

Nutrition, Disease and Aging? Where Is the Truth?

Joe W DeLoach, OD, FAAO
Chief Compliance Officer
Practice Performance Partners




1

DISCLOSURE

I HAVE NO FINANCIAL INTEREST IN ANY COMPANY OR PRODUCT IN THIS PRESENTATION.

I SURE DON'T HAVE FINANCIAL INTEREST IN ANY PHARMACEUTICAL COMPANY, THE AMA OR ANY HEALTHCARE TRAINING FACILITY IN THE US...NOR ANY SUPPLEMENT COMPANY, NATURAL FOOD MANUFACTURER...*on and on and on*



2

OUR AGGRESSIVE AGENDA – Hold On To Your Seats

<p>PART ONE</p>  <p>Are we what we eat?</p>	<p>PART TWO</p>  <p>Myths and lies from the FDA, AMA and Big Pharma</p>	<p>PART THREE (later today)</p>  <p>If you now doubt, what can YOU do to live a longer, healthier life?</p>
---	---	--




3

Pre-emptive Apology

I apologize that I will possibly offend or make some of you unhappy or uncomfortable. This is my opinion based on the facts as I understand them - all I can present. Fortunately, or unfortunately, **in medical "truth" today you can support about any opinion you want. Each of you must decide what you believe...or not.**

If you heard this presentation two years ago there is a HUGE amount of new information. Enjoy



4

I will admit one thing that HASN'T changed...

*I am **STILL** a Dr. Pepper and Hostess Snowball-aholic*



Let's talk about food...



5

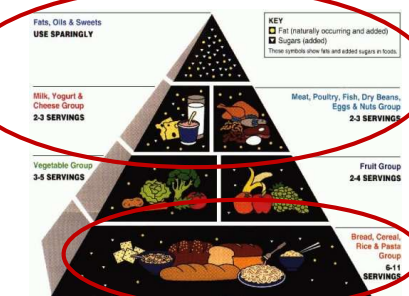
FIRST CONCEPT

ARE WE WHAT WE EAT?





6

MYTH - FDA's 1992 Food Pyramid



ALL THIS IS REALLY BAD FOR YOU PROTEIN AND FAT

ALL THIS IS REALLY GOOD FOR YOU CARBS!



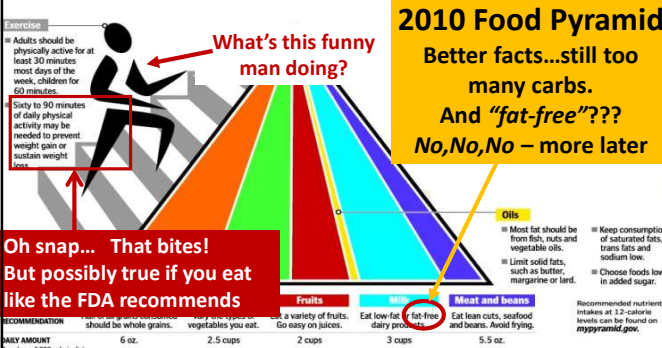
7

2010 Food Pyramid
Better facts...still too many carbs. And "fat-free"???

No, No, No - more later

What's this funny man doing?

Oh snap... That bites! But possibly true if you eat like the FDA recommends



Exercise
Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.

Fats
Most fat should be from fish, nuts and vegetable oils.
Limit solid fats, such as butter, margarine or lard.
Keep consumption of saturated fats, trans fats and sodium low.
Choose foods low in added sugar.


Fruits
Eat a variety of fruits. Go easy on juices.

Milk
Eat low-fat, fat-free dairy products.

Meat and beans
Eat lean cuts, seafood and beans. Avoid frying.

RECOMMENDATION
Based on a 2,000 calorie diet.

6 oz.	2.5 cups	2 cups	3 cups	5.5 oz.
-------	----------	--------	--------	---------



8

Good or Bad News???

2010 Physical Activity and Weight Gain Prevention Study

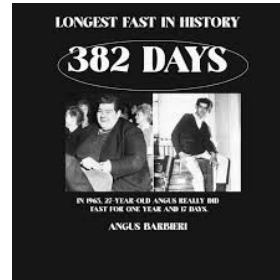
- 35K participants
- 13-year study
- Three groups – high, medium and low levels of physical activity
- At 13 years...

ZERO correlation between weight gain and physical activity in ANY of the three groups



9

MYTH You Need ALL Food Groups



382 days of nothing but tea, coffee and water
(monitored by his MD)

RESULT?

275 pounds gone, diabetes gone, hypertension gone, gout gone, arthritis gone – NO NEW HEALTH ISSUES OR ADVERSE EFFECTS



10

Truth?

There are only two essential food elements –

protein and fat

Grains, fruits, and many vegetables are mostly all converted to sugar. If the body needs more sugar, it will break down excess fat to get it.

We will talk about diets in the second program later today



11

MYTH BIG PROBLEM: Our Food is Safe and Nutritious

Two reasons this is just a big ole lie....

