

Guillermou

We need to feed ourselves with carbohydrates for our body and brain. Glucose is the most important substrate for the correct functioning and development of the brain, with a greater consumption of glucose in relation to the need to create new brain structures and connections. Alterations in glucose homeostasis will inevitably be associated with changes in the development of the Nervous System. Carbohydrates in low glycemic index (GI) foods are digested and absorbed more slowly. This slow release of glucose into the bloodstream has been shown to be much more beneficial to the body, from improved energy levels to controlling type 2 diabetes and weight loss.

Postprandial glucose, together with related hyperinsulinemia and lipidemia, has been implicated in the development of chronic metabolic diseases such as obesity, type 2 diabetes mellitus, and cardiovascular diseases (CVD). Chronic postprandial hyperglycemia is a characteristic feature of insulin resistance and can induce oxidative stress, formation of advanced glycation end products (AGEs), and lipid peroxidative products, leading to endothelial dysfunction, dyslipidemia, and inflammatory gene expression. The phytochemicals of fruits and carbohydrates in general minimize hyperglycemia. According to research, those who skip or delay breakfast are more likely to experience a bad mood in comparison.

Skipping breakfast may increase the risk of attention deficit hyperactivity disorder, depression, decreased cognitive performance, and frailty. Children also have high glucose metabolism in the brain, being twice as high in children aged 4 to 10 years compared to adults. Therefore, feeding the brain with a continuous supply of glucose from a quality breakfast is the best start to the day our children can have.. Children have greater sleep demands and therefore deplete glycogen stores when they wake up in the morning.

Posted On 04/02/2024

Guillermou

Increased activity and a diet composed primarily of carbohydrate foods with a low glycemic index and high fiber content are more likely to reduce hunger and provide more satiety and lead to energy balance as a way to lose excess body fat stores. . Adequate levels of ghrelin, the hormone that together with leptin regulates appetite and satiety, and can prevent us from losing weight if it is not controlled. There are factors that can influence the production of ghrelin, such as: sleep, stress that increase ghrelin, proteins that reduce ghrelin and soluble fiber, exercise regulates ghrelin.

The interaction between flavonoids and target proteins of the insulin signaling pathway; characterizes the bioactivities of flavonoids, such as anti-inflammatory, lipid-lowering and antioxidant Nutrients such as resveratrol, berberine, anthocyanin extracts from purple plants, curcumin or flavonoids have a relevant role in improving insulin resistance at molecular levels and the risk of diabetes and obesity.

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Posted On 04/02/2024

Gui, it seems as we all face such an assault of offenders insulting our bodies running parallel, alongside all this is to straighten out the Gut Health. If we are dealing with a leaky gut, out of balance microbiome than the best foods, in the best for our metabolism most likely can't deliver the best nutrition for us. A leaky gut also sends particles of all kinds into the body not meant to deal with such things. Even with the best of foods, the disruption by all the offenders on the wrong side of our guts, are going to interfere with our metabolisms, our functions. Once the Gut is Healed, then for wherever one finds themselves in their own personal situation, if needed, they can Keto to reestablish fuel flexibility, and then the best clean healthy Carbs we can achieve, looking for our sweet spot.

No matter what, we are still currently stuck with so many kinds of environmental toxins still dragging us down to some degree. This raises the question, when people are finding their best spot, range, and now doing so much better, if the majority of so many unnecessaries', fluoride, mercury in the teeth, toxic drift from Chemical Ag, a possible massive drop in medical waste in the background, EMF's...Just What Is Possible For Our Health? Just what might we have the potential to be?

Posted On 04/02/2024

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Indeed Just, we are facing real criminals who cause diseases. A varied diet of macronutrients and micronutrients should be a goal for health. Life and all metabolic processes depend directly or indirectly on the correct functioning of the gastrointestinal tract. Compromised intestinal permeability and related disorders are common among all patients with inflammatory bowel disease, which is a collective term for inflammatory diseases including Crohn's disease and ulcerative colitis. Many synthetic medications are currently used to treat IBD, such as 5-aminosalicylic acid corticosteroids, and their use causes many complications.

Numerous in vitro and in vivo experiments demonstrated that plant-derived secondary metabolites, including phenolic compounds, glucosinolates, alkaloids, terpenoids, oligosaccharides, and quinones, could reduce permeability and improve related dysfunctions with promising results. Furthermore, many of them could modulate enzymatic activity, suppress inflammatory transcriptional factors, alleviate oxidative stress, and reduce the secretion of proinflammatory cytokines. In these reviews, dietary phytochemicals are promising key modulators, which stabilize the integrity of the intestinal barrier.

