



EATING TO PREVENT DISEASES

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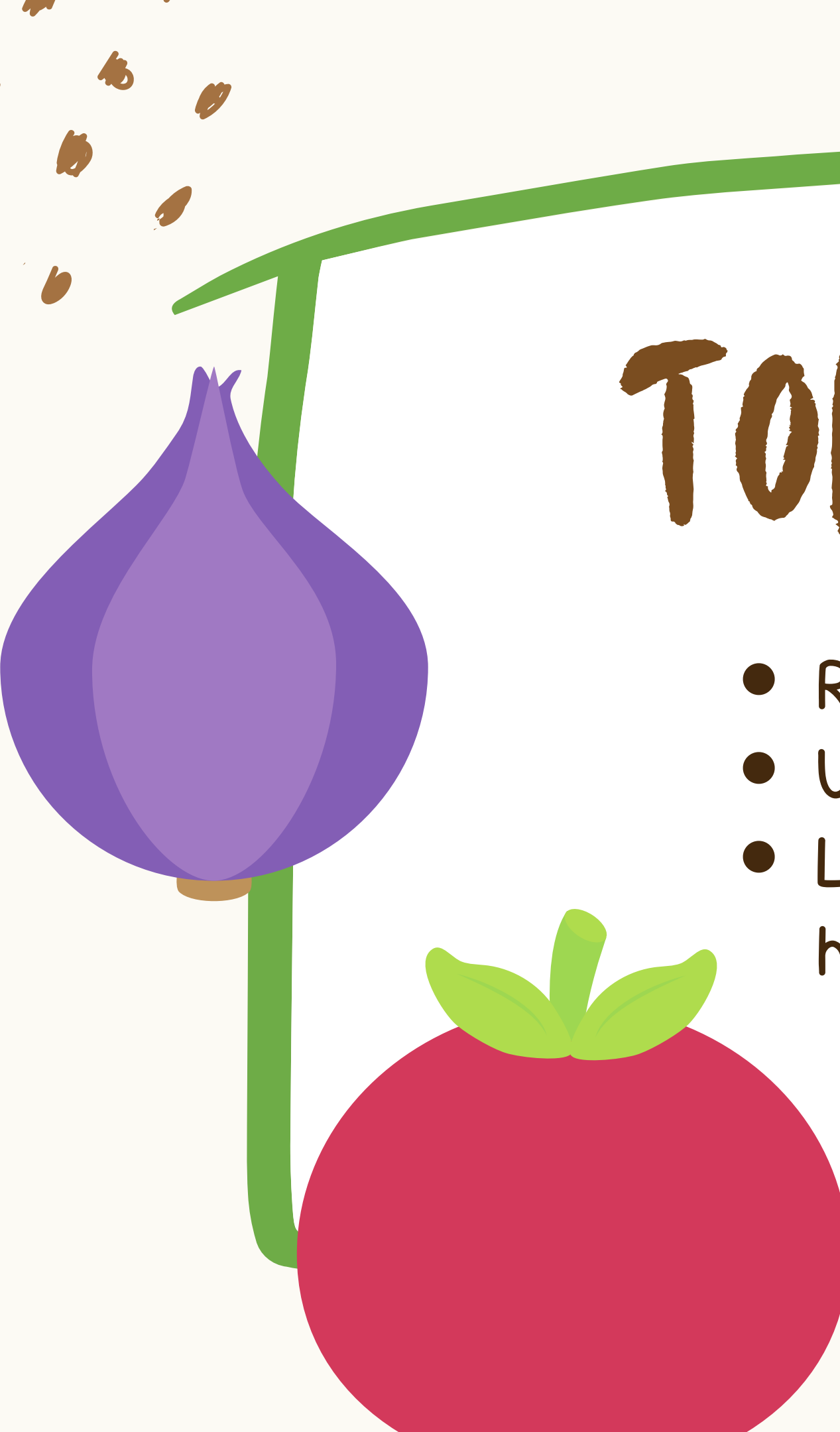
WELCOME!

- Jenny Cheifetz
- The Flirty Vegan
- Coaching, workshops, podcast, content creator



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A decorative green vine starts from the bottom left, goes up to a purple flower, then curves around the top and right side of the text box, and finally goes down to a red tomato at the bottom left. There are also some small brown seed-like shapes scattered around the vine.

