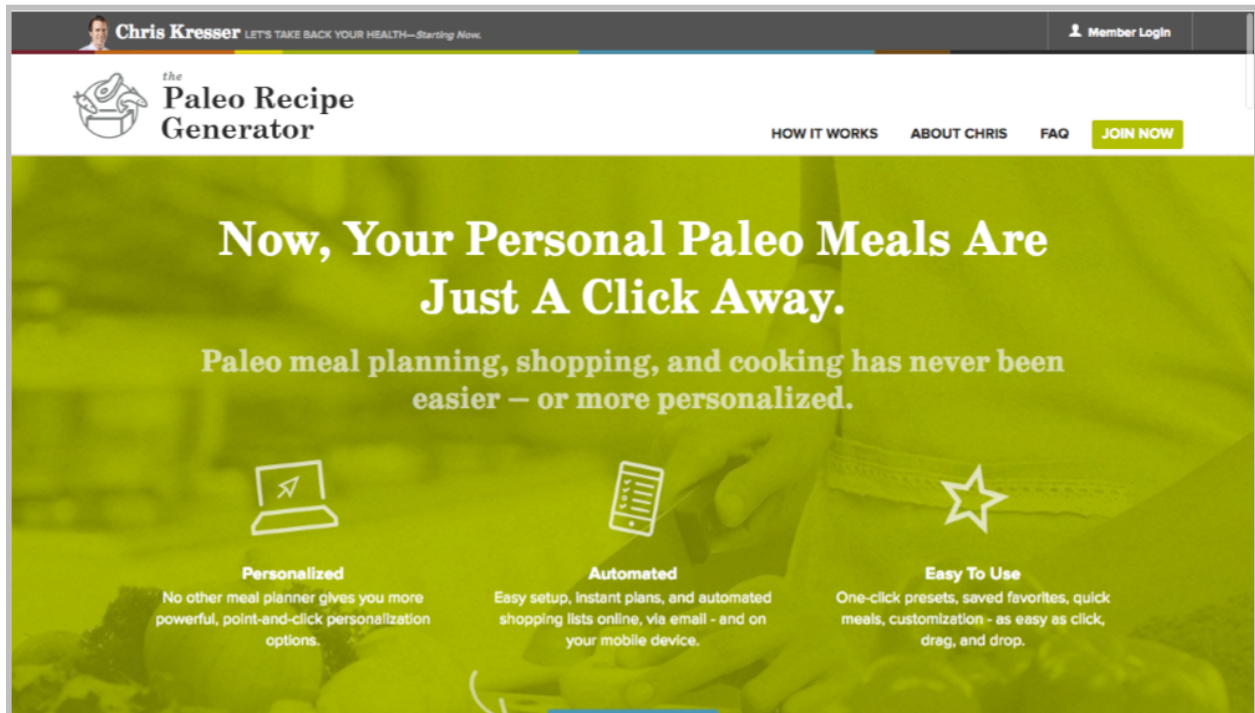
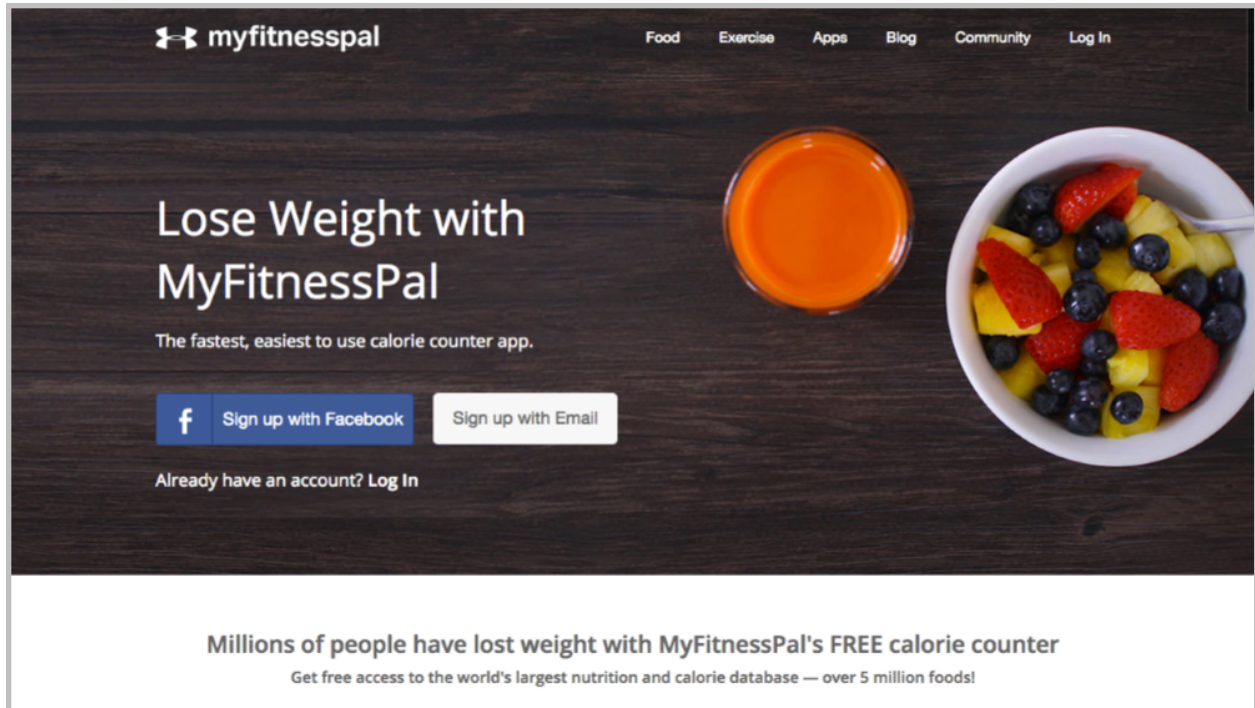