Bacterial communities often facilitate food digestion and regulate the immune system and a healthy intestinal environment. The composition of the gut microbiota varies greatly depending on diet, lifestyle, age, sex, ethnicity, body mass index, and dietary behaviors. An imbalance in the gut microbiota and intestinal dysfunction are largely associated with several chronic diseases, such as irritable bowel syndrome, celiac disease, non-alcoholic fatty liver disease, diabetes, obesity, hypertension, heart failure cardiac, atherosclerosis, colorectal cancer, neurodegenerative diseases.

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Dietary phytochemicals most often reported to be effective against numerous diseases include apigenin (parsley), baicalein (Indian trumpet), curcumin (turmeric), diallyl sulfide (onion), ellagic acid (pomegranate), epigallocatechin-3-gallate (EGCG) (green tea), genistein (soybeans), gingerol (ginger), isothiocyanates (cruciferous vegetables), lycopene (tomatoes), quercetin (leafy vegetables, broccoli), resveratrol (grapes), rosmarinic acid (rosemary), silymarin (milk thistle), sulforaphane (cruciferous vegetables) and catechins (green tea). Phytochemicals can interfere with many inflammatory targets, including NF- κ B pathways.

These phytochemicals promote weight control and reduce the risk of obesity, diabetes, cardiovascular diseases, neurodegenerative diseases, cancer, and antimicrobial and inflammatory diseases. The bioactive components of foods of plant origin are shown in Table 2 of the last link.

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Posted On 04/02/2024

Almond

There is no one-size-fits-all diet for everyone. For example, many blacks cannot tolerate milk and the dietary needs and body types of the Eskimos will differ from people living at the equator. When a person follows a vegetarian diet, this is best accomplished by combining complementary amino acids and including certain foods for micronutrient value. This can be difficult to learn but is easily accomplished by persons who grow up exposed to the traditional vegetarian cultures. It is best if your judgement is not clouded by distractions and propaganda. If you listen to your body, you will know what kinds of food you thrive on. I find that a seasonal diet works very well for me.

I am happy to be vegetarian at harvest time, but definitely crave meat by winter (after hunting season!). As long as you eat a balanced diet and eventually get all of your nutrients, I do not believe a specific diet is necessary for otherwise healthy people. (Not many people have vitality, though.) As long as you eat a variety of wholesome foods, I think food quality matters most. So much supermarket food is unfit for human consumption. People need to do what they can to take charge of their food supply... if not producing it themselves, at least buying from reliable sources.

Posted On 04/02/2024

stoneharbor

All good advice, Almond. You said "If you listen to your body, you will know what kinds of food you thrive on." I agree, but I will add "It may take you 40 or more years to figure this out!" Actually, from starting out on junk food, then getting to gardening at age 30, I was only figuring out that I should get refined sugar out of my diet by age 35, when I finally felt noticeably better. It actually took my trying the Ketogenic Diet before I realized I had been needing a high-folate diet (from loads of leafy greens) all my life. So in my 70's I learned I could be in ketosis and feel good and have lots of energy, but I still had to learn I could feel carb-starved if I didn't allow enough intake of healthy carbohydrates.

Not just the fiber-rich greens I was used to on Keto, but the carbohydrates that came from starches and fruit that could be digested in my small intestine to put glucose into circulation. Yes, I agree that a specific diet is not necessary, and further that a change in diet can be beneficial several times a year, just as a learning method, as you never know what you will feel like from ingesting certain foods until you try, and this goes for macro-nutrients as well as vegetable, meat, and dairy variety.

The variety is not just good for what you digest and assimilate, but it's great for the gut microbiome which can change daily as your diet changes. Thanks for mentioning "food supply". I don't wish for it, but I caution on it: There's no guarantee that food will be available always, or even tomorrow, at the local market. Gardening is a fairly fail-safe method to have, at least something! to gnaw on if food gets very scarce.

Posted On 04/02/2024

dianna1189

Almond & Stoneharbor ~ Wonderful posts. Sprouting indoors is a wonderful tool also to add to your food repertoire. I'm hoping to learn/master growing my own microgreens indoors this spring/summer so I can follow through with it during the snowy New England months.

