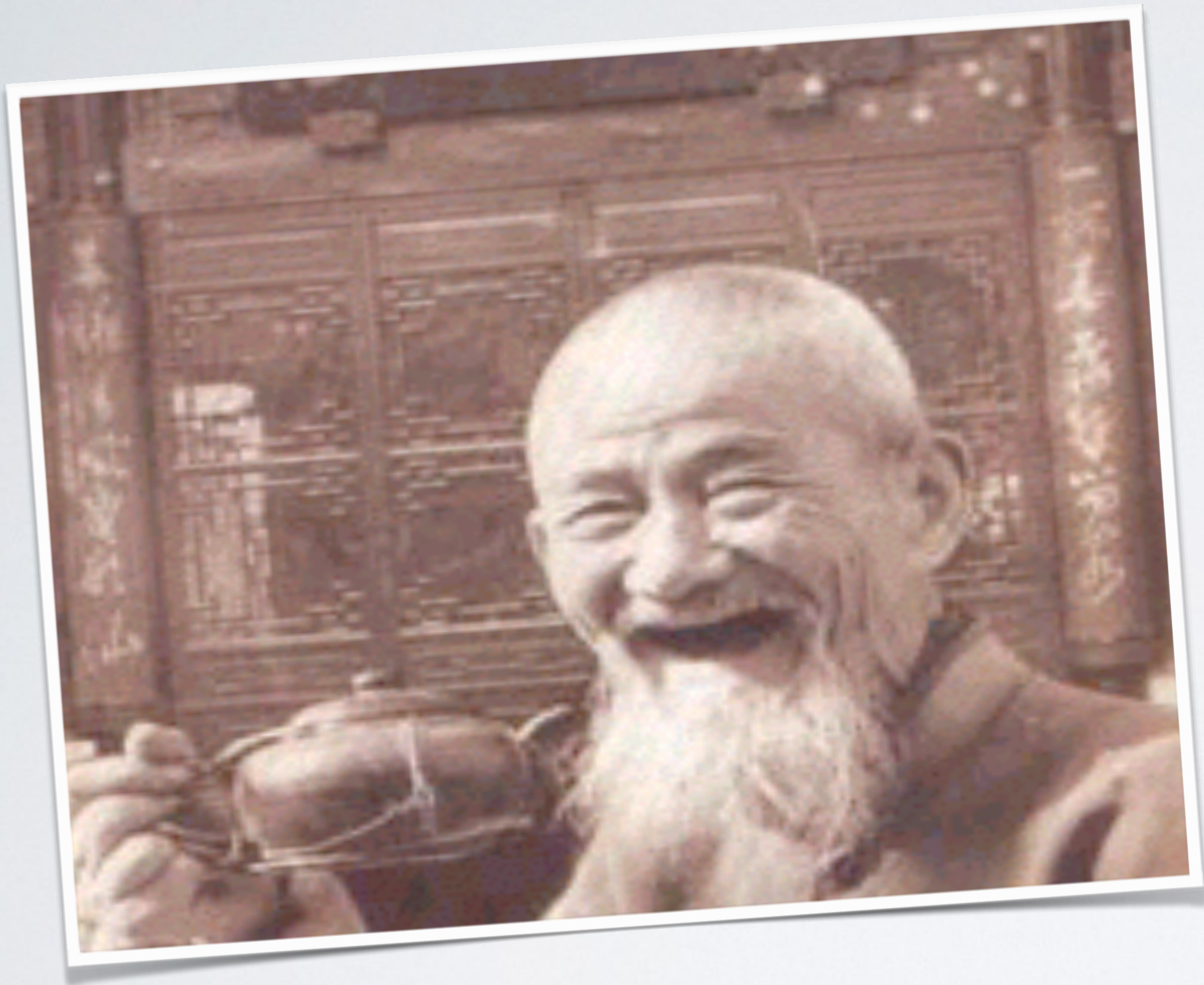


Causes of “Imbalance” (Stress)

- Emotional stress (deadlines, bills, traffic...)
- Physical stress (aging, sleep deprivation, exercise...)
- Environmental stress (air/water pollution, heat, cold...)
- Non-Optimal Diet (processed foods, inadequate nutrients/phytonutrients...)

- Athletes / Dieters / Short-Sleepers / Stressed
 - Share the *SAME biochemical* disruptions
 - Share the *SAME psychological* outcomes
 - Exhibit the *SAME* benefits to *restored biochemical balance*





Vigor

3-tiered mood state...
characterized by:

