

WHITE PAPER
ON
THE PERFECT BIOLOGIC
DIET

ROBERT BARRETT
APRIL 2016

“The will to win is important, but not as important as the will to *prepare* to win.”
Paul “Bear” Bryant

What Do You Do When You Know Too Much
or
Grandma Eve Was Not A Very Good Cook

INTRODUCTION

Whether you subscribe to Creation or to Evolution or don't care, there are unalterable physiological absolutes within each of us that influence our behaviors from Cradle to Grave. These innate propensities guide us as individuals and collectively across clan, society, race, all of mankind that has ever lived. (How about that for a profound opening premise?) There are several of these, including innate fear of the unknown. Just watch the caution in small children as they try new skills, as they meet new people. Vigilance Behavior is a general safeguard for preservation of the individual. What is not innate is the ability to appreciate the moment. "Stopping to smell the roses" is a learned behavior. But I digress.

My point at the end, as you will see, is that today's issues with declining Life Span and declining Health Span are directly related to our programming for self preservation. A magnificently stupendous paradox....the systems that evolved to keep us alive as long as possible are now being manipulated to maim and kill us. And its working. We will live shorter, less healthy lives. So will our kids.

Read on, if you dare, to better understand seemingly innocuous recent developments that are at work degrading our health even as we speak. And see if you can understand why and how you can learn appreciate the flavor/texture of a broccoli floret over a slice of pizza. More importantly, you will be able to pass this new paradigm, our oldest dietary paradigm, on to our kids.

PART 1

(I continue to try to come to terms intellectually on what would constitute a biologically perfect diet. I learned more than I wish I had. As an extrovert, I have to communicate my findings and conclusions to validate them to myself. So, if you take the time to read this, there is nothing more expected of you.)

Chronic diseases are becoming more prevalent worldwide, health spans are shrinking, medical costs are rising. This is not what was expected 50 years ago. We expected to live ever longer and in greater health. Now, however, it is a nightmare in some quarters. We work hard all our lives and spend our golden years in agony. It will be worse for our kids.

Worse for our kids. Our recent trend of super sized foods, snacks and drinks with added sugar, salt, fat, and crunch, many manufactured with chemistry sets, has resulted in atherosclerosis showing up before age 10, early onset of menses, obesity, diabetes, tooth decay, ADD, autism, all well beyond anything in history.

What did we eat in the beginning? Our Bible is clear that Garden of Eden food sources were plant based. <http://www.amazingfacts.org/media-library/media/e/1230/t/what-was-gods-original-diet-in-the-garden-of-eden> Paleo feces agree. They exhibit very high fiber content.

The more successful in those first societies gradually developed taste preferences for salt, sweet and fat, critical elements in short supply. We need fats for storage for extended famine, we need salt for basic chemistry, we need sugar for brain fuel and other energy. Preferences for these adjuncts were created through a dopamine type reward system in the brain, the same pathways followed by opiates. We feel better after ingesting these foods. Dairy fat digestion, for example, produces casomorphins, which produce an immediate high and, like all opiates, can cause constipation. Cheese is a concentrate, producing even more casomorphins, thus exacerbating withdrawal cravings. The mother/baby bond is strengthened through this opiate experience with each nursing.

More recently, there have been many practical challenges to the early vegan diets, challenges that necessarily include adaptations in our whole digestive processes. The other option is extinction, and that has also happened to many societies.

<http://courses.biology.utah.edu/carrier/3320/readings/westerndiet.pdf>

Unanticipated is the term I coined to describe modifications to our original Garden of Eden diet. There was no way for early programming to account for all the permutations in food type and source that came with cooking. Grandma Eve probably did not cook. And think about expansion of habitation to cold climates, with moving from tropical landmasses to ocean side existence.....way too many to list. There was no way for our symbiotic gut flora, experts at cellulose digestion, to anticipate diets without fiber. It challenges our imaginations to contemplate how a plant eating hominoid could survive the transition to an exclusive carnivore diet of fish and seals.

