

MINI-SUMMIT 2025 • DAG 1: EKSPOSOMET

Umahro Cadogan • Madens og sundhedens mastermind

Du kan spise og leve dig sund og rask • Food Can Change Your Life

Fra syg til rask • Fra usund til sund • Fra sund til personlig
toppræstation • Mad der er medicin forklædt som
himmerigsmundfulde



Aftenens program

- De praktiske detaljer
- Min egen historie
- Eksposomet
- Dine "sundhedslektier"
- I morgen

A man with a shaved head and black-rimmed glasses is leaning forward on a kitchen counter. He is wearing a blue button-down shirt that is open at the collar. He has a slight smile and is looking towards the camera. In the background, a kitchen wall with various tools hanging on it is visible. In the foreground, a glass jar filled with red jam is on the counter to the right, and a small white container is on the left.

HVEM ER JEG?

(OSCAR) UMAHRO CADOGAN

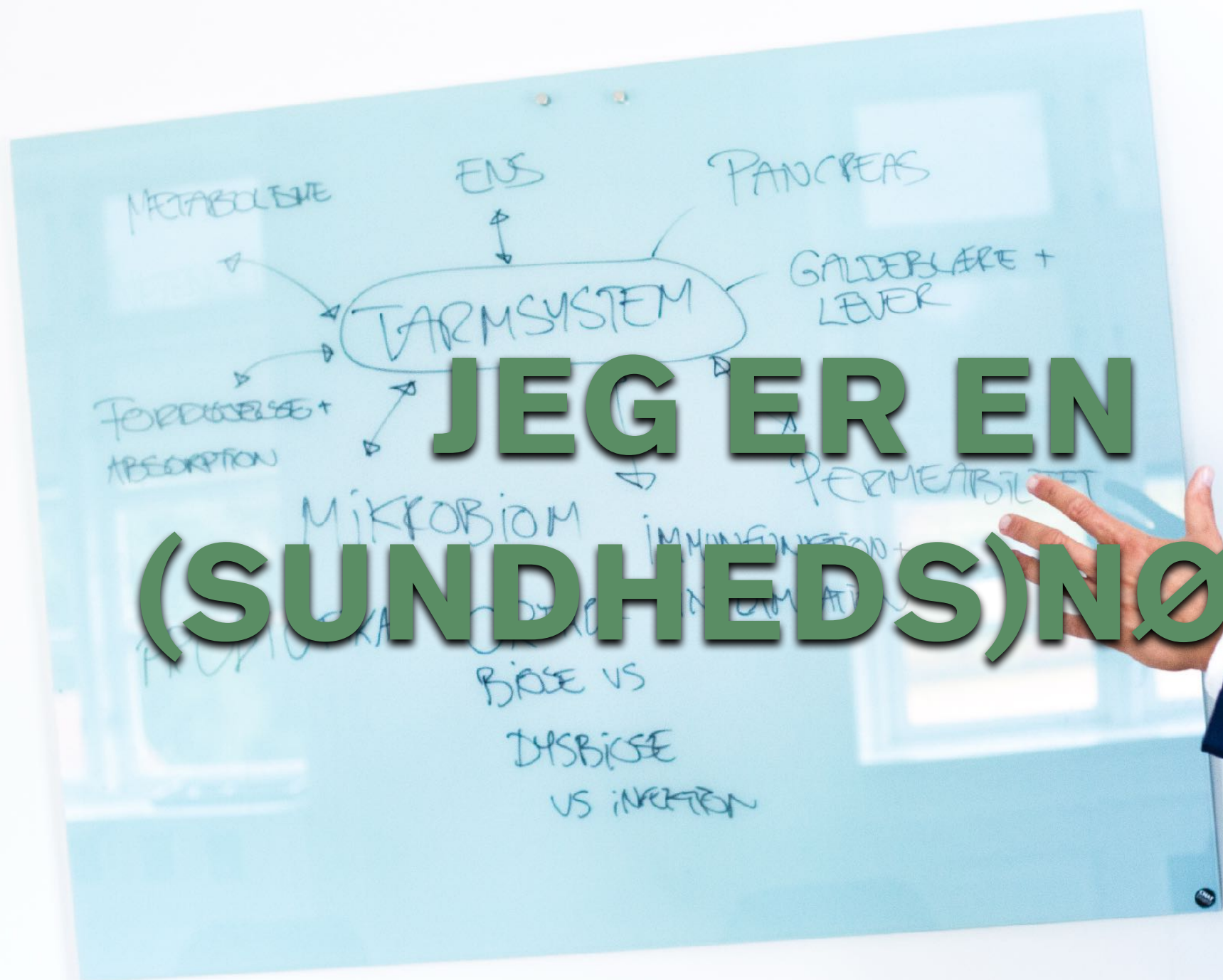
FØDT 19.03.1977

KRONOLOGISK ALDER = 48 ÅR

FYSIOLOGISK ALDER $\approx$ 35 ÅR

MENTAL ALDER: 4-114 ÅR

JEG ER EN (SUNDHEDS)NØRD



BIO

- Ekspert i Functional Medicine, ernæring, toppræstation, sundhed og madlavning
- Umahros sundhedsrådgiveruddannelse
- 1 års klinisk mesterlære
- Stifter af Umahro Universe
- Bestsellerforfatter
- Redaktør på sundhedsbøger
- Vært i "Kan man spise sig rask?" på TV2

- Konsulent
- Klinik i 25 år; 13.500+ konsultationer
- Foredragsholder, keynote speaker og underviser
- Inspireret 100.000-vis til foredrag og webinarer
- Hjulpet 1.000-vis med workshops og forløb
- I medierne
- Involveret i forskning
- Spist og levet mig selv sund og rask
- Den første biohacker i DK





