

Boosting Our Health by Eating & Drinking

How to be healthy with the right food and drink (course reference: BOHBEAD)

  Confused about what is 'healthy food/drink'? This course  helps you **understand food and drink** in a clear & simple way:   No confusing rules   No fad diets

 **Practical ideas** you can use daily to help you (& your family):   **eat & drink well**,  **feel better** and   **spend less**

What the course covers and what it will help you to do

Topics	More detail
 How to save money by eating/drinking healthily	30 tips on how to save money with healthy food/drink
 The three principles for eating/drinking well	1. Diversity (variety & moderation). 2. Plant-based food 3. Limit Ultra-Processed Food (UPF)
 From food/drink labels , how to tell what's 'healthy'	a) What are additives (& which are healthy/unhealthy) b) How to tell if a food/drink is UPF c) How to identify toxic trans fats d) How marketing messages can be misleading e) How to read the ' figures ' to keep below sugar, salt & saturated fat recommended thresholds
 The link between unhealthy food/drink and illnesses	including heart disease, Type 2 diabetes, some cancers and Alzheimer's disease
 How to lose weight in a healthy way & keep it off	a) Foods that have the biggest impact on weight/waist b) Losing weight myths busted c) Exercises to take back control of eating d) Keeping the weight off as a 'way of life' e) Practical tips
 The ' when ' of healthy eating	How we can help the body repair itself
 Eating in an earth-friendly way	Know the impact of certain food farming on our planet

 You will take away a workbook with all the key points and handouts to help you remember & refer to, including:

- an A–Z list of food and drink with health notes
- simple reminders for each key section
- a glossary of words

How the course is run

- This is an **in-person, interactive** course
- The style is **friendly, relaxed and informal**
- There will be **time to ask questions**
- **Duration:** from 2-6 hours (as decided by the Hosts at each Delivery Centre)

Evidence & sources of course material

The course is based on research and ideas from leading **nutrition, gut health and lifestyle medicine experts**, together with information from respected **medical and health organisations** (see over for details).

The course is **mainly based** on material from four books:

- ***Food for Life, Spoon-Fed, The Diet Myth*** by Professor Tim Spector OBE, FMedSci, MD, FRCP, FRSB
- ***Eat More Live Well*** by Dr Megan Rossi PhD, RD

and the following websites:

Zoe.com NIH.gov ClevelandClinic.org
NHS.uk Harvard.edu Healthline.com

Who are the main authors behind the course material?

Tim Spector is a Professor of Genetic Epidemiology. He is an expert in personalised medicine & the gut microbiome. Tim is the lead researcher behind the world's biggest citizen science health project: the Covid Symptom Study app, for which he was awarded an OBE. Through his work he has been given many awards & prizes and is a Fellow of the Royal Society of Biology and the Academy of Medical Sciences. He is ranked by Google as being in the top 100 most cited scientists in the world.

Megan Rossi as the foremost international expert on the gut microbiome, she founded TheGutHealthDoctor.com to empower everyone to take control of their health & wellbeing. She is a Registered Dietitian and Nutritionist with a PhD in gut health from the University of Queensland, Australia. Her PhD was recognised for its contribution to science receiving the Dean's Award for excellence. Megan leads research at King's College London investigating nutrition-based therapies in gut health.

All the course material has been subject to a thorough **Medical Review** by Dr Derrick Cutting B.Sc, MB, BS, MRCP, DRCOG, DCH, formerly a GP and Senior Partner in a practice in Addiscombe, Croydon.

The course material also has some **additional contributions** from the following:

- *Ultra-Processed People* by Dr Chris van Tulleken MD
- *The Fast 800* by Dr Michael Mosley MD
- *Life Force* by Tony Robbins (specific contributions from Dr Peter Diamandis, MD)
- *Face the Future* by Dr William Cutting MD
- *The Spectrum* by Dr Dean Ornish MD
- *I can make you thin, love food, lose weight!* by Paul McKenna

Some additional contributions (eg the *Vegan guidance* handout) have been made by Dr Derrick Cutting.

Other websites used:

Readersdigest.co.uk	BBC.co.uk	Medicinenet.com	Discovermagazine.com
Foodandwine.com	Vivawellnesswi.com	Healthshots.com	Wellandgood.com
Medicalnewstoday.com	Takecareof.com	Sonndacatto.co.uk	Gardenofvegan.com.au
BBCgoodfood.com	Beelinehealthcare.com	Medlineplus.gov	Aarp.org
Ox.ac.uk	Bhf.org.uk	Food.gov.uk	Deepgreenpermaculture.com
Ulprospector.com	Rch.org.au	Diabetes.org.uk	Worldnutritionjournal.org
Levelshealth.com	Vogue.co.uk	Diabetes.co.uk	Ophelias-personal-training.co.uk
Nationalgeographic.com	Health.com	Nice.org.uk	Abiomed.com
Sentinelhealthcare.co.uk	Livestrong.com	Wtamu.edu	Ripe.london
Webmd.com	Cdc.gov	Livewell-dorset.co.uk	Ro.co
Heartuk.org.uk	Betterhealth.vic.gov.au	Hollandandbarrett.com	Eufic.org and lwilife.com

Health Warning

Course material is not intended to replace professional help/guidance. Those hosting the course are not experienced in providing, or qualified to provide, advice or help in addressing health/nutrition issues & therefore do not hold themselves out to be health/nutrition professionals.

We intend to provide helpful & informative material and the course is provided on the understanding those delivering the course are not engaged in rendering medical, health or any other kind of professional services. Course attendees should consult their medical, health or other competent professional before adopting any of the suggestions in this course or drawing inferences from it – particularly if you are taking medication, being treated for any illness or are pregnant.

The focus of this course is general guidance, ie which generally applies to most people – not everyone, in all situations. So, for example, it does not consider whether food/drink linked with all cultures/countries is healthy/unhealthy.