

Lectures in Holistic Health

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Stop eating the Western Diet !

- ★ There is no Good, only Bad and Ugly!



Cause and effect

★ The ***Western Diet***

(refined flour, white sugar, high fructose corn syrup, hydrogenated vegetable oils, industrialized meat in high quantities, cheap to buy and fast to eat, artificial colors, flavors and preservatives)

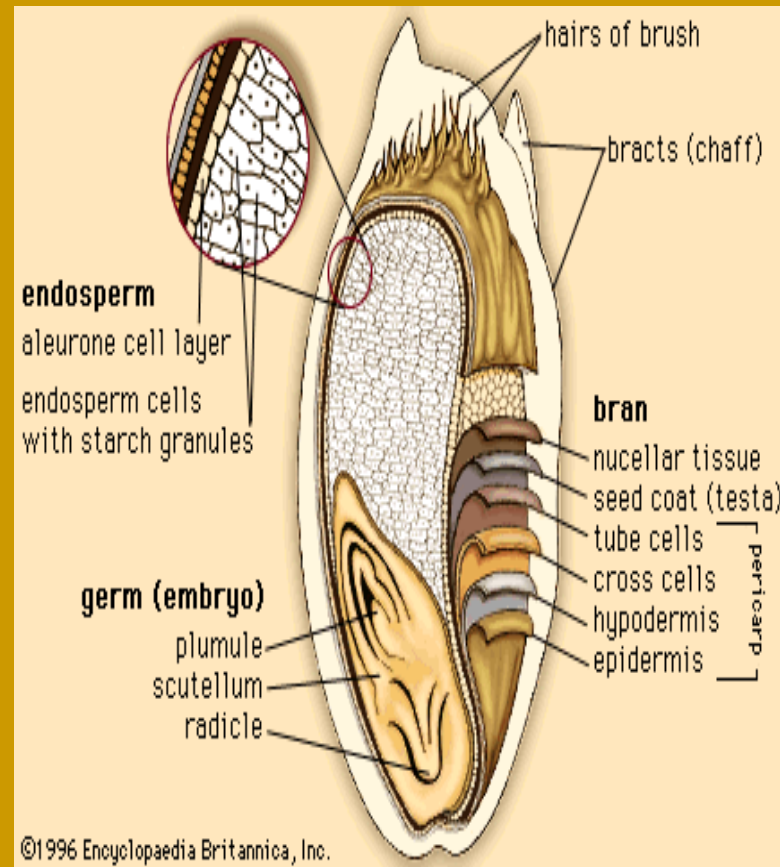
causes the big ***Western diseases.***

(arthritis, heart disease, strokes, diabetes, obesity and cancer)



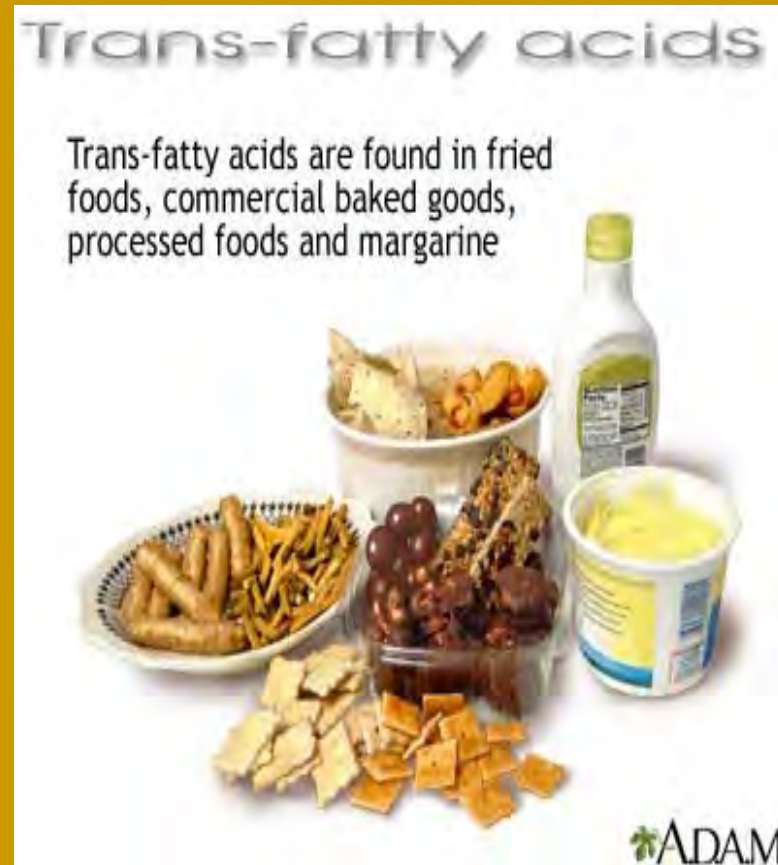
When did this all start?

