

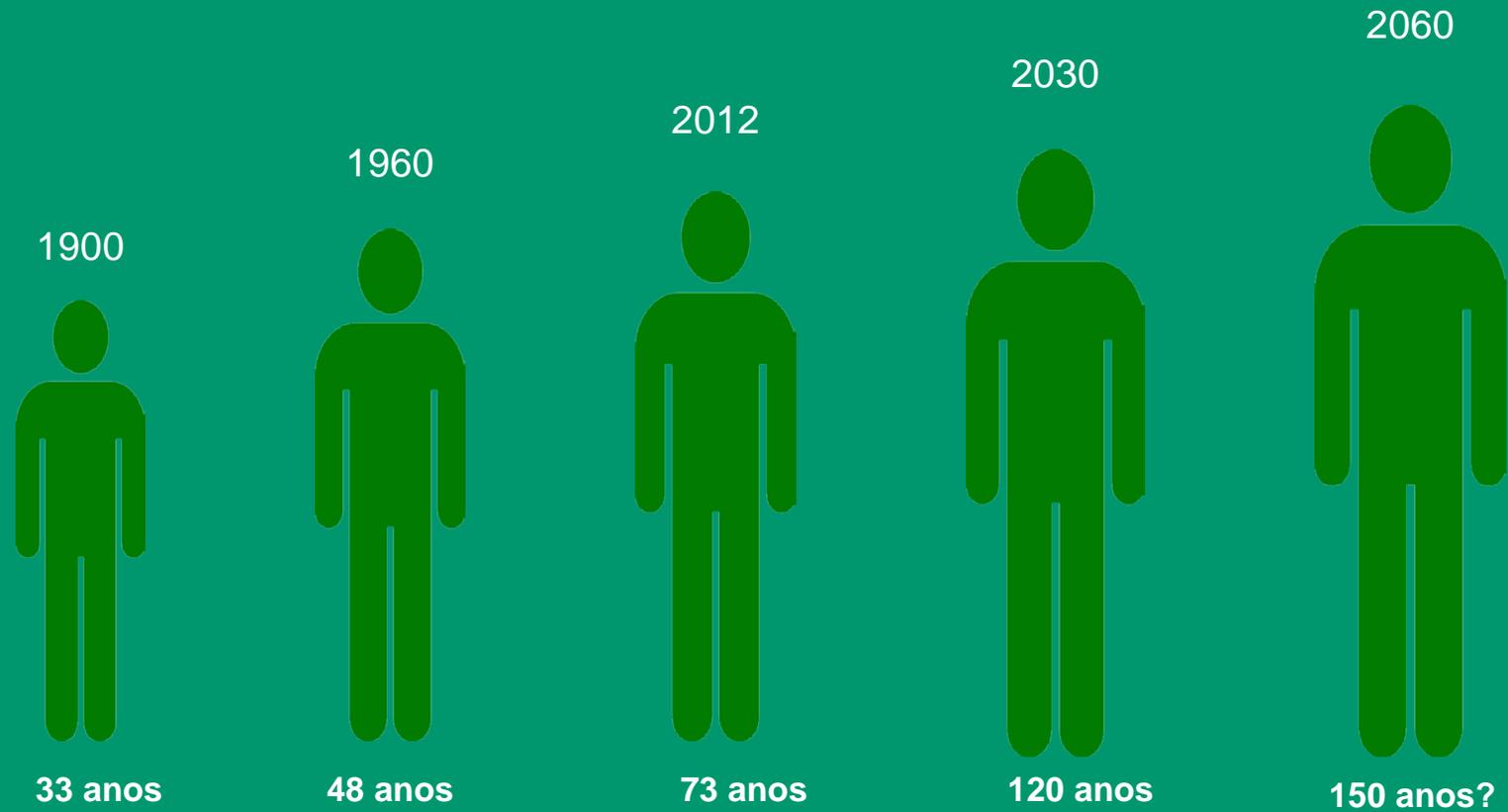
BEM-ESTAR EM TODAS AS DIMENSÕES

Dr. Eduardo Magalhães
Nutrólogo e Consultor em Estilo de Vida



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MAGALHÃES

EXPECTATIVA DE VIDA



Fonte: IBGE



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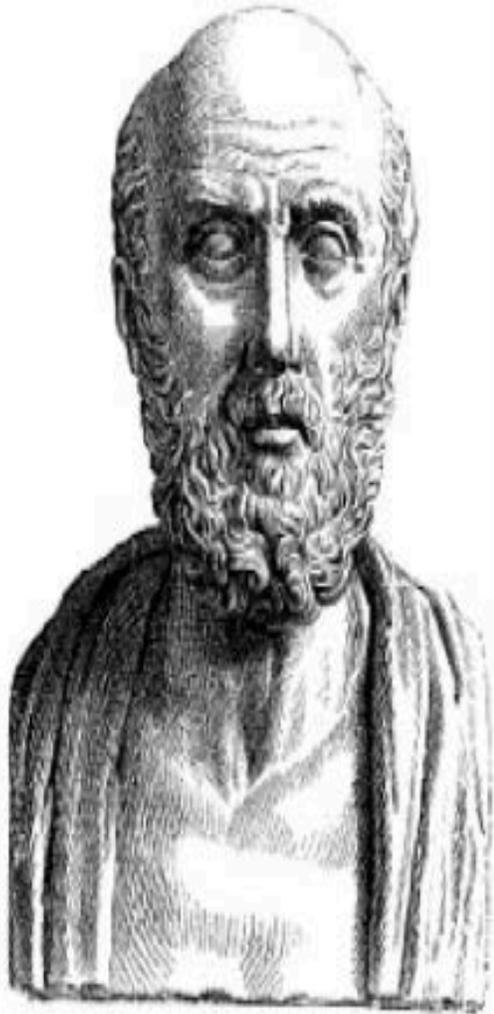
BRASILEIROS
ESTÃO VIVENDO
1/5 DE SUAS VIDAS
INCAPACITADOS

Fonte: IBGE – Censo 2000



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Hipócrates (460 a.C - 370 a.C)

“Todo mundo tem um médico dentro dele ou dela; nós apenas temos que ajudá-lo em seu trabalho. A força natural de cura dentro de cada um de nós é a maior força para se recuperar. Nossa comida deve ser nosso remédio. Nosso remédio deve ser nossa comida.” Mas comer quando você está doente é alimentar sua doença.”





você*s/a*

MELHOR MÉDICO DE TODOS:
SEU ORGANISMO

MELHORES FERRAMENTAS:
NUTRIENTES e
AUTO-OBSERVAÇÃO



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O QUE FAZER PARA
ESTIMULAR NOSSA
CAPACIDADE INATA DE
AUTO-CURA ?



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1. PROSPERIDADE NUTRICIONAL



ALIMENTAÇÃO ADEQUADA

- Anti-inflamatória
- Rica em fibra;
- Orgânica;
- Rotacionar;
- Dieta de eliminação;
- Rotina.