Ethyl alcohol is a very recent *Unanticipated* addition to our diets. Societies that ingested this poisonous, addictive beverage gradually selected individuals with enough tolerance to live long enough to reproduce. While many die horribly and before their allotted years with related chronic diseases, and while they sometimes impart genetic imperfections on their offspring, they still can be responsible for at least 2.2 offspring that can survive to reproductive age.

Why is alcohol tolerated, even revered, in so many societies? It is because we are programmed with preferences that lend to survival, and alcohol magically and randomly hacked through the back door. We do everything we can to legitimize our addiction. We associate alcohol with success and toast the victors. We glamorize women who drink. We are so mesmerized, bamboozled in this addictive euphoria that we regard binge drinking as a normal ritual toward adulthood. We institutionalize cowboys heading for the bar for a shot. Children are teased with the forbidden fruit of alcohol, and come to regard it as a proof of adulthood.

Unanticipated challenges on our physical bodies come from other sources as well. Drugs of Abuse are inhaled and injected, compromising Health and Life Spans. Nicotine is inhaled along

with formaldehydes and other carcinogens to elicit a mild euphoria. We see lung cancer, throat cancer, COPD, elevated blood pressure and more in the user and those in proximity. Nicotine and opiate containing plants are utilized orally and nasally, resulting in disfigurement and cancer. Our newly permissive society is now standing by as we create even more sophisticated designer drugs and hallucinogens.

While universally condemned by leaders of society, and strictly prohibited to our youth, these *Unanticipated* inventions in mind altering formulations are a huge burden on society's ability to achieve higher goals. Our Progressive societies spend precious resources on free needles, free drugs, safe houses. Societies spend huge sums of money on medical care for addicts. Our Men in Blue work 24/7 to stop trafficking, to protect us from related robbery, corruption, prostitution and murder. Our Nation's capitol has areas where everyday Americans dare not go. We divert enormous intellectual talent to these seemingly intractable curses on mankind. I see no end to this. It is in our genes.

Addictive Receptors for Food

Also in our genes, (but not so well recognized) are propensities for certain foods. These Addictive Foods act on our dopamine receptors, eliciting milder forms of those same euphoric responses -- and subsequent cravings. Yale University is a pioneer in this area of discovery: http://fastlab.psych.lsa.umich.edu/wp-content/uploads/2014/06/GearhardtCorbinBrownell_PreliminaryValidationYaleFoodAddictionScale_2008.pdf More recently, Addictive Ingredients and Textures are now exploited by Big Ag and obfuscated by Big Med and Big Pharma. Just as they did for tobacco and alcohol for profit in recent generations. Sugar, Salt, Fats and Crunchy.

Learning to cook foods was an *Unanticipated* adaptation to the vegan diets of the earliest simian-looking creatures. Meat in the form of carrion in the earliest days and cooked/preserved meats in more recent times has been successfully adopted by some societies. These and many other changes continue to challenge our wonderfully complex alimentary system that keeps us nourished. And keep in mind that success is measured in terms of avoiding extinction, not Health Span, nor world domination. Just as long as that society could reproduce to fill the next generation.

Historically, there has been no real focus or premium on Health Span. In fact, we are just now able to measure Health Span, and thus relate this quantifiably to our choices in lifestyles, exercise and diets. What we are just now recognizing is that most of our *Unanticipated* departures from Garden of Eden foods result in reduced Health Span. Some call this scourge "diseases of civilization".

What we can measure today is that the longest lived, healthiest human populations are those whose diets are primarily plant based. These are societies that either shun or minimize salt, sugar and fats, including those center isle, processed, look-like-food materials with an abundance of salt, sugar, fat, color, chemical preservatives, trans fats and crunch.

So What can we do?