- ★ 1870 Steel rollers replace stone grinders (white flour is born, durable and portable)
- ★ White sugar comes shortly thereafter
- ★ 1912 Casimir Funk discovers vita-amines
- ★ White flour becomes “enriched” (B vitamins mostly to prevent Pellagra and Beri Beri)



Add hydrogenation

- ★ 1901 german chemist Wilhelm Norman starts hydrogenation of oils (trans fatty acids)
- ★ 1950's Industrial agriculture is born (NPK) based on reductionistic thinking (started by english chemist William Prout and then german scientist Justus von Liebig)



From war to industrial agriculture

- ★ The leftover chemicals from the war are turned into fertilizers (NPK) and nerve gas research is used to produce pesticides.



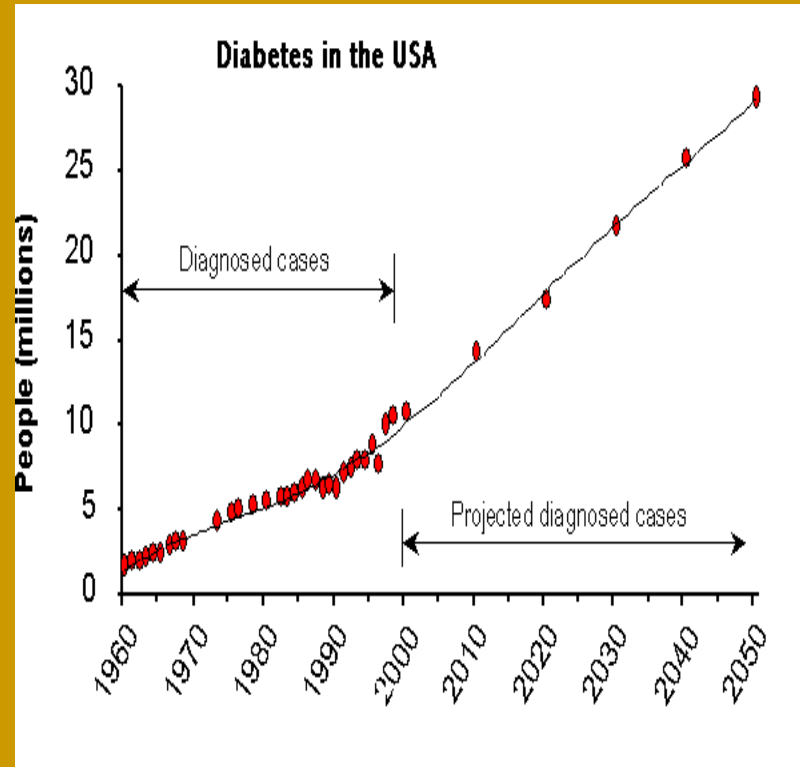
It is all about profit

- ★ Corporate structures come into place (complete with lobbyists and “maximum profit thinking”)
- ★ Also in the 50’s, the “lipid hypothesis” is born (cholesterol and saturated fats get to be the bad guys)



The results are dismal

- ★ 60's and 70's, cancer, obesity and diabetes increase at an alarming rate
- ★ 1977 the Senate Select Committee on Nutrition and Human Needs addresses the problem : “reduce consumption of meat and dairy” was changed to “choose meat, poultry and fish that will reduce saturated fat intake”



Nutritionism is born!