Physical Energy

Mental Acuity

Emotional Well-Being

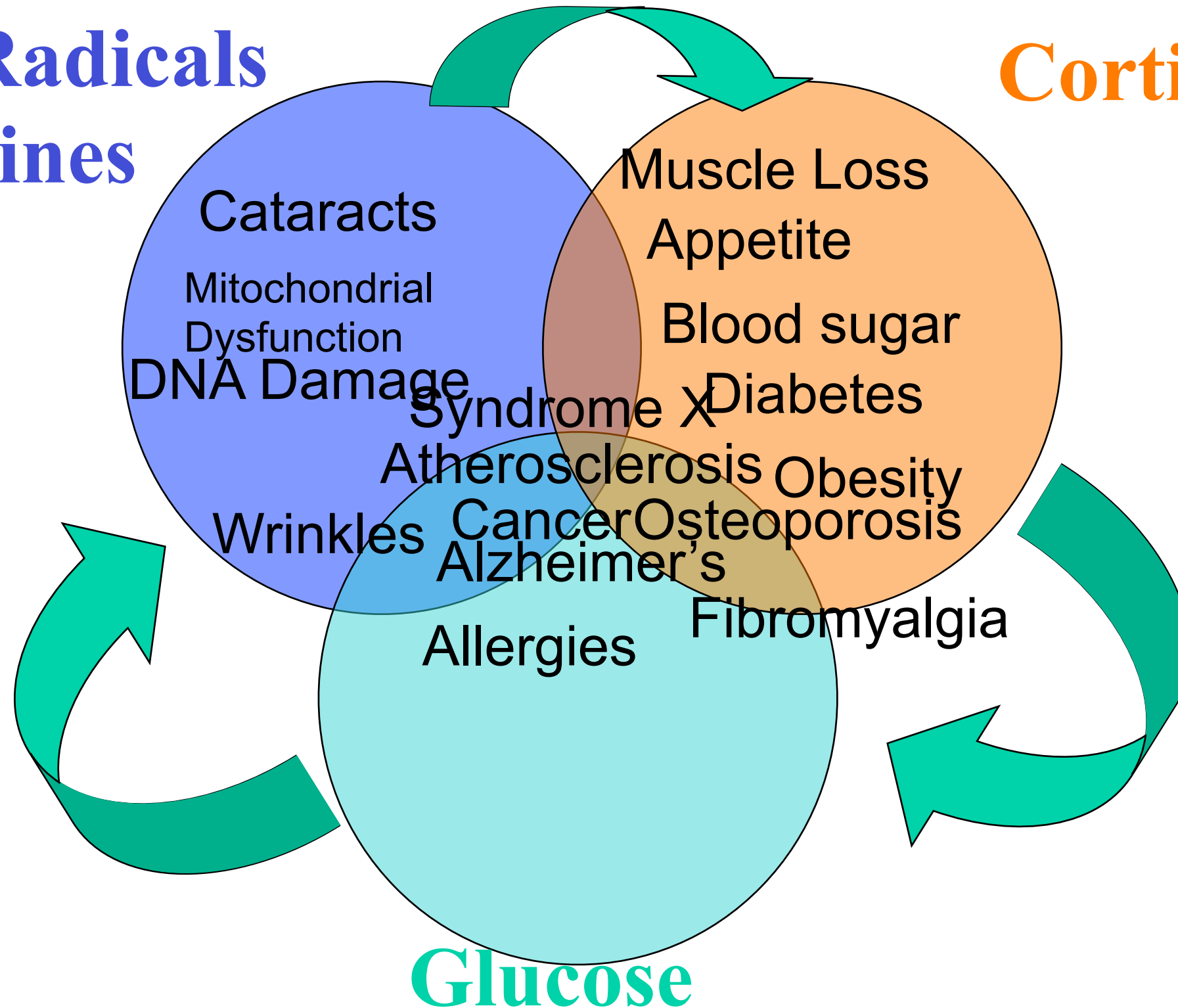




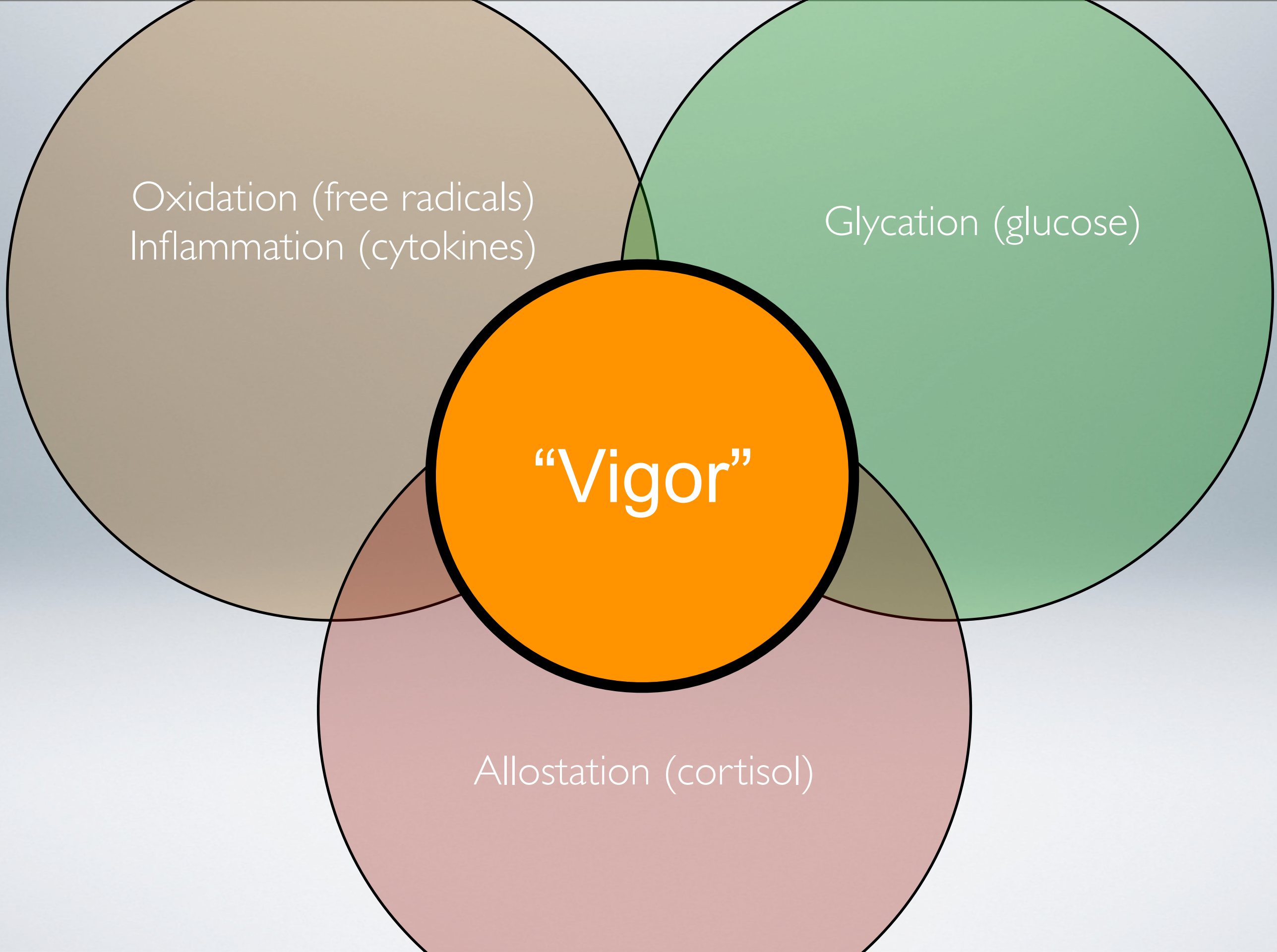
Pillars of Health

**Free Radicals
Cytokines**

Cortisol







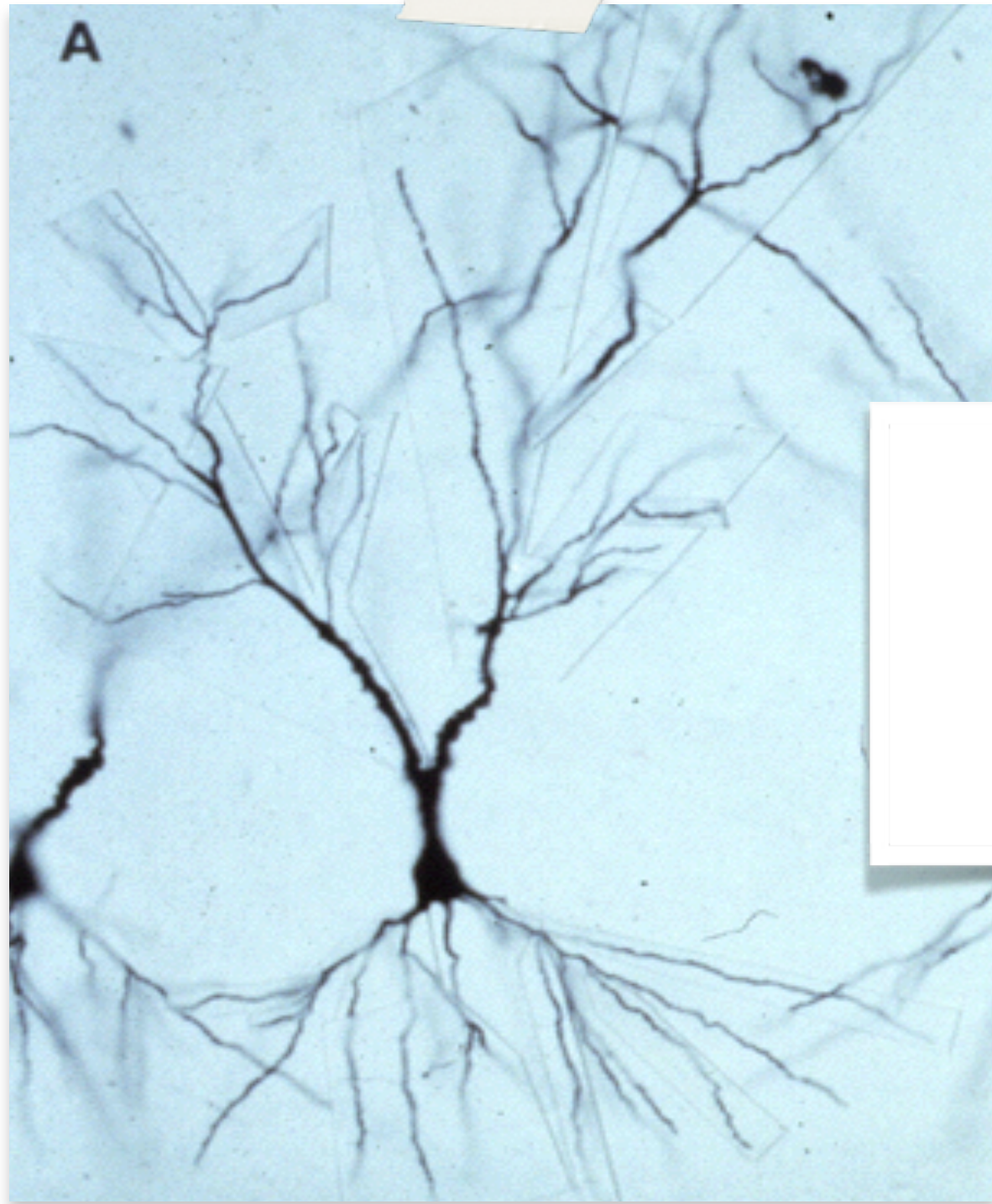


Tired, Stressed, Depressed... “Off”

