

JOIN US
as we launch
our new
wellness
series!

Well
STAY AT HOME

with
the well project

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

Chat Log (Abridged)

- 00:18:15 **Olivia Ford:** Good morning/afternoon/evening!! Welcome, all!
- 00:19:03 **María Mejía:** hello everyone ♥
- 00:27:01 **The Well Project:** Hi everyone!
- 00:28:43 **Olivia Ford:** *Maya Feller: Registered dietitian, based in Brooklyn - used to see patients for medical nutrition therapy pre-COVID - in an office at the Mark Morris Dance Center in Fort Greene (gorgeous building! - Olivia)*
- 00:29:36 **Olivia Ford:** *Maya: Space for all types of bodies and abilities to come in for wellness - specializes in metabolic conditions - prevention and management through lifestyle*
- 00:30:47 **Olivia Ford:** *Maya: Used to run a nutrition program in Flatbush where the population was people living with HIV - wanted to work somewhere where clients "look like me and can see themselves in me" - nutrition programs, meals, food pantry, farm trips - get hands in the earth! Miss that!*
- 00:31:40 **Olivia Ford:** *Maya: Why do I do it? I love food, I love nutrition, I love *people* - especially in the world of health and wellness we see kind of just cisgender slender white women/men - want to be there to be that alternative view!*
- 00:33:58 **Olivia Ford:** *Maya: there was a time when fast food became synonymous with Black food - but we go back a bit in history, we ate food that came from the ground - what is happening and how we eat now has to do with socioeconomics and basically being prescribed really limited poor diet by repressive conditions*
- 00:34:46 **The Well Project:** Hi Bose and Debbie! Welcome!
- 00:34:46 **Olivia Ford:** *Maya: gut health and microbiome is a hot topic right now - how to support gut health?*

00:35:13 **Olivia Ford:** *Maya: Gut is largest immune mediator in the body - what we see with any metabolic condition or infectious disease is it changes the way the gut interacts and works in our body*

00:36:09 **The Well Project:** Welcome Miesha! Everyone is welcome to come on camera--or not!

00:36:31 **The Well Project:** Welcome Abby!

00:37:27 **Bose Olotu:** Good evening all.

00:37:37 **Olivia Ford:** *Maya: Our gut starts to colonize when we are in the womb!*

00:38:43 **Olivia Ford:** *Maya: Pro-inflammatory foods are those ones at the front of the grocery store, in packages, shelf-stable, more processed, more fast-processed oils - those basically tell our body "You have permission to go haywire"*

00:39:30 **Olivia Ford:** *Maya: Anti-inflammatory foods are the ones that are not processed and act as protectors surrounding your cells so they can better function - and put out fire made by pro-inflammatory foods*

00:40:22 **Olivia Ford:** *Maya: The gut is the signal that talks to the whole body!*

00:41:13 **The Well Project:** Hey Ieshia!

00:44:53 **Olivia Ford:** *Porchia asks: How can diet choices help in times of stress? Maya: De-stressing is mental but also physical - inflammation stresses your body, those fruits and veggies and whole grains keep us balanced, including blood sugar*

00:47:19 **Olivia Ford:** *Porchia: COVID has had me on my toes, taking elderberry, wanting to do new things for health and immune strength - follow Yada Awakening, promotes a raw alkaline vegan diet*

00:49:10 **Olivia Ford:** *Maya: Important to find a pattern of nourishment that fits you, feels good, feels sustainable, and supports best health outcomes*

00:50:48 **Olivia Ford:** *Maya: Health exists on a spectrum - having HIV, as you know, is a diagnosis not an identity - especially, from a nutrition and healing standpoint, there are ways for food to be supportive - also, give yourself a significant amount of grace <3 <3 <3*

00:51:15 **The Well Project:** Q for Maya: Are there things someone needs to look out for when following a 30-day challenge like that? or cleanses?

00:53:32 **The Well Project:** Thanks, Mom, for joining us and learning along with us! Love you! <3

00:54:13 **María Mejía:** 

00:54:20 **Olivia Ford:** *Porchia: What do you say to people who say they want to eat more healthily? Maya: I ask (in person, now on camera) - what is your background, how often are you engaging with care providers, several questions that help to know how food shows up for every particular person*

00:54:36 **Olivia Ford:** *Maya: It's about adding things that can be sustained over time so you can move to your goal*

00:55:51 **Porchia Dees:** @yada_awakening

00:56:18 **Olivia Ford:** *Maya: If you start eating at 7am and finish at 8pm, your overnight fast is a form of fasting - talking about fasting is tricky ... usually challenges come up in how people come in and out of fasts*

00:57:37 **Olivia Ford:** *Maya: When fasting, what you eat in a fed state is very important - saturated fats can raise your lipid profile even more if you are taking some HIV meds*

00:57:52 **The Well Project:** That's important point--Ieshia--Olivia can ask Maya that question!