TODAY'S GOALS:

- Recognize the link between diet and health
- Understand your power over health
- Learn the basics plant-based nutrition and healthy lifestyle habits

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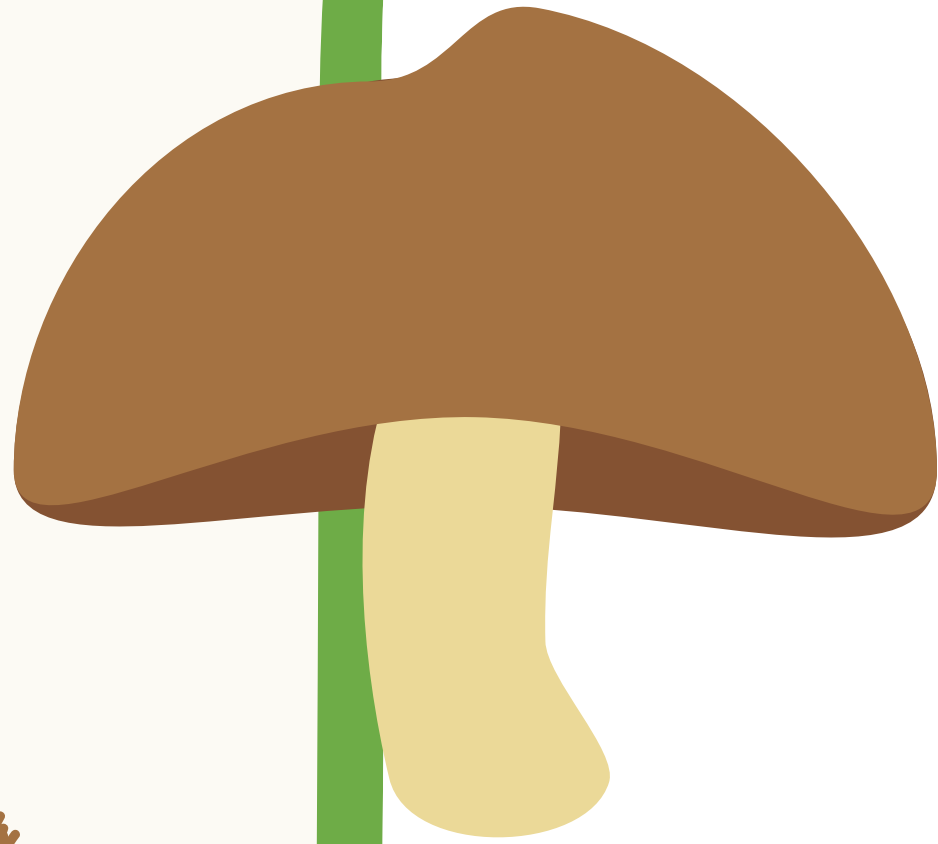
WHAT'S YOUR WHY?



- Current health concern?
- Family and friends?
- Read or saw something?
- Doctor recommendation?
- Didn't have anything else to do?

WHAT ARE DISEASES?

- Acute vs. chronic
- Do age and genetics matter?
- Consistency plays a role
- The traditional medicine formula

