

B L A C K W E L L N E S S



WELCOME

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INTRODUCTION

OBJECTIVE AND EXPECTATIONS

New analysis have shown that **younger Black Americans** are living with or dying of many conditions **typically found in white Americans at older ages**.

Nutritional needs should be consciously **met at every stage of the life cycle**. Each stage influences the status in the next ones. **We need to do our best to decrease these preventable statistics**.

This guide isn't extensive but is to be used as a **simple and engaging resource** for those wanting to move forward with their health.

This information is for educational purposes only.
It is not to be used to treat, diagnose or take the place of consulting with a healthcare practitioner.

STATISTICS

THIS IS A BRIEF OVERVIEW OF OUR
HEALTH STATUS TODAY

STATISTICS

13.4% of the total population are **Black Americans in the U.S.**

40% of Black men and women have **high blood pressure** that *begins* during our youth.

77% of women & 63% of men are considered **obese.**
(BMI >30, non-athlete)

Black Americans have the **highest incidence and mortality rates of colon cancer of any ethnic group** in the United States.

Heart disease is the **#1 killer** in the U.S. and Black Americans, **ages 18-49**, are **2x** as likely to die from the disease.

STATISTICS

4.9 million (18.7%) of Black Americans ≥ 20 years of age, have diagnosed or undiagnosed diabetes.

Only 30% of Black Americans with mental health concerns receive treatment each year.

Often feeling that, "*We have culturally sanctioned ways in which we cope, and none of those include traditional forms of talk therapy*" - Alfiere Breland-Noble, Psychologist

Only 21.3% of Black Americans consume fruits and vegetables ≥5 times per day - the lowest of any U.S. racial or ethnic group.



UNDERSTANDING

Altering these trends begins by shifting our mindsets to focus on **quality over quantity** in our relationships throughout life, with the food we eat and what we consume.

HOW DO WE ALTER THESE TRENDS?

Listen. We are living longer!

Our **death rate** has gone down by **25%** over the last 17 years **but we must continue to begin with ourselves and take ownership.**
We need to **focus on the prevention of these diseases** because it's a whole lot less expensive than treating it.



WHAT DOES THIS LOOK LIKE?

We can begin by scheduling with a trusted, respected physician and following through on annual exams and routine preventive health screenings like: **blood pressure, blood sugar, and cholesterol checks**, as well as, **age-appropriate screenings like mammograms and colonoscopies.**



BACKBONES

SIX FOCUS POINTS THROUGHOUT YOUR
WELLNESS JOURNEY

6 THINGS TO FOCUS ON

Home



Filling our homes with non-toxic materials. The air in our homes can be more toxic than outside.

Think about bringing plants in, replacing candles, cleaning, skin & haircare products and essential oils instead of chemically-filled perfumes.

Food



Eat real, whole foods.

Try to limit foods that are highly processed, fried, high-sugar, heavy red meat consumption and harmful vegetable oils (ex. canola, vegetable, corn & sunflower). **Replace with** olive, avocado and coconut.

Movement



Practicing daily movement.

Moving our body helps detoxification and allows nutrients to flow easier throughout our body.

Start with, at least, 10-15 minutes of mindful movement a day.

6 THINGS TO FOCUS ON

Alcohol intake

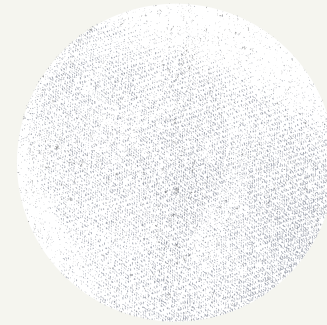


Limit your alcohol intake.

Alcohol can cause many nutrient deficiencies and health conditions.

Too much alcohol makes it really hard for our heart to pump blood properly throughout our body, leading to many complications & diseases.

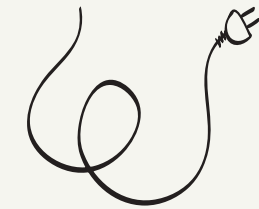
Sleep



Prioritize sleep.

We need at least 7-8 hours for our optimal mental health, to create strong immune support, cell repair, and to stabilize our metabolism (having it work in our favor).

Connection



Your mindset & time.

We need to allow ourselves to feel uneasy, unmotivated, or just wanting to rest. Our body **needs & deserves** it.