00:58:04 **Ieshia Scott:** thank you!

00:58:09 **Olivia Ford:** I am collecting the questions and will ask as soon as possible! <3

00:58:50 **Ieshia Scott:** me too Porsha, I feel terrible right now realizing

00:59:41 **Olivia Ford:** *Maya: Your labs are a measure - your healthy behavior may not necessarily be reflected in this first set of labs - our body systems take time to register*

01:02:24 **The Well Project:** This is a good fact sheet on reading labs:
<https://www.thewellproject.org/hiv-information/understanding-lab-tests-i-complete-blood-count-and-blood-chemistry>

01:03:13 **Olivia Ford:** *Porchia: What labs do you look at as a nutritionist working with PLHIV?
Maya: def CD4 and viral load; lipids; complete blood count; C-reactive protein which is for inflammation; blood sugars - glucose, A1C, etc; also ask re blood pressure over time - I actually rarely look at BMI (body mass index) - insurance wants us to but I don't think it is helpful - what presents physically is more important!*

01:03:49 **Olivia Ford:** *Maya: I ask questions about appetite and how much food they are consuming*


01:04:04 **The Well Project:** Agree!


01:05:27 **Olivia Ford:** And kids!!!!!!!!!!

01:05:40 **The Well Project:** Yes!!

01:05:41 **Ieshia Scott:** lol thank you!!

01:05:55 **Ieshia Scott:** I cook almost everyday, just no appetite

01:06:33 **Porchia Dees:** @ieshia scott 

01:07:13 **Porchia Dees:** I make a  veggie pasta that lasts all week

01:07:17 **Ieshia Scott:** good idea, I can eat salads etc.. fried foods and heavy foods, not really. I'm going to try your suggestions! thank you

- 01:07:28 **Bose Olotu:** Very interesting topic and lots of information. thank you so much.
- 01:08:43 **The Well Project:** Anyone/everyone who wants to come on camera--feel free - and ask a question if you'd like!
- 01:11:53 **Olivia Ford:** *Maya: One thing I always ask with the 30-day challenges is What Is your Why for doing this? And are you getting enough micro- and macro-nutrients? Also what is your "Day 31" look like? What can you take with you that is not restrictive?*
- 01:14:53 **Olivia Ford:** *Maya to Mel: Such a good question! For people who go through menopause there is rarely a discussion of metabolic management beforehand - you mentioned a bit of weight cycling - can mean positive energy balance - during menopause we lose some of the protection of estrogen including in managing metabolic conditions - fat tissue can actually be a hormone disruptor, sending funky messages through our bodies like gremlins, what your body used to do in terms of weight is different - really thinking about physical activity, balance of foods, increasing anti-inflammatory foods, decreasing sweets etc - will take longer to see an effect than before menopause*
- 01:14:59 **The Well Project:** Hear so many mixed messages about vitamins and dietary supplements - any advice on this?
- 01:17:30 **Olivia Ford:** *Maya: In women's health, we do not get good information!*
- 01:17:49 **Bose Olotu:** I love this discussion 😊 thanks 😊
- 01:18:04 **The Well Project:** So glad you're here, Bose! <3
- 01:18:17 **The Well Project:** Feel free to come on camera!
- 01:18:52 **Gina Brown:** I have a question about BMI...
- 01:27:33 **The Well Project:** Definitely Masonia!
- 01:30:29 **Olivia Ford:** *Maya: PubMed, Medline, Ovid - that is where the studies are - esp considering lymph nodes, that needs a bigger look - would be careful of using anecdotal experiences to make judgments around lymphatic system - it is so individualized, significant shifts with hormone levels - do your research!*
- 01:31:27 **Olivia Ford:** *Maya: some providers talk about dry brushing, oil pulling, are about removing toxins from body - but it is largely anecdotal - I value personal experience and teach others to do the same - *and* sometimes we can get pulled into an area that isn't sound and not necessarily applicable*
- 01:35:06 **Olivia Ford:** *Maya: there IS evidence that massage and acupuncture can help with lymphatic drainage - use the tools that are there - and GOOD FOR YOU for advocating for yourself for your provider to send you to an endocrinologist! <3*
- 01:35:44 **Gina Brown:** I am so sorry but I have to drop off. Ja'Juan is homeschooled and it's lunchtime!
- 01:36:05 **Olivia Ford:** Bye Ms Gina! Hi to Ja'Juan! <3

01:36:09 **The Well Project:** No problem, Gina!! Thanks for being here! Know we

01:36:18 **The Well Project:** are running over! <3

01:36:40 **Olivia Ford:** *Maya on vitamins/supplements: I believe there is a place for them (disclosure: have consulted in the past for a supplement company) - sometimes indicated, sometimes absolutely not - look with clients on individual pattern of eating - no one size fits all!*

01:37:29 **Maya Feller:** Thank you all!