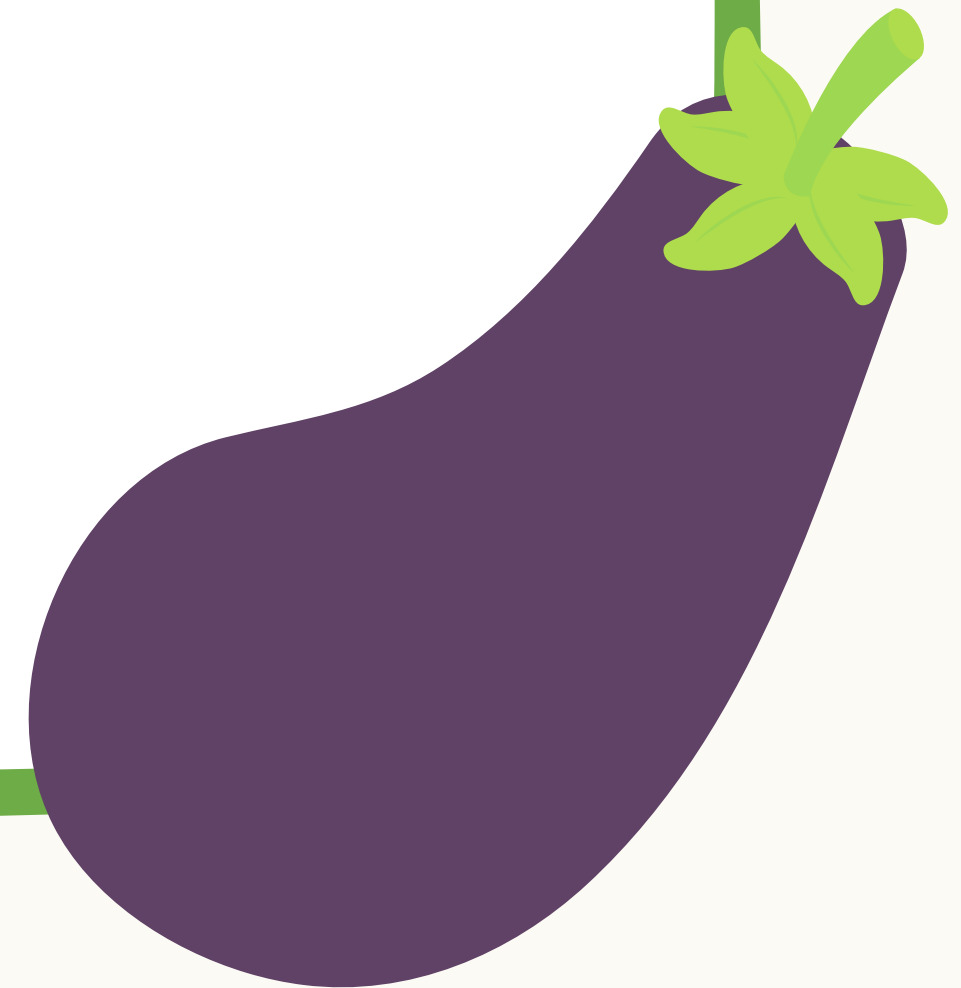


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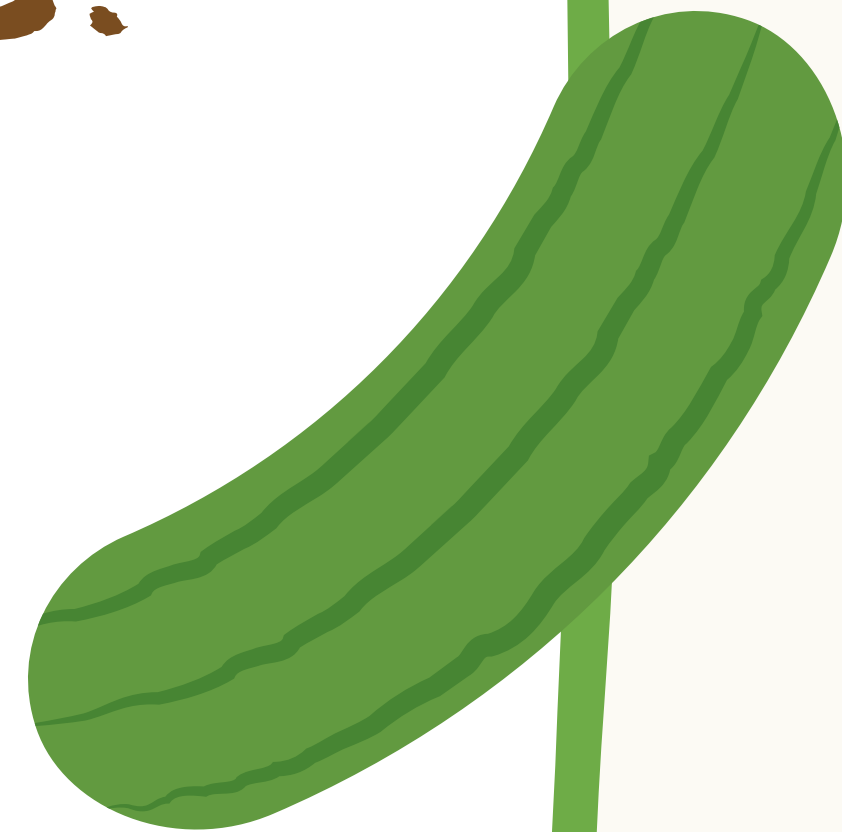
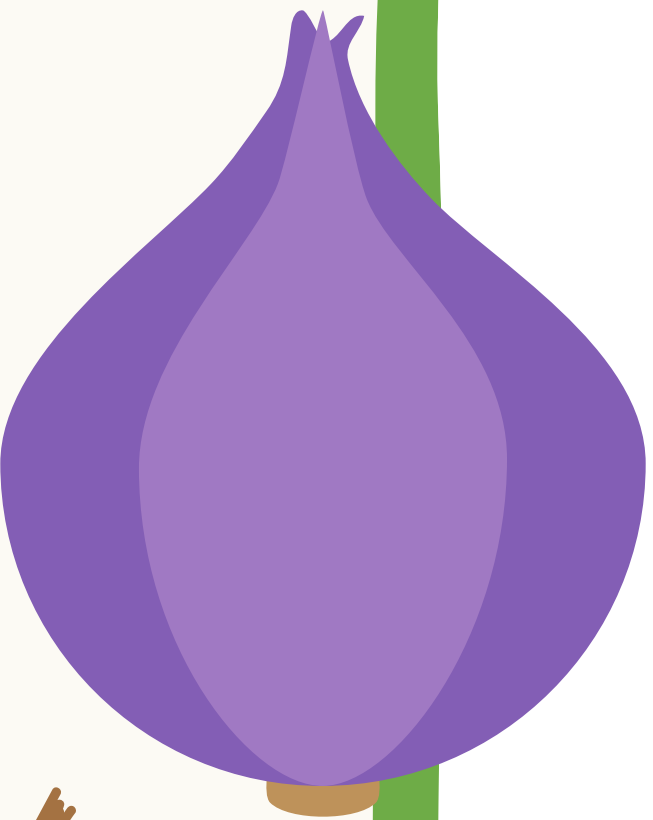
WHAT is "PLANT-BASED"?

- Definition and distinction
- Diet versus lifestyle



WHAT ARE PLANTS?

- Vegetables
- Fruits
- Whole grains
- Beans & lentils
- Nuts & seeds
- Herbs & spices



