

Re: Caloric restriction and longevity?

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- *From:* "John Edser" <edser@xxxxxxxxxx>
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dkomo dkomo871@xxxxxxxxxx wrote:–

...I want to make clear that in my original post I was in no way trying to disparage the findings that caloric restriction in animals leads to significant increase in lifespans. Such research has been going on since the 1930's and there are by now results from many such studies on a variety of different animals: roundworms, fruitflies, rats, mice, and monkeys. These results have been remarkably consistent in showing increases in both average and maximal lifespans.

Also, I wasn't suggesting that Dr. Walford's own attempts to follow a calorically restricted diet led to his premature death. The causes of ALS are still unknown, and I doubt very much that diet could influence it for better or for worse. I was only making an ironic observation, something along the lines of "the best laid plans of mice and men often go awry". "The best laid plans of mice and men" is a line in a poem by Robert Burns, which describes how a field mouse's world is destroyed by a plow. Another way to express it is that "death doth make fools of us all".

However, it is still the case that the effect of a calorically restricted diet in humans in increasing lifespan is still unproven.

JE:–

The ALS society describes some possible causes of the motor neuron disease ALS (which has Afflicted Stephen Hawking):

"The cause of ALS is not known, and scientists do not yet know why ALS strikes some people and not others. An important step toward answering that question came in 1993 when scientists supported by the National Institute of Neurological Disorders and Stroke (NINDS) discovered that mutations in the gene that produces the SOD1 enzyme were associated with some cases of familial ALS. This enzyme is a powerful antioxidant that protects the body from damage caused by free radicals. Free radicals are highly reactive molecules produced by cells during normal metabolism. If not neutralized,

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free radicals can accumulate and cause random damage to the DNA and proteins within cells. Although it is not yet clear how the SOD1 gene mutation leads to motor neuron degeneration, researchers have theorized that an accumulation of free radicals may result from the faulty functioning of this gene. In support of this, animal studies have shown that motor neuron degeneration and deficits in motor function accompany the presence of the SOD1 mutation."

JE:–

The modern American diet is not based on a balanced variety of a range of hundreds of natural foods in season that can provide a range of different antioxidants. In Australia the Federal government has just launched a million dollar advertising Campaign in an attempt to convince people to eat a minimal variety of fruit and vegetables. So far it has failed. How incredible is it that western man can put a man on the moon but does not know (or care) what to eat? What levels of arrogance are required to allow such an absurdity? Like any other animal system we are supposed to cycle with our local food sources. How can we when today, they can be 1000's of miles away?

Enormous but mostly unnecessary and costly over food processing has eliminated many critical micro nutrients that may not be able to be absorbed by just taking supplements. Consider common salt (a dietary necessity). For many 1000's of years salt was mostly evaporated from sea water, packed by hand into bags and traded over amazingly complex salt trade routes. Hand harvested evaporated sea salt contains 1000's of micro nutrient products including iodine. However it is only available today in specialist shops. The average American remains content to over eat just empty refined table salt (producing heart disease) along with empty refined sugar (producing diabetes). These saturate almost all artificial food products that are available. The over processing of food products has drastically reduced the variety of foods eaten leaving no back up for chronic deficiency. In short, our genes cannot deal with the modern diet based on a simple carbohydrate produced calorific excess concordant with a micro nutrient deficiency. Stepping on the accelerator and the breaks at the same time will very quickly clap out any car.

It is my opinion that neuron disease may be a product of substituting just a mono culture of over refined oils and fats which remain deficient in vitamin E and omega oils, that also contain significant numbers of damaging trans-isomers which are mostly just a side product of over processing, for the many varieties of natural oils and fats we would have eaten in season in nature. Today these are represented by unrefined natural cold pressed oils which remain rich in vitamin E and omega oils with almost zero trans-isomers. It is these that we would have ingested in our more primitive tribal state when our genome was being selected for.

The famous case of Lorenzo's Oil provides an interesting case:

<http://www.myelin.org/USAToday.htm>

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Evolutionary theory has a lot to offer re: testable WHY's for modern medical afflictions. A more general discussion about food and health that is not difficult to understand is available:

<http://www.healingmatters.com/fats.htm>

Quote:

"the best way to reduce Cholesterol levels to normal is to cure the underlying Hyperinsulinemia. This entails repairing the Automatic Cholesterol Control System which regulates our Cholesterol homeostasis. This repair process requires stabilizing our blood Insulin and Glucose levels and restoring our entire endocrine system to proper balance. This follows automatically when we stop consuming dangerous, damaged fats and oils and restore other needed nutrition to our diet."

Yep, the knee bone is connected to (and always selected with) the thigh bone. At least we have made a start. Obesity is now officially classified as a disease within Australia.

Regards,

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