Let's skip to early 20th century in America. Our frugal, agrarian society continued to subsist on a largely plant based diet. Meat was a luxury. Sugar/honey/molasses were premium items. Candy bars were once-a-month treats. Artificial sweeteners were unknown. With emerging wealth, there is a gradual trend toward more calorie dense food choices, more animal products and fewer and fewer natural plant based foods. This trend includes attendant increases in chronic "diseases of civilization" like gout, cancer, diabetes, heart failure, kidney stones, kidney failure, and more. So, we have the smoking gun....changes in diet away from less calorie dense plant based foods are causing documented disease associations. Just as we proved in studies that compared smokers with non-smokers. Disease treatment, loss of productivity and premature death are consuming unimaginable portions of our national treasure. Why does this not resonate within our society?

It is because of our predispositions to naturally select Addictive Foods that are salty, sweet and fat and, thus, defend our "instincts". And we think they taste good through multiple cycles of drug-like reinforcement. And everyone is doing it. These foods taste sooo good. Why? They trigger our dopamine receptors! They can be prepared with magnificent artistry and variety, which allows them to be masked and legitimized. When we have no logistical nor economic constraint on their availability, then society simply adopts that paradigm. It tastes good. And it feels good at the moment. Like a big cigar. And we live to procreate and make more sick, fat people.

Worst of all, we have a new basis for profit. Remember when Big Tobacco used macho men and attractive women....and even doctors....as examples of what you would be if you used that product? They added flavors and odors to versions of pipe tobacco, to chewing tobacco. Over half our population smoked and chewed and dipped. We finally, finally realized Big Tobacco and Big Med were obfuscating evidence for profit, and, by the way, killing us. Well, that same marketing expertise has been mobilized to selling you and our kids Addictive Foods.

http://nutritionfacts.org/2016/03/29/collaboration-new-vectors-disease/?utm_source=rss&utm_medium=rss&utm_campaign=collaboration-new-vectors-disease&utm_source=NutritionFacts.org&utm_campaign=5e3d9a84d5-RSS_BLOG_DAILY&utm_medium=email&utm_term=0_40f9e497d1-5e3d9a84d5-23352705

Tony the Tiger and Ronald McDonald are ambassadors for this new venue where billions are spent on advertisement that lull our senses into thinking processed foods are superior to Garden of Eden food choices. We want to believe this...you, me, everyone... wants to avoid the self reliance and will power required to recognize and remediate our paradigm error. That's why we continue to ask an addicted 3-year-old what they want to eat. How far from responsibility is that? Unbelievable, unbelievable, as Mr. Trump would say.

Children's Menu

With unlimited quantities of salty, sweet, fat, crunchy processed food sources, in quantities well beyond availability and affordability for previous generations, entire societies world wide are becoming addicted. Look no farther than our "Children's Menu". Look no farther than how children literally beg for addictive foods like corn dogs, hot dogs, big macs, ice cream, mac and cheese, white bread, pizza, chocolate, potato chips, salty, buttered popcorn and more. Ever see a kid hold out for broccoli?

It is not the taste. On my first trips to Taiwan, pizza was indeed a rare food for kids. Now it is pervasive. Why? No, you are wrong. **Pizza does not taste better. The taste, like learning to smoke, is acquired.** We go back for the euphoria and that becomes associated with the distinctive tastes. I used to smoke and loved the smell of pipe tobacco.....now it is offensive. Give up hamburgers for a few months and the burnt cooking smell will turn your stomach. I can vouch for that.