FORÅRET 1995







IBD

Inflammatorisk gig

Atypisk MS

**Vægttab ca. 100 kg til 58
kg (over 40 kg vægttab)**

Fibromyalgi

Kronisk træthedssyndrom

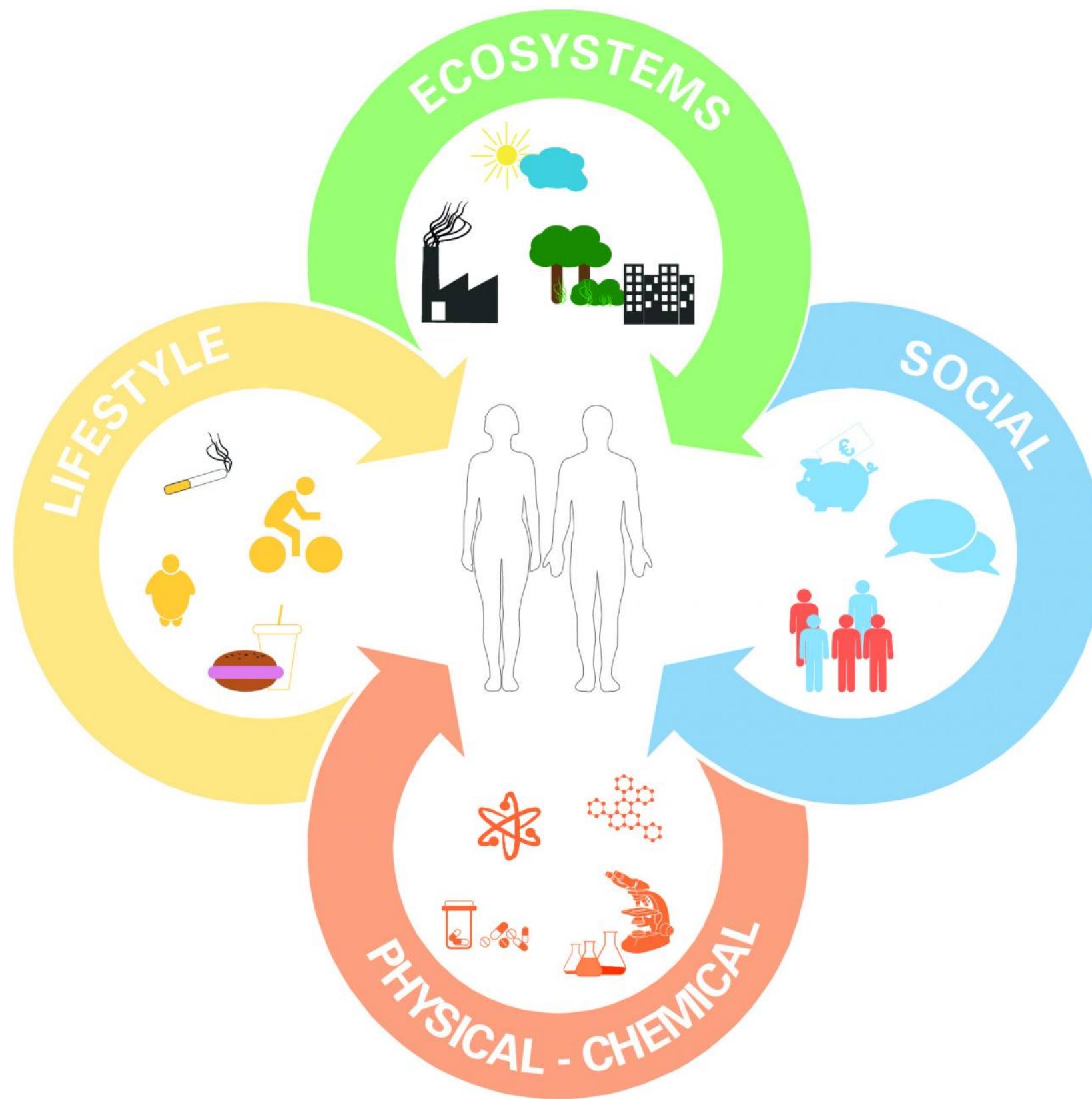


***VIDEN OM SUNDHED SKAL
DELES, SLIPPES FRI OG I
SPIL, SÅ DEN GØR DEN
STØRST MULIGE FORSKEL
FOR FLEST MULIGT!***

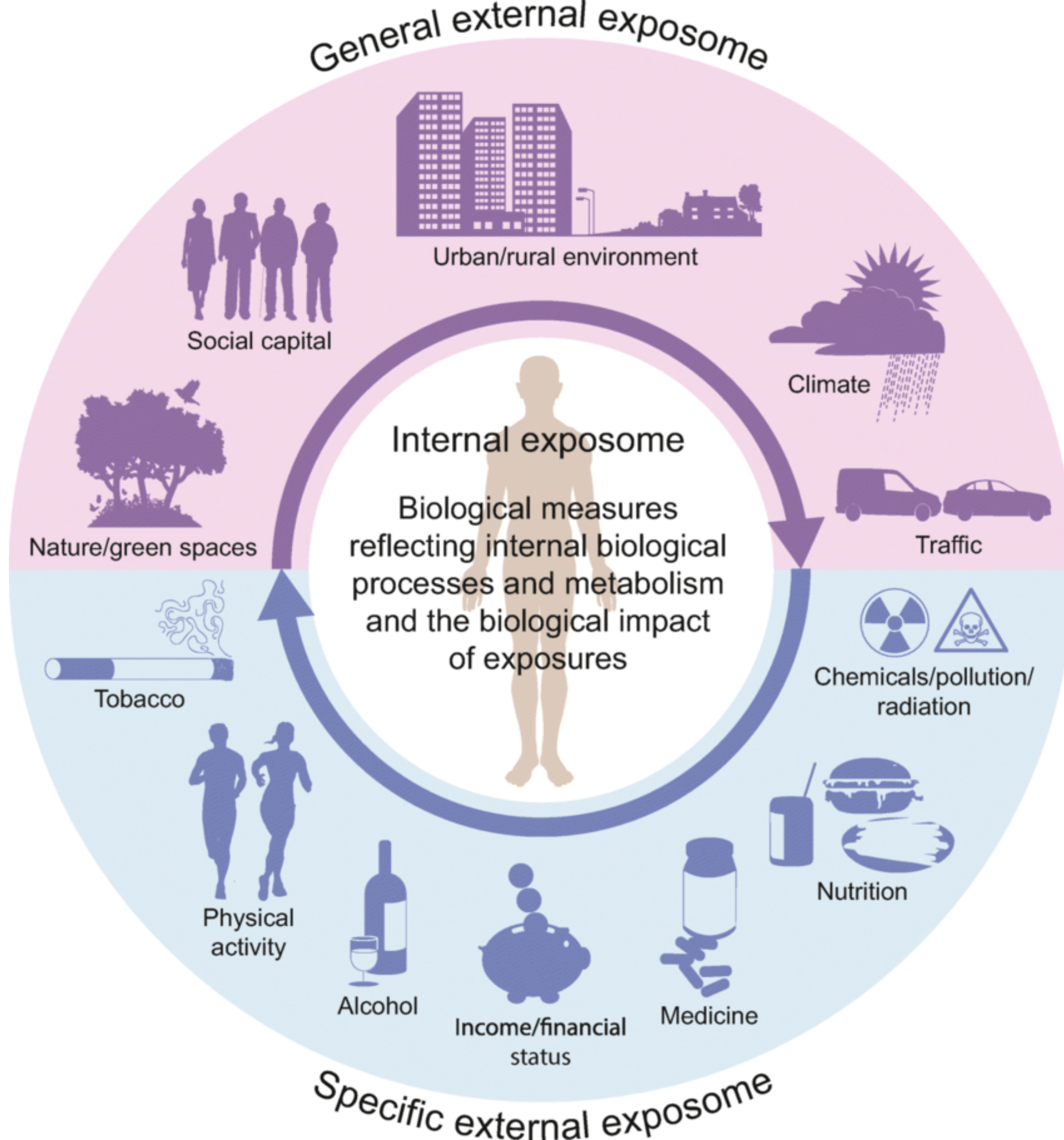
CAUSE | ਝੜਖੜਕਾਟ

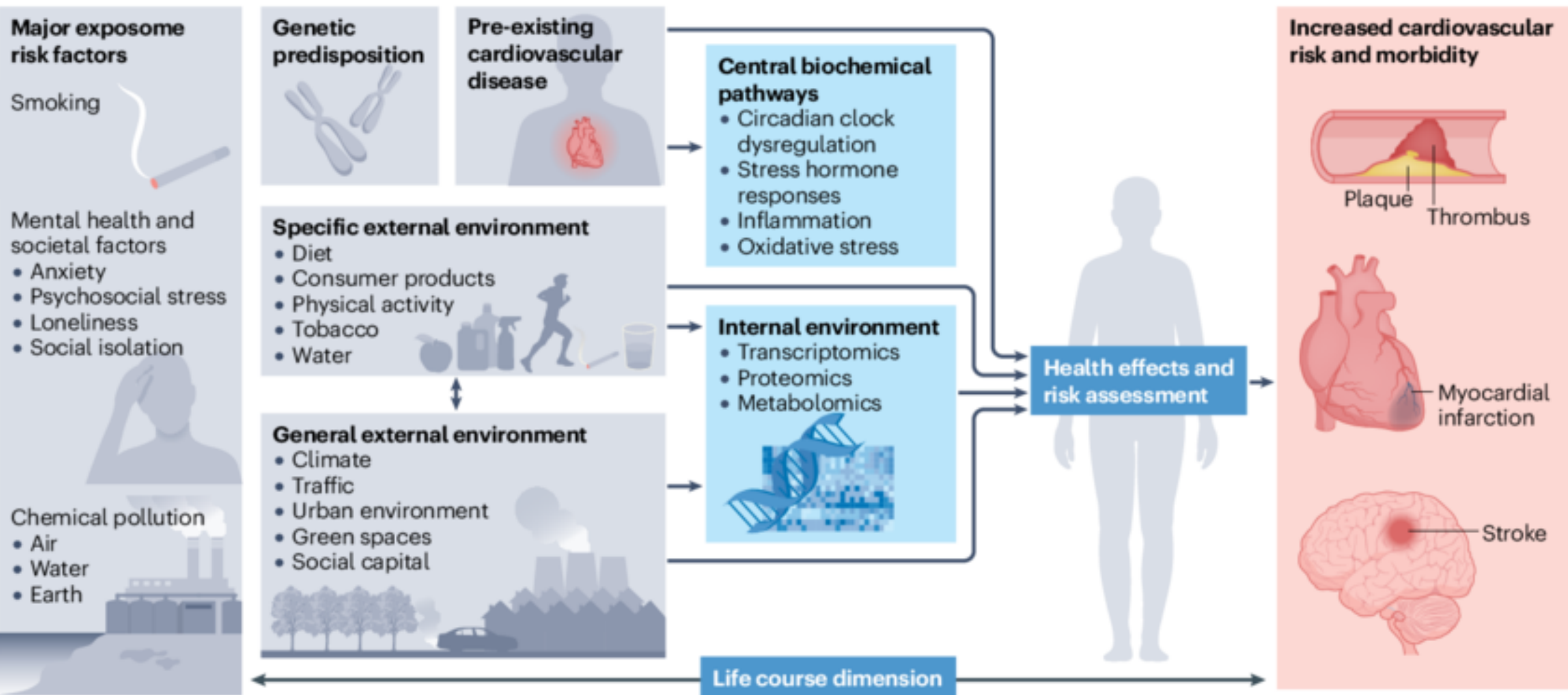


EKSPOSOMET



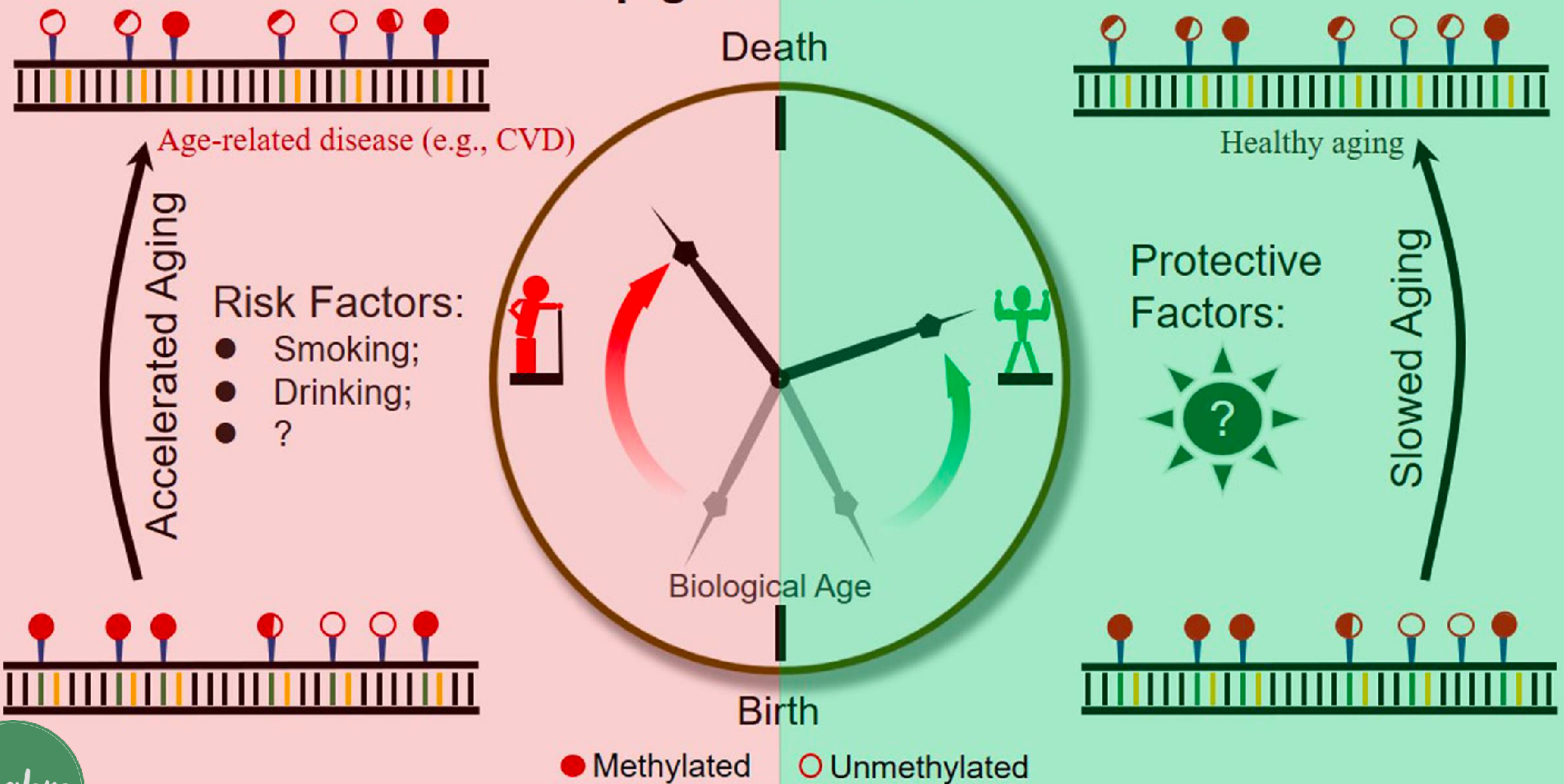
The exposome is the sum of all the factors our body is exposed to. Numerous parameters play a role: from what we eat and do, our experiences, to where we live and work.



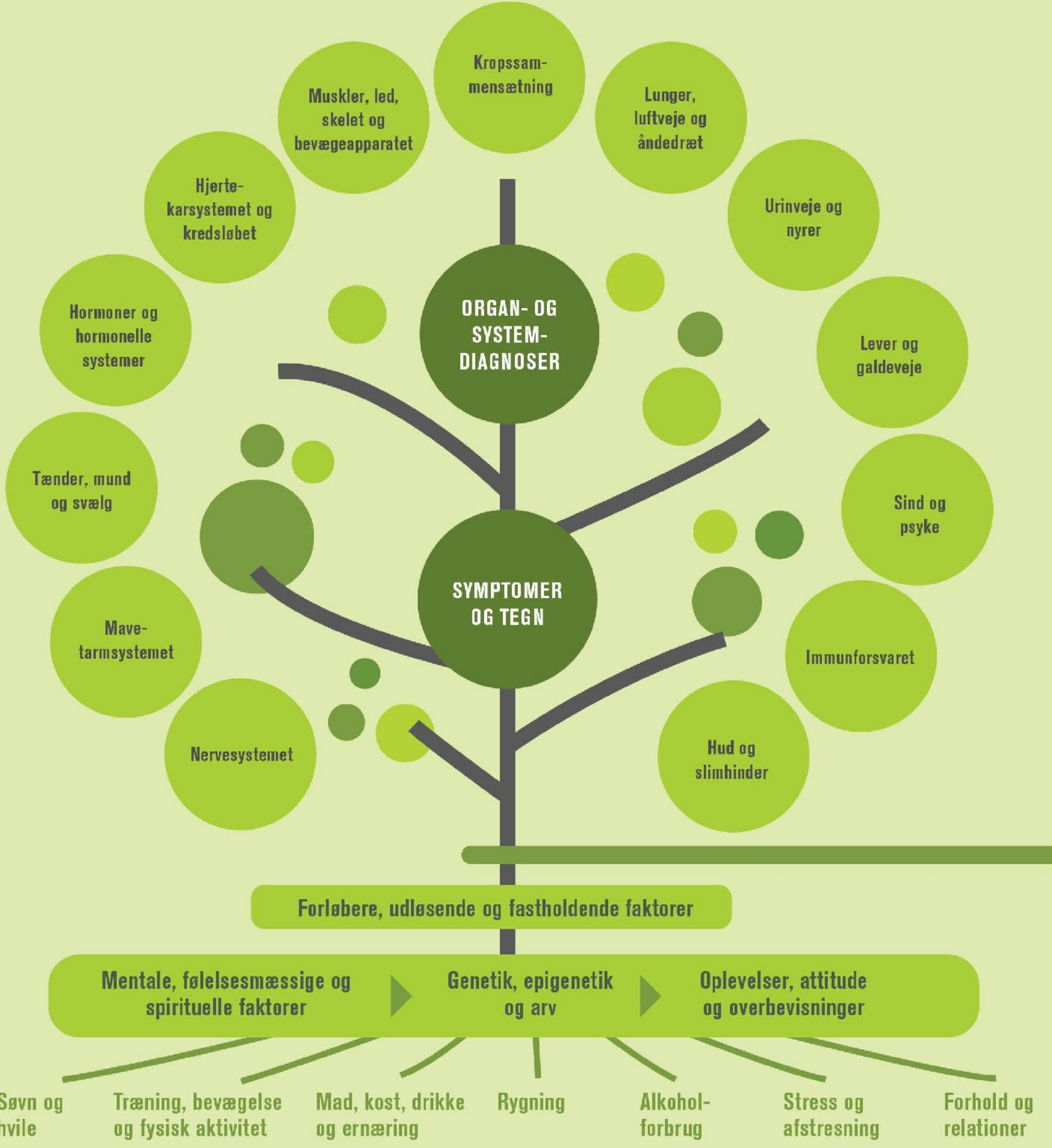


“ALDRINGS- BOGMÆRKE”

Epigenetic Clock







Optag, absorption og assimilering

Fordøjelse, absorption, mikrobiota + mikrobiom, tarmflora, respiration/åndedræt, kortkædede fedtsyrer, mikrobielle metabolitter

Forsvar og reparation

Immunforsvar, inflammation, infektion, mikrobiom, resolution, tolerance, oxidativt stress, autoimmunitet

Kommunikation

Hormoner, neurotransmittere, immunsignalstoffer, signalstoffer fra fedtvævet, myokiner, tanker/sind/følelser, enteriske hormoner, signalstoffer fra hjerte og kredsløb, signalstoffer fra tarmmikrober

Strukturel integritet

Fra cellemembraner og komponenter i celler over væv og organer til knogler, muskler og bindevæv

Transport

Hjerte-karsystem og kredsløb, lymfesystemet

Biotransformation og eliminering

Toksicitet, afgiftning, udskillelse, miljøgifte, skimmel, metabolitter fra mave-tarmsystemet