Resources for Patients: Hardware, Websites, and Apps

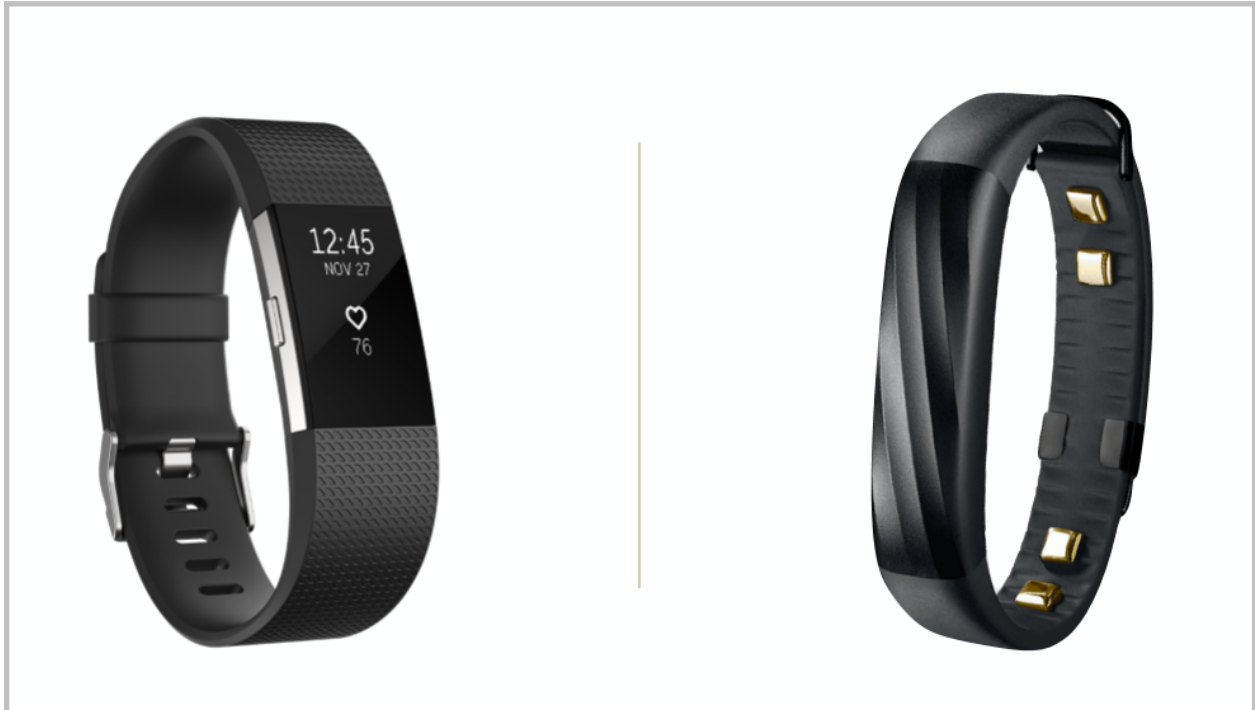
Hey, everyone. In this presentation, we're going to talk about hardware, websites, and apps that can be helpful resources for patients.