- A 2025 carrot does not even resemble a carrot of old
- Don't mess with Mother Nature



12


Why the Decline in Food Quality? Nature and Man

Natural Cause – Soil Depletion

From USDA report 2004 – Mineral content changes of soil from 1962-2002
(Two decades ago...significantly worse now!)

MINERAL	PERCENT DECLINE
Calcium	32.8%
Iron	39.7%
Magnesium	29.7%
Phosphorus	17.2%
Potassium	11.2%

Journal of American College of Nutrition 2004 – Study done at UT Austin




13

Decline of Food Quality Man Fools With Mother Nature

Soil Additives

- **INTENTIONAL (BIOREMEDIATION** – aka spiking) – artificial soil from landfills (good deal of human poison) + nitrates. **Nitrates have the same effect as nicotine – like eating cigarettes!**
- **INTENTIONAL** - massive increased use of pesticides/herbicides
 - Direct use on crops
 - Indirect use through GMO process
- **UNINTENTIONAL** – chemical runoff (est. a billion pounds a year)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2946087/>



14


Atrazine – Pesticide Du Jour

Active Ingredients:
Atrazine, 2-amino-6-ethylamino-3-sulfonylamino-pyridine ... 44.2%
 Related compounds 2.2%
 Inert Ingredients: 53.6%
 Total: 100%


Contains 4 lbs. of active ingredient per gallon
 KEEP OUT OF REACH OF CHILDREN
 HAZARDOUS TO HUMANS AND DOMESTIC ANIMALS
CAUTION: Potentially fatal if swallowed, inhaled, or absorbed through skin. Do not breathe vapors or spray mist. Avoid contact with eyes, skin, or clothing.

NOT OK FOR WORKERS - BUT THE FDA SAYS IT'S OK TO PUT IT ON AND IN OUR FOOD!!!

Glyphosate – Herbicide Du Jour



Anyone up for eating Roundup – cause that is what you are doing with GMO, mass produced foods and commercial livestock




15

Decline of Food Quality Man Fools With Mother Nature

Genetic Manipulation – the “GMOs”

- The Big Three – Corn, Wheat, Soy
- We have made them unattractive to bugs and unattractive to weeds! Sounds good, **but how did they do that?**
 We altered these grain's DNA so they can make their own pesticides and herbicides – the chemicals are IN them!
- **And GLUTEN? Let's talk about 60% vs 1% - 10%**



16

But GMO is safe.....

- The FDA says so! Despite they have stopped every legislative attempt to require GMO labeling. **Labeling would at least put the choice to poison yourself in your own hands!**
- **Despite the fact they are banned from use or HIGHLY regulated (and labeled!) in almost every other civilized country in the world**

And besides, many are made by a company you know and trust



The same folks that brought us saccharin, aspartame, recombinant growth hormone...and don't forget agent orange!

17

Safe? What did the courts say?

Glyphosate UNQUESTIONABLY linked to lethal lymphoma

The first three juries ordered Monsanto/Bayer to pay out \$2 billion, \$289 million, and \$80 million. Each **Roundup settlement** was reduced by the judge to \$86.7 million, \$78 million, and \$25 million.

www.woodslawyers.com. **SOMETHING APPROVED BY THE FDA!**

Then, the Miller Firm, which had about **6,000 Roundup case plaintiffs**, went to trial against Monsanto's German owner Bayer AG in Marin County Superior Court in California. The case was granted preference status –meaning a quick trial date – because main plaintiff Victor Berliant was on his deathbed.



18

Safe? What did the courts say?

Glyphosate UNQUESTIONABLY linked to lethal lymphoma

The first three juries ordered Monsanto/Bayer to pay out \$2 billion, \$289 million, and \$80 million. Each **Roundup settlement** was reduced by the judge to \$86.7 million, \$78 million, and \$25 million.

www.woodslawyers.com. **SOMETHING APPROVED BY THE FDA!**

Then, the Miller Firm, which had about **6,000 Roundup case plaintiffs**, went to trial against Monsanto's German owner Bayer AG in Marin County Superior Court in California. The case was granted preference status –meaning a quick trial date – because main plaintiff Victor Berliant was on his deathbed.



19

SETTLEMENT - \$11BILLION

1. We did nothing wrong
2. We get to keep selling carcinogens
3. No one can sue us again

Moral: Money CAN buy happiness in the pharmaceutical/food industry!



20

Decline of Food Quality Man and His Greed + Inhumanity

Raising Animals in America

There are so many problems...the three "biggies":

- Recombinant growth hormone
- Antibiotics
- Animal welfare



21

Animal Growth Hormones


- "Free range" pig will mature to market in 10-12 months (and has an expected life span of 14 years)
- Pig fed growth hormones will mature to market in **FIVE MONTHS** (and can't walk and will die by 18 months)

Cows, chickens, goats...all the same

- But, the FDA has assured us these are safe for human consumption ("large" proteins" are not absorbed in adult intestines) - **Failed to mention they are EASILY absorbed by the immature GI tract of infants and children**
- **They are safe, despite the fact they are banned from use in almost every civilized country except China and the United States**




22



Wonder how this is even biologically possible?

