

The Science of Nutritional Foods for Health and Other Wellness Information

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I am a Biologist, eight years at Texas A&M University, three degrees, 38 semesters of plant, animal and soil science courses made me a Plant Pathologist, Virologist, Geneticist, a regular Plant Breeder. Fifty years of Plant Science Research and exercise has transformed me from a Plant Scientist to a student of the science of foods for health and a human disease prevention information gatherer.

The USA wastes over \$3.5 trillion trying to keep its sick citizens from dying, but they still die too soon. The obesity and diabetes rates in our country have reached tsunamic proportions. A weak immune system results in many human diseases (heart, hypertension, high blood sugar, obesity, diabetes, pancreas, liver, kidney failures, dementia and cancers). The metabolic syndrome can be the result of several inflammatory factors such as **high triglycerides**, low HDL, high number of **small LDL** particles (cholesterol carriers) and excess sugars, these things lead to disease. Abundant scientific evidence shows that we can support a healthy longevity by following simple lifestyle rules of prevention. This requires a dramatic lifestyle change including daily exercise to strengthen all organs (muscles, stimulate the brain) and reduce the metabolic syndrome by at least 80 % (Katz).

Food is the most important medicine in the world. Conversely, food is the most important poison in the world. Two main sources of food are animals and plants. Animal food (grass fed non-processed meats) supplies good proteins, saturated fats, essential minerals and vitamins (not found in plants), and some carbohydrates. Good scientific evidence proves adequate cholesterol and animal saturated fats **do not cause cardiovascular diseases (Kresser)**. Fresh unprocessed plant food provides good proteins, mono and polyunsaturated vegetable fats (i.e., avocados, nuts, olive and coconut oils, etc.), also essential vitamins, minerals, antioxidants, and mainly low glycemic index carbohydrates and high fiber. Good fresh vegetables include **peppers, tomatoes, onions, garlic, legumes, all greens, include kale, spinach, (dressing = olive oil & apple cider vinegar), spices, etc.** Both food sources provide enough essential nutrients and powerful heart healthy antioxidants. Science shows 80% of vegans might have nutritional deficiencies in certain vitamins, minerals, etc. found only in animal

foods. Beware of artificial supplements. One should limit to no consumption of **processed** polyunsaturated vegetables oils (trans fatty acids) as they may increase triglycerides, and omega-6 fatty acids. These saturated fats (oils) include **canola seed; corn seed; cottonseed; safflower seed; soybean seed; and sunflower seed**. Reduce or eliminate these oils (trans fatty acids) that may be toxic (Mercola). Food is digested down to three main macromolecules: proteins, lipids, and carbohydrates. A perfectly balanced meal should have the right proportions of these macromolecules in groups. A group collectively could be 9g protein, 7g fat, 1.5g carbohydrates for every meal. The average number of groups may be three to four per meal. No two human lifestyles are alike.

All foods contain carbohydrates. There are some 250 different kinds of sugars. There is no such thing as sugarless or sugar free foods (Lustig). **Excess** sugars turn into fat and negatively affect all body organs, leading to fatty liver, cirrhosis, and cancers. Sugars force the pancreas to produce insulin, insulin in right amounts is needed for glucose cell absorption, for body energy, excess glucose leads to insulin resistance and type two diabetes (T2D). T2D is manmade and might be completely reversed without drugs and by reducing sugar intake. One should reduce or eliminate high glycemic desserts (pies, cookies, candy, cakes, ice cream, jellies, alcohols) and artificial sweeteners. **Glucose** in proper proportion is the most important energy source for a healthy body.

Type 1 diabetes (T1D) is a chronic autoimmune disorder characterized by destruction of insulin-producing pancreatic β cells (any age). You might need insulin injections daily. Autoimmune disorders produce antibodies that also attack many body organs, i.e., lupus, MS, Psoriasis, etc. **Fructose** goes straight to the liver, is toxic, stores fat, and leads to (fatty liver), cirrhosis and cancers. All fruits contain fructose, fiber may slow these processes, but it still is fructose. Reduce or eliminate high fructose corn syrup (Lustig).

Cancers may not be prevented however, new genetic immunotherapy, CAR-T cell and other new procedures are dramatically eliminating many kinds of cancers successfully (Allison).

So, eat food, not too much, fresh vegetables, grass fed non-processed meats, minimize fruits, grain products (breads, cereal, pasta, heavy starches, pastries), sodas all kinds with high glycemic index sugars, exercise daily before breakfast, and live healthily ever after.

Eat food to reduce obesity, diabetes and cancer today

Eating to reduce obesity, diabetes and cancer can be accomplished simply by adding a few of our disease fighting foods to your meals each day. Like life itself, one's diet is all about making choices. Since we all eat every day, why not choose foods that can reduce your risk of disease? Listed below are some food facts, supported by scientific research, to help you get the most cancer/diabetes fighting benefits from your diet? **Some scientific trials may be inconclusive?**

Eliminate excess sugars to reduce weight, obesity, CVD, diabetes and cancers, etc.

Sugar is toxic, deadly, and 10 times more addictive than cocaine and or heroin (Lustig).

Be precise. Bell peppers have 5 times more Vitamins C and A than tomatoes and 3 times more C and A than any citrus. Red Delicious

apples have many cancer fighters. Peppers, tomatoes and onions contain many cancers fighting compounds (salsa picante). Red Wine grapes and many berries have resveratrol, a cancer fighter. **Eat Your Sprouts.** Broccoli sprouts can have more cancer-fighting properties than regular broccoli. Green teas have cancer-fighting molecules. Most vegetables can be eaten fresh. Raw tomatoes are good but slightly cooking them in olive oil releases more lycopene, the cancer fighter. **Chew Your Greens.** Chewing kale, spinach, leafy greens with olive oil & apple cider vinegar helps to release enzymes that activate cancer-fighting molecules embedded deep in the leaves. **Go Soy,** fermented soy, like the kind used in miso soup, has four times more cancer fighters than regular soybeans.

Choose one cancer fighting food for each meal. At 3 meals each day, which adds up to more than a 1,000 of cancer fighting food choices each year.

“EPIGENETICS” = changes in organisms caused by modification of gene expression due to diet, behavior & environment rather than alteration of the genetic code itself. We are in control! We could express the good healthy genes.

ACKNOWLEDGEMENTS OF SOME HUMAN DISEASE PREVENTION SCIENTISTS

DR. JAMES P. ALLISON, GENETIC IMMUNOTHERAPY, CAR-T CELL, CANCER

Dr. Robert Atkins	High Protein, Low Carbohydrates
Dr. R. K. Bernstein	Diabetes, Blood Sugar Meters
Dr. Johanna Budwig	Essential Nutrients Cure Cancer
Dr. Aubrey de Grey	Senescence, under 60, might live 1,000 years
Dr. William H. Hay	Food Combining – 1911
Dr. David L. Katz	Yale University Director Prevention Research Center
MS. Chris Kresser	Paleo Nutrition, Functional & Integrative Medicine
Dr. Robert H. Lustig	Excess sugar is addictive & fattening, Fructose goes straight to liver damage
Dr. J.P. Mercola	Saturated fats & cholesterol are our friends
Dr. Weston A. Price	Price Foundation-1930's, Saturated Fat, Nutrition & Physical Degeneration
Dr. Berry Sears	Zone Diet

There are thousands of other internationally renowned research medical doctors and scientists dedicated to the prevention of human disease through proper nutritional foods for health. My source of this information is derived from nutritional health research scientist such as those listed above.

Our government and the entire medical profession should emphasis human disease prevention.

Disclaimer

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