Energi

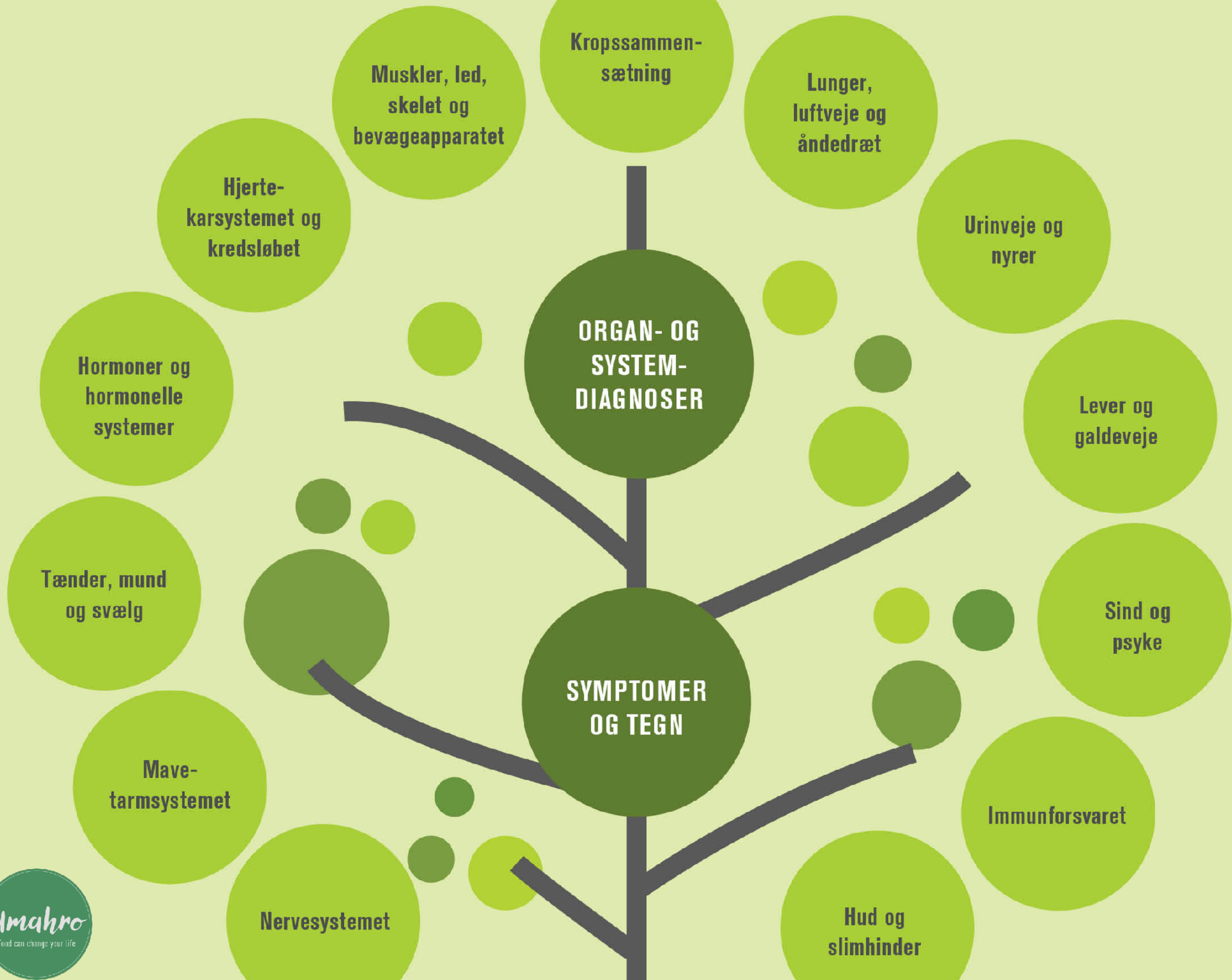
Energiregulering, mitokondriefunktion, oxidativt stress, antioxidantforsvar, antioxidant

Celler

Celledeling, differentiering, autofagi, senescens

Næringsstofstatus

Kalorier, protein, kulhydrater, fedt, fibre, væskebalance, vitaminer, mineraler, sporstoffer, aminosyrer, essentielle fedtsyrer, fytokemikalier, zookemikalier, antioxidant



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MAD (OG LIVSSTIL) TALER TIL DIN KROP OG BIOLOGI



LOVE
NOT
HATE

SOUTHWARK STREET SE1
BANKSIDE

⇌ ⌕ LONDON BRIDGE →

HOP EXCHANGE →

BOROUGH MARKET →

SOUTHWARK CATHEDRAL →

DU FÅR “SVAR PÅ TILTALE”



Life expectancy can increase by up to 10 years following sustained shifts towards healthier diets in the United Kingdom

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 Check for updates

Lars T. Fadnes^{1,2}✉, Carlos Celis-Morales^{3,4}, Jan-Magnus Økland^{1,5}, Solange Parra-Soto^{3,6}, Katherine M. Livingstone⁷, Frederick K. Ho⁸, Jill P. Pell⁸, Rajiv Balakrishna¹, Elaheh Javadi Arjmand^{1,2}, Kjell Arne Johansson^{1,2,5}, Øystein A. Haaland^{1,5} & John C. Mathers⁹

Adherence to healthy dietary patterns can prevent the development of non-communicable diseases and affect life expectancy. Here, using a prospective population-based cohort data from the UK Biobank, we show that sustained dietary change from unhealthy dietary patterns to the Eatwell Guide dietary recommendations is associated with 8.9 and 8.6 years gain in life expectancy for 40-year-old males and females, respectively. In the same population, sustained dietary change from unhealthy to longevity-associated dietary patterns is associated with 10.8 and 10.4 years gain in life expectancy in males and females, respectively. The largest gains are obtained from consuming more whole grains, nuts and fruits and less sugar-sweetened beverages and processed meats. Understanding the contribution of sustained dietary changes to life expectancy can provide guidance for the development of health policies.

In the United Kingdom, unhealthy diets are estimated to cause more than 75,000 premature deaths each year, including almost 17,000 deaths in the age group 15–70 years¹. Evidence on the mortality benefits of food choices is essential for the United Kingdom to achieve Sustainable Development Goal target 3.4, which is to reduce premature mortality from non-communicable diseases by one-third by 2030 (ref. 2). Internationally, the Global Burden of Diseases and Injuries consortium and the EAT–Lancet commission encourage healthy eating and quantify the population health that is associated with unhealthy eating^{3–5}. Furthermore, Public Health England and the UK Government encourage the population to follow the diet pattern recommended in the Eatwell Guide to achieve a healthy and balanced diet⁶.

Life expectancy is a measure of expected years an individual has left to live and is a commonly used metric for population health. Higher adherence to the recommendations of the Eatwell Guide is associated with reduced mortality in the United Kingdom⁷, but it is not known how a sustained improvement in dietary patterns translates into gains in life expectancy at different stages of life. Estimating such gains in life expectancy would provide policymakers with a measure of the health gains that are possible in a population and provide guidance on which policies would be the most effective. Furthermore, health personnel would also benefit in identifying key risks related to unhealthy dietary patterns with the highest potential for gain when guiding people to prioritize relevant behaviour changes. In addition, most people do not

¹Department of Global Public Health and Primary Care, University of Bergen, Bergen, Norway. ²Bergen Addiction Research, Department of Addiction Medicine, Haukeland University Hospital, Bergen, Norway. ³School of Cardiovascular and Metabolic Health, University of Glasgow, Glasgow, UK.

⁴Education, Physical Activity and Health Research Unit, University Católica del Maule, Talca, Chile. ⁵Bergen Centre for Ethics and Priority Setting, University of Bergen, Bergen, Norway. ⁶Department of Nutrition and Public Health, Universidad del Bío-Bío, Chillán, Chile. ⁷Institute for Physical Activity and Nutrition (IPAN), School of Exercise and Nutrition Sciences, Deakin University, Geelong, Victoria, Australia. ⁸School of Health and Wellbeing, University of Glasgow, Glasgow, UK. ⁹Human Nutrition and Exercise Research Centre, Centre for Healthier Lives, Population Health Sciences Institute, Newcastle University, Newcastle upon Tyne, UK. ✉e-mail: lars.fadnes@uib.no



ANTIOXIDANT PHYTOCHEMICALS

CAROTENOIDS

- β -carotene
- Lycopene

PHENOLIC COMPOUNDS

OTHERS

- Alkaloids
- Organosulfur compounds (Allicin)

Phenolic acids

Hydroxycinnamic acids

- Caffeic acid
- Ferulic acid
- *p*-coumaric acid

Hydroxybenzoic acids

- Ellagic acid
- Gallic acid

Flavonoids

Other phenolics

- Anthraquinone
- Coumarins
- Curcumin
- Stilbenes (resveratrol)
- Tannins
- Xanthones