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DEFICIÊNCIAS
NUTRICIONAIS

FOME OCULTA



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HIPOCLORIDRIA

- Digestão fraca
- Muito comum na menopausa
- Idade avançada
- Atrofia de mucosa
- Estresse crônico
- Remédios
- Maus hábitos alimentares
- Alcoolismo



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SINAIS E SINTOMAS

Olhos: Olheira, vista curta, retenção na pálpebra, visão noturna prejudicada

Boca e Língua: Rachadura no canto da boca, edentada, perda do paladar

Dentes e Gengivas: Esmalte fraco, sangramento

Unhas: Formato de colher, marcas brancas, quebradiças, pálidas

Músculos : Câimbra, contração muscular, parestesia

Pele: Hematomas espontâneos, hiperkeratose folicular, Acne



PRINCIPAIS DEFICIÊNCIAS

- VITAMINA D
- VIT K2
- ZINCO e SELÊNIO
- MAGNÉSIO
- COMPLEXO B
- FERRO
- VIT A e C
- BIOTINA
- HORMÔNIOS



FITOTERÁPICOS PARA MULHER

Fenugrego

Cemicifuga

Chá verde

Don Quai

Cranberry

Valeriana

Gengibre

Ruibarbo

Resveratrol

Tribulus / Maca

Ginseng

Damiana



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MANEIRAS DE AUMENTAR O ÁCIDO ESTOMACAL

1. Combinações de alimentos;
2. Diminuir proteína animal;
3. Hidratação;
4. Água com limão ou vinagre;
5. Mindfull Eating;
6. Chás e especiarias



2. MICROBIOTA SAUDÁVEL



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O Dr. Bernard Jensen, DC, ND, PhD, famoso especialista da saúde do cólon fez a seguinte declaração:

“Nos cinquenta anos que passei ajudando as pessoas a superar doenças e males diversos, se tornou cristalinamente claro para mim que a raiz da maioria dos problemas de saúde está relacionada ao mau gerenciamento dos intestinos.”



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SINTOMAS DE DISBIOSE

- Cefaleia;
- Cansaço;
- Unhas quebradiças;
- Cabelos opacos
- Ganho de peso sem motivo aparente
- Rinite e sinusite;
- Ganho de peso;
- Artralgias;
- Acne adulto;
- Dermatites e eczemas;
- Insônia;
- Gastrite, plenitude pós prandial, gases
- Asma;
- Constipação
- Alergia alimentar;
- Candidíase;
- Conjuntivite;
- Cistite com eas normal e cultura negativa
- Rouquidão;
- Depressão;
- Alterações do humor.

MELHORES ALIMENTOS

- FIBRAS: VEGETAIS, NUTS, SEMENTES, LENTILHAS, AVEIA, AMARANTO, QUINOA;
- CENOURA, ABOBRINHA;
- INHAME, ABÓBORA;
- BATATA YAKON;
- ARROZ INTEGRAL;
- BIOMASSA DE BANANA VERDE;
- FERMENTADOS;
- CHIA.



ALIMENTAÇÃO RICA EM PREBIÓTICOS

- ALCACHOFRA;
- CEBOLA;
- ALHO;
- BANANA;
- ASPARGO;
- DENTE-DE-LEÃO;
- CHICÓRIA;
- ALHO PORÓ;
- AVEIA;
- MAÇÃ;
- CACAU;
- ERVILHA.
- SEMENTES DE LINHAÇA;
- BATATA YAKON;
- ALGAS;
- FARELO DE TRIGO;
- CHÁ VERDE;



ALIMENTOS RICOS EM POLIFENÓIS

- CHÁ VERDE;
- VINHO TINTO;
- MAÇÃ;
- CEBOLA;
- CHOCOLATE;
- GINSENG;
- CRAVO-DA-ÍNDIA;
- ANIS ESTRELADO;
- FRUTAS VERMELHAS;
- PRÓPOLIS;
- ORÉGANO;
- AZEITONAS PRETAS;
- ESPINAFRE;
- NOZES;
- ALCACHOFRA;
- FARINHA DE LINHAÇA;



Demais orientações

- Só comer quando tiver fome;
- Não tomar líquidos durante refeições
- Evitar refinados e IG elevado
- Antídotos.
- Jejum de 12h ao dia;
- Jejum intermitente 1x na semana



Fonte: O Quarto Tratamento Para Os Refugiados Da Medicina



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Mahatma Gandhi (1869-1948)

“Toda a vitalidade e toda a energia que tenho vem a mim porque meu corpo foi purificado pelo jejum.”



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Antídotos

- Carne vermelha - Malagueta, Lima;
- Leite - Canela e Cravo;
- Ovo - Açafrão;
- Queijo - Pimenta do reino;
- Trigo e doces - Gengibre;
- Cafeína - Noz moscada;



Fonte: Ayurvedic Healing, Dr David Frawley



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3. TERRENO BIOLÓGICO



“Desde
1950, alteramos mais o
planeta do que em toda a
nossa existência.”

Fonte: Museu do Amanhã



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**73 MILHÕES DE
TONELADAS DE RESÍDUOS
TÓXICOS NO MEIO
AMBIENTE ESTE ANO**



Body Burden: The Pollution in People

Mount Sinai School of Medicine, New York

<http://www.ewg.org/sites/bodyburden1/findings.php>

TABLE 1: The chemicals we found are linked to serious health problems

Health Effect or Body System Affected	Number of chemicals found in 9 people tested that are linked to the listed health impact		
	Average number found in 9 people	Total found in all 9 people	Range (lowest and highest number found in all 9 people)
cancer [13]	53	76 [21]	36 to 65
birth defects / developmental delays	55	79 [13]	37 to 68
vision	5	11 [4]	4 to 7
hormone system	58	86 [15]	40 to 71

Laboratory tests uncovered 167 chemical pollutants in blood & urine from nine volunteers, including an average of 53 carcinogens in each person. The people tested did not work with chemicals or live near industrial facilities.

Reference: Body Burden: Findings and Recommendations. EWG Website.
<http://www.ewg.org/sites/bodyburden1/findings.php> No date of publication. Accessed on September 5, 2016.

hearing	34	50 [14]	16 to 47
immune system	53	77 [15]	35 to 65
male reproductive system	47	70 [14]	28 to 60
female reproductive system	42	61 [17]	24 to 56



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TOXINAS AMBIENTAIS

1. PESTICIDAS

2. PRODUTOS COSMÉTICOS/
HIGIENE PESSOAL

3. ADITIVOS PARA
FABRICAÇÃO DE PLÁSTICOS

4. PRODUTOS DE LIMPEZA

5. CARPETES

6. POLUENTES INDUSTRIAIS

7. DERIVADOS DE PETRÓLEO

8. CONSERVANTES E
CORANTES ALIMENTARES

9. REMÉDIOS

10. NICOTINA / ÁLCOOL

11. METAIS

12. AROMATIZANTES



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A GENTE É O
QUE
A GENTE...