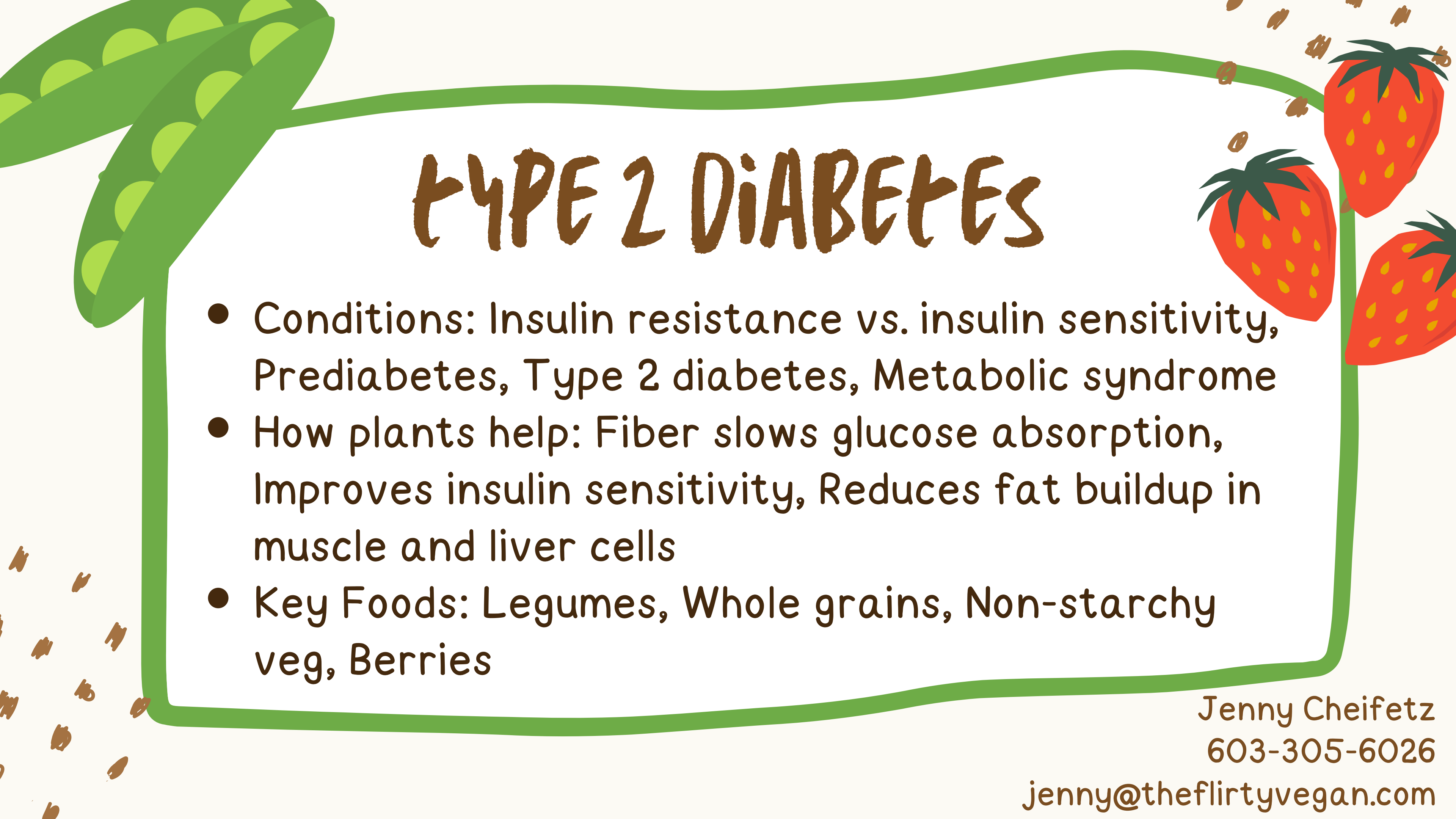


HEArT DiSEAsE

- Conditions: Coronary artery disease, High LDL cholesterol, High BP, Atherosclerosis
 - How plants help: Soluble fiber lowers LDL cholesterol, Antioxidants reduce arterial inflammation, fiber and Potassium-rich foods lower blood pressure, No dietary cholesterol
 - Key Foods: Oats, beans, lentils, Leafy greens, Berries, Nuts/seeds
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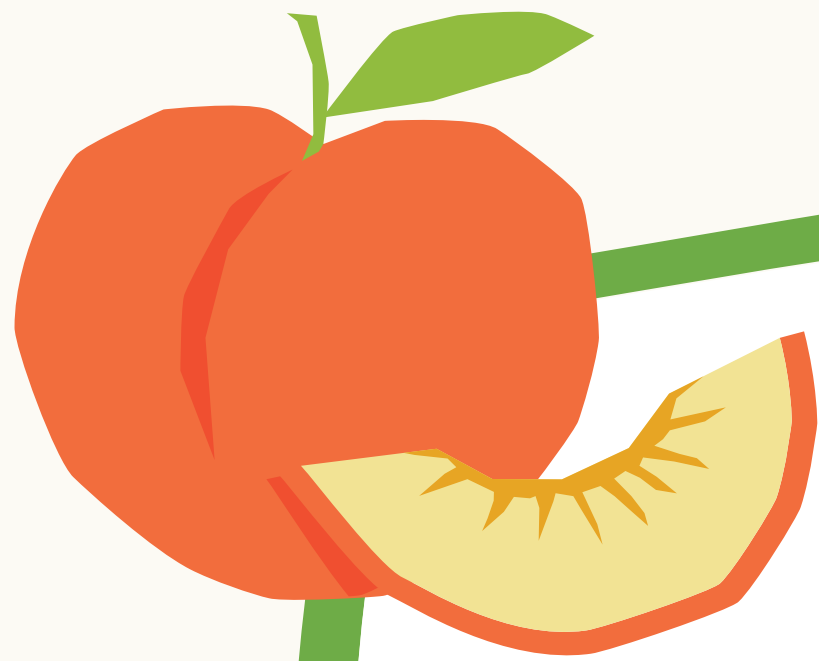