Flavonols

- Kaempferol
- Quercetin

Flavones

- Apigenin
- Chrysin
- Luteolin

Isoflavones

- Genistein

Flavanols

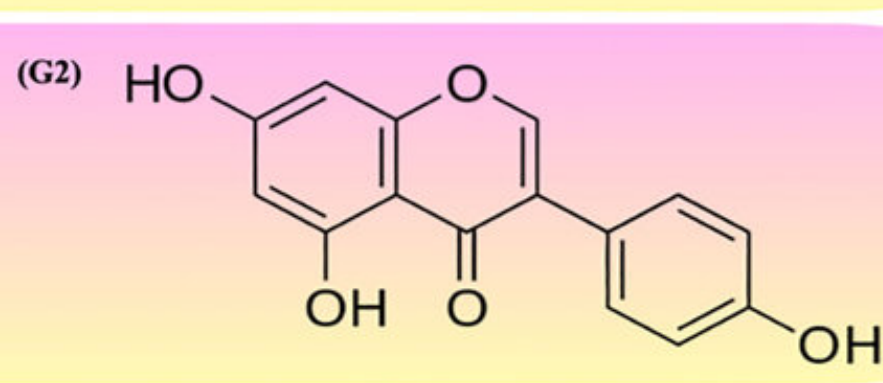
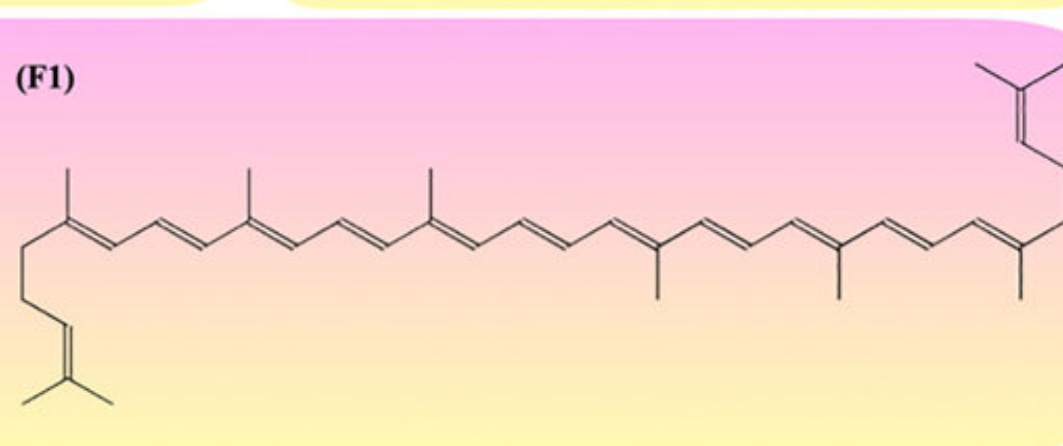
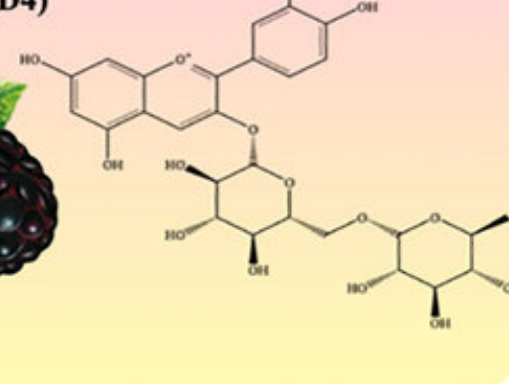
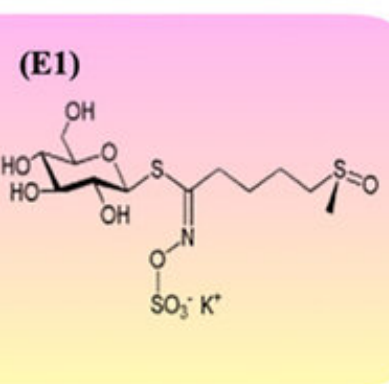
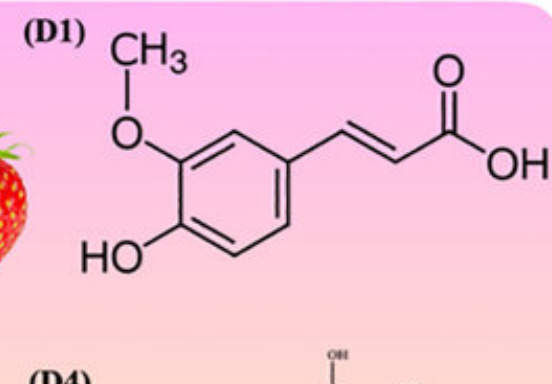
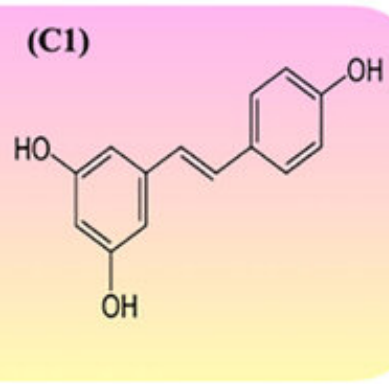
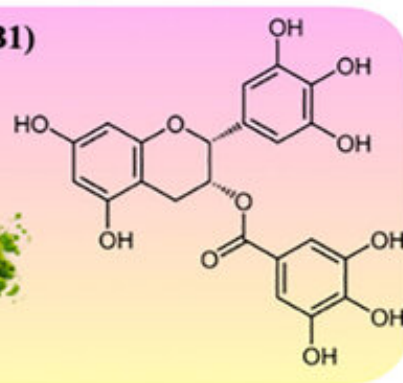
- Catechin
- Epicatechin
- Epicatechin gallate
- Epigallocatechin gallate

