

## Re: Caloric restriction and longevity?

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- *From:* "Peter F" <[fell\\_spamtrap\\_in@xxxxxxxxxxxxxxxx](mailto:fell_spamtrap_in@xxxxxxxxxxxxxxxx)>
  - *Date:* Fri, 24 Feb 2006 02:58:21 -0500 (EST)
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"John Edser" <[edser@xxxxxxxx](mailto:edser@xxxxxxxx)> wrote in message  
[news:dtdno9\\$2bm4\\$1@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:dtdno9$2bm4$1@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

<snip>

JE: \_

You do not have to reduce your calorific intake by 50% by just

reducing your

intake of simple carbohydrates, simply substitute simple for complex

i.e.

eat whole grain products. These provide a satisfying and \_balanced\_

meal

which can drastically reduce carbohydrate intake over time.

I live in multi cultural Australia where every type of cuisine is

available

in a "non Anglicized" way. My experience of the USA is that of a

country

addicted to simple carbohydrates (the white four products etc favored

by

Queen Victoria as "pure"). During the industrial revolution these over refined foods were provided very cheaply and in massive quantities.

Simple

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carbohydrates run the pancreas in overdrive (and probably the aging clock along with it). Hypoglycemia (low blood sugar) and some forms of diabetes can be common side effects of this addiction which is based on the need of the pancreas to correct ballooning blood sugar levels within the tight limits set by brain cells. Simple carbohydrates flood the bloodstream with sugars. The pancreas ends up taking out TOO MUCH of these sugars because it panics. It is simply NOT ADAPTED to a quick influx of sugars into the blood via simple carbohydrate ingestion. The enormous quantities of simple carbohydrates we see available today did not exist until after the industrial revolution invented things like the steel mill for flour milling. Hypoglycemia may result in producing a cycle of tiredness and craving for sugar (the addiction cycle) until the pancreas gives up. I contend that the pancreas is the key to many other modern afflictions such as heart disease and cancer (via immune system degradation).

I whole-heartedly agree but would like to supplement by saying that "CURSES" type memories – which BTW are, by definition, steeped in "SHITS" – typically 'translate' into a \*normally\* hidden (insidious), very common,

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and to an important extent both unconscious and habitual, burden on the pancreas (and of course on other organs as well), the immune system, and the (in a general sense) metabolic (including the neurometabolic or nervous) system.

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CURSES (type memories) are (as if) "put" (or "conditioned-in") into brains (or "attention selection systems") by stressors (situations or environmental causes of stimulation) such that a thus affected animal individual is 'evolutionarily implored' to respond (or are 'phylogenetically forlorn' unless it not only has become genetically endowed with the capacity to, but actually \*does\*, respond) by "specific (synaptic) hibernation" rather than by "general" (conventionally meant) hibernation (or, for this metabolism "muting" matter, aestivation) or by "paying" (in the currency of limited attentional and metabolic resources) and focusing "attention" (concePT referring to any realistic content/proportion of mental attention and muscular activity) in a futile and self-defeating (and mutually exclusive – in accordance with the fairly general principle of lateral inhibition) "flight or fight" (as in defensive or, IOW, adversity avoiding, "fight") and immunoreactive manner.

By the acronym SHITS [aptly designed to be both toilet humored (or septic humored) and easily associated with aversive sensations and psychologically onerous experiences] I represent a wider range of possible "traumatizing" influences or factors (in the lifetime of animal individuals) than is commonly \_and normally\_ recognized as being of great social, psychological, developmental, and medical significance.

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Regards,

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