Look at a popular kid's breakfast....pancakes, syrup with artificial colors and flavors, salted butter with a side of carcinogenic bacon. You can't add up the drugs fast enough in that one. White flour that turns to sugar faster than sugar. Salted butter and salted bacon that turns to (previously life saving) fats while the body burns the sugar. Dairy lactose and opiates for an instant high. And salt to make the event even more satisfying, and encouraging increased portion size. Have seconds! We encourage our kids to eat even more. Sop it up! Have some hot chocolate with whipped cream for desert. Never mind the wild insulin spikes, the caffeine jolt, the casomorphin buzz, the food color hallucinations, carcinogenic nitrosamines running head to toe looking to cause mayhem. But we feel good. We celebrate that high. Can't wait till tomorrow morning! <http://yumuniverse.com/addiction-to-cheese-is-real-thanks-to-casomorphins/>

At dinner, we have gravitated world wide to the most addictive of all foods....pizza. Cheese concentrates casomorphins to levels that, like all opiates, result in constipation. But, wow, cheese tastes soooo good. Yes, and it feels good too. Then the greasy white flour crust gets our sugar high in motion, with a great insulin spike and the salty, fatty peperoni/sausage is the proverbial icing on the cake. Stop and check this reference. <http://www.grandparents.com/health-and-wellbeing/diet-and-nutrition/food-addiction>

Summary

In summary, we (our society) are addicts and cannot help ourselves. It is a genetic predisposition. We are no different than those who have been self-victimized by drugs, alcohol or tobacco. This new paradigm is so pervasive and the results so delayed that we can't rise high enough to see how tragic this is. We can't even recognize the relationship between our skyrocketing health care (disease treatment) costs and our food addictions. Those costs exponentially exceed the costs for all other addictions.

Worst of all, we cannot recognize the *conspiracy of denial* perpetrated by Big Ag, Big Med and Big Pharma. Big Ag will say anything to increase profits. Their scientists work 24/7 to create addictive middle of the store look-like-food snacks. Doctors treat sick people. There are negative rewards for Doctors for keeping us well. Drug companies need to sell new and better “cures”, not prevent disease. “Health Care” is just a euphemism for perpetual Disease Treatment. It is the treadmill of hell.

We cannot see 10 years ahead. We can't seem to care about or understand the personal terror and family tragedy that is included in “chronic disease”. Take COPD, where the victim gradually suffocates to death. Think on that. The feeling of drowning, episodes as terrifying as being forcibly being held underwater. The loss of personal freedom. And no way out. No hope. That's why Crucifixion was chosen as the most horrible form of death. By extending the arms in that position, the victim gradually becomes unable to breathe. Cause of death is suffocation. Supporting the feet forces the victim to fight death even longer. We extend the terror in a smoker's death with the cross of an oxygen bottle. But we see millions in addiction and unable to quit smoking. Unable to see 10 years into the future.

Most of us don't have much sympathy for these addicts. I do....and I think of my Dad's last words...“if I had known it was going to be like this, I could have quit”. I think about this every day.

Alcohol, Tobacco and Opiates are easy to castigate. They seem to be avoidable drugs and with predictable outcomes for those to continue to use them. However, we, as a society, can't seem to recognize that we have devolved into a comparably squalid future through our inability to recognize and resist our genetic predisposition for salt, sugar, fats (and crunch). In an unparalleled era of opulence and excess, we have allowed Big Ag to prey on us in the form of industrialized meat products....getting us to demand large portions of meat products 3, 4, 5 times each day. Big Ag members like General Foods has us to believe that Tony the Tiger is good for our kids. What has happened is almost every kid in America is hooked on white flour; added sugar; added chocolate; and lactose and casomorphins in milk and cheese. And now ultra processed foods make up at least 60% of our kid's daily food intake. Fast foods are as revered as the old family dinners.

Food Addiction. Our kids revolt if they can't have these addictive combinations. Withdrawal is tough and forced withdrawal is even tougher. But nothing is tougher than not looking like the other kids in school, having bad teeth, zits on their face. Nothing is as tough as adults as having your chest cracked open for bypass surgery. Imagine going blind with diabetes. Or having your prostate cut out and then pee on yourself the rest of your miserable life.

Non Addictive Foods taste just fine. That is how man got to where we are today. Broccoli florets taste very good and don't need butter dips. There are healthy options. Plant based food choices can be prepared with culinary skills that rival any menu on earth. I tried total immersion on the Cruise Ship for 7 days. We had top chefs. Wow. I want more.

