50 Shades of Inflammation: 
the Body Mouth Mind Connection

Sept 29th 2017 Lecture

Saskatchewan

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“If I had known I was going to live this long, 
I would have taken better care of myself.”
~Eubie Blake

“Your body is the ground and metaphor of your life, 
the expression of your existence.”
~ Gabrielle Roth

“What is always speaking silently is the body.”
~Norman Brown
WHAT ARE SOME OF MY REASONS FOR BEING or GETTING IN THE BEST PHYSICAL CONDITION OF MY LIFE:

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NEW PATIENT EXAM LIFESTYLE QUESTIONS:

WHY?

- Rx meds:
- Water intake
- Supplements
- Eat healthy
Sleep

Exercise

Stress levels

MD/DO physical

Allied health visits
Articles for reference for the Mouth Body Connection:


READING LIST FOR SLEEP & LIFESTYLE


Dispenza J. Breaking the Habit of Being Yourself © 2012 Hay House
<table>
<thead>
<tr>
<th>A LOOK AT OUR GROCERY LIST (take this with you)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli, cauliflower</td>
</tr>
<tr>
<td>Cherries</td>
</tr>
<tr>
<td>Celery</td>
</tr>
<tr>
<td>Cucumber</td>
</tr>
<tr>
<td>Goat Cheese vs cheddar</td>
</tr>
<tr>
<td>Wild Salmon (not farmed)</td>
</tr>
<tr>
<td>Organic / free range eggs</td>
</tr>
<tr>
<td>Bok Choy</td>
</tr>
<tr>
<td>Stevia sweetener</td>
</tr>
<tr>
<td>Kidney beans</td>
</tr>
<tr>
<td>Whole Grain Brown Rice</td>
</tr>
<tr>
<td>Steel cut oatmeal</td>
</tr>
<tr>
<td>Tomatoes</td>
</tr>
<tr>
<td>Asparagus</td>
</tr>
<tr>
<td>Organic Brown Rice Milk</td>
</tr>
<tr>
<td>Sea Salt vs regular table salt</td>
</tr>
<tr>
<td>Brown rice pasta</td>
</tr>
<tr>
<td>Organic wines (if you drink)</td>
</tr>
<tr>
<td>Raw cashews, walnuts, almonds</td>
</tr>
<tr>
<td>Tilapia, halibut, Mahi tuna</td>
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<tr>
<td>Squash (many varieties)</td>
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</tbody>
</table>
Write a short question, tear this page off & please bring it up to Uche at the end of the session or email (fitlove@rogers.com) directly for a personal answer.

**WHAT IS YOUR #1 BURNING NUMBER HEALTH / Lifestyle QUESTION?**

PRINT YOUR NAME CLEARLY HERE:

EMAIL ADDRESS (Please print clearly):

______________________________