\$ 100B +



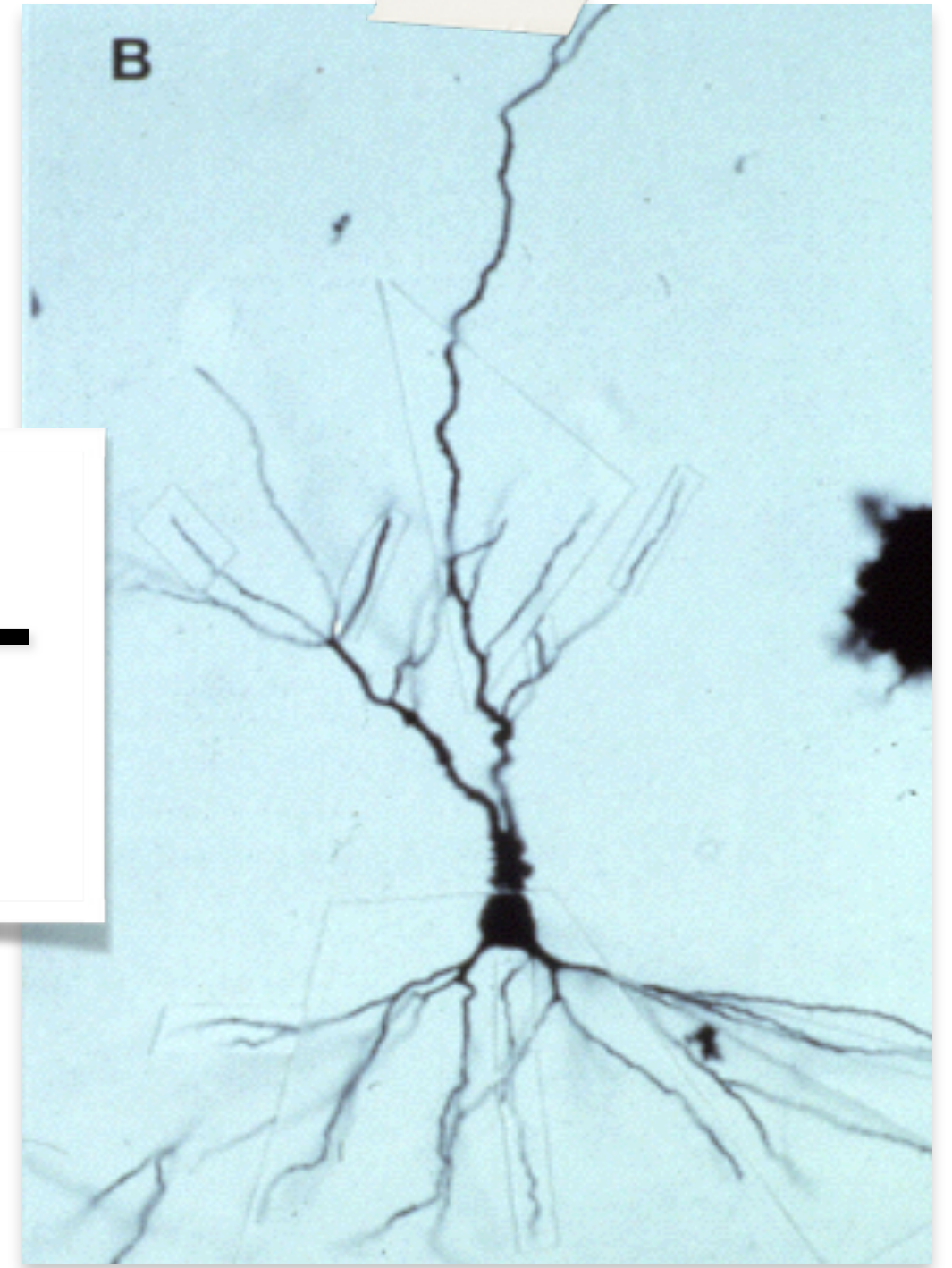




NORMAL STRESS

Healthy, Large, Many Projections, Optimal Function

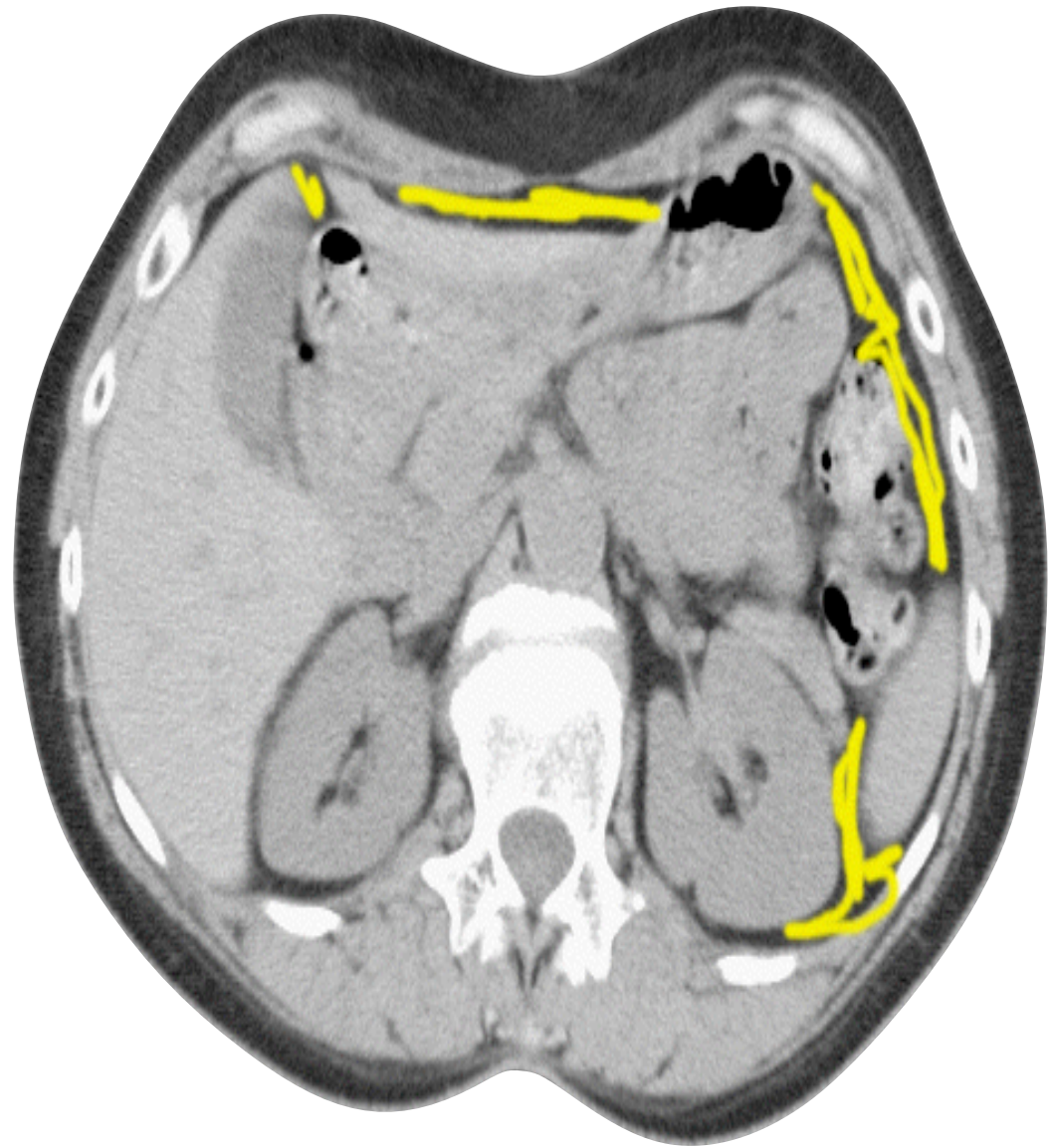
NEURONAL ATROPHY



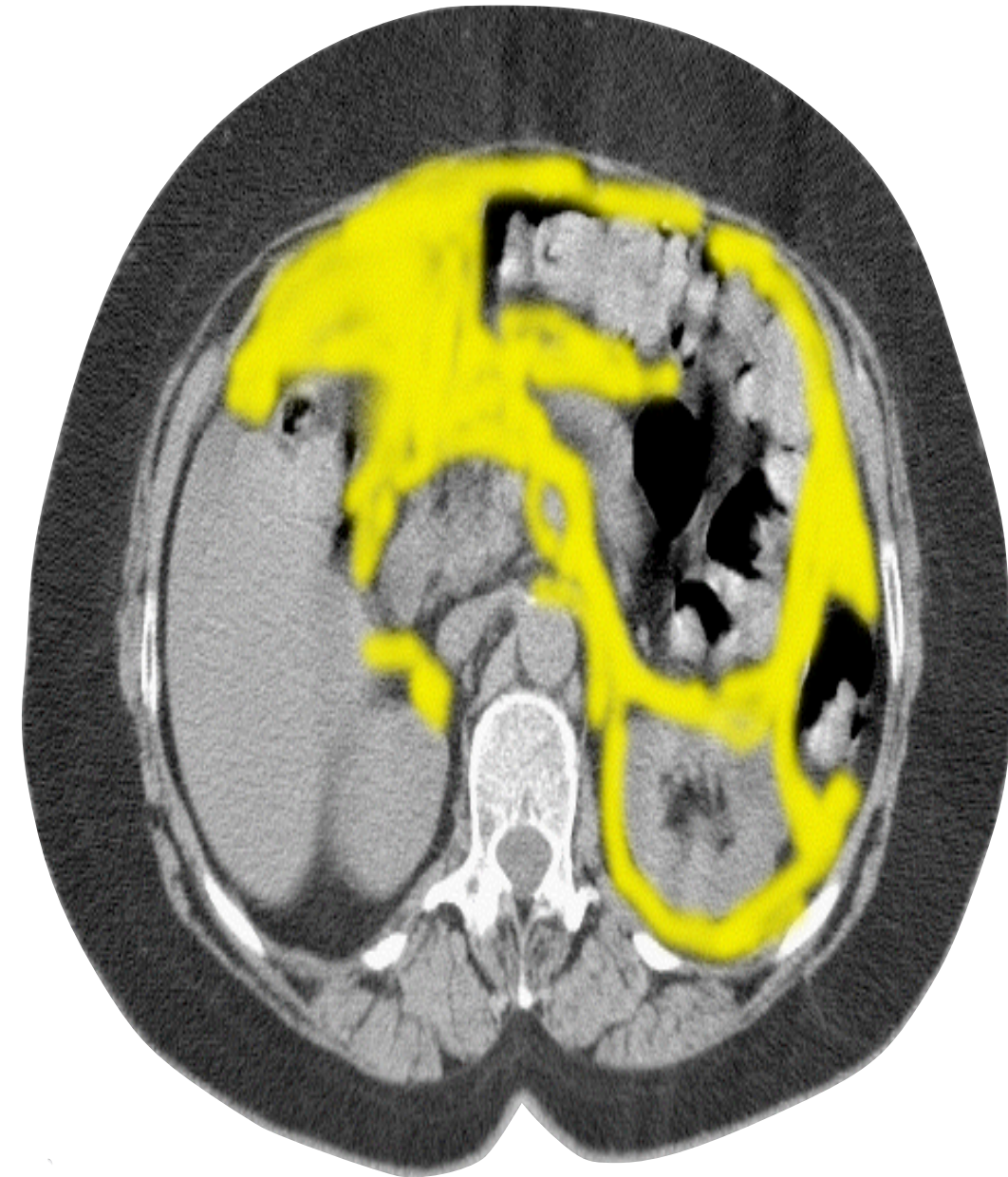
HIGH STRESS

Small, Thin, Disrupted, Structural Damage, Poor Function

ABDOMINAL FAT ACCUMULATION



Normal Stress



High Stress



Diet / Vigor Relationship

- **Mediterranean diet = Improved QOL**
 - Henriquez-Sanchez et al. *Eur J Clin Nutr* 66(3): 360-8, 2012
- **Omega3s = Reduced ADHD Sx / Improved QOL (cancer)**
 - Van der Meij et al. *Eur J Clin Nutr* 66, 399-404, 2012
- **Multivitamin = Increased Attention, Mood, Vigor**
 - Kennedy et al. *Psychopharmacology* 211:55-68, 2010
- **Overall Diet Quality = Less Depression / Improved QOL**
 - Kuczmarski et al. *J Am Diet Assoc.* 110(3): 383-389, 2010
- **Low Fat Diet (20%) = Less Anxiety / Higher Vigor**
 - Torres & Nowson *CA. Nutrition.* Sep;28(9):896-900. 2012
- **Fast Food / Commercial Baked Goods = More Depression**
 - Sanchez-Vilegas et al. *Public Health Nutr* 15(3), 424-432, 2011
- **10% weight loss (diet/exercise) = Increased Vitality**
 - Imayama et al. *Int J Behav Nutr & Phys Activity* 8:18, 2011
- **Food restriction (athletes) = Reduced Vigor**
 - Filaire et al. *Int J Sports Med.* Aug;22(6):454-9. 2001
- **Tuna Broth (EAAs) = Reduced Fatigue / Improved Vigor**
 - Kuroda & Nozawa. *Biomed Res* 29(4), 175-179, 2008
- **Depressed Patients (cancer) = Lower use of CAM**
 - Stein et al. *Cancer* Sept 15, pp 4397-4408, 2009
- **Higher Well-Being = Longer Survival (healthy/diseased)**
 - Chida & Steptoe. *Psychosomatic Med* 70:741-756, 2008