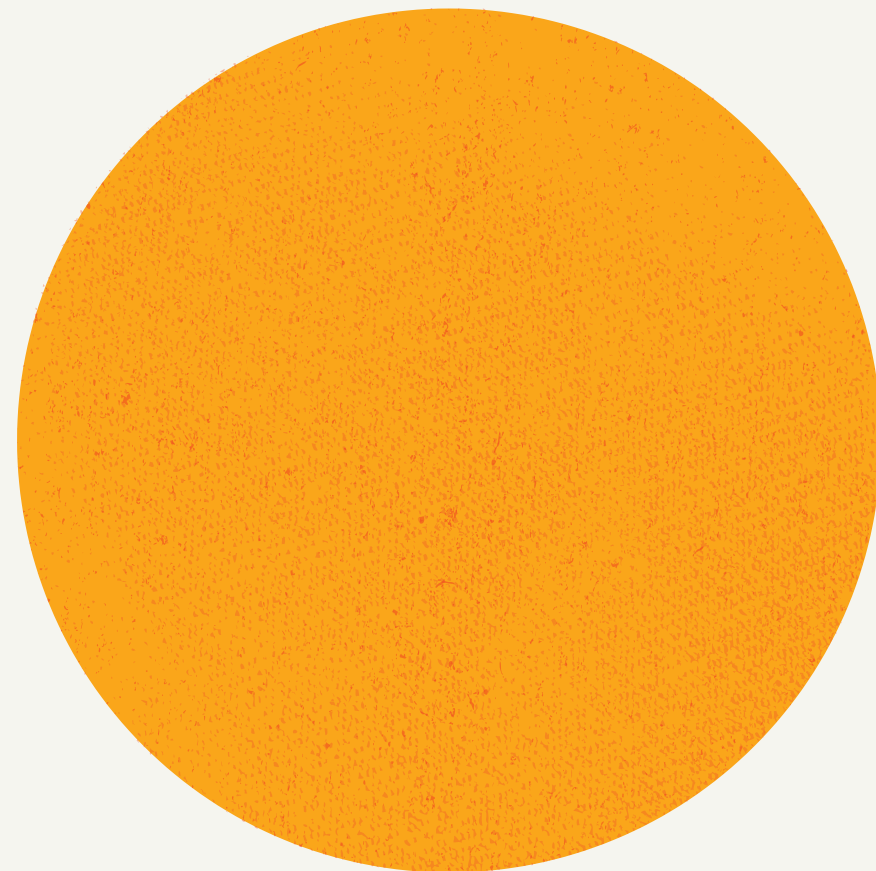
We need to also think about **how we're spending our time.**

Asking: what, who and why is our time being spent and how does it make us feel?



ESSENTIALS

RECOGNIZING WHAT WE NEED MORE & LESS OF



VITAMIN D

HORMONE

The highest nutrient deficiency in Black Americans and it's causing:

- Extreme fatigue
- Hormonal imbalance
- Low immune function
- Osteoporosis

Low levels of this nutrient has a connection in the development of: **cancer, autoimmune diseases, type 2 diabetes, depression, hypertension, dementia & Alzheimer's.**

D2 (ergocalciferol): Found mostly in plant foods.

D3 (cholecalciferol): Found mostly in animal foods.

VITAMIN D SOURCES

Because of the beautiful melanin of our skin, and the application of sunscreen, it makes **it difficult for us to absorb** the natural source of vitamin D from the sun.

Some additional sources include:

- Egg yolks (if not vegan)
- *Fortified plant-based milk
- *Fortified, non-dairy, yogurt
- Portobello & maitake mushrooms
- Salmon (if not vegan)
- Supplementation containing, both, D3 + K2 (*for proper absorption*)

***Fortified**: a nutrient added to the food that wasn't originally present

WHAT'S IN & ON OUR PLATES & BOWLS?

Please keep in mind this isn't a one-portion-fits all. Macronutrients (protein, fat, carbs) will change depending on your nutritional goals, activity level and how you feel.



WHAT DOES THIS LOOK LIKE?

LEAFY GREENS & VEGGIES *(non-starch carbohydrates)*

ALL leafy greens

Asparagus

Celery

Cabbage

Cucumber

Onions

Peppers

Sprouts

Tomatoes

Zucchini

...

FAT

Avocado

Avocado oil

Dark chocolate 70%+

Fish

*Ghee

Nuts

Olive oil

Seeds

PROTEIN

Chickpeas

Eggs

**Fish

Lentils

Peas

Quinoa

***Spirulina

Tofu

Tempeh

STARCHY CARBOHYDRATES

Beans

Bread

Corn

Crackers

Potatoes

Pasta

Pretzels

Rice

***Ghee:** clarified butter; little to no
lactose content

****Fish:** wild-caught salmon,
sardines, mackerel, herring

*****Spirulina:** form of algae

NO TIME?
PLAN & PREPARE



WHAT DOES THIS LOOK LIKE?



