

Re: Caloric restriction and longevity?

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John Edser wrote:

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 Champaign 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

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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>

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.

Last I heard, obesity in the U.S. is now a major health crisis.

Dr. Walford participated in the Biosphere 2 project in September 1991. This project had four men and four women of excellent initial health living inside a three acre enclosure where the objective was to raise all required food internally, to recycle solid, liquid and gaseous waste products, and generally to remain independent of outside support (other than energy from the sun).

"Although not part of the original plan for living in the Biosphere, the 'Biospherians' adopted what was in effect a calorically restricted diet, which was largely vegetarian, supplemented by small amounts of fish and animal meat...The average total calories was consumed per day was about 1800; fat was kept to a maximum of 30 percent of the total calories consumed...Dr. Walford monitored a number of physiological parameters in the Biospherians that might be expected to be affected by a restricted diet. After just 6 months on the Biosphere diet, weight losses ranged from 10 to 15 percent. Average blood pressures dropped 20 percent, cholesterol levels dropped by 35 percent, and serum lipids by 31 percent."

—William Clark, *A Means to An End — The Biological Basis of Aging and Death*, p. 145

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Note that these were people who were in excellent health to begin with, which means that their blood pressures and cholesterol levels were normal at the start. A drop in blood pressure of 20 percent is therefore somewhat mind boggling. For a person with a mild hypertensive reading of 150/100, a drop of this size would take them down to 120/80.

Note also that the American pharmaceutical industry is raking in billions of dollars in profits every year selling drugs to lower blood pressure and cholesterol. It's sobering to think that the same effects could be achieved by people simply controlling the amount of food they shovel down their pie holes. Perhaps what modern society really needs are safe and effective appetite suppressant drugs.

Finally, here is a key point:

"One of the first and most important points to emerge from the modern era of studies with rats and mice is that the single most important factor in modulating longevity is simply the total amount of calories taken in at each feeding, and the frequency of feeding. Extensive investigations of the manipulation of major food groups in the diet — protein versus carbohydrates versus fats, alone and in various combinations — showed very clearly that complicated dietary theories concerning balances among the various food groups were not relevant to longevity. The best results were always obtained when animals were simply fed less of a well-balanced diet, as suggested by McCay over sixty years ago."

—Clark, *_A Means to An End_*, p. 134

If one is to enjoy good health and long years, perhaps one should follow the advice "Keep your pie hole closed as much as possible when in the vicinity of food."

—dkomo@xxxxxxxx