

28. VFED Online Kongress

Aachener Diätetik Fortbildung

Healthy Hedonism!

**Harte Schale,
kerngesund?**



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Healthy Hedonism!

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„Du bist, was du isst“ – und was ist mit meinen Gedanken?

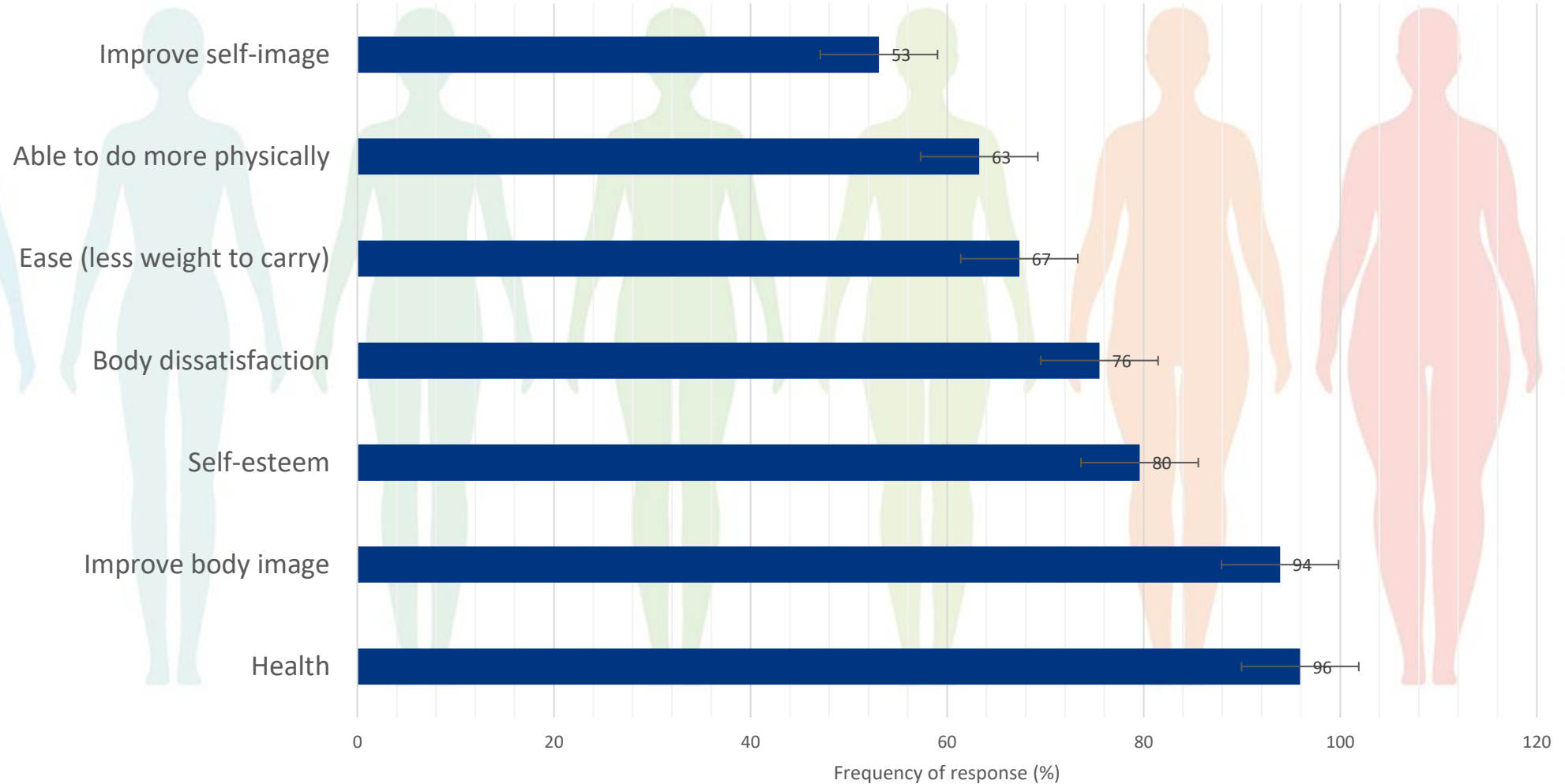
#MachtDerGedanken
#IntrinsischeMotivation
#SelfTalk
#PistachioPower