TYPE 2 DIABETES

- Conditions: Insulin resistance vs. insulin sensitivity, Prediabetes, Type 2 diabetes, Metabolic syndrome
- How plants help: Fiber slows glucose absorption, Improves insulin sensitivity, Reduces fat buildup in muscle and liver cells
- Key Foods: Legumes, Whole grains, Non-starchy veg, Berries

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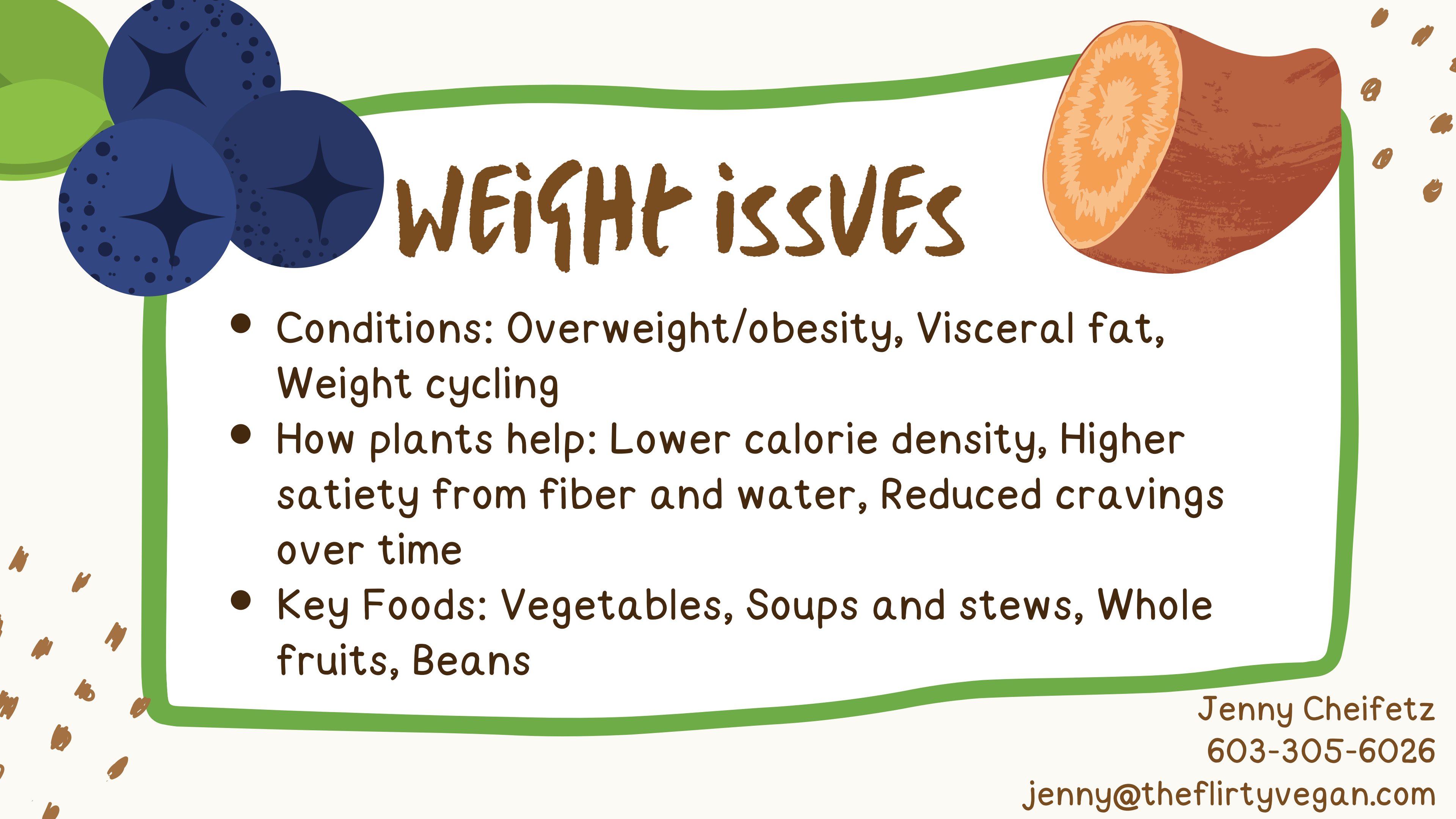
CANCER