We are maturing our kids to market MUCH faster via recombinant growth hormone!



Wonder how 14-year-olds can look like this?

23

Antibiotics???

Almost every European and American Public Health Agency all agree that the addition of antibiotics to animal feed will worsen an **INCREASING** epidemic of resistance.
Can you spell PANDEMIC?

So why use it?

It's not about growth - it allows them to raise animals in their own waste keeping them alive at least long enough to get them to slaughter



24




HAPPY, DISEASE FREE CHICKENS

Raising chickens is easy these days
All you have to do is remove the dead ones every day! That's called "culling".



25




Results of raising them in their own filth and destroying their immune system with antibiotics?

"Egg Prices Soar Amid Bird Flu Outbreaks"

July 15, 2024
CDC confirms new bird flu cases in Colorado poultry workers

2022 – 18 MILLION chickens in the US euthanized to prevent spread of Avian virus.

"The workers were culling poultry at a farm in northeast Colorado,"



26

Happy, HEALTHY pigs





70% of pigs in the United States are raised this way. These pigs are a year old – all they do is eat, defecate, replicate and sleep - always standing up.
They actually look fake!




27

Want to eat this???



Most all the "dark" areas you see are NOT dirt and the white stuff is waste runoff

*Yum...Yum...
The odor is simply staggering
or stagnating...
for miles!*



28

And farm raised fish???



THEY'RE
FEEDING
THEM
WHAT???



29

Decline of Food Quality Man and His Insanity

Food Additives

The three monsters of nutrition:

- MSG
- Aspartame
- Carrageenan



30

REALLY – MONSTERS?

Many experts feel they strongly contribute to the following statements:

- First time in 200 years children could have shorter life expectancies than their parents (JAMA 2007) (2025- FYI average life expectancy continues to decline – nothing to do with COVID!)
- **500%** increase in chronic childhood disease between 2002-2012 (CDC 2012) (oh, FYI – Facebook and Merck experts disagree with CDC!)
- **52%** of Americans have at least 1 chronic illness (CDC 2020)
- **500% increase in neurologic disease 1990-2017** (<https://jamanetwork.com/journals/jamaneurology/fullarticle/2772579>)



31

What's So Bad About MSG?

- **Destroys neural tissue** (glial cells – remember the glutamate theory of glaucoma?)
- **400% more toxic to kids and diabetics**
- **Increases insulin resistance** and serum lipids
- ***It is used to induce obesity in animal fat studies***
- Increases BP, free radicals (**INFLAMMATION!**), causes dysregulation of the hypothalamus - associated with sudden cardiac death syndrome, MS, cancer **and almost all neurodegenerative disease**



32

So Why Do We Use It?

Because it makes our empty stomachs feel full, artificially sugared, heavily processed food taste like real food.

And, think about this one, MSG makes you HUNGRY!!

(why would food manufacturers want to do that???)




Ingredients
 No preservatives, but...
 #4 Salt
 #5 Fructose corn syrup
 #6 MSG

Practice Performance Partners

33

Carrageenan

A seaweed use as an emulsifier, thickener and stabilizer – no taste and no nutritional value. It is “cosmetics for food”



The world authority on carrageenan is Joanne Tobacman, MD. Her decade of studies shows carrageenan causes:

- Irritable bowel syndrome
- Stomach malignancies
- Glucose intolerance
- Most importantly – massive, widespread inflammation -

it is used in labs to CREATE inflammation in tissue!

These effects are magnified when the carrageenan is degraded by acids in the stomach!!

Practice Performance Partners

34

Aspartame (and all the other fake sugars)

Probably one of the biggest evils ever inflicted on the human race

That was pretty bold? More on that in a minute


Practice Performance Partners

35

MYTH – Your Drinking Water is Safe

What Exactly Is In It?

- Arsenic, Herbicides, Fungicides, Organic Solvents, Vinyl Chloride, Dioxin, Benzene, Acetylarnide, Polychlorinated Biphenyls, Pesticides...and some H₂O (Dallas County Health Department analysis 2013)
- NWQA report 2019 – five or more pesticides found in 90% of American water sources (<https://www.beyondpesticides.org/resources/threatened-waters/overview>)
- And in ALL – **FLUORIDE** – one of the most neurotoxic chemicals we know



January 5, 2025
 Large analysis links high fluoride levels with lower IQs in children
<https://ntp.niehs.nih.gov/whatwestudy/assessments/noncancer/completed/fluoride>

WHO WOULD'VE EVER THINK IT?

Seven states currently trying to outlaw fluoride in public water system – trend growing

Practice Performance Partners

36

And These Are Bad?

These chemicals are considered **carcinogenic** – *but supposedly “safe” in small amounts.*

This “theory” does not take into account the additive effects of multiple carcinogens - **these proteins are readily stored and concentrated in fat cells – pretty much forever. More fat cells, more carcinogens!**

Just in but nothing new...January 10, 2025

Arsenic exposure from drinking water linked to kidney damage for US adults

<https://www.sciencedirect.com/science/article/abs/pii/S0946672X24001792?via%3DIihub>



37

Is it just the water????