MINDFUL PRIMING



**Preparing yourself for what's about
to happen.**

At Home

Organize. Start by thinking about which room you spend the most time in during the mornings. Try your best to have that room neat and prepped the night before.

This will **decrease your feelings of anxiety, stress and welcome readiness for the day.**

Outside of Home

Choice #1 - Ask yourself what you're going to do differently to avoid the pitfall (bring your own snacks, eat prior, etc.) and/or ask someone to hold you accountable to a certain portion or food choice.

Choice #2 - Be okay with indulging but DO NOT think twice, dwell or punish yourself afterwards.

Mindful practices

- **Eating**
- **Movement**
- **Snacking**
- **Making your bed**
- **Cleaning up your space**

These mindful practices are to encourage your presence, to gain clarity on what is/isn't serving you, and making room for a healthier mind, body and soul.

TIPS TO NOTE:

RECOGNIZING WHAT WE NEED MORE & LESS OF



- **Keep dairy to a minimum.** Around **65%** of us are unable to properly digest lactose (a sugar found in dairy) due to not producing adequate amounts of the enzyme lactase. **This causes symptoms like:** bloating, gas, abdominal pain, and diarrhea right after consumption.

- **Water.** We really need to be drinking **.5-1 ounce per pound of body weight;** more if you exercise extensively.

For example, if you weigh **150lbs,** you should be drinking around **75-150 ounces of water a day.** **If you don't like water?** Add in some fruit/cucumber to give it some flavor! Another thing - reduce the amount of fruit juices and sports drinks due to them being high in sugar and unhealthy additives.

- **Swap table sugar** with zero-glycemic sugar like: **monk fruit or non-gmo/organic stevia.** Maple syrup and honey are healthier but they are still high in sugar.

- **Quality over Quantity:** we need to remember that **if we're going to be eating/drinking a lot of something, make sure it's of highest quality.**

For example, if eating fish - making sure it's wild, organic; when drinking coffee, making sure it's organic, non-GMO, fairtrade - dark chocolate, same concept. This not only is better for your overall health - **the price of buying quality products will train your mental** to enjoy, cherish and be satisfied consuming small amounts.

- **Switch to sea salt** and decrease or eliminate table salt intake. Sea salt contains **over eight important trace minerals** that are essential to our physiological health.
- **Have vegetables at every meal:** stemmed, lightly sautéed or baked. Cooking them down until **they've lost their color and/or are wilted removes** all of the good-for-you nutrients and fiber. Keep the stalks and stems to use for veggie broth!
- **FIBER.** We need **35-40g/** per day. We're **only getting around 6-15g.** Fiber helps build up healthy bacteria in your gut, balances hormones, removes toxins, lowers blood sugar, cholesterol & reduces the risk of diabetes and heart disease.
- **Watch for oil smoke points:** this means that **after a cooking oil reaches a certain temperature, it becomes toxic.** Use avocado and coconut oil for high-heat cooking; keep olive oil for really low or room temperature.
- **Read ingredients!** What are you familiar with when reading the label? And the ingredients are listed in order for what the product contains the most of **so be really skeptical of those marketing schemes.**
- **DON'T be afraid to ask your doctor questions!** I understand the intimidation, try to remember this is your body; your wellness.

Ask these questions: *What is this prescription for? Are there natural alternatives? If so, what? What is the evidence on this medication and where can I find it? What are the negative side effects? How long have these studies on this drug been around?*



WHO'S ON YOUR TEAM?

DON'T GO AT IT ALONE



When you prioritize creating a solid, trust-worthy team, you set yourself up to feel like you have some accountability. You will have your people making sure you're keeping your health in check and this makes for a much easier lifestyle!

Here are some people to include in your wellness circle:

Dentist

Functional medicine doctor

Herbalist

Nutritionist/Dietician

Personal trainer

Therapist



THREE THINGS TO REMEMBER:

1. **Always** do your research
2. **Listen** to your body
3. Keep it **simple**

Resources

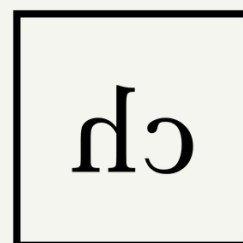
Author, Vanessa Bryant - **The Rib Diary**.

Ashli Goudelock - Owner of **Honeydipped Essentials**

Dr. Daisey Angelow - Naturopathic Doctor at **Desert Wellness Center**

Melanie D. Davis - Owner & Holistic Therapist at **Empath Healing and Wellness**

I'M WITH YOU. THANK YOU.



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