

Lincoln Head and Neck Warriors Minutes: July 9, 2024

Five survivors and Polly were present.

The author, Kerri Denell will be presenting at our October meeting instead of our September meeting as was previously reported.

Polly continued her presentation on Functional Nutrition. She talked about saturated fats and trans-fat, carbs and sugar, recommended servings, the 5 Blue zones (regions in the world where people tend to live longer): Okinawa, Japan, Loma Linda, California, Nicoya Peninsula, Costa Rica, Sardina, Italy and Ikaria, Greece. She also talked about "Eating the Rainbow," refined sugars and hydrogenated oils, reading labels and BMI and daily water consumption. She finished the meeting discussing alternative to sugar such as monk fruit and stevia. This has been an interesting presentation, and we appreciate Polly sharing it with us. She will be continuing this presentation at our next meeting, and we encourage you to attend.

David C. will assist Polly in planning upcoming speakers, and suggested we conduct a survey of the group as to ideas for speakers or outings for our meetings. If anyone has any ideas in the meantime, please let Polly know.

Our next meeting will be Tuesday, August 13 @ 5:15pm at Balance Mobility, 4001 O Street.