COME, BEBE,
RESPIRA.

E NÃO CONSEGUE
ELIMINAR!!



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PRINCIPAIS SINAIS/SINTOMAS

1. GOSTO METÁLICO NA BOCA;
2. PLACA ESBRANQUIÇADA LÍNGUA;
3. FALTA DE ENERGIA / ESTRESSE
4. DORES ARTICULARES / MUSCULARES;
5. LOMBALGIAS
6. SONOLÊNCIA APÓS REFEIÇÃO / INSÔNIA;
7. PROBLEMAS DE PELE;
8. DIARRÉIA / GASES / HALITOSE / CONSTIPAÇÃO
9. HIPOGLICEMIA / TONTURAS / ENXAQUECA;
10. ITES
11. ITUs /VAGINITES
12. RETENÇÃO
13. TREMORES; CEFALÉIA
14. EXTREMIDADES FRIAS
15. ALTERAÇÕES SÚBITAS DE HUMOR
16. ALERGIAS ALIMENTARES
17. ATEROMA



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TUDO O QUE É VIVO, ASSIM COMO O CORPO HUMANO,
MANIFESTA O MELHOR DE SUA SAÚDE, EQUILÍBRIO E
LONGEVIDADE QUANDO:



1. Recebe todos os elementos nutritivos de que necessita
2. Elimina de si todos os elementos tóxicos de que não necessita



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DETOX



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O QUE É PRECISO FAZER?

- Alongar , espreguiçar, respirar
- Raspar língua e lavara narinas
- Suar mais: Sauna, exercício, drenagem
- Tomar mais líquidos e comer orgânicos
- Evitar açúcares, refinados, álcool, café e fritura
- Cuidar melhor da rotina e do sono.
- Sorrir, agradecer e meditar
- Jejuar



4. RITMO CIRCADIANO



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COMO SE QUEBRA O CICLO?

- Não ter rotina de horários
- Uso de estimulantes à noite
- Atividade física à noite
- Exposição excessiva aos CEM
- Jet Legs.
- Ambientes muito iluminados



5. SONO REPARADOR



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DICAS PAR DORMIR MELHOR



- Evitar café após as 16h, doces após 18h, jantar e exercício após 19h e telas após 21h
- Cama e quartos frios, escuridão e silêncio
- Chás e óleos essenciais
- Posição na hora de dormir
- Evitar proteína animal a noite
- Caminhar após jantar
- Escalda pés
- EMFs
- Nutracêuticos



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6. HIDRATAÇÃO

70%
DO
CORPO

92%
DO
SANGUE



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30ML/KG/D

NUNCA FICAR MAIS DE 2H SEM
TOMAR ÁGUA

TEMPERATURA

ÁGUA

MASTIGAR MAIS

PH



7. ATIVIDADE FÍSICA



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USHHS Physical Activity Guidelines for Americans: Adults

- 150 minutes of moderate intensity physical activity per week OR
 - 75 minutes of vigorous physical activity (in bouts of at least 10 minutes) OR an equivalent combination
 - For more extensive health benefits:
 - 300 minutes of moderate intensity physical activity OR 150 min vigorous physical activity OR an equivalent combination
 - Resistance (muscle strengthening) at least twice per week
- US HHS Physical Activity Guidelines for Americans, 2008

Benefits of Exercise: **Strong Evidence**

Lower Risk of:

- Early Death
- Colon Cancer
- Coronary Heart Disease
- Breast Cancer
- Stroke
- T2 Diabetes
- High Blood Pressure
- Adverse Blood Lipid Profile
- Metabolic Syndrome

US HHS, 2008 Physical Activity Guidelines for Americans

Benefits of Exercise: **Strong Evidence (con't.)**

- Prevention of weight gain
- Weight loss, particularly when combined with reduced calorie intake
- ↑ cardiorespiratory and muscular fitness
- Prevention of falls
- ↓ depression
- ↑ cognitive function (for older adults)

US HHS, 2008 Physical Activity Guidelines for Americans

Enhancing Mental Health

10 weeks of resistance exercise reversed clinical depression in 80% of elderly subjects.

(Singh, *J. Gerontology A*, 1997)



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Benefits of Exercise: Moderate Evidence

- ↓ hip fracture
- ↓ lung cancer
- ↓ endometrial cancer
- Weight maintenance after weight loss
- ↑ bone density
- ↑ sleep quality

US HHS, 2008 Physical Activity Guidelines for Americans

Osteoporosis

- For patients at risk of developing osteoporosis exercise plays a key role in prevention.
- Routine should include 30-60 mins a day of a combination of:
- *Weight-bearing* moderate aerobic activities three to five days per week,
- moderate to high intensity resistance exercise two to three days per week.

SEDENTARISMO
É O NOVO
TABAGISMO?



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Physical Inactivity & All-Cause Mortality

- Physical Inactivity causes nearly 1 in 10 premature deaths > 5.3 million of the 57 million deaths that occurred worldwide in 2008 vs. Tobacco related deaths 5.1 million
- ↓ inactivity by 10% saves > 533,000 deaths

Lee IM et al, Lancet. 2012



[Oxford Journals](#) > [Medicine & Health](#) > [JNCI J Natl Cancer Inst](#) > [Volume 106, Issue 7](#) > [10.1093/jnci/dju206](#)

epidemiologic reviews

2017 THEME ISSUE

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CALL FOR PAPERS

Reducing cancer burden in the po
evidence to support policies, syste

Sedentary behavior increases the risk of certain cancers



Physical inactivity has been linked with diabetes, obesity, and cardiovascular disease, but it can also increase the risk of certain cancers, according to a study published June 16 in the *JNCI: Journal of the National Cancer Institute*.

To assess the relationship between TV viewing time, recreational sitting time, occupational sitting time, and total sitting time with the risk of various cancers, Daniela Schmid, Ph.D., M.Sc., and Michael F. Leitzmann, M.D., Dr.P.H., of the Department of Epidemiology and Preventive Medicine, University of Regensburg, Germany, conducted a meta-analysis of 43 observational studies, including over 4 million individuals and 68,936 cancer cases. Data in the individual studies had been obtained with self-administered questionnaires and through interviews.

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Reducing cancer burden in the population: evidence to support policies, systems, and programs

“VIDA SEDENTARIA AUMENTA TODOS OS TIPOS DE CÂNCER, EM PROPORÇÕES VARIADAS”

according to a study published June 16 in the *JNCI: Journal of the National Cancer Institute*.