Posted On 04/02/2024

Guillermou

Above all, a diet rich in carbohydrates, sufficient fats and proteins rich in phytochemicals. The dietary phytochemical index (DPI) has been introduced as an economical method to quantify phytochemicals in foods. For the first time, this study was conducted to investigate the relationship between DPI and the risk of prediabetes. The prevalence of prediabetes has increased worldwide over the past decades. The Tehran Lipid and Glucose Study national survey reported that out of every thousand men and women, 46 men and 38 women became prediabetic after 9 years of follow-up.

A diet rich in fresh fruits and vegetables and whole foods rich in phytochemicals, fiber and antioxidants, with a reduced risk of chronic diseases. Chemical compounds found abundantly in plant foods, including polyphenols, phytoestrogens and organosulfurs, and plant sterols, by acting as antioxidants and balancing inflammation, provide protection against the development of insulin resistance, abnormal glucose, and lipid disorders. Several prospective studies investigated the relationship of DPI with cardiometabolic risk factors, changes in lipid profile, and visceral obesity in healthy subjects.

A study in overweight young adults showed an inverse association between DPI with weight gain and blood biomarkers of oxidation, stress. A diet rich in DPI is associated with lower values of WC, BMI, insulin, leptin, hs-CRP and lower odds of central obesity, indicating a possible protective effect of phytochemical intake on these CRFs and highlighting the importance of High PRFs. intake to promote cardiometabolic health.

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Plant-based foods are high in many dietary phytochemicals that appear to be linked to lower body weight and risk of metabolic disorders. Foods rich in phytochemicals have a lower glycemic and calorie index, which explains the reduced risk of obesity. Furthermore, plant phytochemicals have strong anti-obesity effects by targeting the life cycle of adipocytes in different ways, including inhibiting proliferation and increasing apoptosis in adipocytes. Our study demonstrated that a lower PI score is related to a higher prediabetes OR. This economic index could be useful as a dietary target for the intake of foods rich in phytochemicals in the prevention of prediabetes.

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Posted On 04/02/2024

Almond

Plant foods can be a good source of minerals if grown in rich soil. Also, enzymes if they are eaten raw or lightly-cooked.

Posted On 04/02/2024

Lookout

I have always been a big carbohydrate fan. Bread and potatoes were my favourites. Now at 86 my daughter tells me bread is full of gluten and not good for me. I still prefer a cheese sandwich to a regular meal, but I don't have it anymore. Is bread really the wrong carb?

Posted On 04/02/2024

lizzylegs

I say if you're 86, bless you, because you are doing something right. Life is too short..enjoy that cheese sandwich..

Posted On 04/02/2024

Bigfletch

The one appetite no experts can explain, is the " appetite for life ". That is why there are such a variety of dietary background amongst our dear " elders of the tribe ".

Posted On 04/02/2024

bpm4539

If you are 86 and healthy, you are doing many things right in your life. It's your daughter that needs to learn from you, not the other way around. Having said that the quality of bread you get now may not be the same as you have been eating in the past. I personally stopped eating store bought bread, and looking for some options like how hard is it to make my own breads, using only wholesome ingredients? Any suggestions welcome.

Posted On 04/02/2024

dianna1189

bpm4539 ... I no longer purchase store-bought bread. I go to the farmer's market and buy bread from a local organic farmer who uses a 40 year old sourdough and sometimes from other organic vendors using sourdough and/or organic local heritage grains. When I do consume bread, it's usually a side to a homemade organic soup or an open-faced sandwich with a side salad. I love to lightly toast this bread and rub it with a fresh clove of organic garlic once it's out of the toaster. I sometimes top it with A2 grass fed butter (homemade) or fresh guacamole. The difference in taste from store-bought to from the farmer is like night and day!

Posted On 04/02/2024

grulla

You might consider and research sourdough bread. abreadaffair.com/bakery-vancouver/11-reasons-everyone-eating-sourdough..

Posted On 04/02/2024

stoneharbor

Yes, Dianna, great advice on how to get the best bread possible! Once, 30+ years ago I hand-ground organic hard red wheat and made my own sourdough bread. But then at some time I went totally off bread, as it was more toxic than beneficial. Then last year I discovered in a town I'd just moved to that there was a bread vendor at the farmer's market that did her own grinding and baking of organic sourdough. I bought some and found that I could again experience the quality of homemade healthy bread. The grinding just before rising and baking is critical, as otherwise the oils from the germ will somewhat go rancid and give unhealthy, instead of healthy, bread. The baking soon after grinding is the only way to prevent the linoleic acid from becoming oxidized, and you can't get this from store-bought breads.