Weight-Regulation-Study

2009-2016, Follow Up 2017

Motivation for weight control



#MachtDerGedanken



Milkshake Experiment

Prof. Alia Crum (& Team) 2014:

Mind Over Milkshake: How Your Thoughts Fool Your Stomach



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Milkshake Experiment

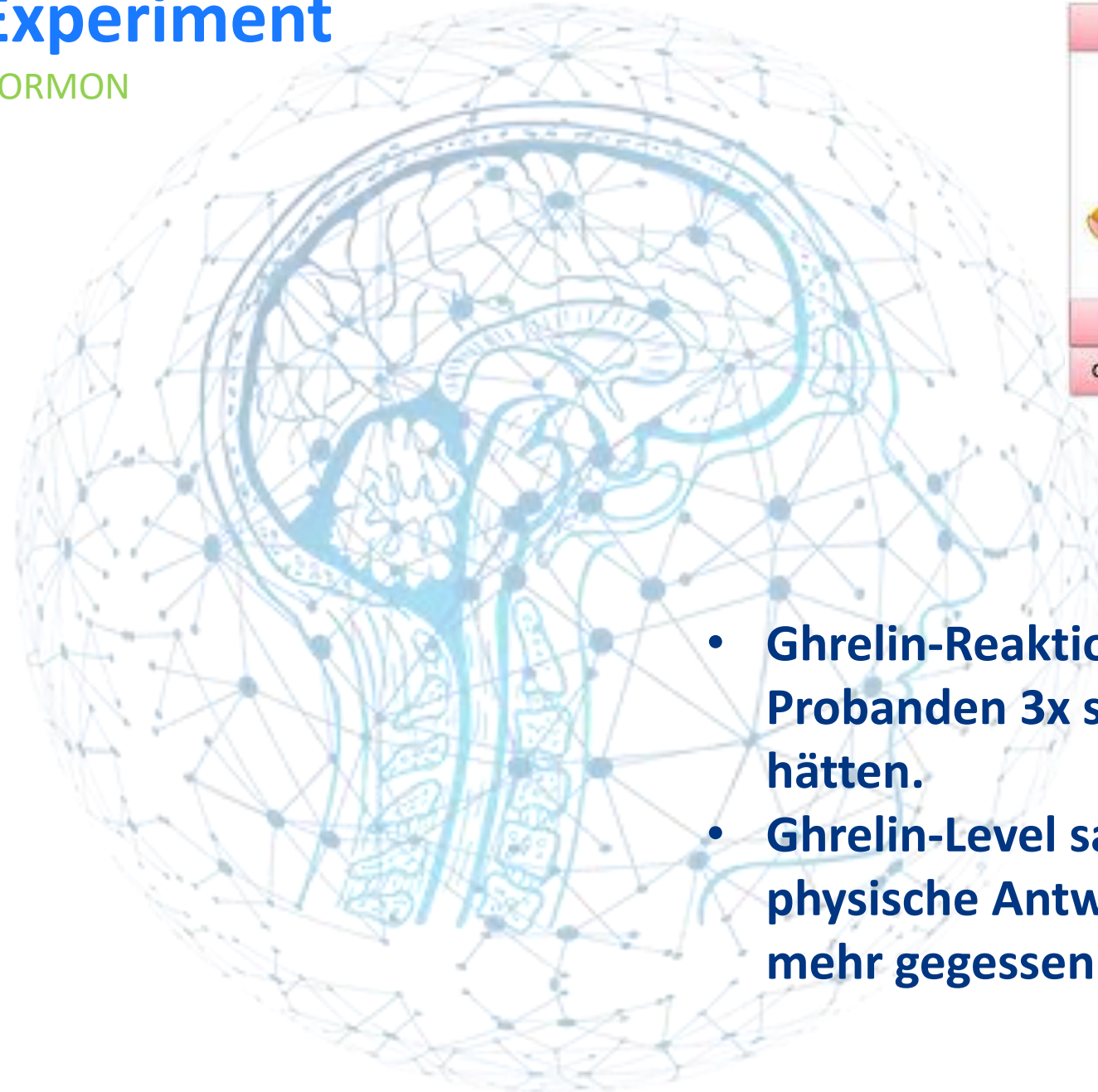
GRHELIN = HUNGER HORMON





Stomach Empty	Stomach Full
	
↑ Ghrelin = ↑ Appetite	↓ Ghrelin = ↓ Appetite
CCK, GLP-1, PYY – all ↓	CCK, GLP-1, PYY – all ↑