To assess the relationship between TV viewing time, recreational sitting time, occupational sitting time, and total sitting time with the risk of various cancers, Daniela Schmid, Ph.D., M.Sc., and Michael F. Leitzmann, M.D., Dr.P.H., of the Department of Epidemiology and Preventive Medicine, University of Regensburg, Germany, conducted a meta-analysis of 43 observational studies, including over 4 million individuals and 68,936 cancer cases. Data in the individual studies had been obtained with self-administered questionnaires and through interviews.

doi: 10.1093/jnci/dju206

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Monday, May 16, 2016

Increased physical activity associated with lower risk of 13 types of cancer



A new study of the relationship between physical activity and cancer has shown that greater levels of leisure-time physical activity were associated with a lower risk of developing 13 different types of cancer. The risk of developing seven cancer types was 20 percent (or more) lower among the most active participants (90th percentile of activity) as compared with the least active participants (10th percentile of activity). These findings, from researchers at the National Cancer Institute (NCI), part of the National Institutes of Health, and the American Cancer Society, confirm and extend the evidence for a benefit of physical activity on cancer risk and support its role as a key component of population-wide cancer prevention and control efforts. The study, by Steven C. Moore, Ph.D., NCI, and colleagues, appeared May 16, 2016, in *JAMA Internal Medicine*.

Hundreds of previous studies have examined associations between physical activity and cancer risk and shown reduced risks for colon, breast, and endometrial cancers; however, results have been inconclusive for most cancer types due to small numbers of participants in the studies. This new study pooled data on 1.44 million people, ages 19 to 98, from the United States and Europe, and was able to examine a broad range of cancers, including rare malignancies. Participants were followed for a median of 11 years during which 187,000 new cases of cancer occurred.

[Oxford Journals](#) > [Medicine & Health](#) > [American Journal of Epidemiology](#) > [Volume 172, Issue 4](#) > Pp. 419-429.

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Reducing cancer burden in the population: evidence to support policies, systems

Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults

Alpa V. Patel^{*}, Leslie Bernstein, Anusila Deka, Heather Spencer Feigelson, Peter T. Campbell, Susan M. Gapstur, Graham A. Colditz and Michael J. Thun

^{*}Correspondence to Dr. Alpa V. Patel, Epidemiology Research Program, American Cancer Society, 250 Williams Street NW, Atlanta, GA 30303 (e-mail: alpa.patel@cancer.org).

Received January 7, 2010.

Accepted April 29, 2010.

Abstract

The obesity epidemic is attributed in part to reduced physical activity. Evidence supports that reducing time spent sitting, regardless of activity, may improve the metabolic consequences of obesity. Analyses were

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Am. J. Epidemiol.

419-

doi: 10.1093

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epidemiologic reviews

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Reducing cancer burden in the population: evidence to support policies, systems

“ Quanto mais tempo você ficar sentado ao longo do dia, aumenta o risco de todas DCNT, especialmente as DCV, INDEPENDENTE da ATIVIDADE FÍSICA que você faz no final ou início do dia.”

Society, 250 Williams Street NW, Atlanta, GA 30303 (e-mail: alpa.patel@cancer.org).

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Received January 7, 2010.

Accepted April 29, 2010.

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Abstract

The obesity epidemic is attributed in part to reduced physical activity. Evidence supports that reducing time spent sitting, regardless of activity, may improve the metabolic consequences of obesity. Analyses were

- **Classificati**

Original Contribut

Don't Just Sit There!



Prolonged Sitting: Impact on Mortality

- 45 and Up Study N=222,497
 - Adults sitting
 - 8-11 hours/day: **↑15% mortality** 95% CI (1.06-1.25),
 - ≥11 hours/day: **↑40% mortality** 95% CI ((1.27-1.55)
 - compared to those sitting <4 hours/day.

van der Ploeg et al. Arch Int Med 2012

Therapy Ball Chairs

Ergonomic Back Support

Improves Posture
& Spinal Alignment

Builds Core Strength

Anti-burst Balance Ball

New Design Base Keeps
Ball Secure

Easy-Glide Lockable Casters



10. Yoga

- Improves overall fitness, strength, endurance, flexibility, balance, mood, stress reduction



8. SAÚDE MENTAL



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SINTOMAS DE ESTRESSE

- VONTADE DE COMER DOCES
- BAIXA DA LIBIDO
- INSÔNIA
- IMUNIDADE BAIXA
- DRGE
- APERTAMENTO NOS DENTES
- APATIA
- PERDA ÓSSEA



- INSATISFAÇÃO
- IRRITABILIDADE
- DÉFICIT DE MEMÓRIA E CONCENTRAÇÃO
- CEFALÉIA
- TENSÃO MUSCULAR
- PÂNICO
- IIRITAÇÃO NA PELE



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MANUSEIO DO ESTRESSE

- RELACIONAMENTOS;
- TRIÁDE;
- SERVIÇO;
- ESTIMULAR HD;
- CUIDAR INTESTINO
- TOMAR SOL
- BINEURAL BEATS



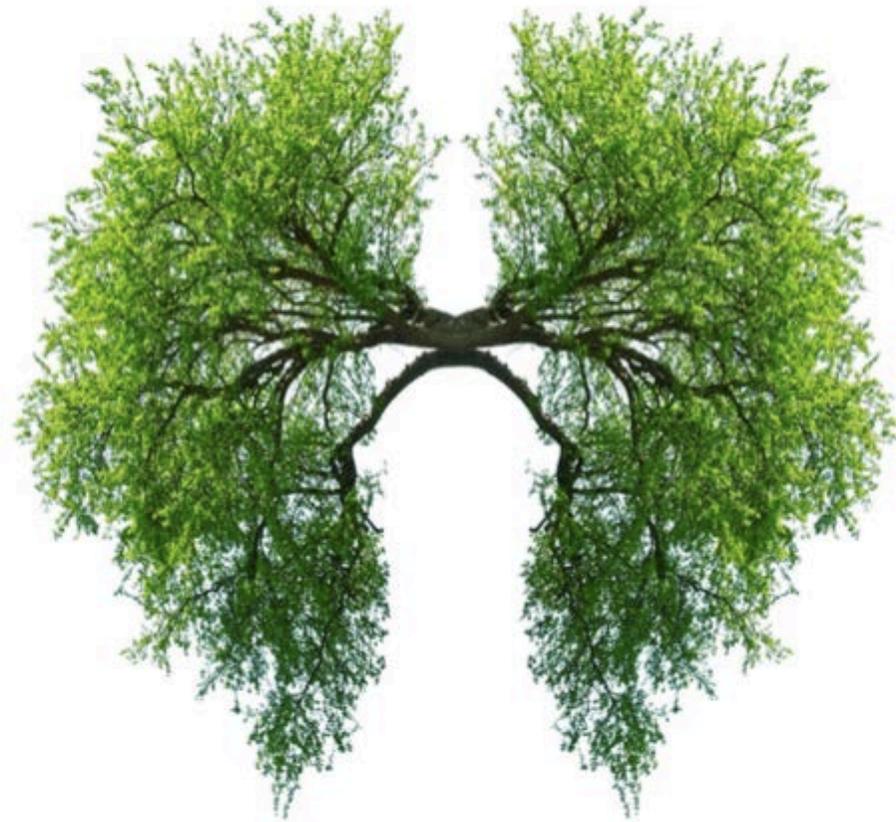
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TERAPIAS DE RELAXAMENTO



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RESPIRAÇÕES CONSCIENTES



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BENEFÍCIOS DA MEDITAÇÃO

NO NÍVEL FÍSICO

- Abaixa PA e níveis de Lactato sanguíneo;
- Reduz Ansiedade, tensões, dores de cabeça, musculares, insônia;
- Aumenta produção de serotonina e melhora sistema imunológico.