Formaldehyde Causes More Cancer Than Any Other Toxic Air Pollutant

Oncology 12.4.2024 (originally published in ProPublica 2024)

“In a world flush with hazardous air pollutants, there is one that causes far more cancer than any other, one that is so widespread that nobody in the U.S. is safe from it.”

WHERE IS IT?

Exhaust from cars; smoke from industry; insulation; glue; permanent press fabrics; cigarettes; gas stoves; paint; paper products; fabric softeners; color fixing (clothes, rugs, carpet); some liquors; ACTUALLY IN SOME MEDICATIONS!

LOGICAL?

Pickles lab frogs and humans – but not harmful?????

The FDA has known since 2003 formaldehyde causes myeloid leukemia – but in truth FAR more. Every attempt to regulate has been blocked by the FDA. Former EPA scientist stated the main reason FDA would not fight industry was “they chickened out”.



38

MYTH – “Fat Free” Is Good For Me

Idea sounds great - but look at the facts

- Truth - fat is not bad. **TOO MUCH** fat is bad, and some fats are worse than others
- **Fat is actually essential to life** – it is what satisfies our hunger, promotes healthy skin and promotes wound healing
- Most importantly, **fat is the food of the brain!**



39

“Fat Free” Is Good For Me?

Important Fact

It’s not really “FAT FREE” – the fat molecules are not **removed**, they are just chemically altered (by known carcinogens) into something your body doesn’t even recognize.


(Bad news – your body still stores the “non-fat” and the carcinogens in your fat cells. Again, more fat cells, more carcinogens!)



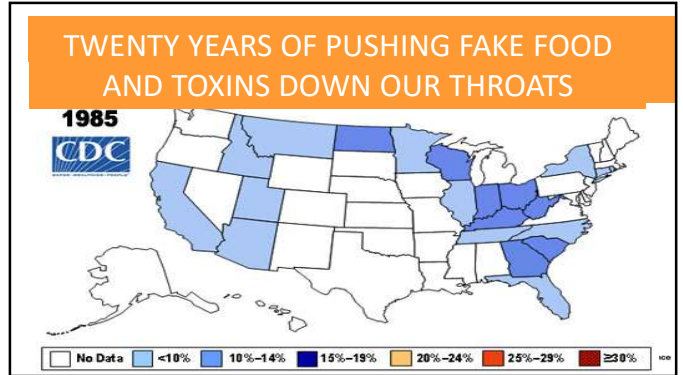
40

“Fat Free”? Common Example
Skim Milk – Capitalism at its BEST?

- Waste products of milk production. Until man came up with the idea of selling it as something good for you, it was thrown away - *wouldn't even feed it to animals!*
- White powder with little to no nutritional value
- Contains NO FAT (whoopee) but no natural vitamins (because most are fat-soluble!)
- **DOES contain recombinant growth hormone – great stuff for kids (NOT!) – fake vitamins for everyone!**
- **The “skimming” process turns natural cholesterol into oxidized cholesterol (100% POISON - more on that later)**



41




42



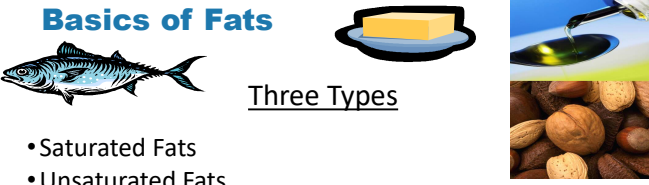
43

To really understand this...let's look at what fats and sugars really are and what they do





44

Basics of Fats



Three Types


- Saturated Fats
- Unsaturated Fats
 - Monosaturated Fats
 - Polyunsaturated Fats
- “Bad” Fats (trans fat, seed and vegetable oil)

45

While we're at it, what does saturated mean?

Saturation refers to the number of open double bonds present in the molecule
 More open double bonds, the more “unsaturated”.
 Unsaturated fats are more flexible and mobile so they are less likely to stick in places they shouldn't.
Too much is still a problem and the “fake” unsaturated fats are less recognizable to the body as real food!




46

Saturated Fatty Acids (SFA)

- Lauric (oils), palmitic (diary), stearic (meat), **pentadecanoic** (actually Omega-15 – a lot of what's in butter). Contain good things but bad if you eat too much of them.
- Found in fatty meat, lamb, pork, poultry skin, lard, butter, palm oil, processed dairy products
- In excess, unquestionably linked to cardiovascular disease
- SFA >10% of total daily calories increases LDL and insulin resistance

Advice? Moderation!!!



47

The BAD SFA's

Here is a list of some of the worst foods you can put in your body

- Vegetable oil
- Seed oil
- Foods fried in most oils (try Olive or Macadamia nut oil – or an air fryer!)
- Processed meats
- Margarine
- **ALL refined carbohydrates** (converted to SFAs or sugar!)
- Hydrogenated oils (in ALL processed food – goodbye Hot Pockets, most breads, pastries
Goodbye Snowballs...!{HORRORS!})

Worse...these break down into inflammatory free radicals and convert cholesterol to **oxidized cholesterol** (AGAIN - PURE POISON!)