能... 成無... 腳酸痛補

大... 洩... 補

明... 草... 補

所... 皆... 屬... 陰... 虛... 補

補... 陰... 丸... 丹... 補

止... 百... 炒... 丹... 補

散... 便... 用... 炒... 下... 甲... 酒... 散

生... 一... 下... 死... 腫... 毒... 初... 起... 散

人... 咬... 傷... 癰... 散

朽... 臭... 散

頭... 瘡... 散

月... 散

散... 散

散... 散

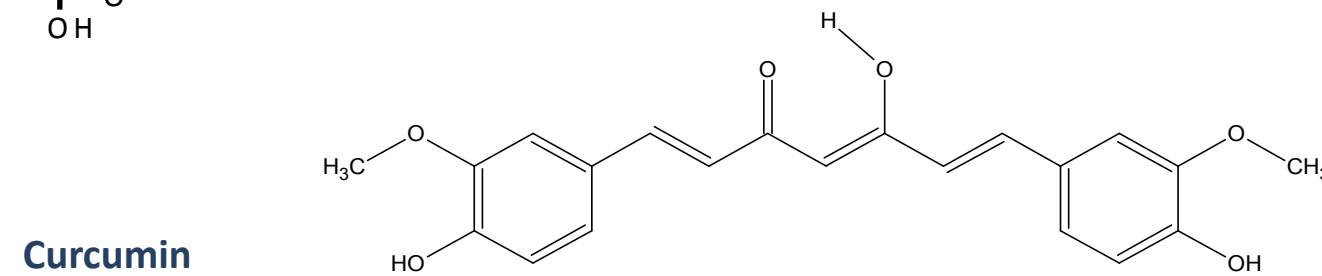
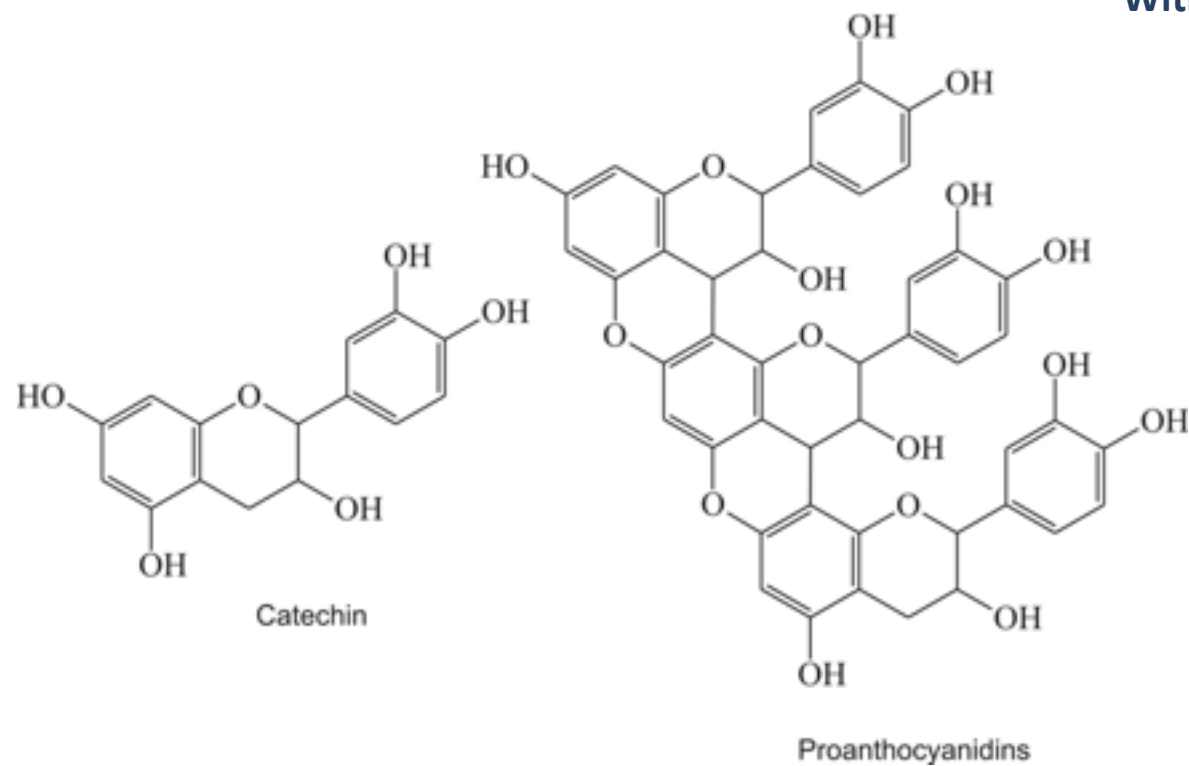
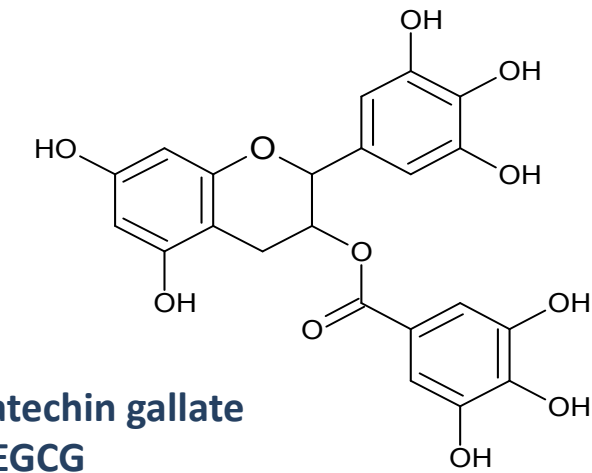
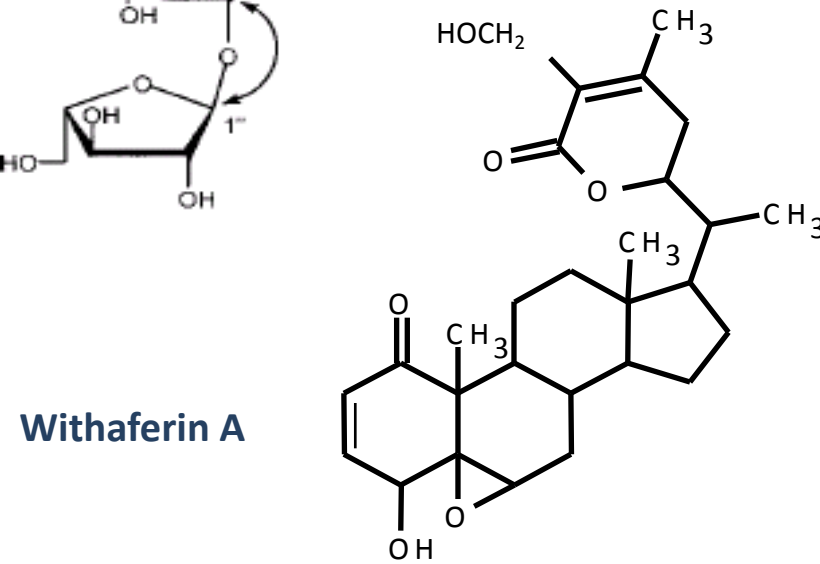
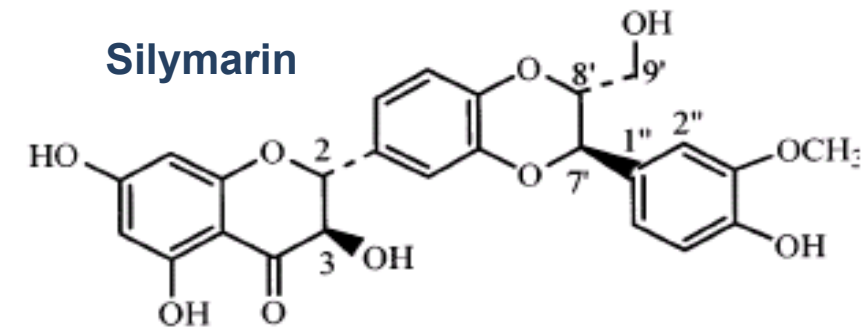
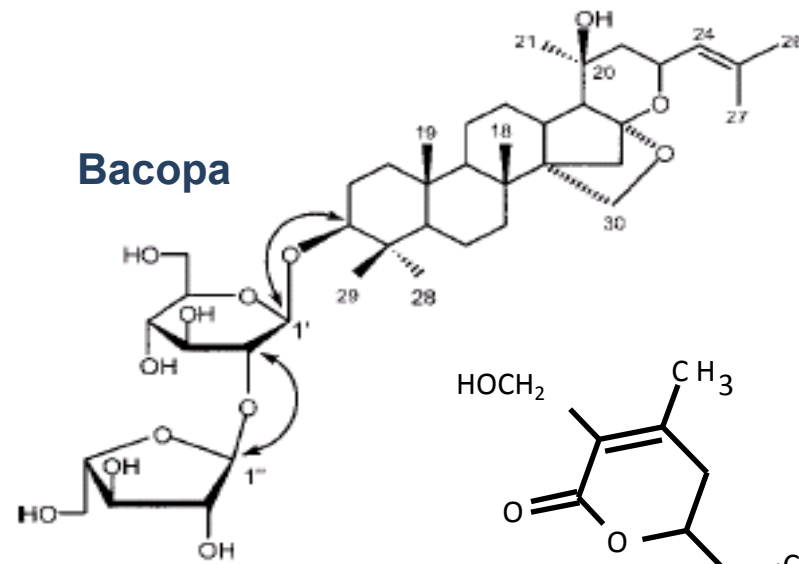
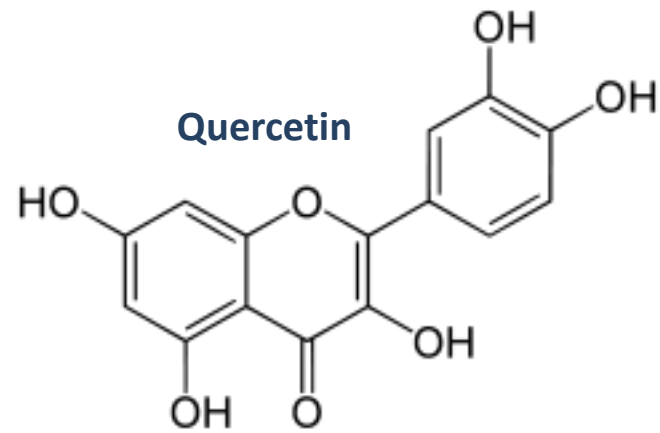
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散... 散