Flavanones

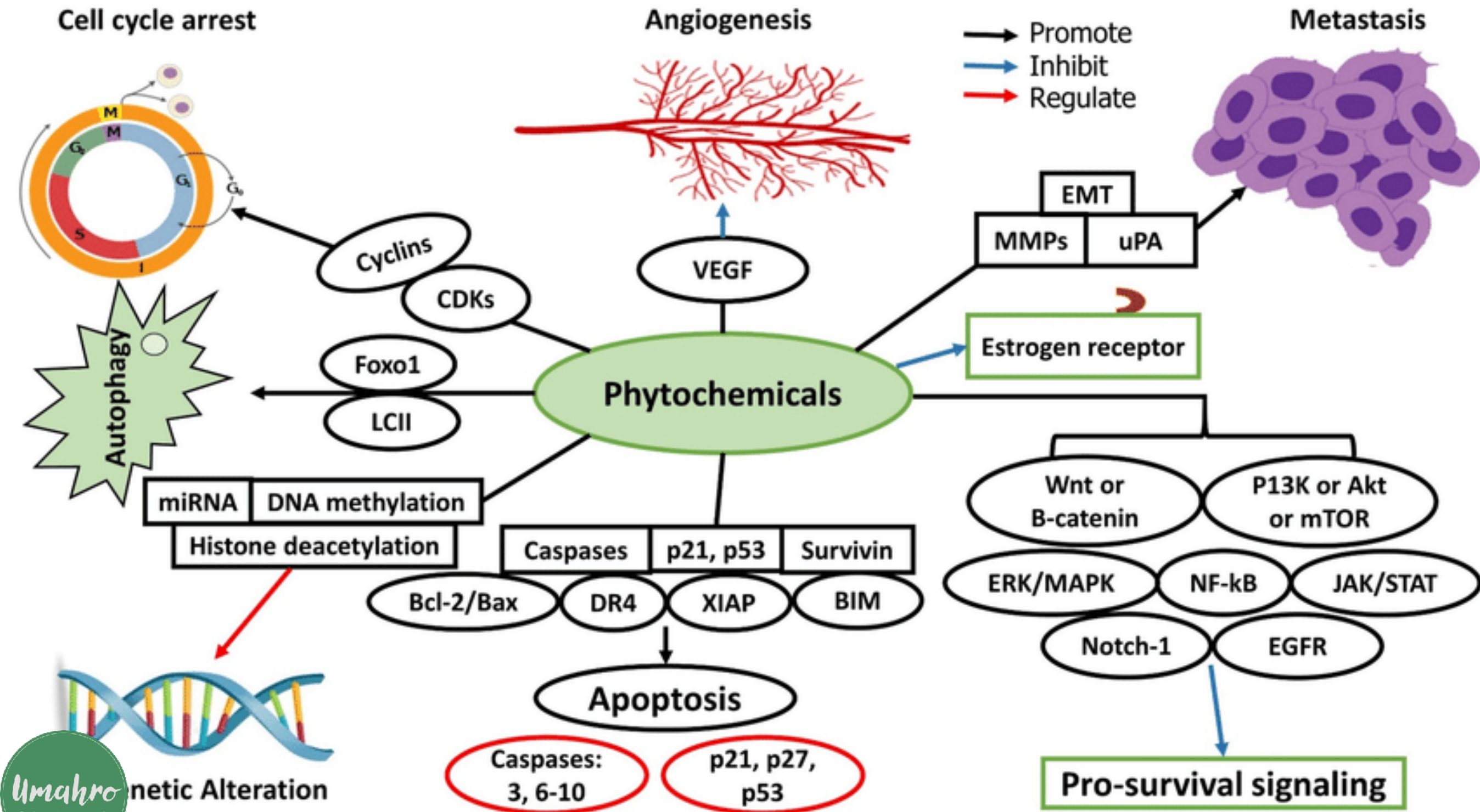
- Hesperidin

Anthocyanins

- Cyanidin
- Pelargonidin

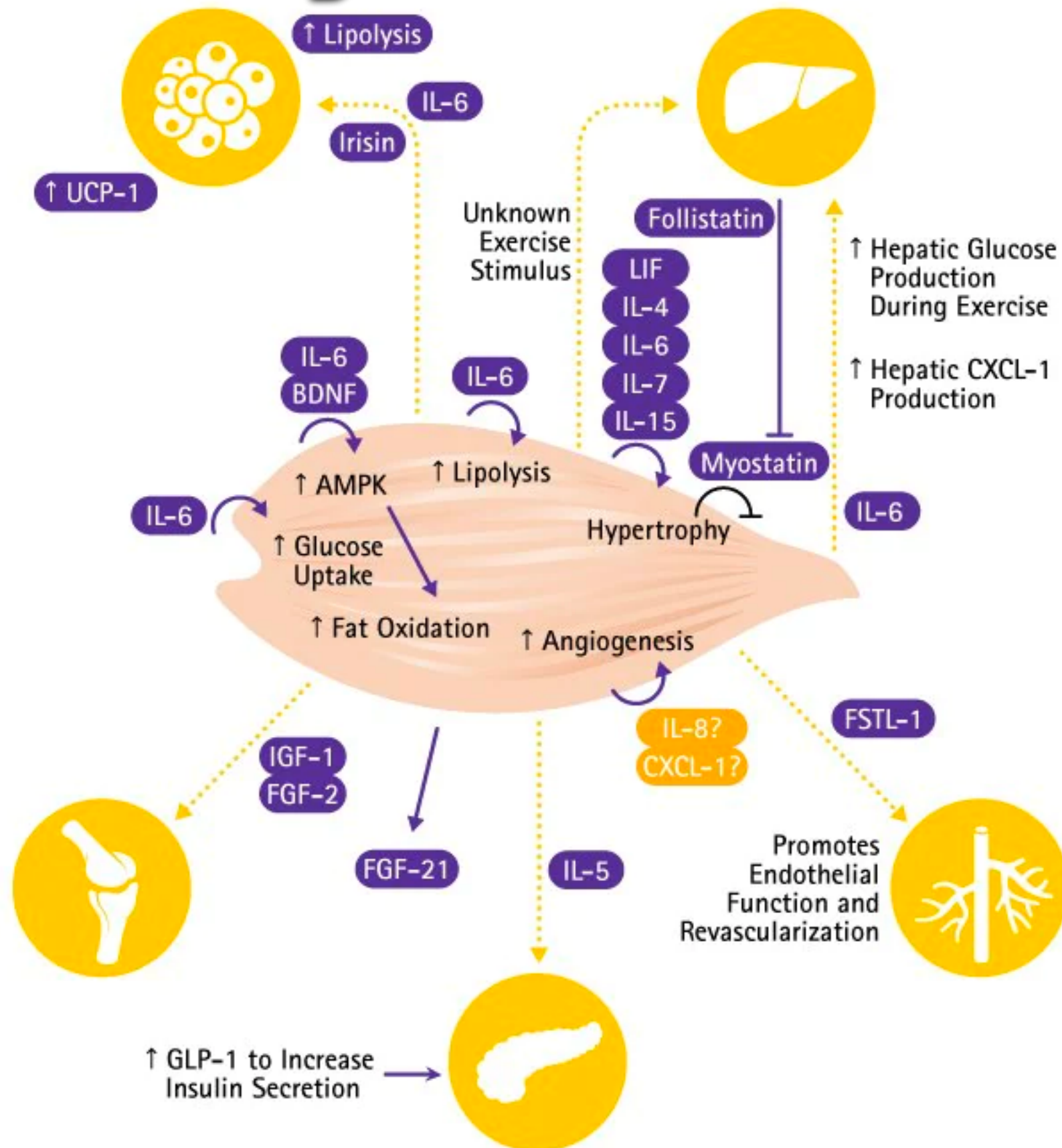


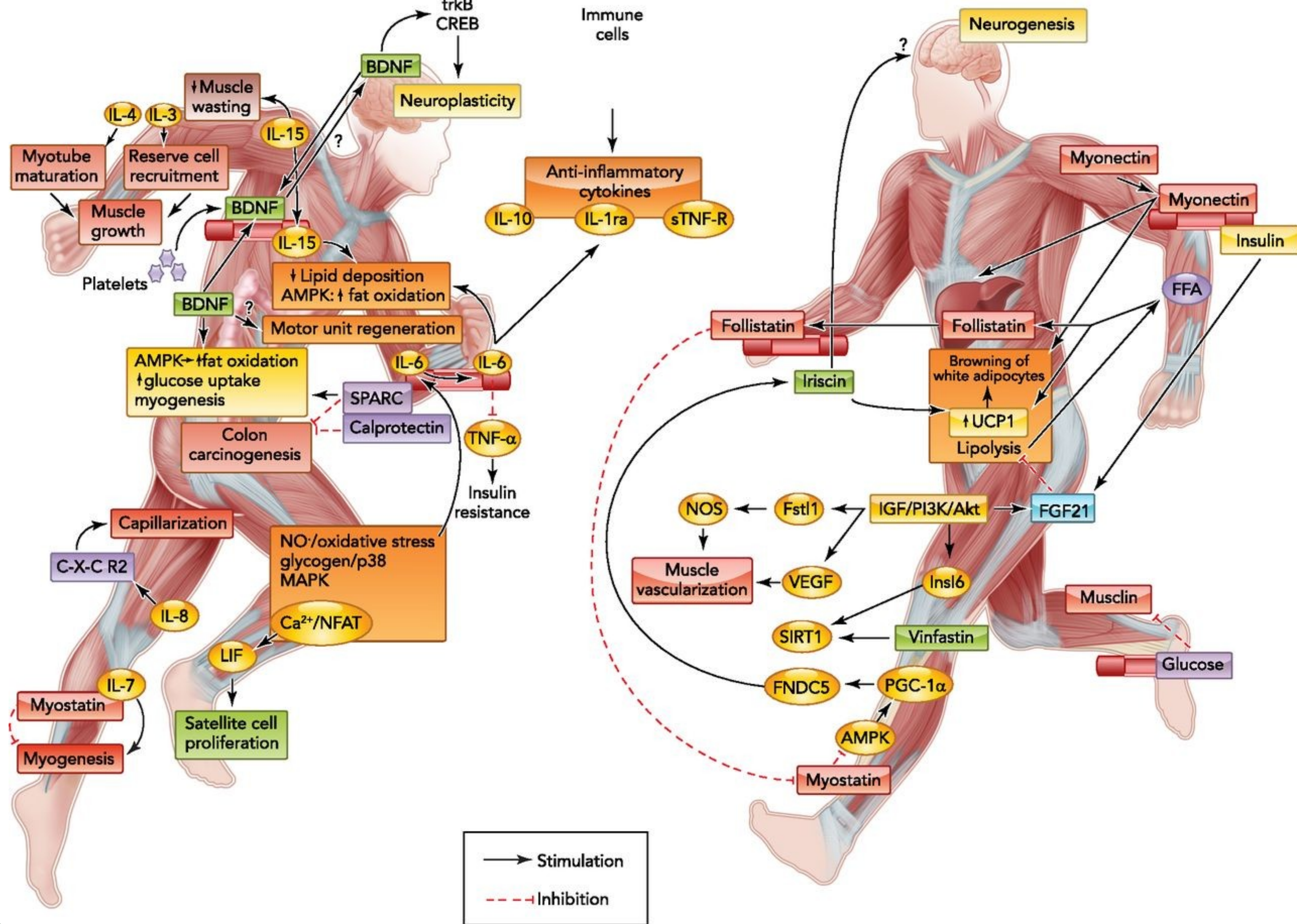
PLANT-TALK

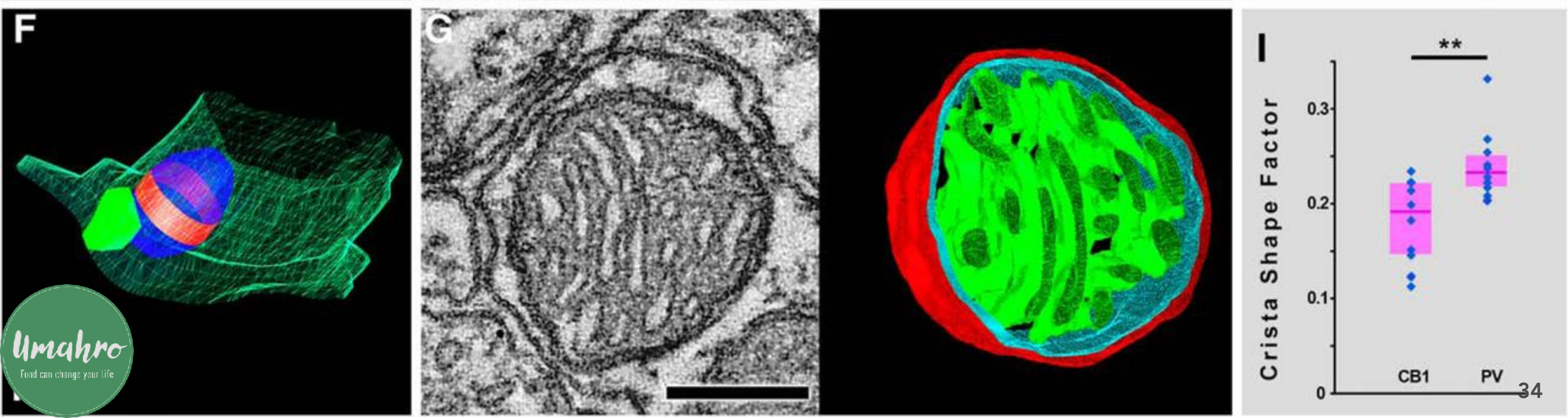
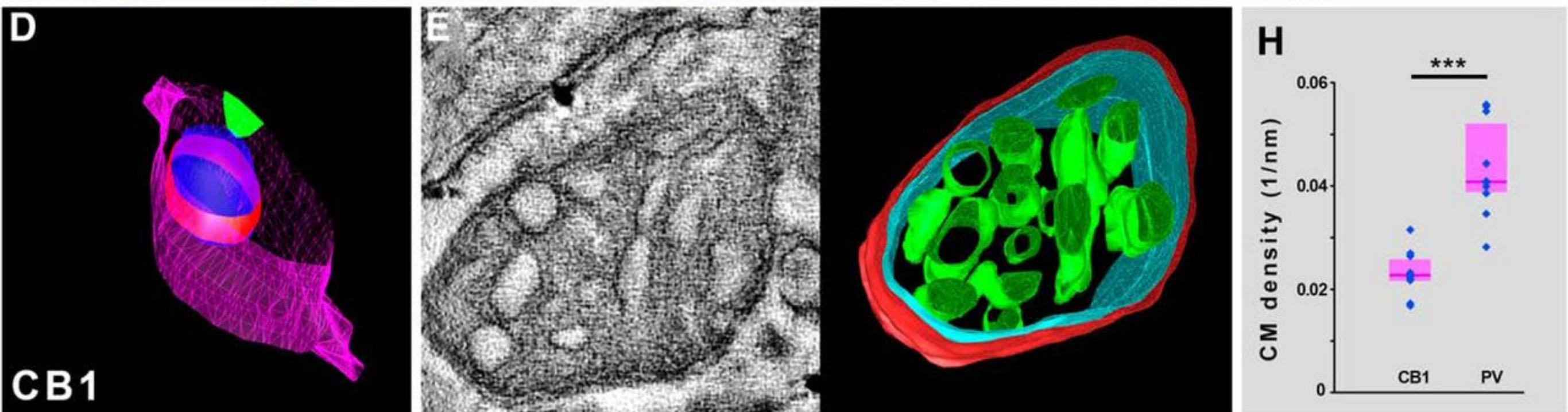
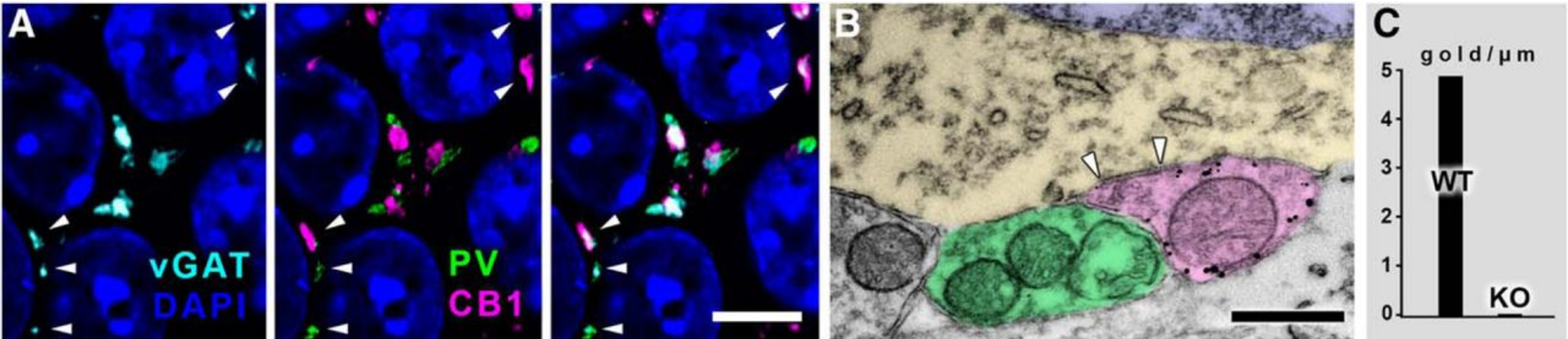




Myokiner!







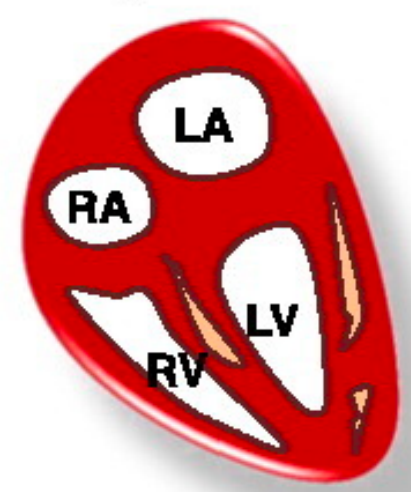
- Known effects
- - Hypothesized exercise benefits