NO NÍVEL MENTAL

- Aumenta criatividade e alegria;
- Desenvolve a intuição;
- Clareza e paz na mente, os problemas se tornam pequenos.

Fonte: Ayurvedic Healing, Dr David Frawley



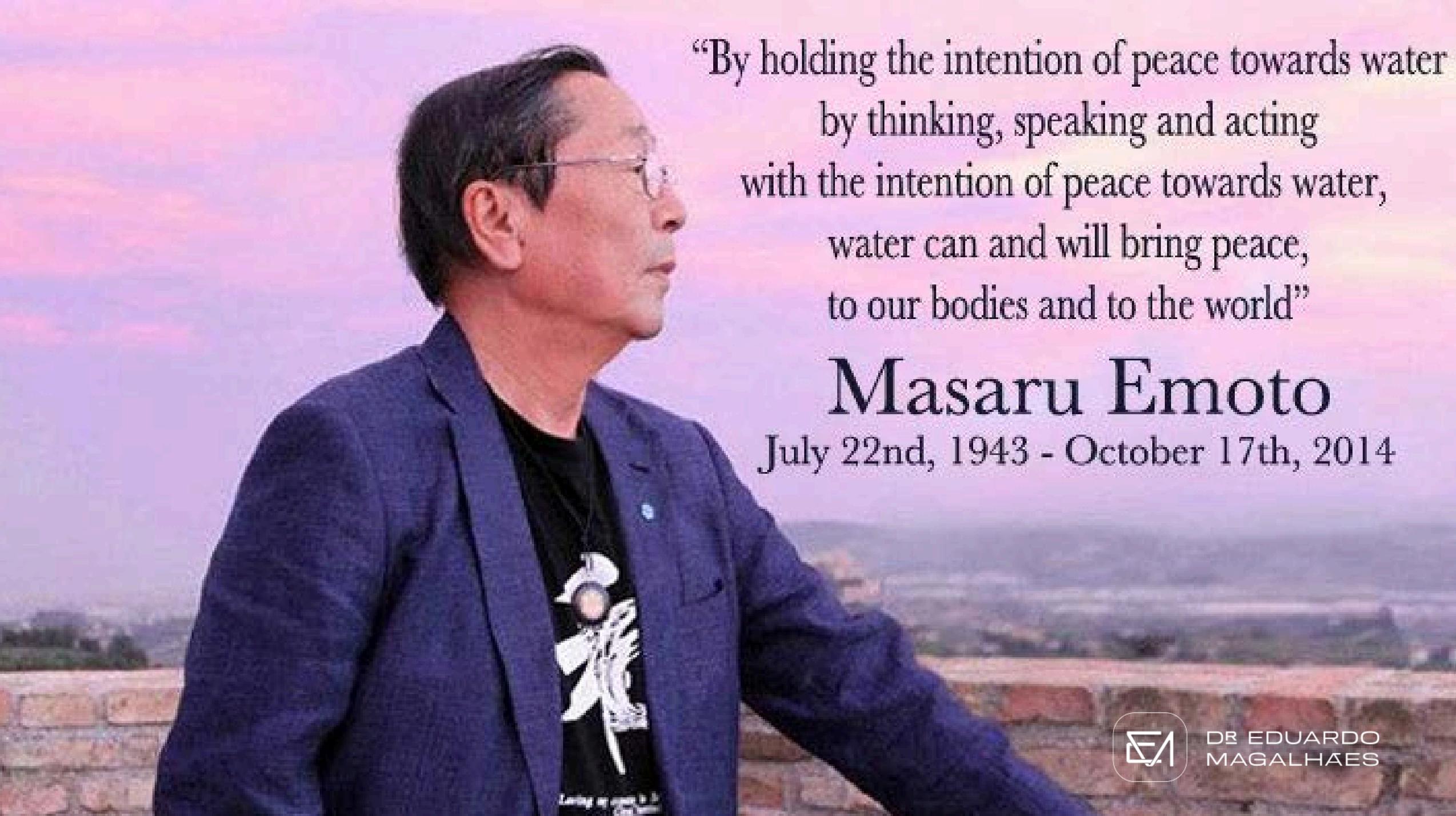
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ABORDAGEM POSITIVA



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A profile photograph of Masaru Emoto, an elderly man with glasses, wearing a blue blazer over a black t-shirt with a white graphic. He is looking towards the right against a soft, hazy background of a sunset or sunrise over a cityscape.

“By holding the intention of peace towards water
by thinking, speaking and acting
with the intention of peace towards water,
water can and will bring peace,
to our bodies and to the world”