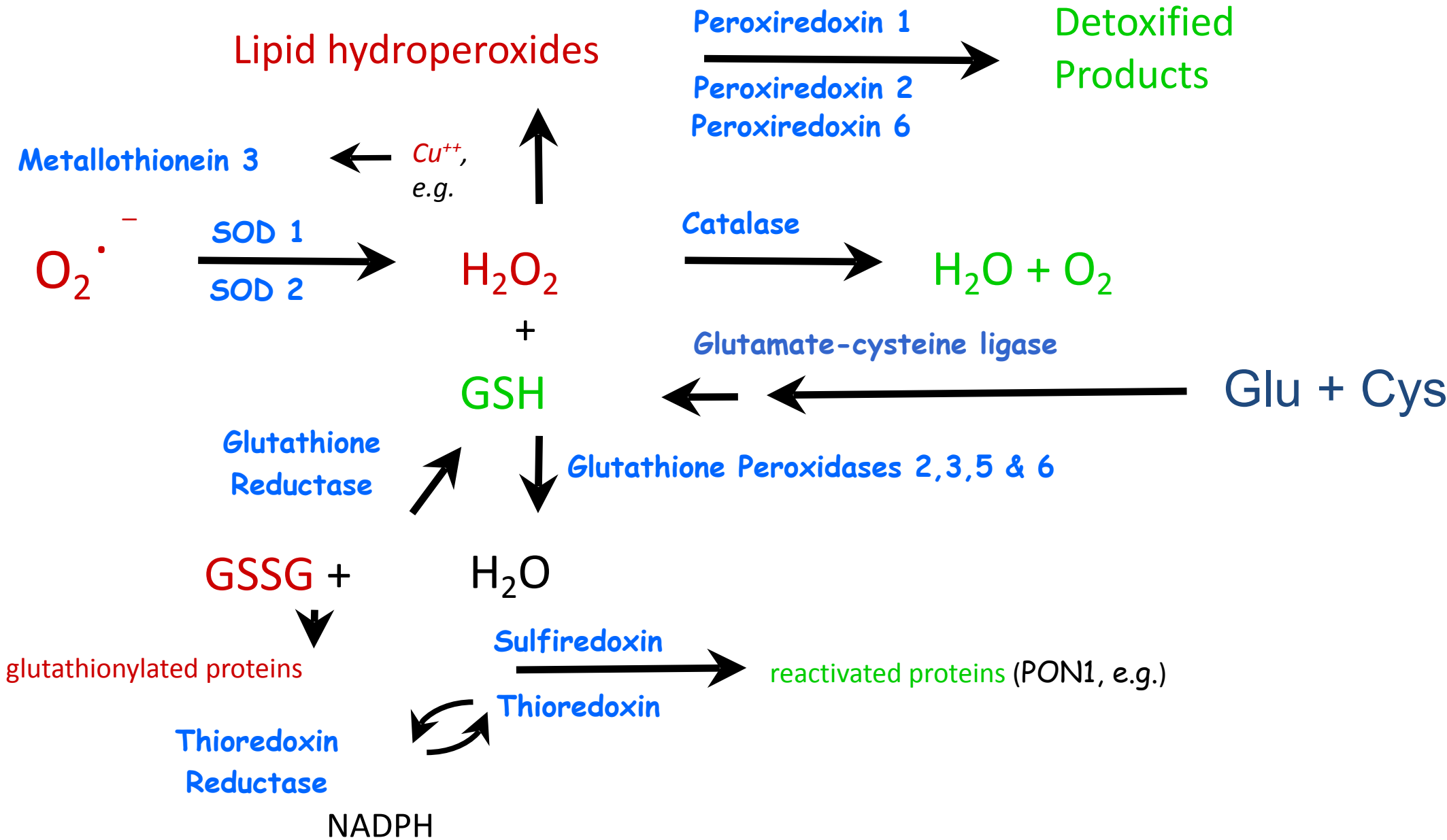
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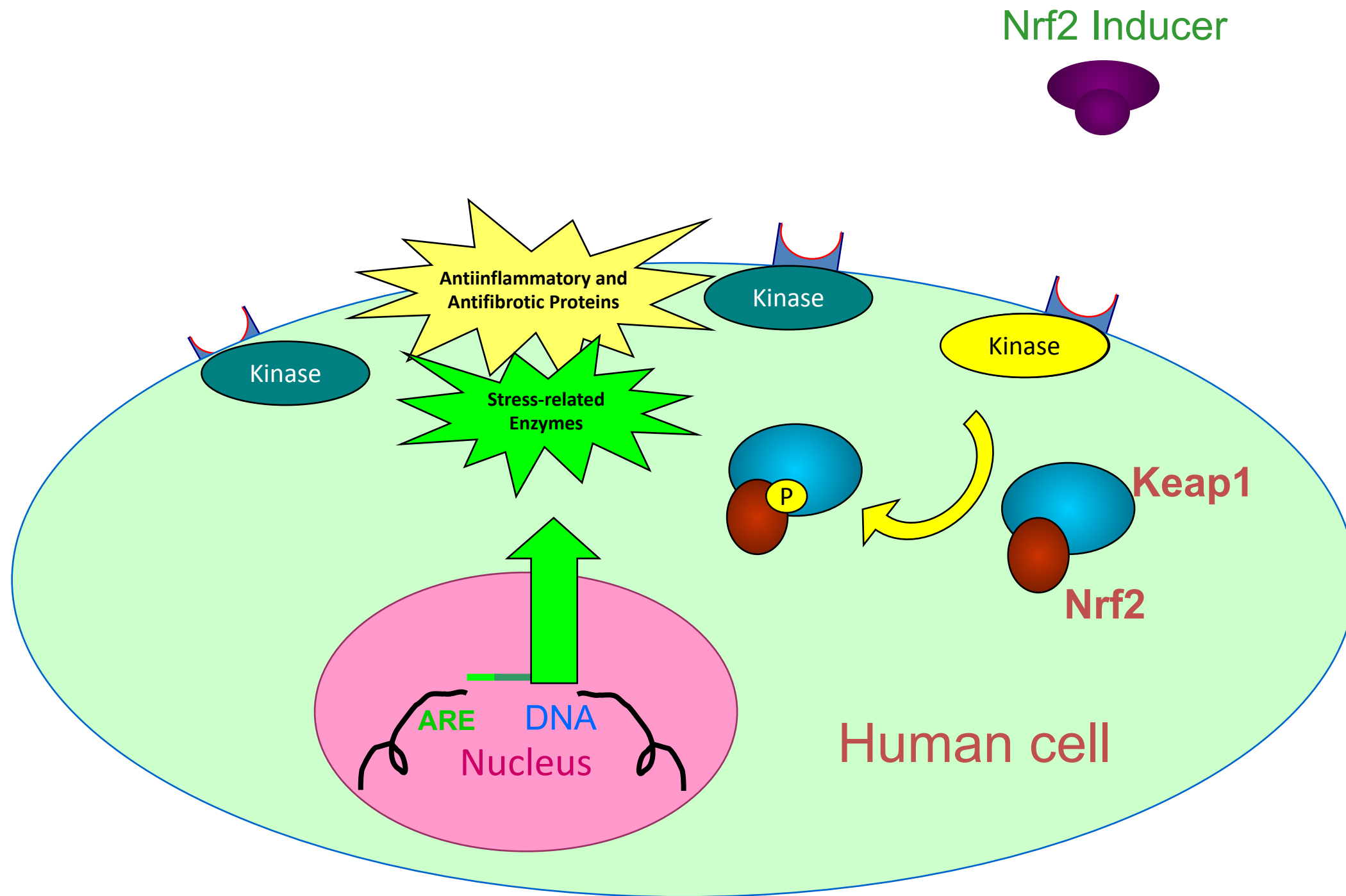
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