Don't feel badly if you disagree. One has to stop and take a very abstract view. We have to recognize that addiction can alter our judgment. Our first impulse may be to defend of our Addictive Food paradigm, to the point of denial. Keep in mind this paradigm surreptitiously crept in through the process of Unanticipated adaptation as we evolved upward in sophistication and outward into climates unlike the Garden of Eden. Just because it "feels good", does mean it is legitimately healthy. Thus, keep an open mind. It could be as bad as my research indicates.

However, however. Even if we can really come to grips, thinking logically and abstractly, with the fact that our food choices are making us prematurely sick and killing us early, would we give up the pleasures of our way of life, give up our love for harvesting animals and the culinary rewards of catching and killing, for a few more years of life? To minimize the odds of torturous death that we can't intellectually imagine as we eat that slice of pizza? Or feed our kids a plate of grease soaked fries dipped in sugared tomato paste..... This is the issue with knowing too much.

Man has never before had the information and evidences that force a conscious choice between short term Epicurean pleasures and a biologically correct diet. We now have to choose between the highest probability for a healthy life and virtual certainty of mid life and end of life torments. This virtual certainty of prolonged misery is increased every day as we expand our medical infrastructure and their attendant ability and to extend that low quality, punitive existence at the end. Bob

Part 2 – SOUND BITES

My health nut cruise in Feb 2016 was a sold-out crowd of about 2000 people and included over 100 doctors seeking continuing education credits. There were 6 tracks going morning, noon and evening. The track we followed included lectures and panels on the latest medical research by some of my most respected professionals, including Dr. Michael Greger of Nutritionfacts.org. Here is a summary that includes new concepts and discoveries for me as well as reinforcements of proven science:

*Human primates evolved as plant eaters. Our mouth structure, our teeth, our digestive tract, our strength and our physical configuration precludes us from successfully competing with true carnivores. Great apes are largely vegans. Man was able to eat animals only after he developed tools to reduce carrion and kills to portion sizes.

*The leading causes of obesity, disease and death in the U. S. are diet related. Soaring "health care" (a euphemism for disease care) costs are related to our recent S.A.D. diets.

Time Magazine, March 21, 2016: 61% of our calories come from ultra-refined, chemically manipulated look-like-foods (bread, breakfast cereal, sodas, cake, snacks, pizza, candy); 90% of our sugar is from these look-like-foods, not from fruits; salt creates an 11% increase in food consumption at mealtime. (Google *Holly Phillips*)

***YALE FOOD ADDICTION SCALE** "High concentrations of sugar, refined carbohydrates (bread, cereal, white rice, pasta made with white flour), fats (butter, lard, margarine), salt, and caffeine are addictive substances and the foods containing these ingredients may be consumed in a manner consistent with addictive behavior. Just like drugs of abuse, these food substances may not be addictive until they are processed, extracted, highly refined and concentrated by modern industrial processes; meanwhile, combinations of these look-like-food substances may greatly enhance their addictive qualities. Yale researchers developed a Food Addiction Scale (YFAS) to gauge whether a person shows addictive behaviors towards the highly processed and/or refined foods." Gearhardt, Corwin, Brownell

***Don't use junk food as children's rewards.** Junk is junk. This practice elevates the status of junk food and diminishes the value of good food. Other rewards, including hunger, are better options.

*Meat, dairy, fried foods, processed foods, sugar-added drinks, and sugar coated foods are addictive and are primary contributors to obesity and disease.

http://fastlab.psych.lsa.umich.edu/wp-content/uploads/2014/06/GearhardtCorbinBrownell_PreliminaryValidationYaleFoodAddictionScale_2008.pdf

*See also: <http://www.grandparents.com/health-and-wellbeing/diet-and-nutrition/food-addiction> Cheese tops the list. It concentrates casomorphins in our bodies and creates a dependence. Mac and Cheese, pizza, fatty, processed meats, cheese/sugar and butter/salt combinations soon become irresistible to children if we allow this. Just look at a "child's menu".

