

Sjögren's Patient Support Town Hall

Eating Well & Staying Well

Presented by Lauri Lang, RDN, LDN

*“Let food be thy
medicine and medicine
be thy food.”*

-Hippocrates



LAURI LANG NUTRITION



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Who is Lauri?

- 🍏 A registered dietitian and licensed dietitian nutritionist based in Pittsburgh, PA.
- 🍏 Specializes in holistic nutrition and lifestyle strategies for health promotion and to help suppress inflammation in autoimmune conditions.
- 🍏 In her private practice, she counsels individuals of all ages and various medical conditions seeking wellness through nutrition and lifestyle modifications.



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Today's Focus: Immune Boosting Strategies

These are surrealistic, uncertain and trying times. My goal today is to provide some suggestions to reduce your risk, and perhaps our anxiety and panic, that are within our sphere of control. In addition to practicing the recommended Universal Precautions of course!

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Suggestions About Nutrition

1. Maximize food as medicine
2. Eat a whole food, nutrient dense diet

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Fill Your Plate With:

- 🍏 Beautiful rainbow-colored veggies (*especially cruciferous: broccoli, cauliflower, all cabbages, Brussel sprouts, etc.*)!
- 🍏 Try for 8 servings per day (*only 1/2 cup each*).
- 🍏 Enjoy 2 or more servings of fruit.
- 🍏 Emphasize Vitamin C rich veggies and fruits.



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Fill Your Plate With (cont.):

- 🍏 Consume adequate protein.
- 🍏 Protein contains the building blocks of immune factors. A good rule of thumb is 1 gram per kilogram of body weight.
- 🍏 Emphasize fatty fish high in Omega-3 fatty acids and other clean animal protein.
- 🍏 For non-animal protein, eat legumes, organic whole soy foods, nuts and seeds.



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Fill Your Plate With (cont.):

- 🍏 Drink plenty of fluids, especially warmer ones.
- 🍏 It is suggested to drink warm fluids every 20 minutes, which can wash microbes from mouth to stomach where digestive juices/acids can neutralize.
- 🍏 Bone broth and soups with garlic, ginger and veggies. Herbal teas, and plenty of filtered water is essential to support the immune system.
- 🍏 Avoid sweetened beverages (and foods).

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Supplemental Suggestions:

- 🍏 Vitamin D3 in amounts adequate to boost serum levels to more optimal range
- 🍏 Multi-vitamin mineral supplement with B-complex (comprehensive including this, or separate).
- 🍏 Vitamin C
- 🍏 Fish Oil
- 🍏 Probiotic
- 🍏 Zinc

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Supplemental Suggestions (cont.):

🍏 Possible Beneficial Supplements to consider include:

- 🍏 Quercetin
- 🍏 Resveratrol
- 🍏 Alpha lipoic acid
- 🍏 N-acetyl- cysteine
- 🍏 Elderberry extract
- 🍏 Echinacea
- 🍏 Curcumin/Turmeric.

* It is not necessary to take all of these. Starting with a multivitamin, D3, Fish Oil, Vitamin C and Zinc is a great start

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Supplemental Suggestions (cont.):

- 🍏 Get enough sleep, try for 7-8 hours per night. Utilize meditation and relaxation techniques.
- 🍏 Get regular exercise! Mild to moderate exercise for 30-45 minutes per day is an immune booster. There are more and more great choices available online.
- 🍏 Practice Meditation & Yoga! Data is clear: unmanaged stress is immunosuppressive. There are many teachers adding to the wealth of yoga and meditation instruction and practice available online.

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Laughter is an Immune Booster:



- 🍏 Laughter and humor reduced allergen-induced wheat reactions, reduced allergen-specific IgE production, and improved night-time wakening:“
- 🍏 The mechanisms by which laughter boosts immunity are well referenced in the literature. Practice whatever works in your world to produce a true belly laugh. So much available now. Your favorite stand-up comedians, funny movies, On Demand TV.



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Summary

The message here is to make a conscious practice of helpful strategies across the board that we have some agency over, of which there are many, even in these uncertain times.

For more information, visit my website at www.laurilang.com or call me at (412)-327-3979