That's why stores mostly sell white-flour sourdough. It's actually safer. This particular baker happened to also make her bread available through an independent health food store if you placed a special order by phone to the baker. So the bread is available even when the farmer's market is not in operation. If people don't have this option, they can of course still buy organic wheat grain and do the entire grinding/baking process at home. This way you can choose your own sourdough starter. I made mine by fermenting whole Oregon Grape mixed with flour and water. But any fruit or berry is a good source of yeast for fermentation.

Posted On 04/02/2024

Guillermou

COULD SOURDOUGH BREAD BE THE ANSWER TO THE GLUTEN SENSITIVITY EPIDEMIC? The idea of FODMAPS as a possible culprit came from an Australian research group that accidentally helped popularize the idea of gluten sensitivity, adding fuel to the fire. In 2011, a study of people with irritable bowel syndrome found that subjects felt better when they followed a gluten-free diet. The same research group conducted a follow-up study, where they put gluten-sensitive subjects on a gluten- and FODMAP-free diet until they felt better. They then gave some of the subjects gluten and found that they did not react, suggesting that the problem was the FODMAPs and not the gluten.

Interestingly, fermentation during the sourdough process also reduces FODMAP levels, according to Monash University, where the Australian studies on FODMAPs and gluten sensitivity were carried out. Breads made with the traditional sourdough process and made with low-FODMAP flours, such as spelled, which does contain gluten, can be tolerated by people who have been shown to have sensitivity to FODMAPs. FODMAPs may not be the only explanation for the increase in people reporting gluten sensitivity. Wheat itself hasn't changed in the last 100 years, Fasano says, but a lot of gluten and vital enzymes are added to foods, so there may be something else in bread or highly processed foods that could be causing gluten sensitivity.

There are also theories that changes in our gut microbes could be causing increased reactions to wheat. Another theory is that people who claim to have gluten sensitivity are actually reacting to another protein in wheat; Murray notes that wheat is a "complicated food," made up of many proteins.

www.theguardian.com/lifeandstyle/2016/mar/23/sourdough-bread-gluten-in..

Posted On 04/02/2024

wareagle82

At 86, you have earned the right to eat what you want. Also, since you've made it to 86, you did something right. If you are near a bakery, choose that over the pre-packaged grocery store loaves. Gluten, by definition, is a naturally occurring protein that appears in certain grains. It has existed for as long as people have made bread.

Posted On 04/02/2024

willos

I had all sorts of adrenal issues and brain fog and low body temps when I lost weight with IF and moderate keto.

Posted On 04/02/2024

JSBach

It's interesting how Dr. Mercola was all about keto/low carb and high fat and wrote a book about it being the healthiest diet, only to completely change his opinion about it. I say don't follow anyone but your own body. Just listen to your body and eat real food.

Posted On 04/02/2024

stuckinamoment

I did clean keto for a year. Lost weight and regained health. Energy levels were GONE. My salads went through me with lightning speed. I broke my eating plan when I was guzzling fresh sheep milk one day. I realized that my body needs certain things to function optimally, and now I eat what it's asking me to eat. I feel better for it. No plan will fit everyone and some plans work for a while, then peter out.

Posted On 04/02/2024

velmadauer

What do you advise for a diabetic, age 84, whose had diabetes for over 50 years, probably induced by toxins. (I'm missing a detox gene.) I've been on a Keto-like diet routine, basically, since I was diagnosed. Currently, I need to find a new doctor because the one I have wants me to raise my A1c to 8 or more. I recently tested at 6.4 A1c.) I've been on Humalog insulin since 2013, after Metformin (and the diarrhea that went with it) for a year or more. This doctor wants me on an oral med instead. (Note: I've had two wonderful people respond to my comment about this topic recently, and I want to thank them as well as Dr. Mercola, who facilitates the passing along of comments to the originator of the question!)

Posted On 04/02/2024

remitrom

Well, that is good news about the carbs. I had a hard time sticking to that way of eating. Oh, I have never really been able to eat breakfast ... by that, I mean eating earlier than 10:30-11:00 a.m. in the morning. I have ALWAYS been that way so my "breakfast" is really my lunch. I have naturally followed intermittent fasting for years because I get vaguely nauseous eating really early in the day. The only exceptions are when I am getting over an illness. My biggest problem is trying to lose weight and fat while in menopause. I did the low carb thing and lost a few pounds but it was not sustainable and I was sluggish. All my bloodwork is considered "normal" although it is believed that my cholesterol is a little high.