48

Little bit wigglier.... Monounsaturated Fatty Acids (MUFA)

- Actually **Omega-9s!** Found in most oils, most nuts, avocados
- In moderation **REALLY** healthy
 - Decrease LDL
 - Decrease **C-reactive protein** ←
 - Decrease activity of inflammatory adhesion molecules (cholesterol doesn't "stick" as easily!)
- Totally healthy? No – in excess still related to cardiovascular disease. Moderation



49

Even more wigglier... Polyunsaturated Fatty Acids (PUFA)

- Found in walnuts, sunflower seeds, soybean and soybean oil, coconut oil, olive oil, some dairy, some in flax, some in meat – **main source is fatty fish**
- **Soy is bad idea due to effects of GMO**
- These are the **"essential fatty acids"** – EFAs
- **"Essential"** because:
 - Body cannot produce them
 - **Without them you will die**



50

Polyunsaturated Fatty Acids (PUFA)

What Good PUFAs Do For You

- Stabilize membrane function (cellular transport)
- **Facilitate movement of cholesterol through cells**
- Precursors to molecules that regulate platelet aggregation, vascular regulation, and brain development
- **EFAs are the among the most potent body anti-inflammatory and free radical scavengers that exist**
- Main ones studied are omega-3 and omega-6 (there are more!)



51

Polyunsaturated Fatty Acids (PUFA) Omega-6

- Found in dairy, meat (esp. grass fed)
- Break down into three prostaglandins (most bad – not all)
 - PGE1 (ANTI-inflammatory, anti-pain, anti-clotting, vasodilation) **GOOD**
 - PGE2, PGE3 (PRO-inflammatory, pro-clotting, vasoconstriction) **BAD – THE WORST**

You actually NEED omega-6s but we get more than enough from most any food you eat



52

Polyunsaturated Fatty Acids (PUFA) Omega-3s

Two biologically active omega-3s (at least as we know now) are:

- DHA (docosahexaenoic acid)
- EPA (eicosapentanoic acid)



53

Polyunsaturated Fatty Acids (PUFA) Omega-3: Are They Wonder Drugs?

Beneficial effects too numerous to list

- Significant anti-inflammatory mediators
- Decrease insulin resistance
- Decrease accumulation of triglycerides
- Decrease accumulation of visceral fat
- Protect neurologic tissue
- Regulate omega-6 metabolism (decrease the bad effects of PGE2 – break down PGE3)



54

MYTH Sugar is bad

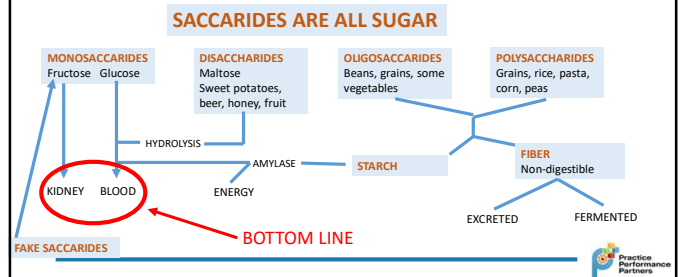
- Sugar is not all bad – **but almost**. Some worse than others!
- Without sugar, you will die – BUT YOU NEED VERY LITTLE OF IT (actually only 1tbsp!)
- With too much sugar, or the wrong kinds of sugar, you will also die, sooner – and an ugly, expensive process



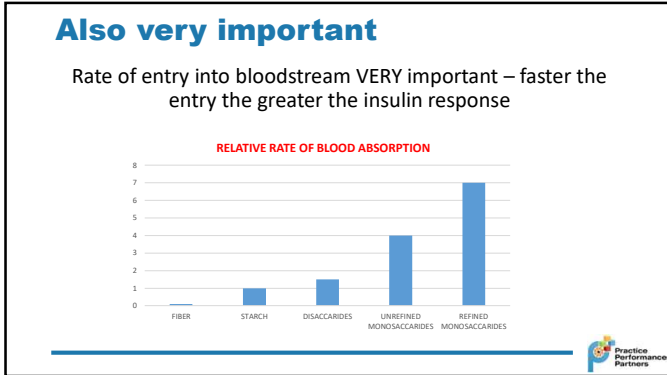
55

A clarification...

Sugar by any other name (carbohydrate) is still sugar



56



57

Sugar Bio-utilization

Unrefined / Natural Sugars (list later)

MUCH BETTER THAN

Refined Sugars (high fructose)

NOT MUCH BETTER THAN

Fake Sugars (list to come)

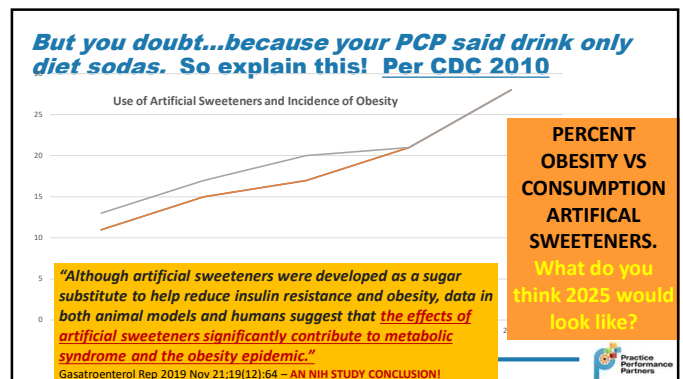
58

Artificial (Fake) Sugar

Artificial sweeteners do not acutely raise your blood sugar. True...*WHY?*
A HUGE DECEPTION!