- ★ Nutritionism is an ideology presented as science, backed by lobbied government, popularized by journalists, marketed by the food industry for further profits.
- ★ The focus is on the nutrient, not the food.
- ★ The final seal came with the National Academy of Science report “Diet, Nutrition and Cancer” which helped codify the new dietary language (polyunsaturated, carbohydrate, polyphenols, antioxidants etc..)
- ★ Thousands of fake foods a year can now flood the market looking good on the package and even able to make health claims



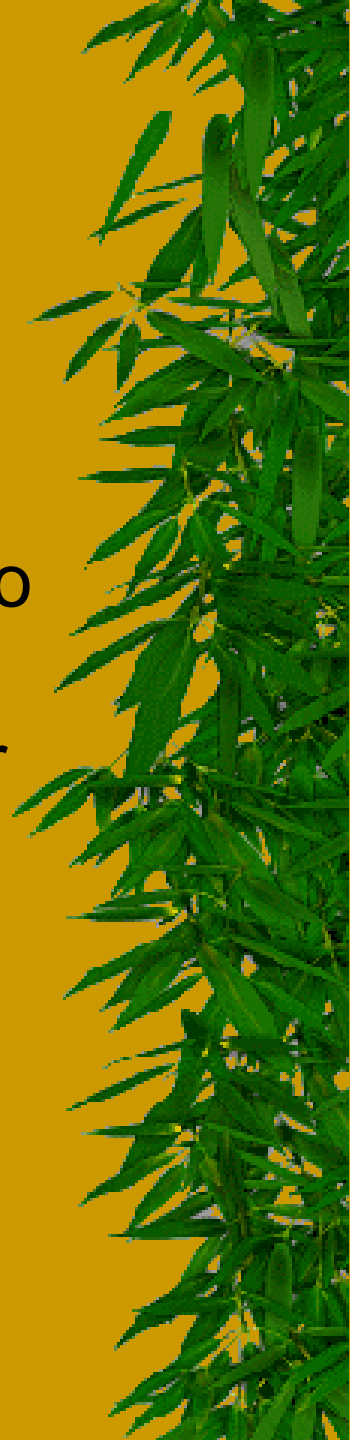
Lobbying goes a long way

- ★ 1973 the Imitation Rule/Law is tossed out (fake food does not have to be labeled as such anymore)
- ★ The rest is sad numbers!



Some sad numbers

- ★ 17'000 new “food products” every year
- ★ 32 billion dollars to market them
- ★ Sugar lobby pushes the limit of free sugar to 25% of total calories
- ★ Average sugar consumption per person per year (1999) in the US: 160 pounds
- ★ Number of diabetics in US : 17 Mio
- ★ Healthcare cost of a diabetic per year : 13'000 dollars
- ★ Percentage of diabetes that can be prevented with diet modification : 80%



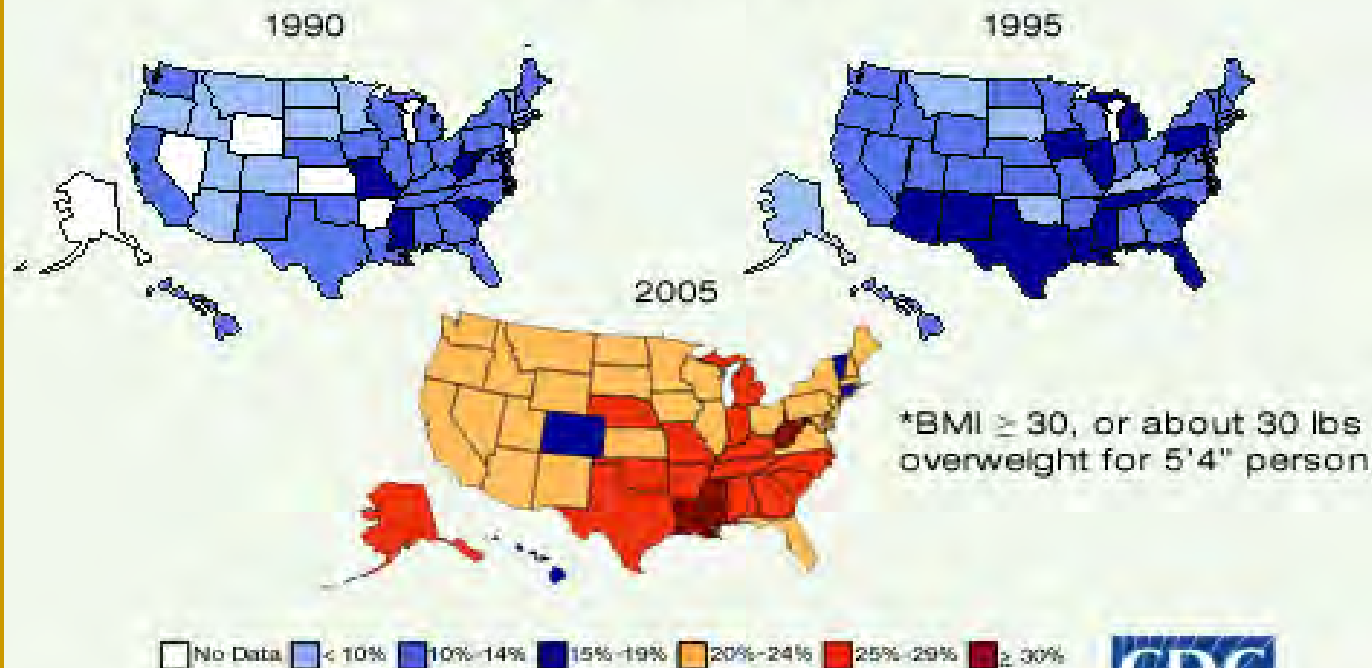
Say What?