Pathological hypertrophy

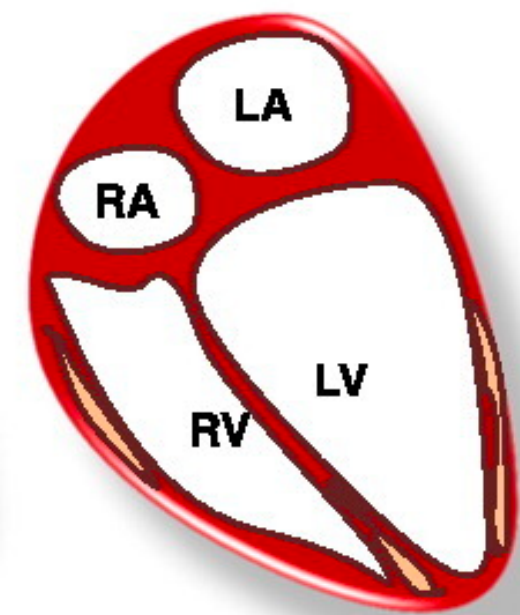
- Hypertension
- High afterload

- Infarction

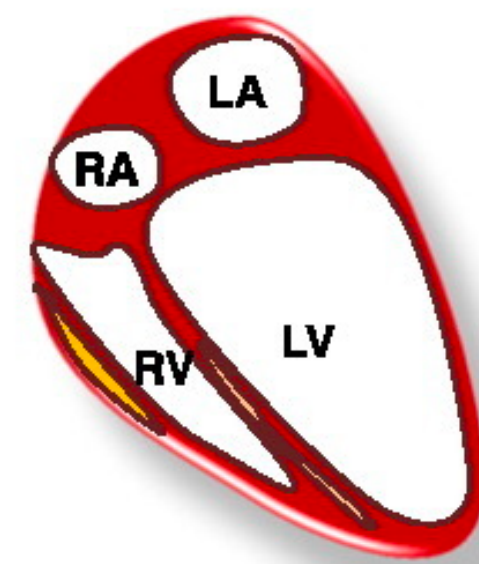
- Diabetes



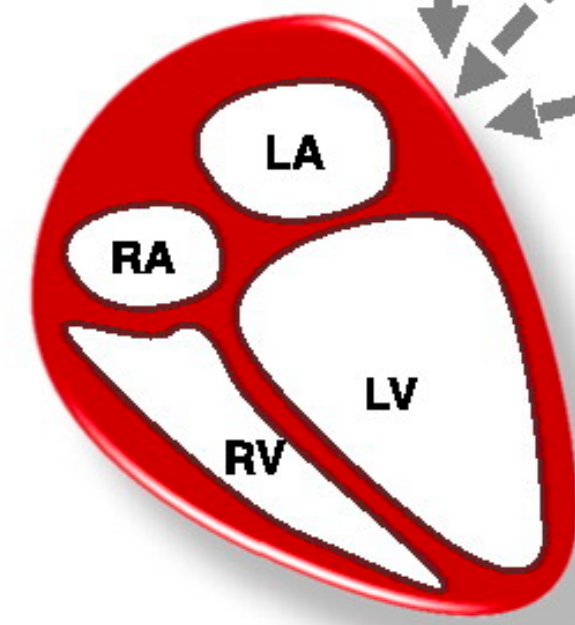
- *Concentric remodeling*
- *Fibrotic lesions*



- *Eccentric dilatation*
- *Fibrotic lesions*
- *Impaired EF*



- *Fatty and fibrotic lesions*
- *Increased ventricular mass*
- *Diastolic dysfunction*