Masaru Emoto

July 22nd, 1943 - October 17th, 2014



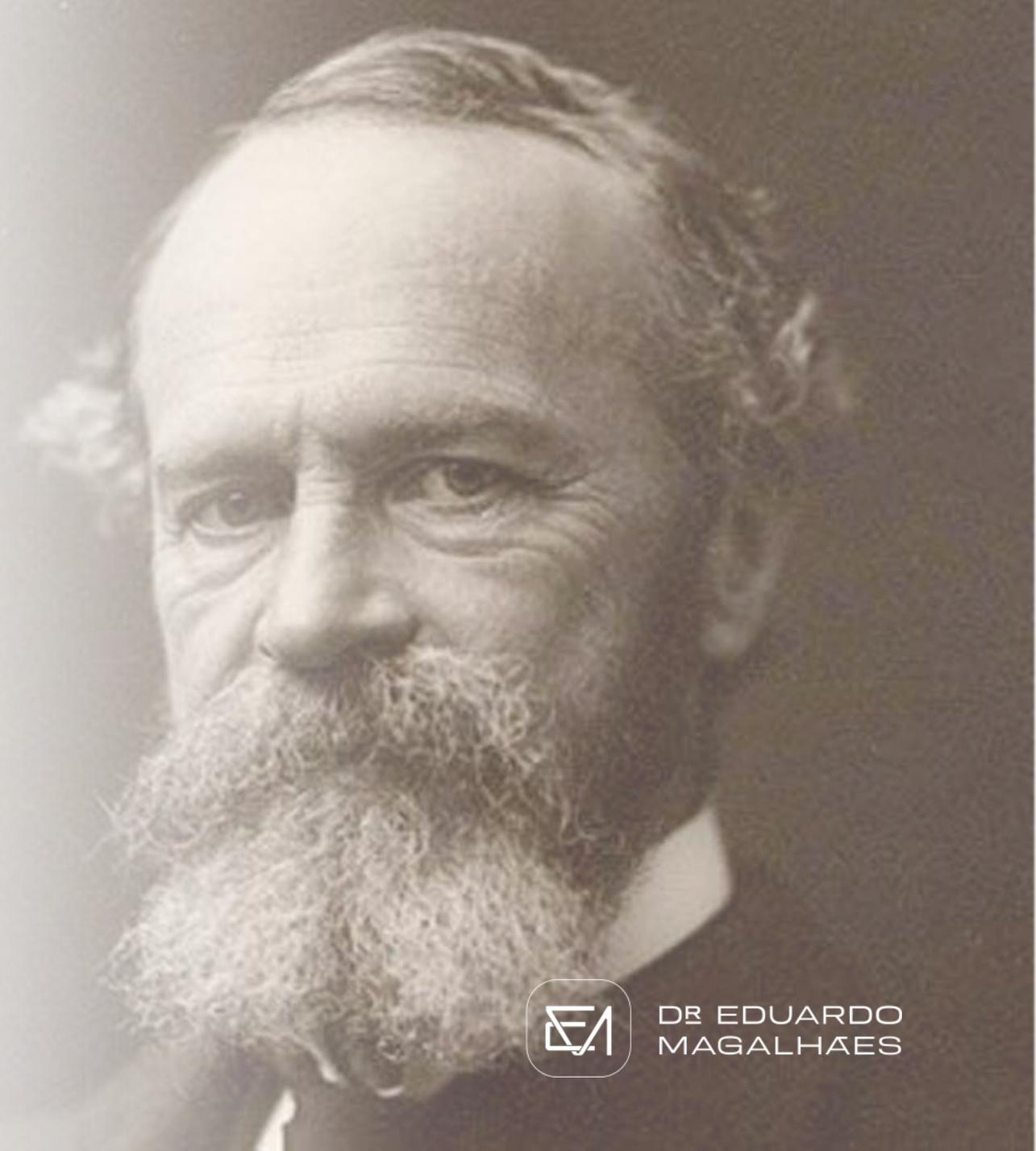
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“A maior revolução da nossa geração é a descoberta de que os seres humanos, ao mudarem as atitudes internas de suas mentes, podem mudar os aspectos externos de suas vidas”

William James - Pai da psicologia moderna



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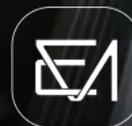


9. ABORDAGENS TERAPÊUTICAS

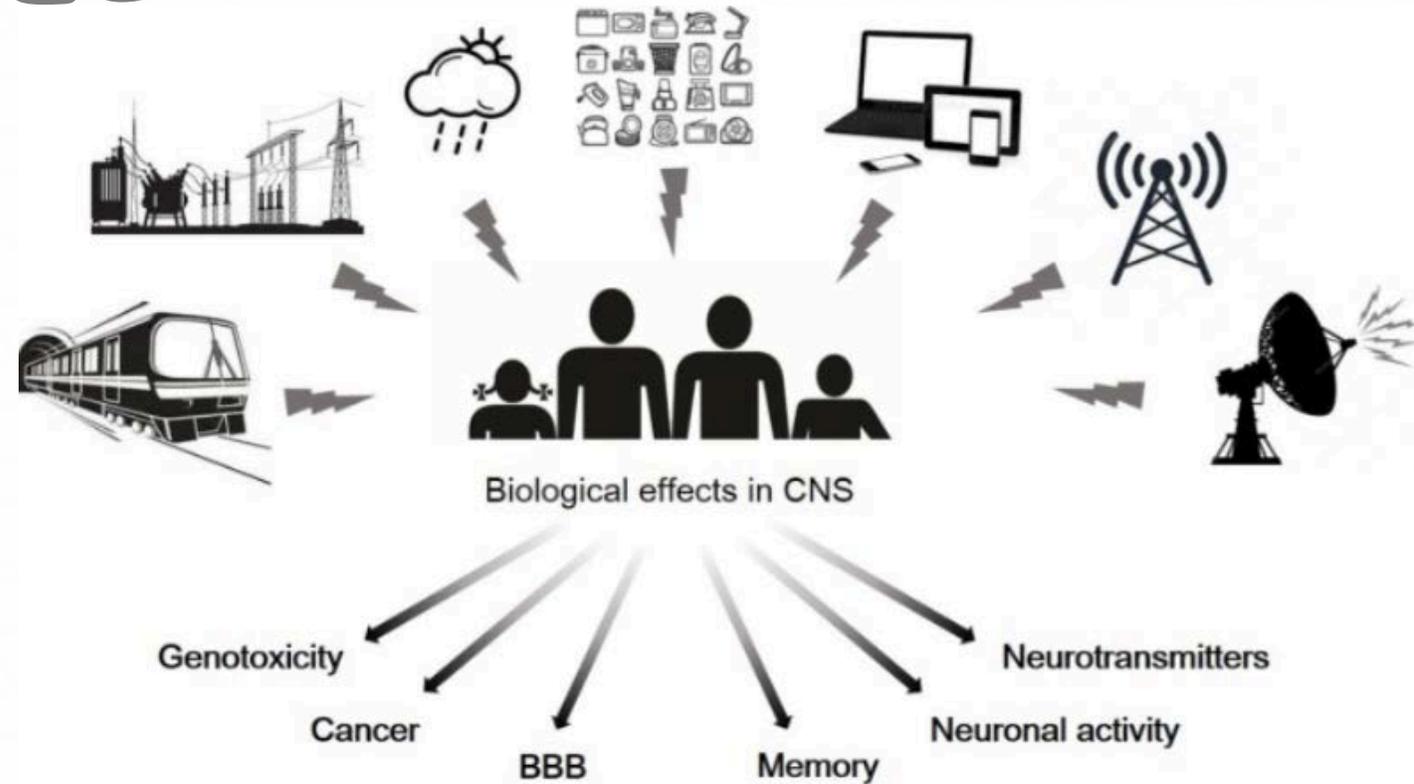


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1. CANABINÓIDES
2. OZONIOTERAPIA
3. TERAPIA NEURAL



10. CAMPOS INTERFERENTES



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DOENÇAS RELACIONADAS

- CÂNCER
- TRANSTORNOS DO HUMOR
- DISTÚRBIOS NEUROLÓGICOS
- INFERTILIDADE
- DISFUNÇÕES TIREOIDIANAS
- RETINOPATIAS
- OSTEOPOROSE

Kivrak EG, Yurt KK, Kaplan AA e Altun G - Effects of electromagnetic fields exposure on the antioxidant defense system
J Microsc Ultrastruct. 2017 Oct-Dec; 5(4): 167-176