- ★ Conclusions from a review article in 2001 by Harvard School of Public Health titled “Types of Dietary Fat and Risk of Coronary Heart Disease : A Critical Review”
- ★ J of Am Coll of Nut
“It is now increasingly recognized that the low-fat campaign has been based on little scientific evidence and may have caused unintended health consequences.”



Obesity trend

Obesity Trends Among Adults in the United States Behavioral RISK FACTOR Surveillance System 1990, 1995 and 2005



<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm>



The Aborigenes experiment

- ★ Kerin O'Dea, a nutrition researcher in Australia, convinced 10 Aborigenes with an array of western diseases (diabetes, obesity, metabolic syndrome) to return to their ancient ways of living.

After seven weeks they had lost an average of 17pounds, triglycerides and blood sugar normalized, BP dropped for every participant.

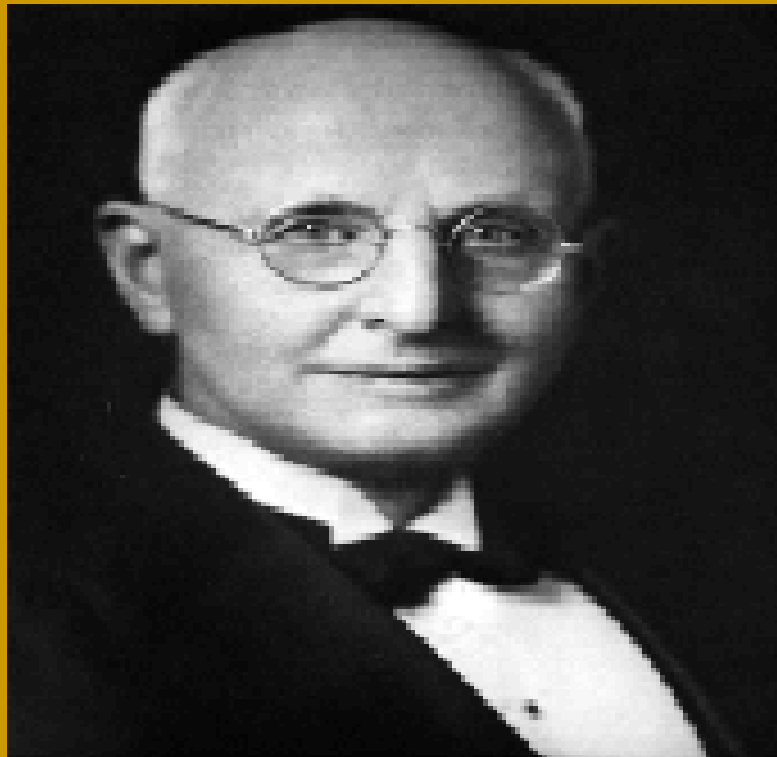


On a broader scale

- ★ In the early twentieth century Dr. Albert Schweitzer and Dr. Denis Burkitt in Africa, Robert McCarrison in India, Samuel Hutton in Labrador among eskimos, the anthropologist Ales Hrdlicka and Dr. Weston Price among Peruvian Indians, Australian Aborigenes, Swiss mountaineers) reported similar findings : the absence of heart disease, diabetes, obesity, hypertension and stroke, no dental decay either, cancer was rare too.
- ★ Dr. Burkitt proposed to call them the “Western Diseases”.