The first one is the Paleo Recipe Generator. This is a web app that we put together that helps people create personalized meal plans according to their needs and preferences. It's really easy to set up. It can generate instant plans based on particular approaches such as autoimmune, low-carb, or strict Paleo. It generates an automated shopping list within the web app, which is formatted for mobile and desktop so that patient can walk through the store and just check things off that they need. It also sends an email with the shopping list, and they can generate a meal plan for a day, for a week, or any period. It's really helpful, especially if someone is not that familiar with this kind of approach to cooking and food preparation. They can check it out, PaleoRecipeGenerator.com.



For diet and nutrition tracking, tracking macronutrient intake, and calorie intake, there are a number of options out there. MyFitnessPal is probably one of the most popular and one of the best. It's a free calorie and macronutrient/micronutrient tracker that can be used on desktop or mobile devices, and you can use it to track food intake, exercise, set goals, or look up nutrition information for specific foods. For example, if you want to know how many carbohydrates a food has or how much zinc it has, you can use MyFitnessPal. Other options are CRON-O-Meter and FatSecret, but MyFitnessPal is the one that I typically recommend to my patients.



Then we have a variety of hardware trackers, hardware devices that can track various things. One would be a pedometer, which tracks steps and other aspects of physical activity. FitBit, of course, is probably the best known, and it can track activity, food, weight, and sleep. The Jawbone UP wristband and app allows users to track their sleep, eating habits, and daily physical activity, including steps taken and calories burned.

You probably read some mixed reports of these kinds of devices, whether they actually increase physical activity or improve compliance. There is mixed research on this, and there is certainly a file drawer phenomenon that happens here where patients will use them for a week and then put them in the drawer and forget about them. I think on their own they are not super useful, but when paired with a program such as 14Four where patients are using them in conjunction with a guided diet and lifestyle change program, they are much more useful. I used one early on, and I just after a little while, I was able to predict my activity level down to 500 steps just from having used it for a little while, and I no longer felt it was necessary to continue using it. A number of my patients feel the same way. They can be good, especially as a starting place, but their long-term results are somewhat mixed.