Oh, I am also retaining my remission with ulcerative colitis. After years of logging my food, I realize I eat quite well and there is not much else I can tweak - organic chicken, turkey and beef, wild hog processed ourselves, wild caught fish ... farm fresh eggs and butter ... lots of veggies and nothing from a box ... supplements ... I walk my dog daily for several miles at a good pace (he has a need for speed) and weight training 3x a week. Not sure what else I should be doing. I seem to be maintaining my "flab" and cannot get rid of it!

Posted On 04/02/2024

appaloosa19

I am reading 'The Iodine Crisis' by Lynn Farrow. Fascinating. Maybe if you added iodine the weight loss would be easier? Most doctors completely unaware of the widespread iodine deficiency.

Posted On 04/02/2024

stoneharbor

Finally, a Dr. Mercola article taking direct aim at the Ketogenic Diet craze. I think this covers the subject quite well and is long overdue. Most of America's population and many others in English speaking populations were bamboozled into trying to survive on a Ketogenic Diet. Even Dr. Mercola wrote 2 books about how to do it. It was heralded by many other alternative doctors and dietitians in the recent past also. So it is time to debunk the belief that a Ketogenic Diet is even possible, long-term, and explain what it actually is: a nice short-term method to reduce weight on an otherwise healthy diet. This is a welcome explanation by Ashley Armstrong and Dr. Mercola.

I hope Dr. Mercola continues to produce articles about why a long-term Ketogenic Diet was never a good idea. It may take repetition to get this idea to take hold in the mind of us here. The only thing I have to add to what was expressed in this article is regarding the section "How can I add Carbs back in". My experience with trying to stay on a Ketogenic Diet, and talking to many others who tried to do the same, was that we always had days when we were so starved for carbohydrates that we abandoned the strict Keto regimen as often as twice a week to feast on some favorite carb-rich foods.

I don't remember having my body be surprised by this "off-Keto" diet change. It always seemed excited to get some foods other than proteins, fats, and fiber-rich greens that really never provided measurable glucose to absorb. What I want to add regarding reintroducing carbohydrates is that obviously we want to stay healthy, so the carbohydrates need to be what Dr. Mercola always recommends: organic foods, fresh as possible, with a variety that supplies not just carbohydrates that convert to glucose and lactose, but are ones that are rich in minerals, vitamins, and phytonutrients such as Flavonoids and Carotenoids.

Posted On 04/02/2024

muttbakercom

Hubs went on the Atkins Diet & lost a lot of weight, still observes mostly low carb due to his diabetes. (V.A. says the diabetes and other maladies are due to Agent Orange he encountered in VietNam; I don't think so; he has spoiled himself eating like a King, smoking expensive cigars and drinking during his working years). ANYHOOO. We try to eat low carb mostly now and both are stable healthwise, A1C below 7. I HAVE NOTICED a lot of activity online concerning freshly milled grains for baking one's own bread. Advocates have their own mills and bake with the grains (usually wheat but also other grains) directly after milling, to retain all the nutrients and avoid oxidation. There are many many claims of IBS and celiac/gluten sufferers being completely healed; including many children reversing food sensitivities. (Fresh Milled Mama's is one fb group that I recall with good info.)

Posted On 04/03/2024

bobsmyk

The low carb problem...How do non-carb eating predators (like tigers and eagles, etc) function at their superior capacity to chase down and consume carb eating herbivores if there is actually a low carb problem? When we eat less carbs and the body temperature drops it's time to heat up again by exercising. The fact that the body temp drops lets us live longer by reducing our production of free radicals. We know that high temp animals like mice, sparrows, etc don't live long lives while low temp animals like moles live very long lives.

Posted On 04/03/2024

2 yrs ago, my husband was tired of needing more and more rx for his type 2 diabetes. He ordered a book on reversing diabetes. I have always been into nutrition but was concerned about him eliminating so many nutrient dense foods. Within the first 2 weeks, he had eliminated most of his diabetes medications. He kept a food diary with his numbers to show the Dr. He also took a carb blocker supplement on the occasional cheat meal. I believe it was a black bean derivative. He dropped 40 lbs without trying. My question is.....Isn't keto/low carb diet good for diabetics rather than taking so much rx? I also want to add that he did start using keto bread products and some fruit. However, his numbers went up a bit. I'm hoping the Dr doesn't insist on more rx if the numbers keep going up.