Dr. Weston Price



Weston A. Price

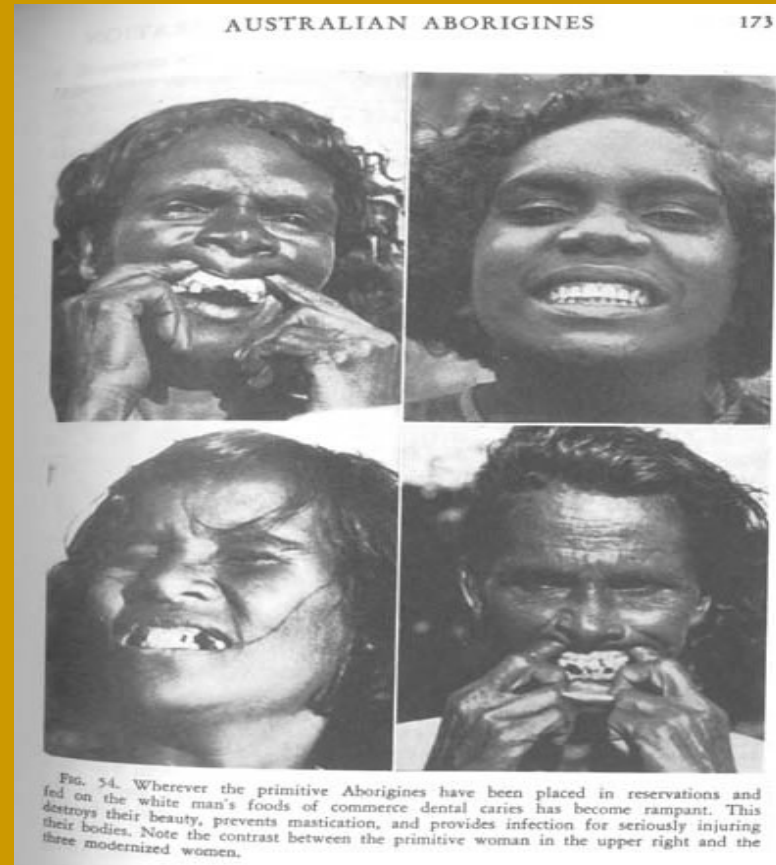


FIG. 54. Wherever the primitive Aborigines have been placed in reservations and fed on the white man's foods of commerce dental caries has become rampant. This destroys their beauty, prevents mastication, and provides infection for seriously injuring their bodies. Note the contrast between the primitive woman in the upper right and the three modernized women.

Again

- ★ Do not eat a Western diet.
- ★ Make dining on food a conscious experience.

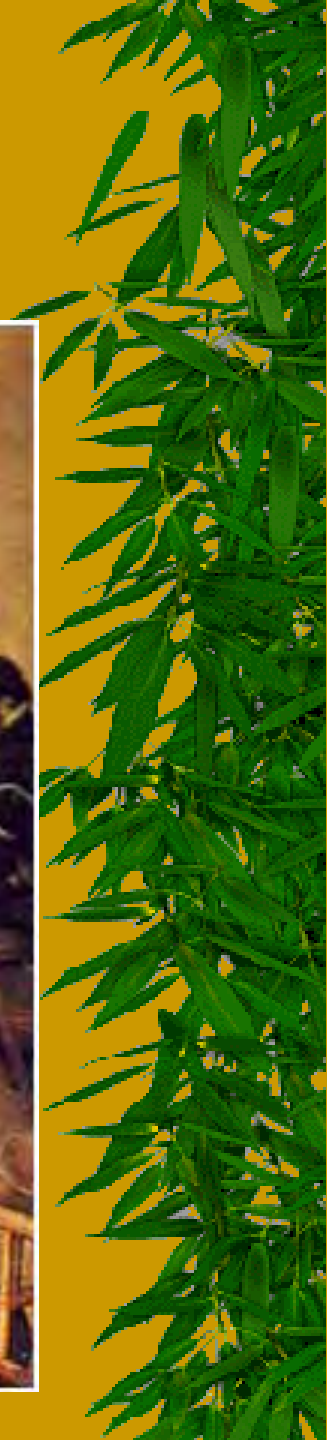


Conscious eating

- ★ Eating with consciousness links us to the earth and its elements, as well as the energy of the sun and it creates a space where humans connect to each other.



Animals eat, humans dine.



Did you know?

- ★ For many Americans eating has become a chore.
- ★ Americans in average spend less than 10% of income on food (Spaniards 18%), less than half an hour preparing, four minutes cleaning up (1965 it was 21 min) and less than one hour per day enjoying it.
- ★ Corn, soy , wheat and rice make up 2 thirds of the calories eaten. (Industrial thinking : cheap raw material, than add “value”.)