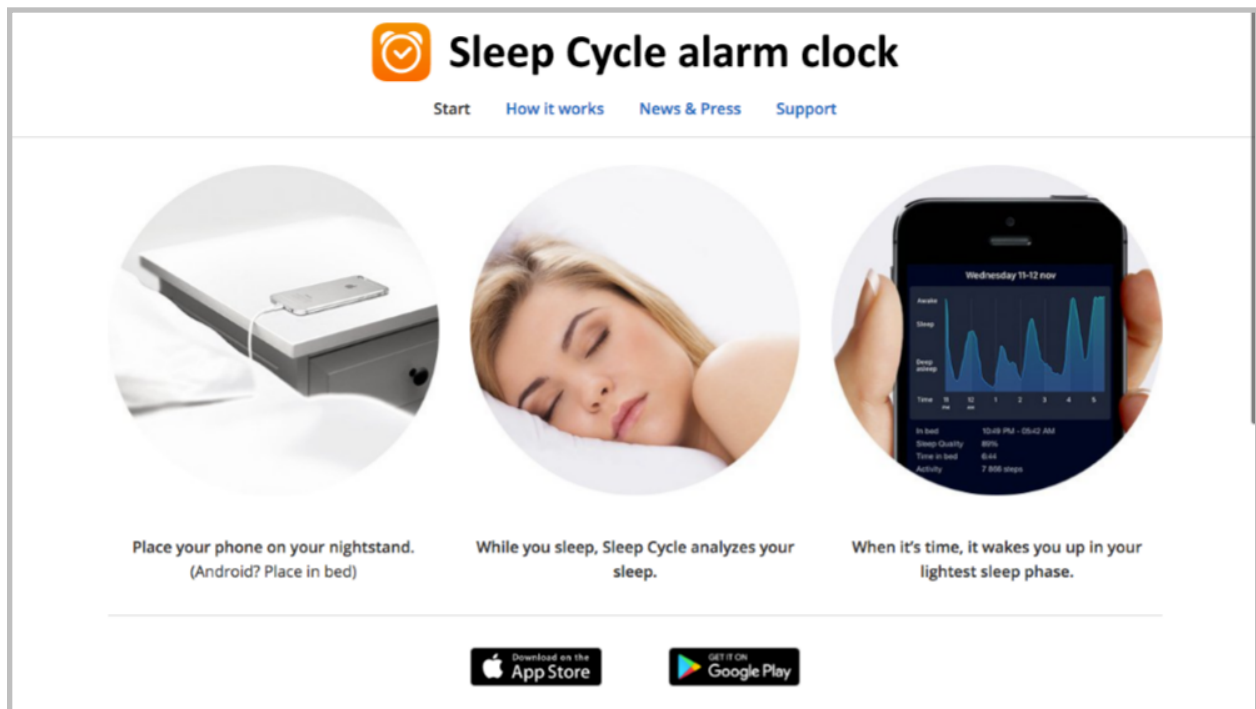
There are a variety of other helpful fitness apps. MapMyFitness has running maps to gym workouts. You can track all of your fitness workouts online or via a mobile application. Jefit gives you simple tools for crafting weightlifting workouts and keeping track of the details as you complete your routines. StrongLifts 5x5 is a simple, effective workout to get stronger, build muscle, and burn fat using three exercises three times a week and 45 minutes per workout. Nike+training allows you to choose from 100-plus workouts created by Nike master trainers and led by Nike pro athletes. Freeletics is a personal workout plan based on your fitness level and focuses on high-intensity body weight training anytime and anywhere. All of these can be really useful depending on your patients' needs and preferences.

The screenshot shows the Fitbit app interface with the following sections:

- fitbit flex 2** (top left)
- FEATURES**, **FITNESS**, **SMART**, **ACCESSORIES**, **APP** (top navigation)
- 8,793 steps** (main activity metric)
- Activity summary: 11 floors, 2.6 miles, 1768 calories, 15 minutes
- Sleep summary: 7 hr 5 min, 2 of 5 days
- All-Day Activity Tracking**: Track your steps, distance, calories burned, active minutes, hourly activity and stationary time.
- SmartTrack**: Automatically track activities like running, sports and aerobic workouts, then see exercise summaries in the Fitbit app.
- Auto Sleep Tracking**: Automatically track how long and how well you sleep, set a sleep goal and bedtime reminder to form good habits & wake up peacefully with a silent alarm.

For sleep tracking, FitBit and Jawbone UP offer wearable tracking devices that record not only physical activity, but also sleep activity and quality. I have spoken to sleep scientists about this, such as Dan Pardi, and the sleep tracking that these devices do is relatively basic. It can provide some information, but certainly not nearly as accurate or detailed as the patient would get by

doing a sleep study, but in terms of just things such as time in bed, which is perhaps the most important metric to track overall, they can be useful.