Milkshake Experiment

GRHELIN = HUNGER HORMON



Stomach Empty	Stomach Full
	
↑ Ghrelin = ↑ Appetite	↓ Ghrelin = ↓ Appetite
CCK, GLP-1, PYY – all ↓	CCK, GLP-1, PYY – all ↑

- Ghrelin-Reaktion so, als ob die Probanden 3x soviel gegessen hätten.
- Ghrelin-Level sank 3x mehr = physische Antwort als ob man 3x mehr gegessen hätte.

#intrinsischeMotivation

Personal Life Driver®



#intrinsischeMotivation

Personal Life Driver®



#intrinsischeMotivation

Personal Life Driver®

„Über 90% unserer Patienten versuchen ihre emotionalen Energieabfluss durch Nahrungsenergie wieder auszugleichen“

#selftalk

Personal Life Driver®



**„Würdest du, so wie du mit dir selbst
redest, auch mit deiner besten
Freundin reden? “**

#intrinsischeMotivation

Personal Life Driver®



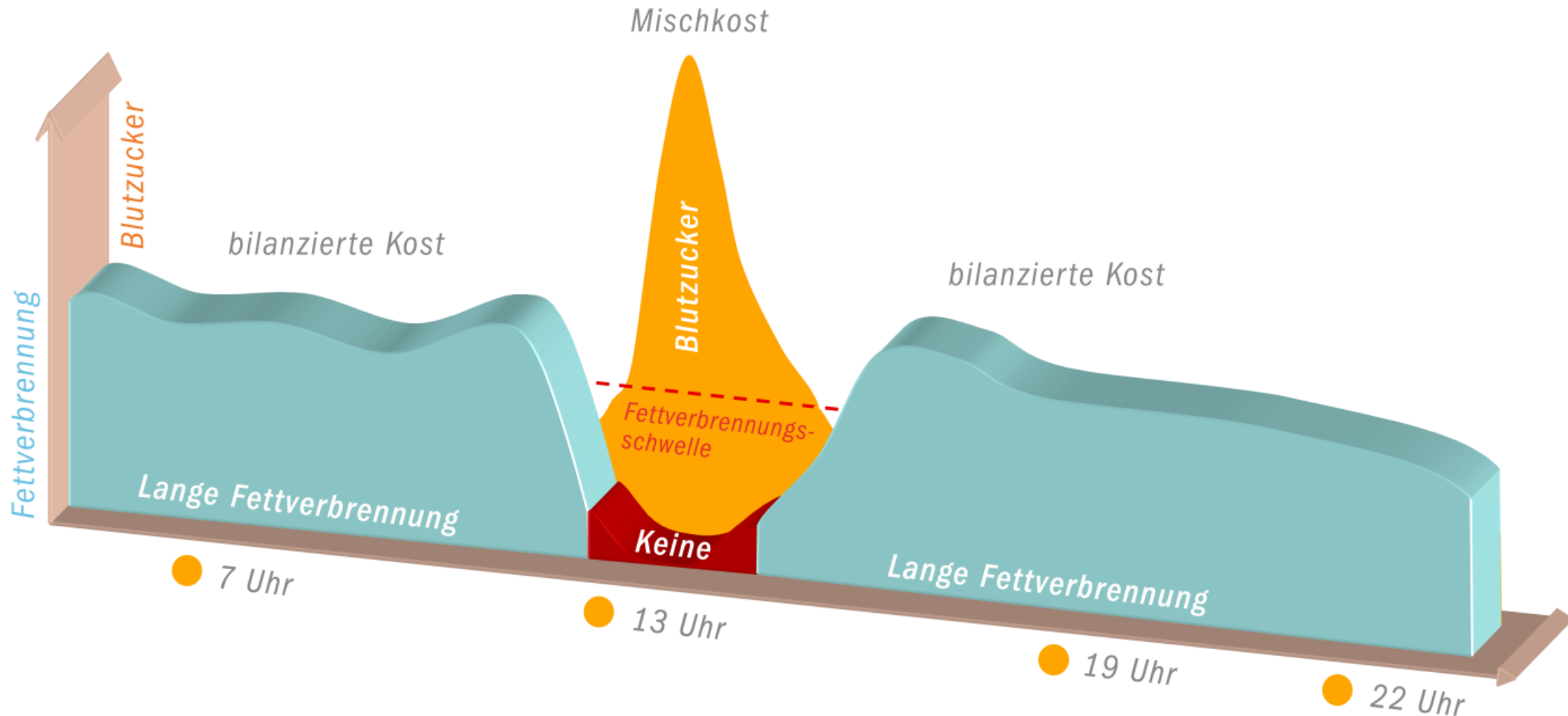
#PistachioPower

500kcal täglich



Weight-Regulation-Study