*We should not weigh much beyond our maturation weight (about 21 years old) at any point in our life thereafter.

*As a generalization, we eat about 3 pounds of food a day. Anything less amounts to portion and caloric restriction and often fails in the long term. The better way to achieve proper weight and health is to eat full portions of foods of lower caloric density (plants). With a carefully planned transition to a plant based diet, permanent weight loss can be maintained with the bonuses of better health and more energy. In most cases when we see physically large people, their diet will be mostly Addictive Foods. Most all chronic diseases, including Type 2 diabetes, are strongly linked to both overweight and Addictive Foods. They can be reversed with a plant based diet.

*Cholesterol levels above 150 mg/dL are life threatening and can be reduced via plant based diet.

*What is known as the Standard American Diet (S.A.D.) has been successfully exported around the world. Attendant chronic "diseases of civilization", many previously unknown in other cultures, are now being visited on those peoples in the same proportions as in the U. S. It is correlated with affluence.....people will eat all the meat and ultra-processed foods they can afford, thanks to ingredient manipulation and advertising by Big Ag, Big Food and Big Pharma. It is now called the *Standard Affluent Diet*. We are exporting world wide misery via McDonalds and the Colonel.

*Chronic end-of-life suffering, including many cancers, heart disease, stroke, spinal deterioration (low back pain), erectile dysfunction, dementia and more are correlated with diets focused on animal products, added sugar and processed "stuff". Atherosclerosis is the root cause of many of these through narrowing vital arteries and restricting blood flow in all parts of the body. "Ornish" style diets can reverse these in most cases.

*Animal products, added sugars, and chemically generated processed foods are clearly implicated in acne, early menstruation, asthma, diabetes, prostate cancer, tooth decay, autism, attention deficit disorder and more. These can be minimized and even reversed via a Plant Based Diet and exercise.

*Atherosclerosis is now being observed in children less than 10 years old. We are 27th in life span among civilized nations and losing ground less each year. Our Health-Span, our years of good health, are even shorter. Thanks to Big Pharma and Big Med, our years of compromised health are longer. They value sick people.

*Children are influenced by parents' food choices, by what parents have in the house for foods and by genetic transmission of predisposed preferences. Given a junk reward food for ingestion of a healthy food creates a greater desire/respect for the reward food. Children typically select caloric dense foods over low density foods, probably related to genetic predisposition.

<https://books.google.com/books?id=fKya9ymw7qsC&pg=PA200&lpg=PA200&dq=childrens+food+selection+in+the+absence+of+sugar&source=bl&ots=dUGb-APMte&sig=FQRZ5ua8S6JsqMPYHFmVMMBeTDQ&hl=en&sa=X&ved=0ahUKEwit7IKYhuPLAhUBE2MKHb0oB4cQ6AEIKzAC#v=onepage&q=childrens%20food%20selection%20in%20the%20absence%20of%20sugar&f=false>

*We spend more than any nation in the world on medical Health Care, which is a euphemism for Disease Care. Our new "miracle" drugs now extend disease ridden lives and mask a death rate that was much higher in previous generations.

*Telomeres are restored and measurably extended with a vegan diet.

*Kidney function is improved with a vegan diet. Kidney stones are a rarity in vegan populations.

*Processed meats like hot dogs and pepperoni are now a Category 1 carcinogen, the same Category 1 as Asbestos and Smoking.

*There is no place for non-human milk/dairy in healthy diets. Animal protein and fats are detrimental in all forms and dairy also has sugars and opiates.

*Vegetable Oils are fats and are processed foods, no matter which oil. If you choose to consume oils, try to avoid oils in combination with starches. Oils with a baked potato, for example, get stored as fat while the body deals with the sugar burst from a bad carbohydrate. Use salsa or similar on a baked potato. Better yet, eat a sweet potato. Canola oil has a little better Omega 6 profile than other vegetable oils.