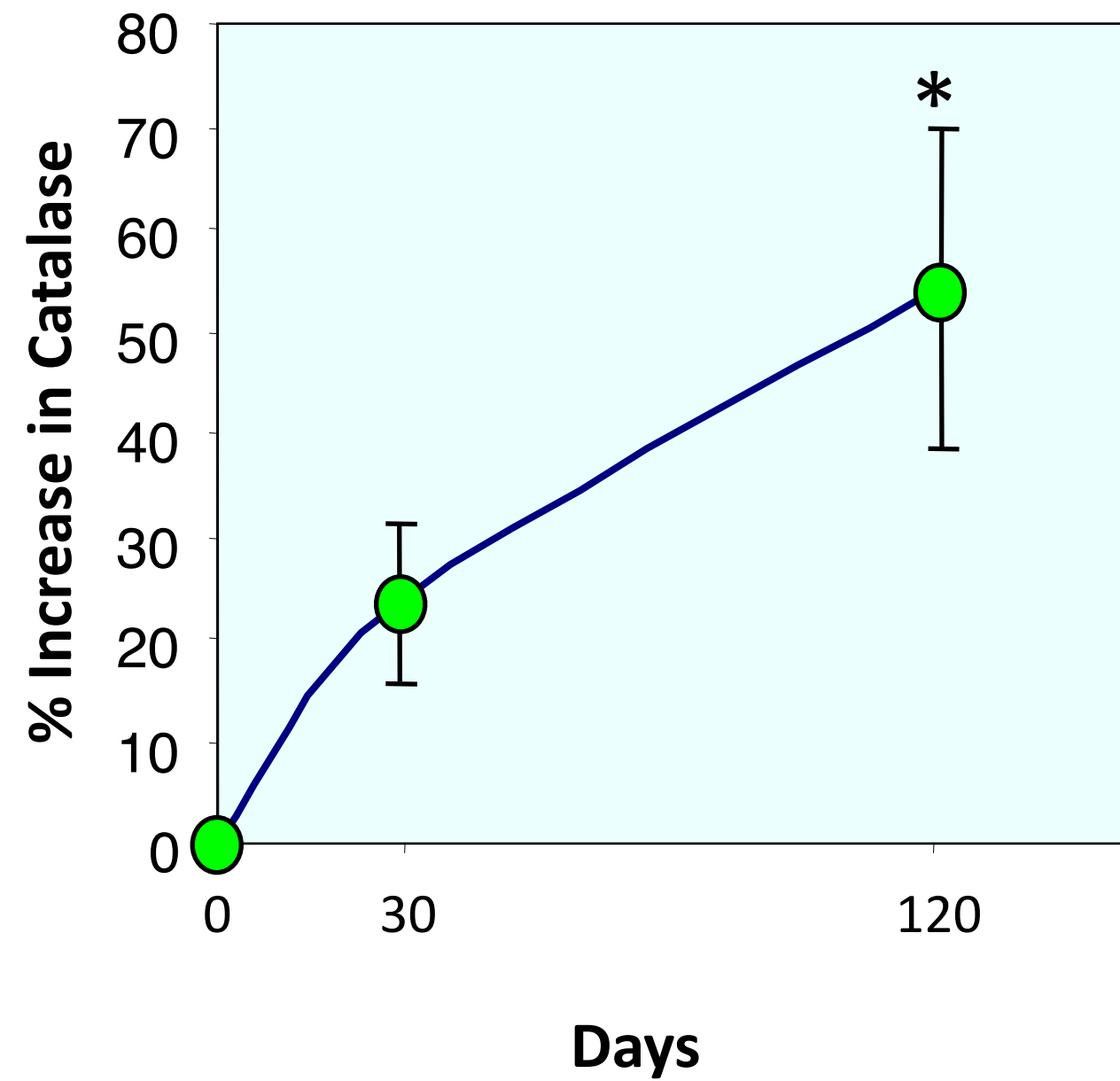
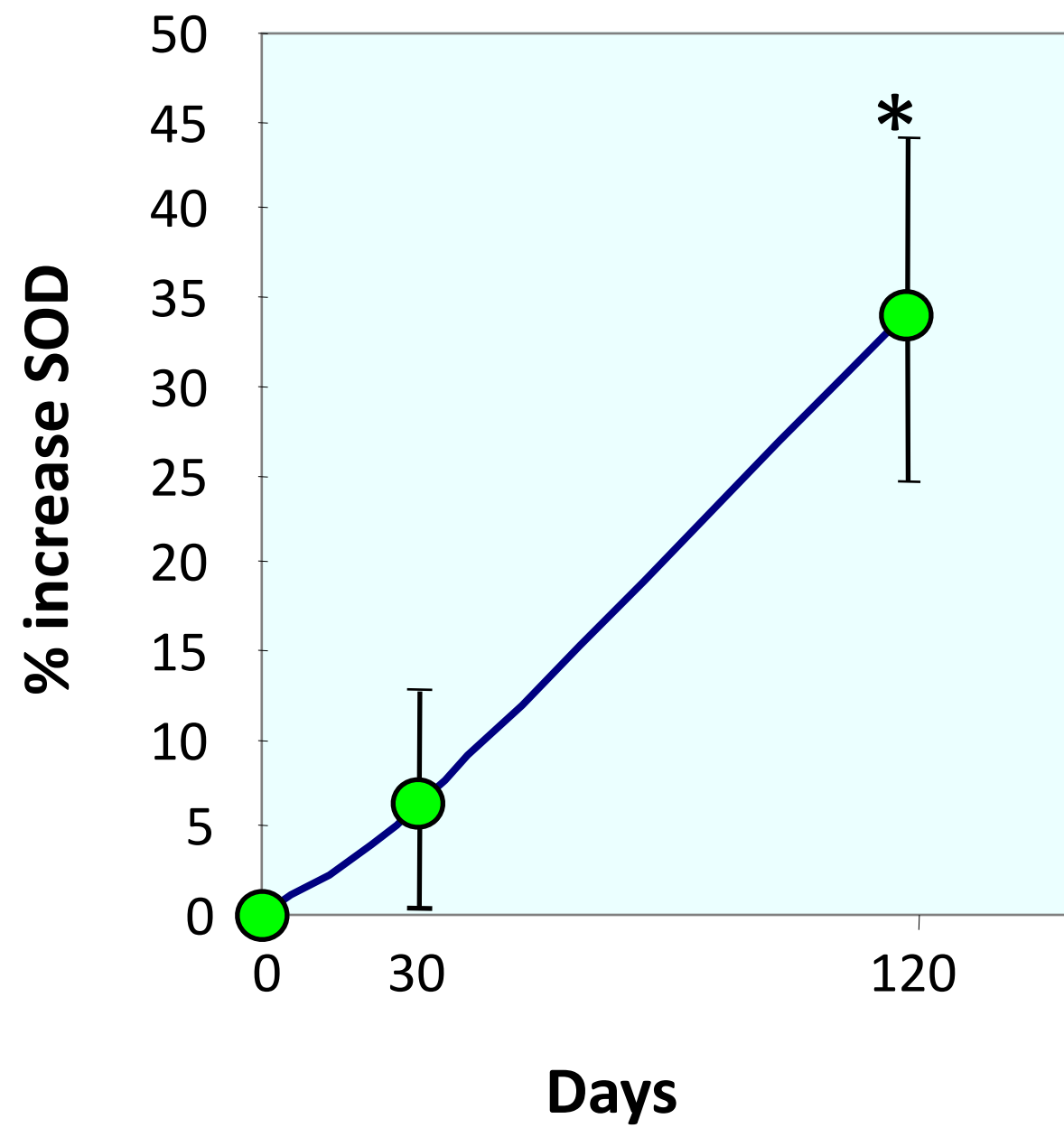
Nrf2 Inducers = a powerful “master regulator” of survival genes