- Saccharin, aspartame, sucralose...more
- Many feel to be one of the most significant etiologies behind the swelling Type II diabetes epidemic
- If the body does not recognize these manmade products as a substitute for glucose (strong evidence it does NOT), the result is:
 - “sugar starvation”
 - insulin resistance
 - excess insulin made
 - fat storage / diabetes

59



60

Where are all these sweeteners?

98 Names for Sugar (and substitutes)

1. AKASAKE
2. ANHYDROUS DEXTROSE
3. APPLE SUGAR
4. BARBADOS SUGAR
5. BARK SUGAR
6. BARLEY MALT
7. BARLEY MALT SYRUP
8. BEET SUGAR
9. BROWN RICE SYRUP
10. BROWN SUGAR
11. CANE JUICE
12. CANE SUGAR
13. CARAMELIZED FOODS
14. CARBITOL
15. CARAMEL COLORING
16. CARAMEL SUGAR
17. CASTOR SUGAR
18. COCONUT SUGAR
19. CONCENTRATED FRUIT JUICE
20. CORN SWEETENER
21. CORN SYRUP
22. CRYSTAL DEXTROSE
23. D. TAGALOSE
24. DATE SUGAR
25. DEXTRIN
26. DEXTROSE
27. DIGLYCERIDES
28. DISACCHARIDES
29. EVAPORATED CANE JUICE
30. EPHIRTITOL
31. FLORIDA CRYSTALS
32. FRUCTOSE
33. FRUCTOSE SWEETENER
34. FRUCTOOLIGOSACCHARIDES
35. GALACTOSE
36. GLUCICIC
37. GLUCAMINE
38. GLUCONOLACTONE
39. GLUCOSE
40. GLUCOSE POLYMERS
41. GLUCOSE SYRUP
42. GLYCERIDES
43. GLYCERINE
44. HONEY
45. HEXITOL
46. INVERSOL
47. ISOMALT
48. INVERSOL
49. INVERT SUGAR
50. ISOMALT
51. KARO SYRUPS
52. LACTOSE
53. LEVULOSE
54. LIQUID FRUCTOSE
55. MALT DEXTRIN
56. MALTED BARLEY
57. MALTODEXTRINS
58. MALTODEXTROSE
59. MALTOSE
60. MALTS
61. MALT SYRUP
62. MANNITOL
63. MANNOSE
64. MAPLE SYRUP
65. MICROCRYSTALLINE CELLULOSE
66. MOLASSES
67. MONOGLYCERIDES
68. NECTARS
69. PALM SUGAR
70. PANCAKE SYRUP
71. DENTOSE
72. POLYDENTROSE
73. POLYGLYCERIDES
74. POWDERED SUGAR
75. RAW HONEY
76. RAW SUGAR
77. RAISIN JUICE
78. RAISIN SYRUP
79. RIBOSE
80. RICE SYRUP
81. RICE MALT
82. RICE SUGAR
83. RICE SWEETENERS
84. RICE SYRUP SOLIDS
85. SACCHARIDES
86. SORBITOL
87. SORGHUM
88. SUCANET
89. SUCROSE
90. SUGAR CANE
91. SUGAR
92. SYRUP
93. THESACCHARIDES
94. TURBINADO SUGAR
95. UNREFINED SUGAR
96. WHITE SUGAR
97. XYLITOL
98. ZULOSE

"A rose sugar by any other name would smell taste as sweet"
 William Shakespeare Joe

61

But the FDA says that artificial sweeteners are safe.

And the studies funded by the chemical companies that make them back that up!!!

You're buying this...REALLY?

62

How About Some Independent Analysis

- Consumption of sucralose + carbohydrates impairs insulin sensitivity (leads to Type II DM) and negatively impacts metabolic health *2020 Yale Study – Cell Metabolism*
- Consumption of artificially sweetened soft drinks was positively associated with increased deaths from circulatory disease...and digestive disease *JAMA Intern 2019*
- Increased consumption of low-calorie sweeteners directly linked to increased obesity *2019 Purdue Study – American Psychological Association*
- Diet sodas increase hunger and weight gain *2021 – NPR Study*
- 4X greater belly fat in diet soda drinkers *2020 Healthline*
- Artificial sugar increases levels of ghrelin *2020 Nutrition and Obesity*
- Artificial sugar-sweetened beverages linked to increased risk of liver cancer (by 20%!) *American Society of Nutrition 2022*

We could spend several days going through the thousands of studies with similar conclusions

63

What Does the American Diabetes Association say?