*Most of the environmental degradation we see in deforestation, erosion, water pollution, air pollution and much more is directly related to the uneconomical industrialization of meat production. Environmental and monetary costs per pound of meat compared to the total costs per pound for plant foods is markedly out of balance. Yet our climate-panicked Progressives want to shut down the Coal Industry to stop climate change. We are continually made a laughing stock by people who can reason. <http://www.theguardian.com/environment/2014/dec/03/eating-less-meat-curb-climate-change>

*Exercise is a critical component of a disease free life. Low stress is thought to also positively contribute. I think they mean to avoid negative, unmanageable stress.

*Osteoporosis is not a disease. It is atrophy resulting from not enough load bearing exercise. Calcium supplements and dairy consumption have negative correlations with improving bone mass and strength. Fluoridation of water is negative to bone health. Fluoride should be applied topically to teeth.

*Vitamin B12 is recommended due to the fact our foods are too clean. B12 comes from eating dirt, more or less, which animals do. D3 is needed in the absence of sun exposure.

*Macrobiotics is a refinement in plant based diets where combinations of foods and preparation options are considered in meal planning.

*Vegan diets, vegan food choices and preparations are often wonderful in taste and texture. It takes about 12 repetitions over 30-90 days to reach that plateau where high-quality, well-prepared vegan choices become the foods of choice. ***This plateau is where your addictions taper to the point you can think reasonably.***

*The concept of "missing" foods is a myth. You will find nothing stinks as badly as a freshly charred cow part.....except maybe that stale tobacco smell in a hotel smoking room. You will soon notice the esthetics of eating a dead stockyard animal becomes down right abhorrent. Visualize a genetically manipulated dead turkey filled with antibiotics that was too fat to walk – talk about something easy to give up! We as a society have been played, duped by Big Ag, Big Med, Big Pharm and Big Gov. It is not exactly a conspiracy to kill and maim you or me, rather a conspiracy to make profit. This profit is increased through obscuring the negative consequences. Like Big Tobacco and Big Alcohol. They just have to keep you barely alive so you can get Super Sized one more time.

*Doctors are trained to deal with sick people and symptoms. They deal with people who are dependent and not self directed. Even when doctors are aware that "untreatable" diabetic nerve pain, for example, can be treated with diet, most will tell patients there are no options. They purport that most people would suffer and die before changing from their S.A.D diet practices – which is often the case. "Health Care" is actually Disease Treatment. That's where the money is.

*People generally assume that taking a medication for a diet-related disease equals a cure, that they are doing all that can be done. Insulin supplementation, for example, will not save eyesight and limb amputations. Statins diminish life quality and extend life by a median of 3 or 4 days. <http://www.peoplespharmacy.com/2015/10/05/statins-are-not-a-magic-bullet-for-longer-life/> **We are what we eat.**

*The emergence of polished rice over brown rice was result of the immediate sugar high vs the delay with brown. Same with white flour vs whole grain.

*AMA and other medical associations think people in general cannot be trusted to with the responsibly of making lifestyle changes to improve their individual health. Thus little focus on education and on counseling for diet modification.

*Big Ag, Big Food, Big Med and Big Pharma use the same deceptive practices that Big Tobacco used in the 50's to obscure negative health information. There were over 7000 papers and publications linking smoking with lung cancer, beginning in the '30s, before the Surgeon General agreed in 1964. The AMA rejected that conclusion for years thereafter...till all the smoking doctors died. There is indeed a similar conspiracy between lobbyists and government on the relationship of diet and health, and based on economic considerations. Follow the money.