Kim JH, Lee JK, Kim HG et al - Possible Effects of Radiofrequency Electromagnetic Field Exposure on Central Nerve System
Biomol Ther (Seoul) 2019 May 1;27(3):265-275



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SINTOMAS DA POLUIÇÃO ELETROMAGNÉTICA

- Cefaléia
- Tremor
- Vertigem
- Pobre função mental e cognitiva
- Distúrbios do sono

- Dor articular e muscular
- Fadiga
- Alergia
- Problemas digestivos
- Estresse e Irritabilidade



Kim JH, Lee JK, Kim HG et al - **Possible Effects of Radiofrequency Electromagnetic Field Exposure on Central Nerve System**
Biomol Ther (Seoul) . 2019 May 1;27(3):265-275

Frank, John William. Electromagnetic fields, 5G and health: what about the precautionary principle?
Journal of epidemiology and community health, jech – 2019-213595. 19 Jan.2021



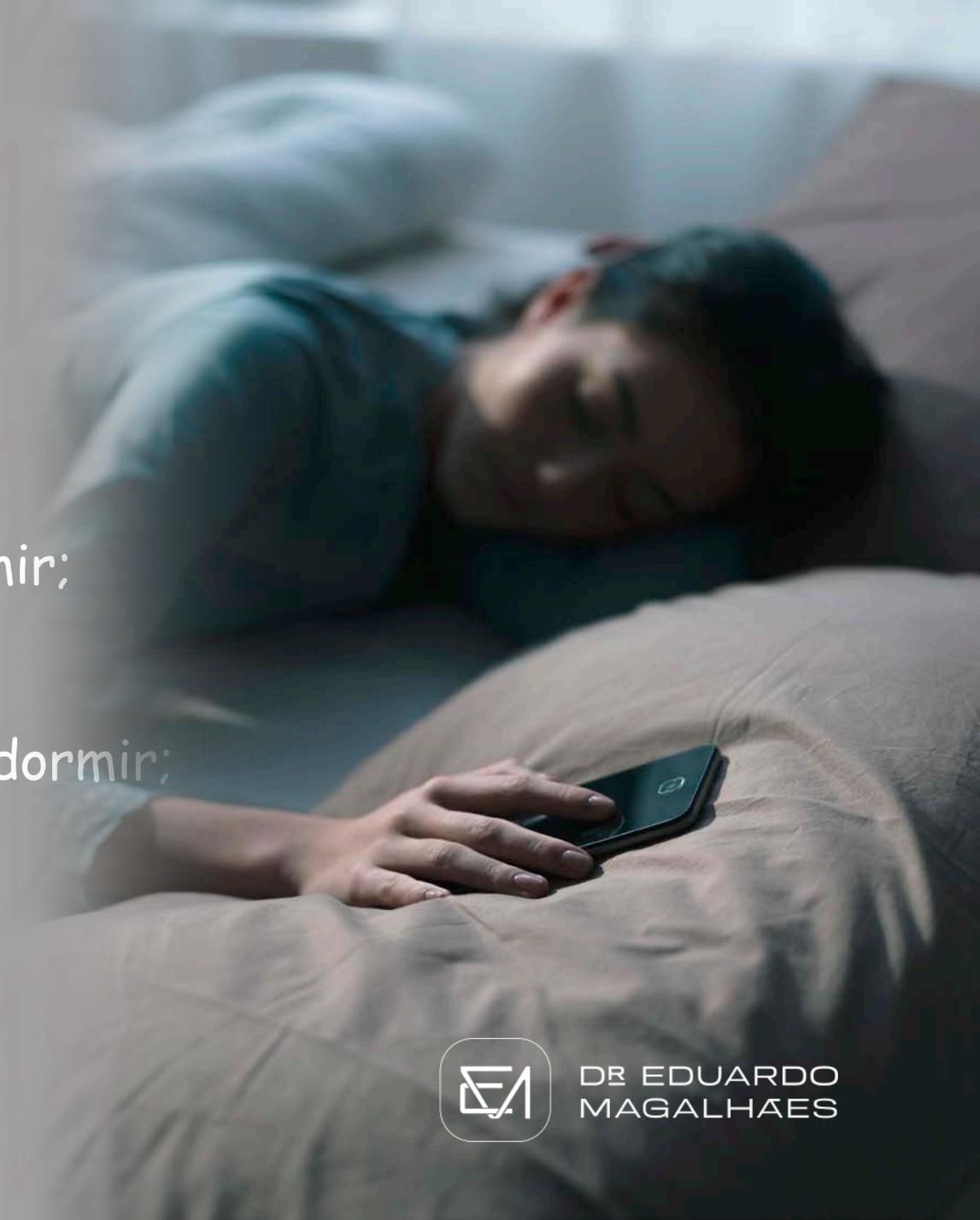
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MAGALHÃES

COMO SE PROTEGER NO QUARTO?

- Dormir longe de áreas com alto CEM;
- Diminuir metais em seu ambiente de dormir;
- Dormir longe da tomada;
- Não carregar celular do lado da cama ao dormir;
- Desplugue equipamentos fora de uso.



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MEDIDAS GERAIS DE PROTEÇÃO

- Reduzir o numero de objetos metálicos no ambiente ;
- Não usar computador ligado na tomada;
- Evitar micro-ondas:
- Retirar amalgamas;
- Usar mais Antioxidantes.
- Saia de casa sempre que possível;





GROUNDING



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BENEFÍCIOS

- Reduz inflamação
- Reduz dores crônicas
- Melhora humor
- Melhora qualidade do sono
- Reduz estresse
- Aumenta disposição
- Melhora viscosidade sanguínea
- Melhora digestão
- Diminui Osteoporose
- Ajuda a sincronizar o relógio biológico
- Regula PA
- Melhora cicatrização
- Ajuda no manuseio das doenças autoimune
- Equilibra energia vital
- Aumenta sensação de bem-estar
- **AJUDA A INTELIGÊNCIA INATA**



COMO PRATICAR O GROUDING?

- Andar descalço na grama, areia, lama, madeira natural;
- Evite pisos sintéticos;
- Deitar no chão;
- Mergulhar na água ou colocar as mãos na água
- Abraçar uma árvore



11. CONEXÃO DIVINA



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Sense of Purpose and Dementia



Researchers found that people who had a strong sense of life's purpose were less affected by brain plaques and tangles than were people without a strong sense of purpose.

Even though their brains were physiologically diseased, something about having "purpose" prevented the disease from fully manifesting in cognitive decline..