Sleep Cycle alarm clock

Start How it works News & Press Support

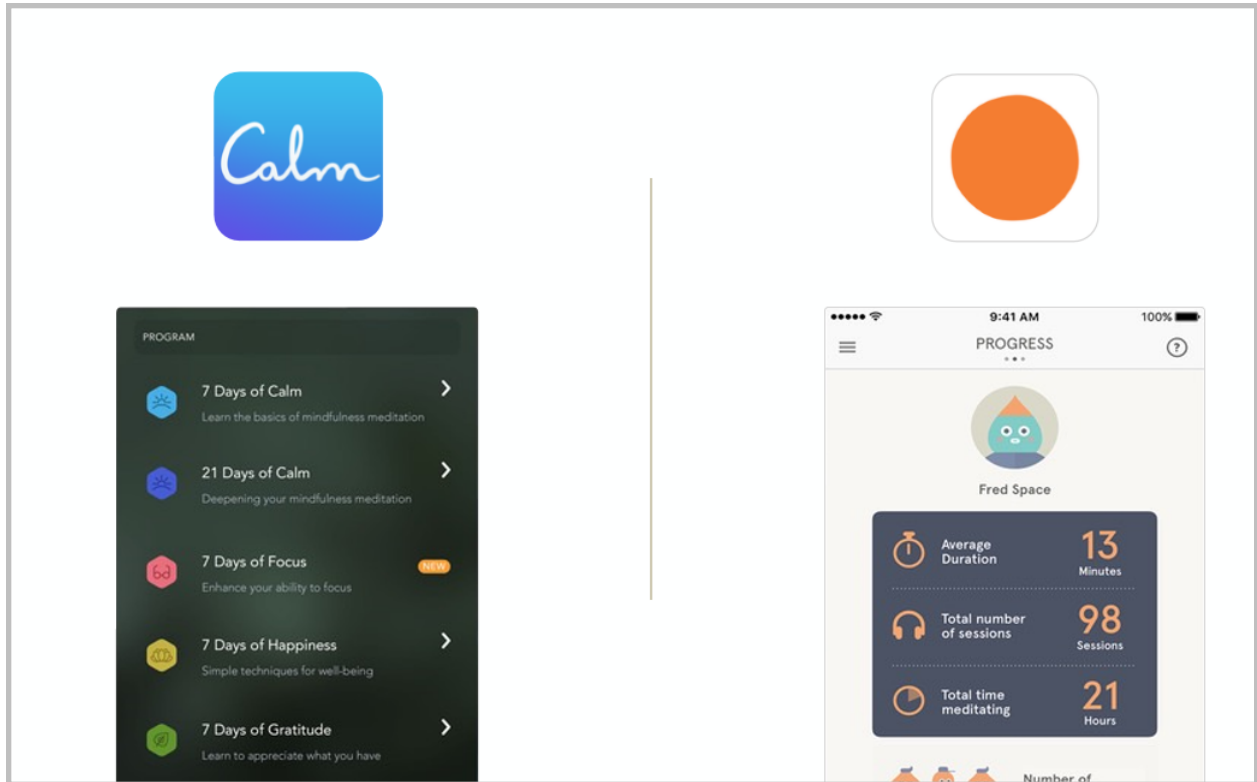
Place your phone on your nightstand.
(Android? Place in bed)

While you sleep, Sleep Cycle analyzes your sleep.

When it's time, it wakes you up in your lightest sleep phase.

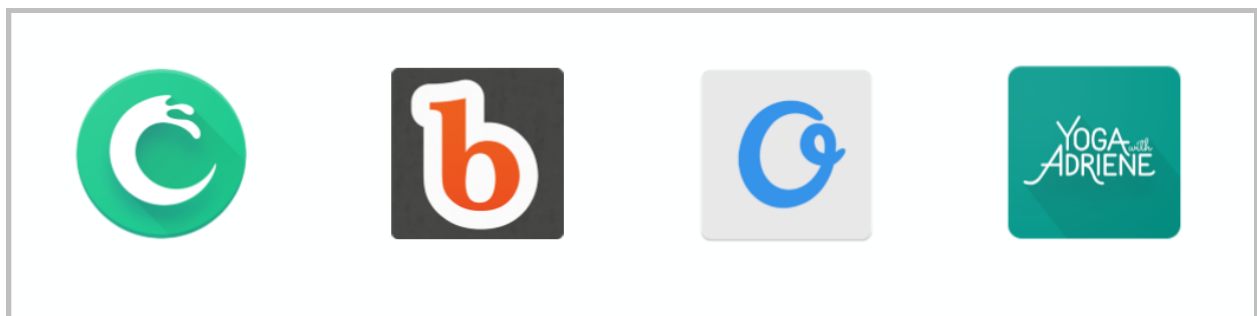
Download on the App Store GET IT ON Google Play

There are a variety of alarm clock apps such as Sleep Cycle, Sleep as Android, and SleepBot that track your sleep patterns and wake you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock versus waking up in the middle of a deep sleep cycle. I have mixed feelings about these apps. They require the phone to be in the bedroom, which I'm not a fan of at all. It's too tempting for many people to have their phone in their bedroom. They can just reach over and check their email or respond to a text message or something like that. You can put the phone in airplane mode, of course, but everybody knows how to turn that off. If someone is going to be tempted by having their phone there next to them, then it's probably not a good idea. However, if someone can have the phone in there and turn airplane mode on so that only the alarm clock function is working, then this could be acceptable, and some people do find that it is helpful.



