

OLAF MOVES COACHING



HEALTHY LIVING

OPTIMIZE YOUR
GENE EXPRESSION



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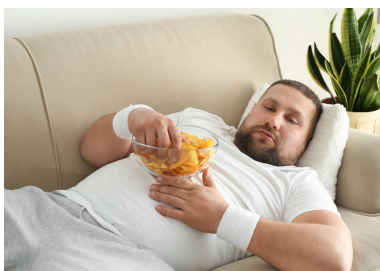
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TRANSFORM YOUR LIFE!





INTRO

Human evolution goes back almost 3 Million years.

For most of this time, our environment didn't change much and humans became highly adapted to stone age living.

During the last 10,000 years our lifestyle changed drastically with the onset of agriculture.

Since then mutations have become much more common due to population growth but more beneficial mutations have not had time to become widespread.

The historical era (10,000 BC until now) has been a period of genetic diversification and emerging but incomplete adaption to modern life.

That means, if we want to understand what kind of an environment, diet and lifestyle would be healthy for all of us, we have to look back to the Paleolithic, a time before 10,000 BC.



FOOD

Avoid:

- Grains
- Added Sugars
- Seed Oils

Grains and most legumes have only been part of our diet for the last 10,000 years or so. Our digestive tracts have not had time to evolve to tolerate these foods without issues.

Humans have found ways to make grain and legumes based foods more digestible and reduce anti-nutrients through various preparation methods like soaking, sprouting, fermenting, cooking etc., but they are still what I would consider “foods of last resort” and should be avoided if more digestible and nutrient dense options are available.



The same goes for **added sugars**. Our bodies are not well adapted to handle large loads of simple sugars in our diets. The resulting blood sugar spikes and excessive insulin production can cause chronic inflammation over time.

Seed Oils contain high amounts of linoleic acid which is associated with various health issues. In addition modern seed oil production often uses toxic compounds to extract the oils which can carry over to the final product. The high heat processing can also cause premature oxidation of the oils.



FOOD

Eat:

- Meat, Fish (avoid big predatory fish with high levels of mercury), Eggs
- Tubers (Potatoes, sweet potatoes, cassava etc.)
- Fruit including “fruity vegetables” (Tomato, Cucumber, Avocado, Peppers etc.), Nuts.
- Full-fat dairy products if lactose tolerant (Aged cheeses, yogurt, butter)

Eat plenty of meat, fish, eggs which are very nutrient dense, contain high amounts of protein and healthy (saturated and mono-unsaturated) fats.

Limit carbohydrate intake according to your lifestyle and body-weight goals. Most people function optimally at around 100-150g per day.



MOVEMENT

- Move frequently at a lower pace (heart rate under '180 - Age')
- Lift and carry heavy things a few times a week
- Sprint/Run occasionally
- Focus on Natural Movements that humans evolved to perform
- Sit on the floor often

Humans, throughout most of our history, moved frequently at a lower pace, lifted heavy things and sprinted occasionally.

They generally **performed a wide variety of natural movements throughout the day** such as walking, running, throwing, carrying, climbing, crawling, swimming etc. and spent **a lot of time resting on the ground** in archetypal sitting positions such as squatting, long-sitting, side-sitting.



If we want to keep our muscles, connective tissue and joints pain free and functioning as designed, we have to mimic these movement patterns as much as possible.



STRESS

Chronic Stress is associated with higher disease risk such as heart disease, stroke, cancer etc. Chronic stress can come in mental form, feeling “stressed”, or physical form, e.g. through too frequent exercise without sufficient rest.

Stress, if it is short and intense, can have a positive **hormetic** effect and lead to increased metabolic flexibility, enhanced reaction time and other beneficial adaptations.

Avoid pro-longed, chronic stress and learn how to manage it.



SLEEP

Sleep is **important for mental, emotional and physical well-being.**

The goal should be to sleep when you are tired and get up when you are rested.

For most people that is achieved by going to bed at a fixed time and sleep around 8 hours in a dark, cool, quiet place.

Sleep should not be neglected for the sake of other “more important” activities.



LEARN

Our **brain needs frequent stimulation** to stay healthy.

This can be achieved through frequent movement (complex movements that you are not used to require a lot of brain power), learning new things, having an artistic outlet, reading a book, doing a crossword puzzle and many other activities

Many studies associate an “active brain” with a lower risk for dementia.



SOCIAL CONNECTION

Humans are “pack animals” and **social by nature.**

Feeling lonely and disconnected is associated with a higher risk of mental and physical illness.

Nurture your old friendships and make new ones wherever you can.

Emphasize in-person over on-screen connections.

Have fun, laugh and enjoy the company of your fellow human beings!



I hope this little summary of healthy lifestyle habits was helpful.

If you want to learn more or need support to achieve your Health and Wellness goals, write me an email at olafmoves@gmail.com or check out my website at olafmoves.com

In Health,
OlafMoves Coaching