Blood sugar and fat-burning when low-GI replacement meals are used





Jan told me:
**„I ate more than
100g Pistachios
each day!“**

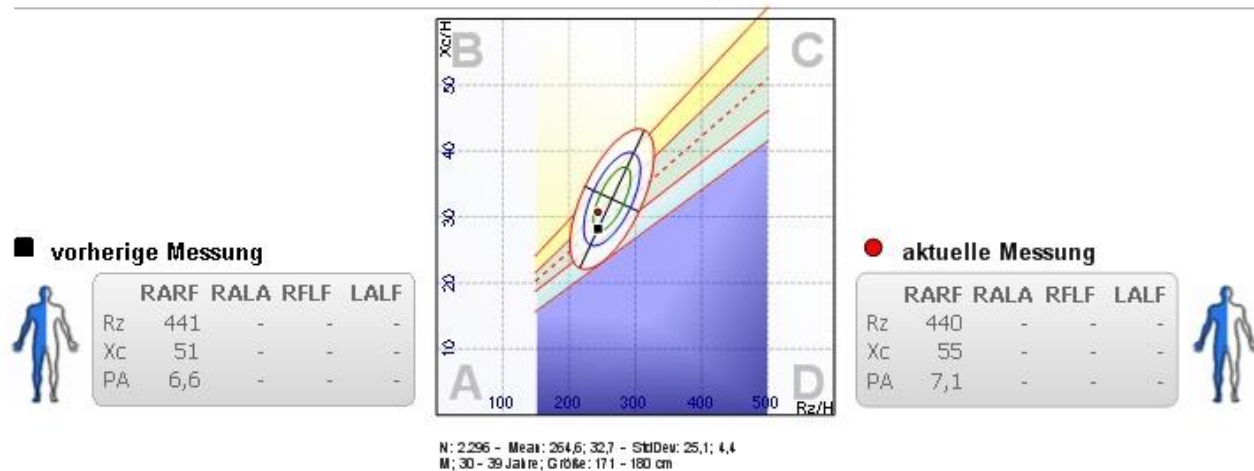


Weight-Regulation-Study

Case Study: Mr. Jan H.



Alter: **41** Größe: **179 cm** Anzahl der Messungen: **7**
 Geschlecht: **männlich** Gewicht: **67,3 kg**



	■ vorherige Messung	in %	● aktuelle Messung	in %	Normalbereiche
Datum, Uhrzeit	14.11.2013 11:59		01.12.2013 12:01		
Rz/H [Ohm/m]	246,4		245,8		
Xc/H [Ohm/m]	28,5		30,7		
Phasenwinkel PA [°]	6,6		7,1		5° - 8°
Gewicht [kg]	69,0		67,3		72,7 - 79,6* kg
Differenz [kg]	-0,9		-1,7		Zielgewicht: 67,3 kg
Differenz gesamt [kg]	-5,2		-6,9		0,0
Körperzellmasse BCM [kg]	34,0	53,8	35,2	56,0	min. 24,5 kg (31,0 FFM%)
Differenz [kg]	0,70		1,2		Normal:> 34,0 kg
Differenz gesamt [kg]	6,2		7,4		(> 43 FFM%)
Fettmasse FM [kg]	5,7	8,3	4,3	6,5	9,5 - 19,0 kg
Differenz [kg]	-1,2		-1,4		(12 - 24 FFM%)