*Most people cannot deal with the personal responsibility of a paradigm change in personal and family health. People cannot think 10 years ahead, thus are unable to correlate today's food addictions with nightmarish end of life diseases. Curiously, we

are able to recognize and apologize to our deities for improper social behaviors, however, there is no higher power that has promulgated proper behaviors in diet, exercise and stress regimes. That has to come from our personal, logical assessment of today's scientific evidence.

Mark Twain said something like "eat what you like and let your body sort it out on the inside". Thomas Edison said that "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."

Part 3 My Personal Goals

My ancestors held to two major philosophies in life. The first was Self Reliance where no one asked for help. The second was Charity. Helping family, friends and society in general, and including sacrificing even our lives for the greater good.

Self reliance means you accept the responsibility for assuring food supplies for yourself and those in your charge. That would include both harvesting from the land to put foodstuffs on the table and working industrially to earn money to achieve that same goal.

It seems logical that in order to migrate away from the Garden of Eden, food choices would have to adapt to anything and everything immediately available. Some places they eat snails and snakes. Some places they eat dogs and cows. All the same animal protein. And with the ability domesticate and eat animals, to trap fish, to sneak up on an oyster, man could then move wider and farther. In earlier societies, harsh, dangerous living conditions and poor understanding of sanitation and disease all combined to shorten life spans and to render moot any discussion of how *Unanticipated* changes in diet affected Health Span in those societies. Most everyone fell short of life-span potential, and not just only because of food selection.

We, obviously, sustained life and maintained our self reliance in climates beyond the Garden through opportunistic food choices. We also built a strong culture around this concept. This is critically important to understand. I have been an advocate and teacher of skills in the art of capturing fish and mammals. We grant high praise for proper preparation. This is our sacred heritage.

I guess that is not wrong. We could not stay in the Garden anyway. So, we did what we had to do. **The conundrum today is that now, for the first time, we have: 1. The ability to measure all of today's societies in terms of Life Span and Health Span and, 2. The ability to return to 12 months of Garden of Eden menus.**

Of the many variables from one culture to another, one race to another, diet is one that can be compared with a pretty good general understanding and reasonable accuracy. What we find is that the Garden of Eden diet continues to provide the longest Health Span and the longest Life Span. However, we here in the U. S. have built an entire civilization, the world's dominant civilization, increasingly around meat. We are eating more meat more often. Addictive Food consumption is growing in leaps and bounds. With every 7-11 stop along the road. In our school lunch programs. With every after-school or happy hour snack. At the same time, we are subtracting plant foods. Our Health Spans are decreasing while Big Med and Big Pharma are prospering like never before. They continue to figure ways to lengthen survival for our self inflicted chronic diseases. One buddy is paying 10k a month for a "special" drug. Cure is a dirty word in those paradigms.

*What do you do when you know too much.....*It does not seem either reasonable nor desirable to attempt to change this in one generation. So, I will probably still eat an oyster infrequently and enjoy catching and preparing ocean critters with grandkids. But what I will also do is try to educate and alert our great society on the recent and deadly capitulation to Addictive Foods. It is a "death of a thousand cuts".

Big Macs are proven killers. We need to expose Ronald McDonald for the fraud that he is, just as we got rid of the Marlboro Man. We have got to commit to adding more Plants and minimize meat and dairy, sugared cereal, sugared oats, sodas, greasy French fries, corn and potato chips and butter/salt popcorn. Using any of these as treats or as behavioral rewards is playing with fire in our quest to eat healthier. We need to get our balance at least to the point that overweight is not one of our issues.

We've got to stop and think for ourselves. I have three simple rules for you and for kids:

1. Read the label. You know good and bad, right and wrong.
2. Going hungry can be a better choice. Don't force or bribe kids to eat.
3. Work to make mealtime both healthy and positive. Just like in the good old days.

Michael Pollard sums up my latest philosophy: Eat Food, Mostly Plants, Not Too Much.

Yours truly, Bob

P.S. Here is a link to my single most favored book, Dean Ornish's The Spectrum: <http://deanornish.com/books/>