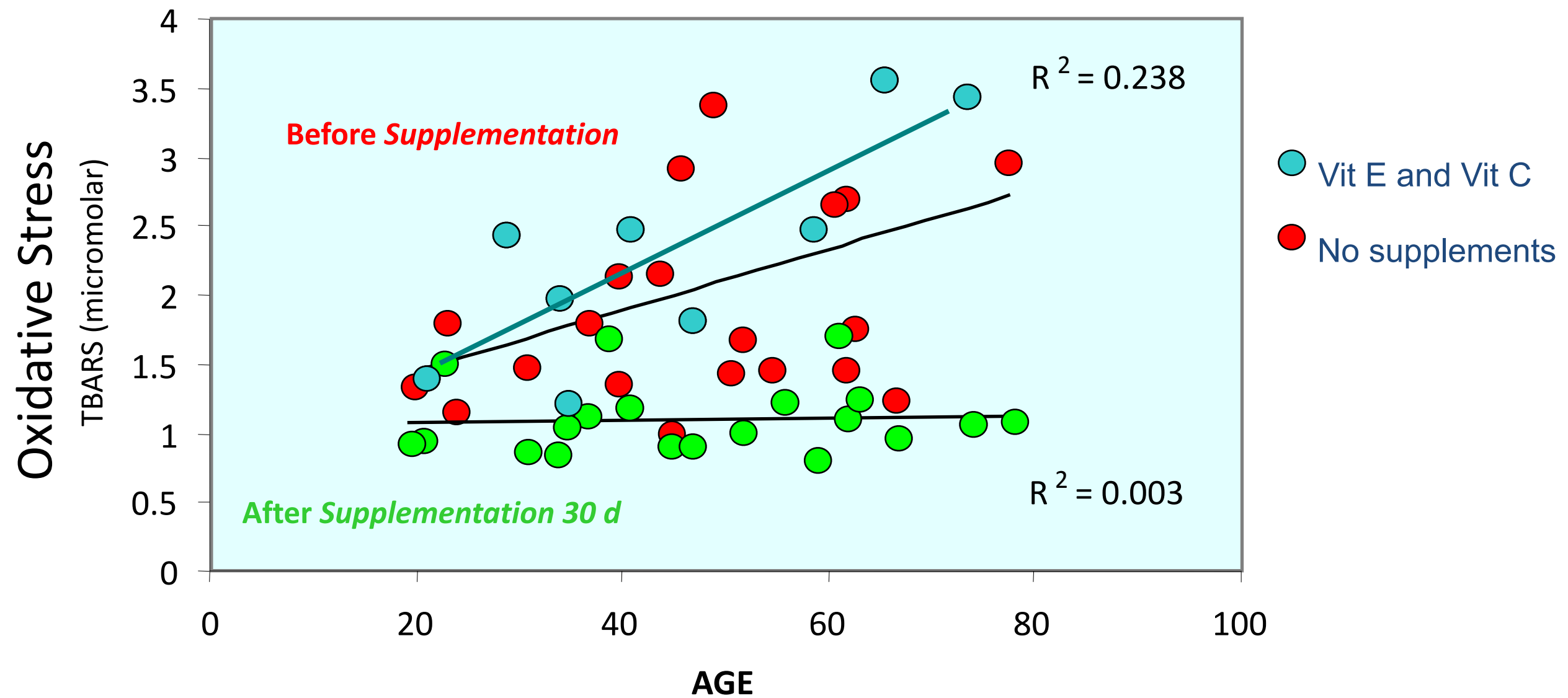
The Internal System of Protective Antioxidant Enzymes







SOD increased by 34%
Catalase increased by 54%



Nrf2-induction completely **eliminates** the age-dependent increase in **cellular damage** (lipid peroxidation)