Case Study

Benefits of Pistachio Snacking

↓ **Body Weight**

↓ **Body Fat**

↓ **BMI**

↓ **Extra-Cellular Water**



↑ **Body Cell Mass**

↑ **Intra-Cellular Water**

↑ **Cell Nurishment**

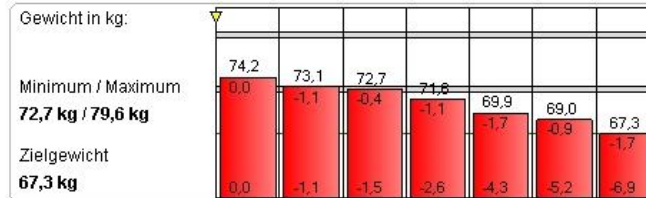
↑ **Total Body Water**

Results: Case Study

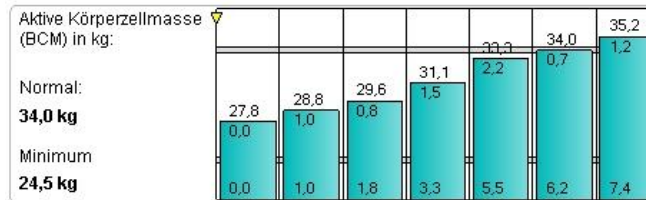
Mr. Jan-Ole H.