Posted On 04/03/2024

jerryplush

Guillermou.....friend request sent. Interested in references showing plant sterols are healthy and non-problematic for human consumption. Have viewed a video stating that plant sterols lower LDL levels because they are very similar to cholesterol and about 1% is taken up by receptors that normally receive cholesterol. Plant sterols reduce blood levels of LDL by inhibiting the absorption of cholesterol from the small intestine. This is from You Tube video: Dr. Paul Mason - "Hard science on the real cause of heart disease - why you should avoid seed oils' www.youtube.com/watch Dr Mason lifts the lid on just what exactly makes seed oils so problematic.....and it comes down to much more than oxidation stress. The major issue in fact, is that seed oils contain phytosterols, or fake plant cholesterol, which interferes with the normal essential functions of cholesterol within the body.

Posted On 04/03/2024

Kneecaps

I never understood low carb diets since they go against what people in the Bible ate. Grains, bread especially. I'm glad people are beginning to understand they NEED good carbs in their diet no matter what.

Posted On 04/03/2024

Adelina

WOW! ok this was one of the best articles that I've found on keto/low carb. I follow Dr.Peter Attia and Huberman and all of the other amazing scientists but this was the best explanation of what extended low carb or ketosis can do. I did low carb/ketosis for 3 years and suddenly my bloodwork started taking a nose dive: super high APOB, high fasted glucose, low T3, high TSH, super high blood pressure, etc.. Also while I have good muscle mass at 14% body fat, there were areas that just did not want to grow no matter how much weight I threw at it; I was (am) losing hair and just don't feel my best unless I supplement with some stimulant like preworkouts or modafinil or some racetams. And while my alternative doc did suggest that I add carbs back in, she didn't really seem that sure about it. This explains what I need to do and I'm so relieved! Thank Dr. Mercola!

Posted On 04/02/2024

welchmf

In the absence of testing, chasing eating habits to solve this or that problem may be doing more harm than good. The hair test at US food intolerance is the best one I've seen. Everyone is different.

Posted On 04/02/2024

Horsea

You are so right! Testing is sometimes needed if nothing is helping you. But, best of all, a medical practitioner with much experience, wisdom and intuition sets you in the correct direction - even with no testing.

Posted On 04/02/2024

mssports77

Yes I am going through Cancer and all these outside experts tell you cut the carbs and sugar and its doing nothing but raising cortisol and sugar etc. They only tell you what to not eat and thats just part of it.. Yes cutting carbs -Keto is a good short term but much has to be added like reducing Glutamine another feed to cancer and there lies the issue as No One will prescribe meds or follow you and be your Guide. I have noticed Brain decline on low carbs and sugar higer because of cortisol. I am so tired of going on podcasts and they talk the talk but who is walking with you?? No one ! The Body needs carbs to survive I have nothing in weight to lose and just too much adrenals and cortisol so going back to carbs and health eating but lowerig these carbs and refined sugars.. The last issues os I love Dr. Mercola but more should be specified as to who should adhere to the publications and who should not depending on the disease you may have or not very frustrating! God Bless to ALL..

Posted On 04/02/2024

josephunger

In the 1970s several classmates and myself undertook an experiment by embracing the low-carb diet. We quickly concluded that it was not a very good idea. Yet, the fad has persisted for 1/2 a century with many renown and enthusiastic supporters. If one approaches the study of health and healing with an open and critical mind, one might begin to conclude that most of the information boils down to a form of religion. A belief system based on what little evidence and information that any individual can process. It is human nature. We have a propensity to embrace new information that is compatible with our unconscious belief systems. I could write volumes, but many others have done so.

An important endeavor becomes the process of identifying the most valuable and essential of that information (The Art of Motorcycle Maintenance). As a recommendation, wise epidemiologists advocate embracing a philosophical construct that becomes a guiding light eventually embracing wisdom not just information. I have had the great fortune of wise mentors early in my education. One of my favorite quotes is from Dr. MB De Jarnette. To be educated, you must have a philosophy. To be capable, you must understand your art. To be honest, you must have a science. One of my least favorite, "Knowledge is Power, Get Some".

Posted On 04/02/2024

Horsea

I have heard, over decades, that the thing to do is a high protein, almost-no-carb diet for maybe a week, then suddenly switch over to the inclusion of carbs + adequate protein and fat. Do this a few times, and your body will (apparently) do a kind of shakeup, a major detoxification of old metabolic (and other?) wastes. Just passing it along! Never done this. A few years ago a woman at work who was a bit too fat (maybe 30 lb overweight, sloppy roly kind of fat) tried the Atkins Diet and her Dr. told her to quit pronto as she had symptoms of, and tested positively for, kidney damage. How about them apples!

Posted On 04/02/2024