What not to eat

- ★ Don't eat anything your grandmother would not recognize as food.(what about bread and milk of today?)
- ★ Do not eat anything that does not rot.
- ★ Avoid food products that contain ingredients that are : unfamiliar, more than 5 in number.
- ★ Avoid high fructose corn syrup, white sugar and hydrogenated fats.
- ★ Avoid food products that makes health claims.
- ★ If they advertise for it, don't eat it. *Adelle Davis*



Where to shop

- ★ Shop the outer aisles.
- ★ Get out of the supermarket whenever possible.
- ★ Shop at farmer's markets and join a CSA.
- ★ Join a buyer's club.



What to eat

- ★ Buy grassfed beef through a buyer's club a quarter cow at a time and freeze it.
- ★ Eat plants every day.
- ★ Eat well-grown foods from healthy soils.
- ★ Eat organic, as much as possible.
- ★ Eat wild foods whenever you can (lamb's quarters, dandelion etc). Grow edible landscape.



Grassfed Beef ?

- ★ Grassfed beef is high in omega 3 fatty acids.
- ★ The omega 6:3 ratio is close to 4:1.
- ★ If the animals receive more than 4 weeks worth of grains at the end, almost all the omega 3 fatty acids are gone, new omega 6:3 ratio 21:1!



What about eggs ?

- ★ Range fed eggs have omega 6:3 ratio of 1.5 to one.
- ★ “Supermarket eggs” ratio 20 to one.
- ★ Remember the betaine content.



Peanuts

- ★ They are high in beneficial fats, such as monounsaturated fatty acids. They contain many nutrients that decrease heart disease, such as : magnesium, folate, vitamin E, copper, arginine and fiber.
- ★ Unfortunately they are high in omega 6's and are very frequently contaminated with aflatoxins and many pesticides.



What are cultured foods?

- ★ - Foods that have been transformed through lacto-fermentation, making them more digestible, adding to their nutrient density and increasing the presence of probiotic bacteria (lactobacillus et al).
- ★ - Recommended book: Nourishing Traditions.



Hot dog !

- ★ - Sauerkraut
- ★ - Sourdough bread
- ★ - Mustard
- ★ - Ketchup



Saccharomyces

cerevisiae :

A yeast to the rescue?

- ★ - A Japanese study in 1986 showed that the acidic fraction of a *S. cerevisiae* culture exerted a significant protective effect against *Candida albicans*. These two strains are therefore highly antagonistic.
- ★ - Biotin production is increased by *S.cerevisiae* as opposed to decreased by *C.albicans*.



Other fermented foods and their probiotics

- * - Coffee
- * - Cocoa powder
- * - Cheeses / Kefir / Buttermilk / Yoghurt
- * - Miso / Natto / Tempeh
- * - Beer / Mead / Wine
- * - Tabasco / Soysauce
- * - Olives / Sauerkraut
- * Lactobacillus plantarum, L. brevis, L. helveticus, L. curvatus, L. sake, L. bulgaricus, L. acidophilus, Leuconostoc mesenteroides, Saccharomyces boulardii, S. cerevisiae, Bifidobacterium longum, B. breve, Bacillus natto



What else ?

- ★ - Increase in immunostimulating compounds that fight cancer.

Mushroom fermentation creates arabinoxylan that has the power to increase NK activity by a factor of 5. Fermented milk has shown a similar effect in research done in Tokyo.

- ★ - Enhanced anti-oxidant and anti-inflammatory activity.

Culturing with *Saccharomyces cerevisiae* produces SOD, a powerful “free radical scavenger”.



What happens during fermentation ?

- ★ - Transformation of lactose into lactic acid and increase in the number of LAB.

Lactic acid helps break down proteins, assimilate iron, activates the secretions of the pancreas, normalizes acidity in the stomach, kills unhealthy intestinal germs (even cholera).

- ★ - Increase in direct anti-cancer activity.

Fermented soy can decrease mutagen formation by 47%. Fermented yogurt also contains antimutagenic compounds and increases the production of Interferon.



There is something
nature knows that we
don't



Look for clues



Finally

- ★ Pay more, eat less!
- ★ Don't get your fuel from the same place your car does.
- ★ Try not to eat alone.
- ★ Consult your gut (get internal, not external cues to decide if you are done eating).
- ★ Eat slow.



Cook and enjoy!