AND 2022 CDC SAYS...

"Drinking artificial sugar-sweetened beverages is associated with weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, tooth decay cavities, and gout, a type of arthritis"

MD'S AREN'T EVEN SPREADING THEIR OWN GOSPEL / FACTS!

64

What Does the World Health Organization Say?

WHO: Do not use non-sugar sweeteners for weight management

WHO has issued a new guideline recommending against the use of **non-sugar sweeteners** to lose weight...“does not confer any long-term benefit in reducing body fat in adults or children”...“**undesirable effects**” from long-term NSS use, including an **increased risk for mortality, CVD and type 2 diabetes in adults.**”

<https://www.who.int/publications/i/item/9789240073616>. Published May 15, 2023. Accessed May 15, 2023.



65

Other Problems with Fake Sugars

- **INCREASES ghrelin** and **DECREASES leptin** levels
- **INCREASES INSULIN LEVELS – MOST MORE THAN PURE GLUCOSE**
- **MANY CONVERTED TO FRUCTOSE** (multiple evils discussed later)
- Impairs vasodilation (promotes ischemia)
- Increases free radicals, oxidation, pro-inflammatory mediators (especially cytokines, circulating glucose)

Cardiologytoday March 05, 2024. “...those who reported consuming at least 2 L per week of artificially sweetened beverages had a **20% greater risk for developing AF** after adjusting for demographic factors, cardiometabolic factors, polygenic risk for AF and other dietary components.”



66

And **FINALLY** - July 14, 2023



<https://www.who.int/news/item/14-07-2023-aspartame-hazard-and-risk-assessment-results-released>

Aspartame hazard and risk assessment results released

IARC classified aspartame as possibly **carcinogenic to humans**...specifically, for hepatocellular carcinoma.

IARC and WHO will continue to monitor and encourage more research on the potential association between aspartame exposure and consumer health effects.



67



So, based on some crazy advice from their MD, **which contradicts current EVIDENCE-BASED MEDICINE, OR BASED ON ADDICTION**, people are main-lining this totally “**safe**” (?) stuff every day.

No wonder cancer, obesity and diabetes keeps getting worse!



68

Non-Fake Sugars

- **Refined** - good ole "pure cane"
 - Better than bad – beats fake ones
 - All same problems as fake ones but to less degree
- **Highly refined** - **High-fructose (AVOID! Why later)**
- **Complex sugars (mainly from fruits)**
 - Same problems but even less
 - Bad effects somewhat offset by increase fiber levels that reduce the rate of sugar absorption (**no pulp free!**)
- **Alcohol sugars (phenols) – two-edged sword!**
 - Phenols decrease C-reactive protein, increase HDL, decrease LDL
 - In excess, will increase visceral fat (hence - "beer gut!")



69

Unrefined Sugars

- The **NATURALS** - Brown sugar (unprocessed), turbinado, honey, molasses, maple syrup (real), agave, date sugar, coconut sugar
- The **NOVELS (still natural!)** – stevia (stevia bush), tagatose (fruit, dairy), trehalose (honey), erythritol (sugar alcohol...verdict still out?)
Remember sugar alcohol increases belly fat! UNFORTUNATELY, THE BODY CONVERTS MOST OF THESE TO FRUCTOSE (BIG PROBLEM EXPLAINED LATER)
- Yummy yummy? Popularity should be less because they can cost more and are less sweet **but that is offset by the fact they are addictive!**



70

Oh wow....verdict came in - 2019

Sugar substitute erythritol linked to elevated risk for blood clot formation

<https://www.ahajournals.org/doi/10.1161/ATVBAHA.124.321019>

Erythritol (and xylitol) was previously linked to increased MI, stroke and CV death in mice. **NOW CONFIRMED IN HUMAN STUDIES AS WELL!**

(and there are other studies confirming this!)



71



Then there's this.....




The fact that Keith Richards has outlived Richard Simmons really makes me question this whole healthy eating and exercise thing



72

Medical Myths



"A lie travels around the world while the truth is still putting its boots on"

Unknown

Let's set the stage...

Partners

73

This is depressing, but factual...

*"For those who we haven't killed by bad medical care, toxic and ineffective pharmaceuticals, poisonous foods and a noxious environment, we are approaching nirvana in a health care system that **cures nothing** but is perfecting the art of keeping unhealthy, hurting, depressed and terminal bodies alive to a ripe old age."*

HEALTHCARE ECONOMIC DILEMMA
There is little money in a cure

Scott Heit, PhD
Harvard University
School of Social Medicine

Partners

74

MYTH I Am the Government – I Am Here to Help You

There are three culprits joined at the hip that regulate what is supposed to be considered an excellent healthcare system

**The Pharmaceutical Industry,
The American Medical Association
&
The Food and Drug Administration**
(do you find it interesting they regulate food and drugs?)