PA [°]	4,9	5,1	5,3	5,9	6,4	6,6	7,1
BMI:	23,2	22,8	22,7	22,3	21,8	21,5	21,0
ICV [l]:	21,6	22,4	23,0	24,1	25,8	26,3	27,2

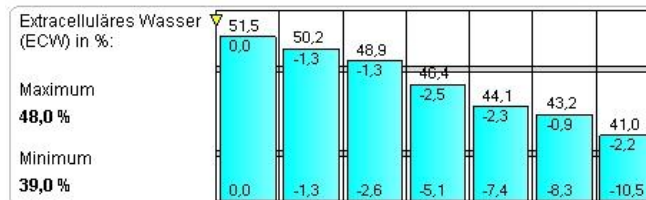
+2,2° phase angle



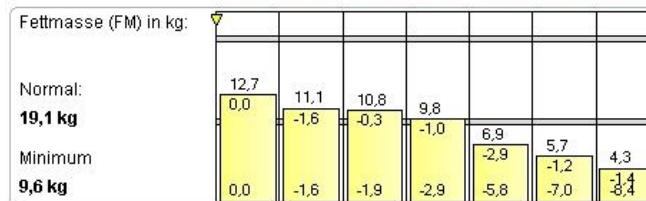
-6,9 kg total body weight



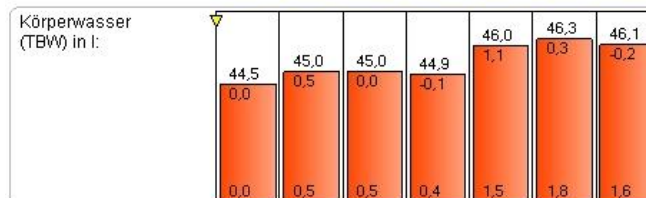
+7,4 kg body cell mass



-10,5% extra cellular water



-8,5 kg body fat



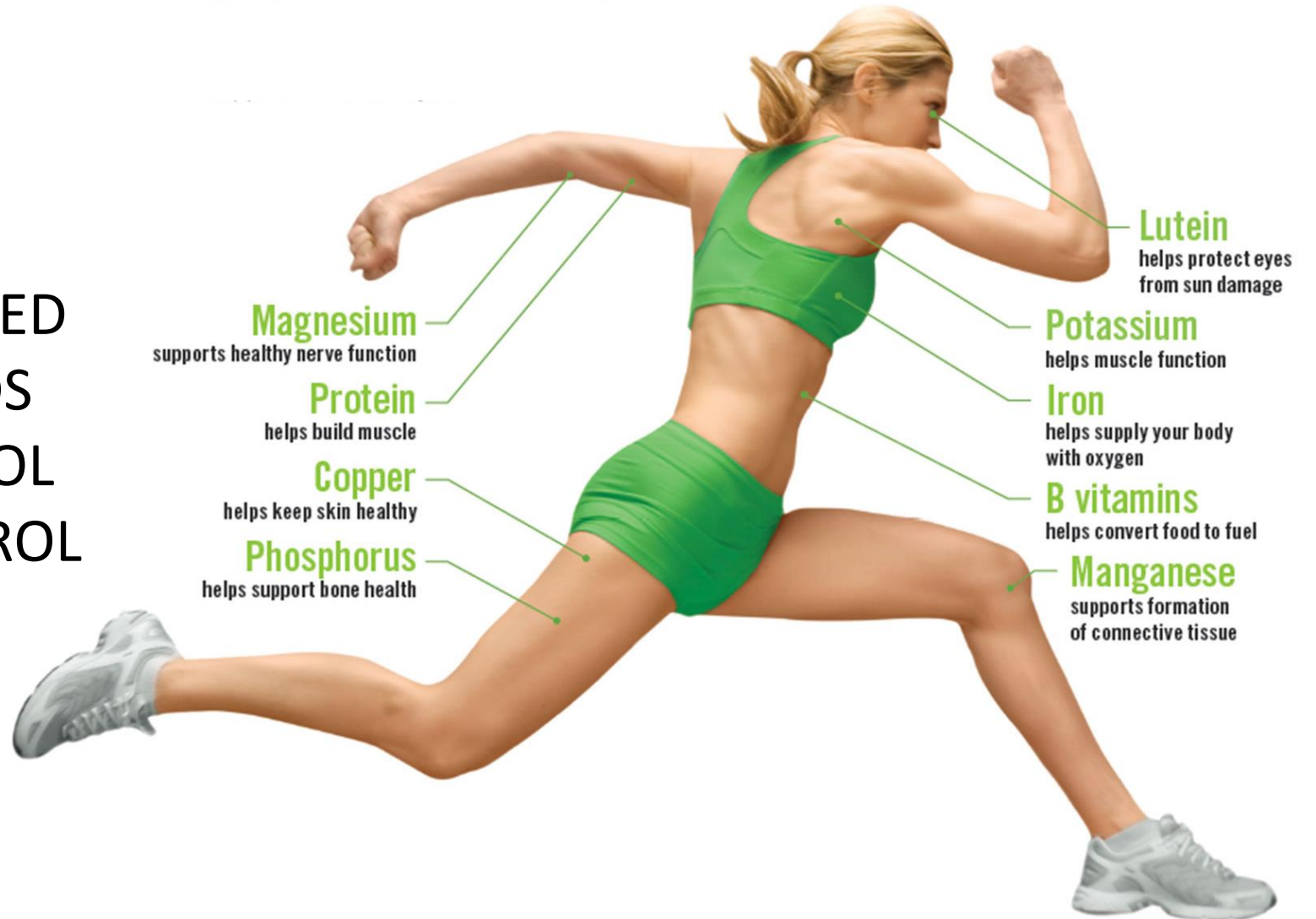
+1,6 l total body water

Case Study

Benefits of Pistachio Snacking



- ✓ FIBRES
- ✓ PLANT BASED FATTY ACIDS
- ✓ POLYPHENOL
- ✓ PHYTOSTEROL





Zitierte Literatur: 1. Burns-Whitmore B, Hall LM, Towne AH, Roy S. Effects of pistachio on body composition and blood lipids in healthy young women. *FASEB J.* 2014.

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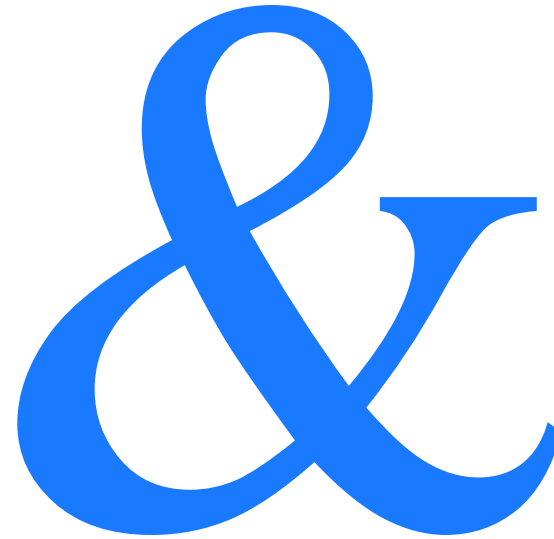
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QUESTIONS



ANSWERS



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