- Cancers with strongest links: Colorectal, Breast, Prostate
- How plants help: Fiber helps remove carcinogens. Phytochemicals protect cells, Lower intake of processed meats (classified carcinogens)
- Key Plant Foods: Cruciferous vegetables (broccoli, kale), Beans, Whole grains, Fruits and vegetables of all colors

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The slide features a light cream background with a green wavy line border. On the left, there are three blueberries with dark blue spots and star-shaped highlights. On the right, there is a sliced orange showing its segments and a whole brown nut. Small brown nut-like shapes are scattered along the bottom and right edges of the green border.

WEIGHT issues

- Conditions: Overweight/obesity, Visceral fat, Weight cycling
- How plants help: Lower calorie density, Higher satiety from fiber and water, Reduced cravings over time
- Key Foods: Vegetables, Soups and stews, Whole fruits, Beans

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GUT / DIGESTIVE ISSUES

- Conditions: Constipation, IBS, diarrhea, Diverticulosis
- How plants help: Fiber feeds beneficial gut bacteria, Produces short-chain fatty acids that reduce inflammation, Improves bowel regularity
- Key Foods: Beans and lentils, Vegetables, Whole grains, Fermented plant foods (kimchi, sauerkraut)



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AUTOIMMUNE

- Conditions impacted: Rheumatoid arthritis, Psoriasis, Lupus, MS, Chronic joint pain
- How plants help: Antioxidants reduce oxidative stress, Omega-3s from flax, chia, walnuts reduce inflammation, Reduced intake of pro-inflammatory foods
- Key Foods: Leafy greens, Berries, Turmeric, ginger, Flax and chia seeds

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Brain/MENTAL HEALTH

- Conditions impacted: Cognitive decline, Mood disorders, Brain aging
- How plants help: Antioxidants protect brain cells, Improved blood flow, gut brain connection
- Key Foods: Berries, Leafy greens, Nuts and seeds, Whole grains