There are a variety of stress management and meditation apps out there. The two best, in my opinion, are Headspace, which is a service that provides short, guided meditation sessions and mindfulness training. It's content can be accessed online via a web browser or by a mobile app, and they have both free and paid programs. The other one is called Calm. It allows you to choose from several relaxing nature scenes and then select between a two-, 10-, or 20-minute guided meditation session.

As I have discussed before, I think the best way to learn meditation is from a teacher, but for some patients, they are not willing to do that, or they perhaps live in a place where it is more difficult to find a teacher, or they would prefer to get started using an app such as this, then this is a really good way to get people started.



Other good stress management apps and websites include Pacifica, which is an app for stress, anxiety, and worry based on cognitive behavioral therapy and mindfulness training; Buddhify, which offers over 80 guided meditations that are custom-made for wherever you are and what you're doing, traveling at work, at home, going to sleep, and more; Omvana, which offers a variety of meditation tracts for focus, peace, sleep, and more; and Yoga with Adriene, which is a collection of free yoga practices that can suit your mood, work up a sweat, calm you down, or provide stress relief. She also has a YouTube channel that has a lot of great free videos as well.

Again, you know, these are good starting places. I think it's much better to take something such as the mindfulness-based stress reduction program at a local hospital or study meditation with a teacher, but these are great starting places.



Behavior change apps and sites that can help keep clients on track with their goals include Strides, which allows patients to track their goals and habits in one place. It helps them to stay motivated and on track with flexible reminders and helpful charts. GoalsOnTrack allows patients to work on their goals using their mobile app. It keeps all of their goals, tasks, habits, and journal data in sync between the mobile and web-based versions. There is Lifetick, which is web-based software that helps with goal setting and tracking. Then there is Rise, which is an app that is integrated with a coach. There are a number of Rise coaches who help people to lose weight, change their diet and lifestyle, and achieve a variety of different goals.



Thrive Market is an online natural food and organic products retailer. The best way to think of it is like a marriage between Costco and Whole Foods online. It's a membership-based service. You pay \$60 a year, and then you can order Whole Foods type of products between 30 and 50 percent off retail prices. Most members will pay for their membership within a few months or even a few orders because of the significant savings. It's a great way to stock up on pantry items, Paleo-approved pantry-type items. They are expanding their SKUs everyday. They have soaps, shampoos, and personal care products, so it's way beyond food, and they are just growing by leaps and bounds, so it's a really good resource to make your patients aware of.

Foods for getting healthy

Grass-fed Jerky	Steve's PaleoGoods	Potato/Sweet Potato Chips	Jackson's Honest Chips
	Epic Bars		Tropical Traditions
	Primal Pacs	Olives	Sunfood
	Tanka Bars	Jeff's Naturals	
Prepared Meats	KOL Foods	Canned Fish	Vital Choice
	Rocky Mountain Cuts		Wild Planet
	US Wellness Meats	Full Fat Yogurt/Kefir	Maple Hill Creamery
Smoked Fish	Vital Choice		Blue Hill
	Ducktrap		Redwood Hill Farm
Nut Bars	Yawp	Coconut Products	Tropical Traditions
	Go Raw	Dehydrated Fruits/Vegetables	Nature's All Foods
Nut Butters	Artisana		Just Tomatoes Etc.
	MaraNatha	Seaweed Snacks	Seasnax
	Once Again		GimMe
Kale Chips	Brad's Raw Foods	Pork Rinds	4505 Meats
	Lydia's Kind Foods	Mayonnaise	Primal Kitchen

I've listed some other food products and online retailers on this chart here on this slide, and we'll provide a handout that has all of this information. Things such as grass-fed jerky that are great for travel, prepared meats, smoked fish, nut bars, nut butters, kale chips, sweet potato chips that are made with avocado oil or coconut oil instead of polyunsaturated oils/industrial seed oils, olives, canned fish, full-fat yogurt or kefir, a variety of coconut products, dehydrated fruits and vegetables, seaweed snacks, pork rinds made with natural pork skins and no additives, and Paleo or Primal mayonnaise. All of this is really helpful for patients to comply, especially when they are traveling and outside of the home.

Okay, that's it for now. I'll talk to you next time.