Effect of Purpose in Life on the Relation Between Alzheimer Disease Pathologic Changes on Cognitive Function in Advanced Age; Arch Gen Psychiatry. Vol 69, No. 5, 2012



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HEALTH CARE REFORM

Healthy Living Is the Best Revenge

Findings From the European Prospective Investigation Into Cancer and Nutrition–Potsdam Study

Earl S. Ford, MD, MPH; Manuela M. Bergmann, PhD; Janine Kröger; Anja Schienkiewitz, PhD, MPH; Cornelia Weikert, MD, MPH; Heiner Boeing, PhD, MSPH

Background: Our objective was to describe the reduction in relative risk of developing major chronic diseases such as cardiovascular disease, diabetes, and cancer associated with 4 healthy lifestyle factors among German adults.

Methods: We used data from 23 153 German participants aged 35 to 65 years from the European Prospective Investigation Into Cancer and Nutrition–Potsdam study. End points included confirmed incident type 2 diabetes mellitus, myocardial infarction, stroke, and cancer. The 4 factors were never smoking, having a body mass index lower than 30 (calculated as weight in kilograms divided by height in meters squared), performing 3.5 h/wk or more of physical activity, and adhering to healthy dietary principles (high intake of fruits, vegetables, and whole-grain bread and low meat consumption). The 4 factors (healthy, 1 point; unhealthy, 0 points) were summed to form an index that ranged from 0 to 4.

Results: During a mean follow-up of 7.8 years, 2006 participants developed new-onset diabetes (3.7%), myocardial infarction (0.9%), stroke (0.8%), or cancer (3.8%). Fewer than 4% of participants had zero healthy factors, most had 1 to 3 healthy factors, and approximately 9% had 4 factors. After adjusting for age, sex, educational status, and occupational status, the hazard ratio for developing a chronic disease decreased progressively as the number of healthy factors increased. Participants with all 4 factors at baseline had a 78% (95% confidence interval [CI], 72% to 83%) lower risk of developing a chronic disease (diabetes, 93% [95% CI, 88% to 95%]; myocardial infarction, 81% [95% CI, 47% to 93%]; stroke, 50% [95% CI, -18% to 79%]; and cancer, 36% [95% CI, 5% to 57%]) than participants without a healthy factor.

Conclusion: Adhering to 4 simple healthy lifestyle factors can have a strong impact on the prevention of chronic diseases.

Arch Intern Med. 2009;169(15):1355-1362

HEALTH CARE REFORM

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**4 FATORES : NÃO FUMAR , IMC < 30, ≥ 3,5h/SEMANA
de EXERCÍCIO e DIETA SAUDÁVEL**

participants aged 35 to 65 years from the European Prospective Investigation Into Cancer and Nutrition–Potsdam study. End points included confirmed incident type 2 diabetes mellitus, myocardial infarction, stroke, and cancer. The 4 factors were never smoking, having a body mass index lower than 30 (calculated as weight in kilograms divided by height in meters squared), performing 3.5 h/wk or more of physical activity, and adhering to healthy dietary principles (high intake of fruits, vegetables, and whole-grain bread and low meat consumption). The 4 factors (healthy, 1 point; unhealthy, 0 points) were summed to form an index that ranged from 0 to 4.

QUEM TINHA OS 4 HÁBITOS SAUDÁVEIS REDUZIU:

- 78% AS DCNT
- 93% DMII
- 81% IAM
- 50% AVCs
- 36% CÂNCER

factors can have a strong impact on the prevention of chronic diseases.

Arch Intern Med. 2009;169(15):1355-1362



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SPECIAL ARTICLE

Aging, Health Risks, and Cumulative Disability

Anthony J. Vita, Richard B. Terry, Ph.D., Helen B. Hubert, Ph.D., and James F. Fries, M.D.
N Engl J Med 1998; 338:1035-1041 | April 9, 1998 | DOI: 10.1056/NEJM199804093381506

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[Abstract](#)[Article](#)[References](#)[Citing Articles \(235\)](#)[Letters](#)

BACKGROUND

Persons with lower health risks tend to live longer than those with higher health risks, but there has been concern that greater longevity may bring with it greater disability. We performed a longitudinal study to determine whether persons with lower potentially modifiable health risks have more or less cumulative disability.

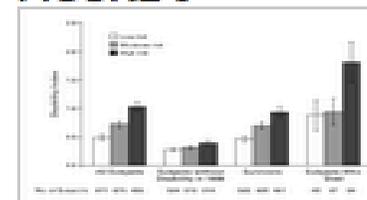
[Full Text of Background...](#)

METHODS

We studied 1741 university alumni who were surveyed first in 1962 (average age, 43 years) and then annually starting in 1986. Strata of

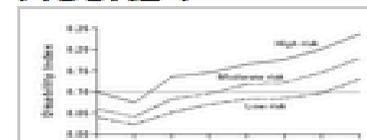
MEDIA IN THIS ARTICLE

FIGURE 3



Mean (\pm SE)
Cumulative Disability
According to Health
Risk in 1986.

FIGURE 1





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SPECIAL ARTICLE

Aging, Health Risks, and Cumulative Disability

“ Not only do persons with better health habits survive longer, but in such persons, disability is postponed and compressed into fewer years at the end of life.”

There have been more or less cumulative disability.

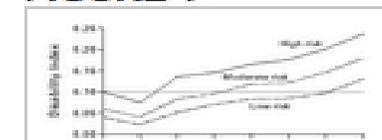
[Full Text of Background...](#)

METHODS

We studied 1741 university alumni who were surveyed first in 1962 (average age, 43 years) and then annually starting in 1986. Strata of

Mean (\pm SE)
Cumulative Disability
According to Health
Risk in 1986.

FIGURE 1



September 22/29, 2004, Vol 292, No. 12 >

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Original Contribution | September 22/29, 2004

Mediterranean Diet, Lifestyle Factors, and 10-Year Mortality in Elderly European Men and Women

The HALE Project **FREE**

Kim T. B. Knops, MSc; Lisette C. P. G. M. de Groot, PhD; Daan Kromhout, PhD; Anne-Elisabeth Perrin, MD; Olga Moreiras-Varela, PhD; Alessandro Menotti, MD, PhD; Wija A. van Staveren, PhD

[\[+\] Author Affiliations](#)

JAMA. 2004;292(12):1433-1439. doi:10.1001/jama.292.12.1433.

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[Tables](#)

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ABSTRACT

[ABSTRACT](#) | [METHODS](#) | [RESULTS](#) | [COMMENT](#) | [REFERENCES](#)

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Original Contribution | September 22/29, 2004

Conclusion:

Among individuals aged 70 to 90 years, adherence to a **Mediterranean diet** and **healthful lifestyle** is associated with a **more than 50% lower rate of all-causes and cause-specific mortality.**

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ABSTRACT

[ABSTRACT](#) | [METHODS](#) | [RESULTS](#) | [COMMENT](#) | [REFERENCES](#)

BEM-ESTAR EM TODAS AS DIMENSÕES

OBRIGADO!!!

Dr. Eduardo Maia Magalhães
Nutrologia e Gerontologia

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