Oatmeal



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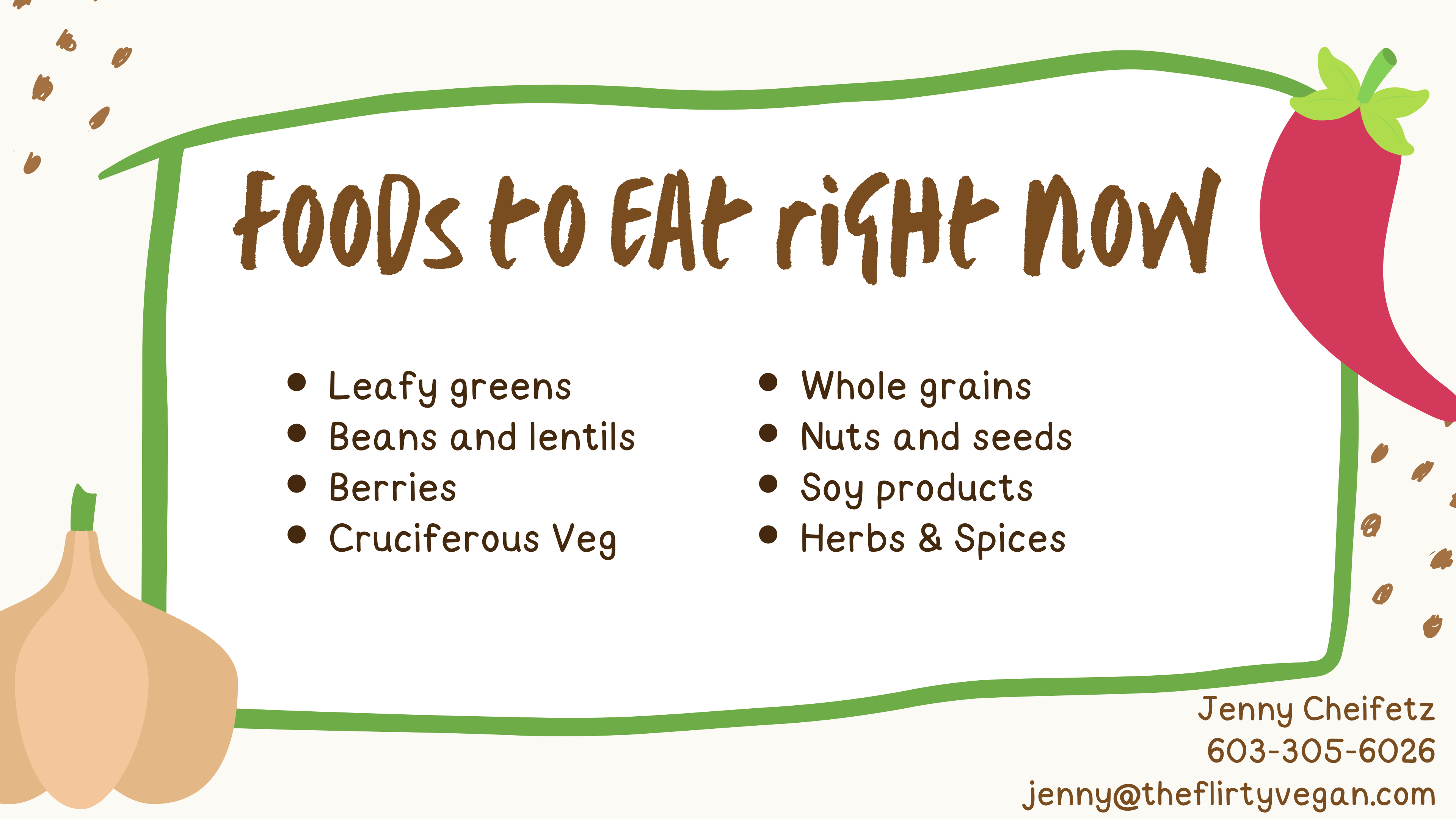
SKIN, MENstrUAL, rESPIrAtory

- Conditions impacted: Acne, painful periods, perimenopausal symptoms, asthma, allergies
- How plants help: Antioxidants, anti-inflammatory, iron
- Key Foods: All plants, Omega 3, leafy greens, soy, NO DAIRY



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FOODS to EAT right now

- Leafy greens
- Beans and lentils
- Berries
- Cruciferous Veg
- Whole grains
- Nuts and seeds
- Soy products
- Herbs & Spices

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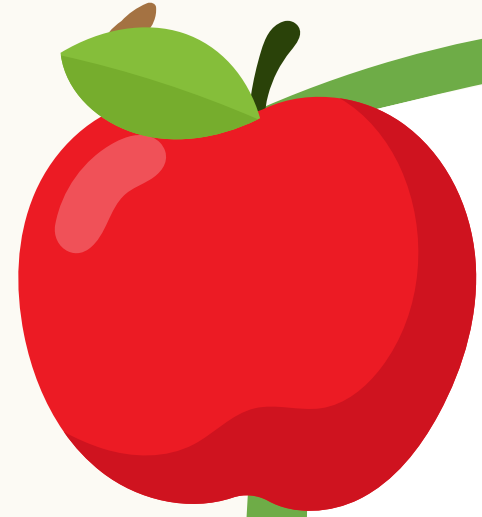
SWAPS & STRATEGY

- Meat chili → bean or lentil chili
- White rice → brown rice or quinoa
- Processed snacks → fruit + nuts
- Dairy cream → cashew, oat, almond

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HABItS/LIfEstYLE



- Movement
- Sleep
- Stress management
- Toxic load
- Healthy habits

A green vine with a yellow pumpkin, ginger root, and pineapple. The pumpkin is at the top left, the ginger root is below it, and the pineapple is at the bottom left. The vine curves around the text area.

RECOMMENDED EXPERTS

- Dr. Michael Greger - EVERYTHING
- Dr. Kristi Funk - BREAST HEALTH
- Dr. Garth Davis - PROTEIN
- Dr. Frank Sabatino - WEIGHT
- Dr. Cyrus Khambatta - DIABETES
- Dr. Will Bulsiewicz - GUT ISSUES

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WrAP-VP

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