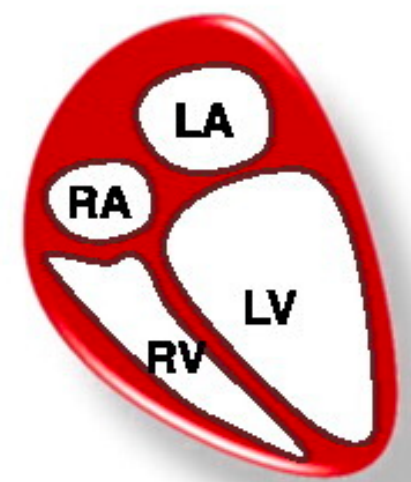


- Pregnancy
- Exercise

- *Eccentric muscular remodeling*
- *Enhanced function*
- *Improved metabolism*

Physiological hypertrophy

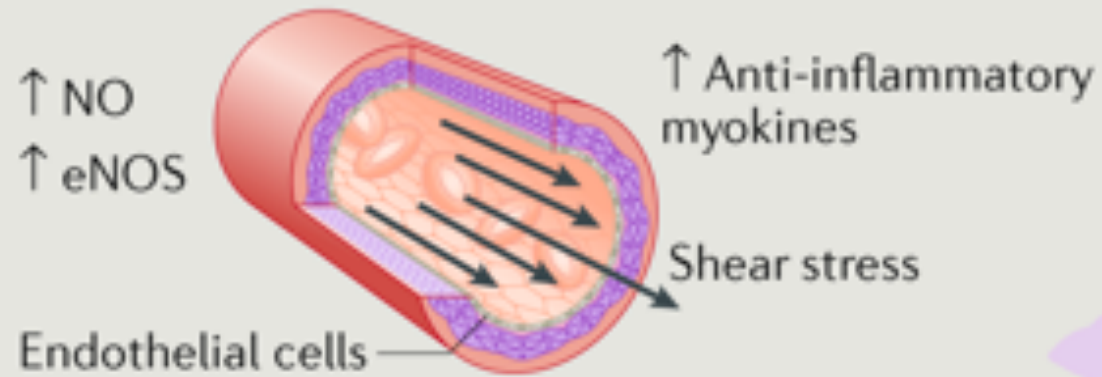
A Chronic pathological stimulus



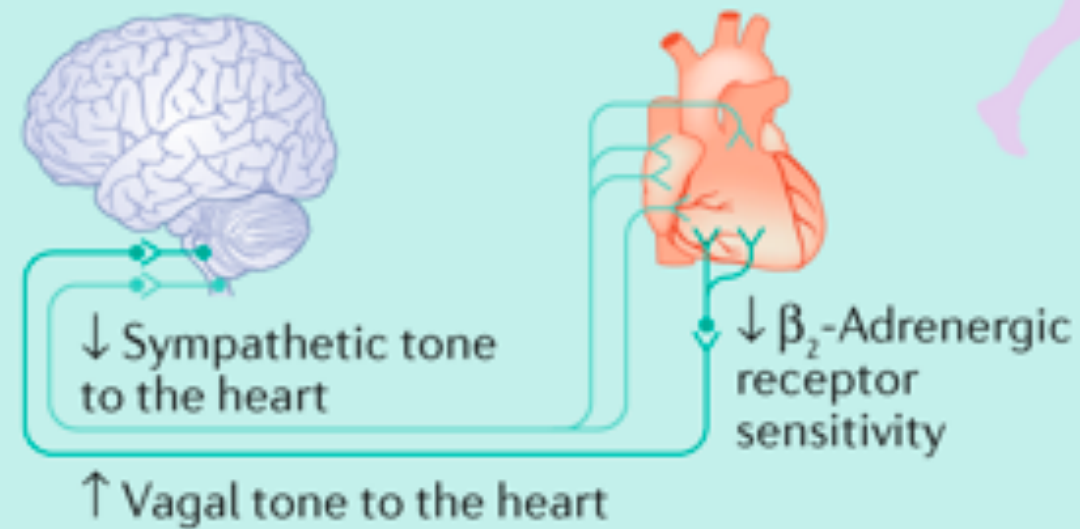
Normal heart

B Physiologic stimulus

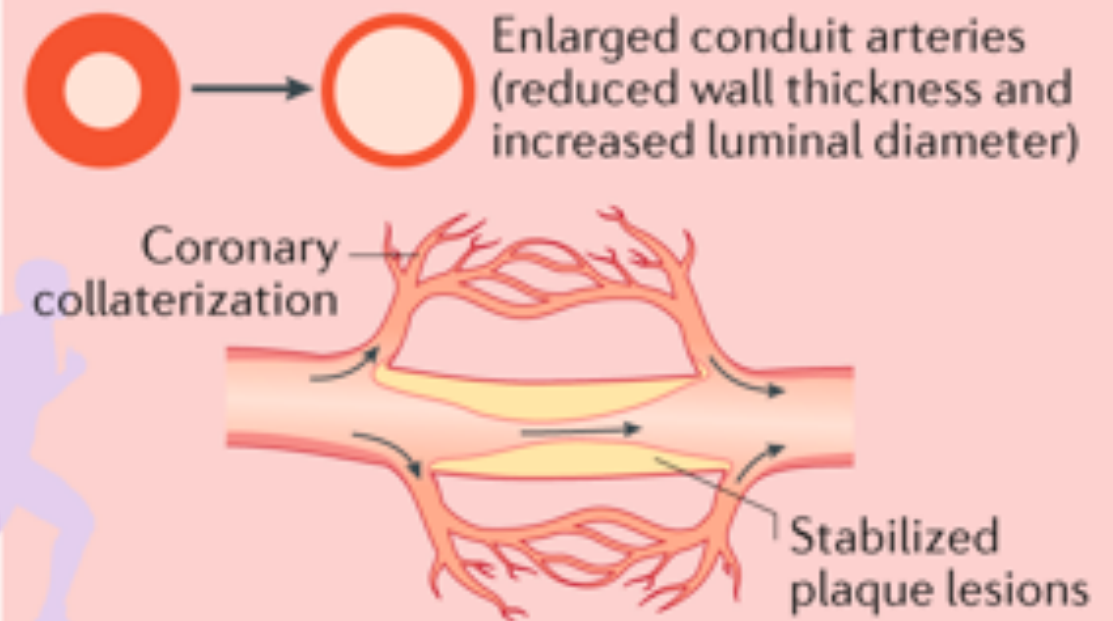
Improved vascular endothelial function



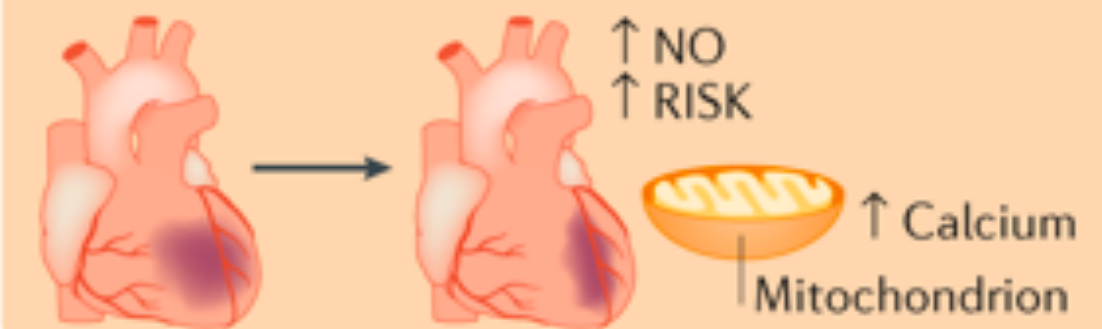
Autonomic balance



Vascular remodelling angiogenesis



Cardiac preconditioning



DIN HJERNE BLIVER OGSÅ GLAD



**HVOR
MEGET
SKAL
DER TIL?**

1.Inaktiv

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1. Inaktiv

2. Grundbevægelse (gå, cykle o.l.) 30-60
minutter hver dag

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- Genoptræning

MIKROTRÆNING

CASE 1: SKUMMEL SKIMMEL SOM ÅRSAG TIL “DET HELE”

CASE 2: UFORVENTET BLYFORGIFTNING

CASE 3: COLITIS FORVÆRRET AF “STRESS”

CASE 4: COLITIS OG TYPE I DIABETES FORVÆRRET AF "STRESS"

**CASE 5: TILTAGENDE
FORDØJELSESPROBLEMER OG ALLERGIER
P.G.A. ET “GAMMELT” OVERFALD**



DINE SUNDHEDSLEKTIER TIL I MORGEN

- Hvordan vil du bruge din nye viden om eksposomet til at hjælpe dine patienter og klienter endnu mere og bedre?
- Hvilken faktor eller faktorer i eksposomet var du ikke klar over i forvejen?
- Hvad er din største aha-oplevelse ved konceptet eksposomet?
- Hvordan vil du ændre dit eget eksposom, og hvad vil du få ud af det?



VI SES I MORGEN AFTEN