Partners

75

Combined, the American Medical Association, the American Hospital Association and Pharmaceutical Research and Manufacturing of America ("Big Pharma") are the most powerful lobby in this country

**FOUR TIMES LARGER THAN
NUMBER TWO!**

Partners

76


Despite all this, there is an all out attempt by these groups to strengthen the power of the FDA, shut down the nutritional supplement manufacturers and most all "alternative medicine"

But wait.... Straight from DC (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7054854/>)

That's just the Pharmaceutical Research and Manufacturers of America – add the top 20 individual pharm companies (like Pfizer) and we have to add

\$2.604 BILLION – TOTAL \$3 BILLION

Top Recipient – Sen. Tim Scott (R-South Carolina)
 Develop Better Healthcare Solutions – *"the US Healthcare system is the envy of the world"*



77


Where Does Big Pharma Spend Its Money

Data from 2018-2023 – most from Statista and the AMA

- Support training (influence?) of MDs
- Non-independent drug studies controlled by the drug manufacturer
- Events and advertising for **PRESCRIBERS**
- **CEOs and upper management (>20% - R&D estimated at 18%)**

And the craziest one of all...

\$19+ BILLION DOLLARS
 in direct to consumer advertising



78

And that money spend on prescribers...just plain SICK

Pharma and Physicians: The Anthropology of Gift Giving

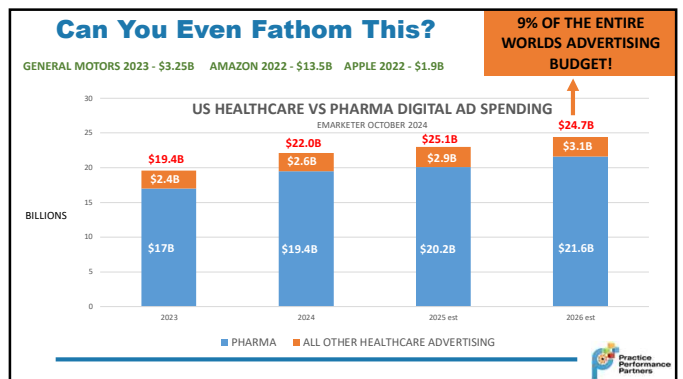
"Personal relationships create the most powerful obligation to reciprocate"



by Joel Zivot, MD, MA, JM April 18, 2023



79




80

Any question one of, IF NOT THE major power running America! Here's the control money will buy you

The FDA, **BY LAW**, is the only entity that can state a pharmaceutical or procedure manages, cures or in any way can be beneficial to the health of a human being

BY LAW – acupuncture, meditation, therapeutic massage, nutrition, vitamins, yoga, herbs, supplements **MYOPIA MANAGEMENT AND VISION THERAPY** cannot be stated to manage or cure any disease

Would you like to all stand at this point and join me in a resounding **BULL S.....**



81

This is TOTALLY beyond amazing...


Egilman A. et al. JAMA. 2023;doi:10.1001/jama.2023.4034

April 25, 2023

55% of top-selling Medicare drugs have low to no added benefit ratings

27 of most common drugs received a low added benefit rating. These drugs accounted for:

- \$1.9 billion in annual Medicare spending;
- 35% of Medicare spending on the 50 top-selling single-source drugs; and
- 11% of total Medicare net spending in 2020.



82

And yet...

The U.S. is ranked #1 in drug price expenditure per person, at a whopping \$1,300 a year

Wang L, et al. R. Med J. 2022;doi:10.1136/bmj-2021-068921

Advances in life expectancy have slowed, with major gains 'implausible in this century'

Roberts David (Bristol) Fact checked by Carol L. D'Arcangelo, M.A. MS

Less than 1% (less than 12 months) increase over the past 15 years. Ranked 41 out of 50 of the largest civilized countries.

WHY ARE AMERICANS PAYING MORE FOR HEALTHCARE?
PETERSON FOUNDATION 2022

US has the highest costs of healthcare in the world - **\$4.5 trillion**, which averages **\$13,493 per person**. Number two is Germany at half the cost - **\$5,982 per person**.



83

Thank You Big Pharma and AMA (?)

After decades of stating omega supplementation was a waste of time....



Add Vascezen (\$875/yr) and Omtryg (\$1075)

Retail cost for 4gm/day/year **\$993**

Exactly same OTC product at Costco **\$300-400**



84

And When Lovaza Didn't Catch On So Well (at \$1K a year!)

The FDA backs a bogus report in 2013 stating that omega-3s increase the risk of prostate cancer (report withdrawn) **then approved Vascazen and Omtryg**

Wonder what natural product the FDA is eyeing these days?
(FYI – it's NMN – more later!)

85

FDA Barometer for Truth

40% relative effectivity

- Doesn't even have to work 50% of the time
- "Relative effectivity" is meaningless
- Must use ABSOLUTE effectivity (relative minus control)

EXAMPLE

NIH study on sertraline (Zoloft)

Based on PHQ-9 score:

Treatment group - 7.98

Placebo group - 8.76

TRANSLATION: While the **RELATIVE** effectivity of sertraline was 61%, the **ABSOLUTE** effectivity was less than 9%

DESPITE THIS: 12th most common drug prescribed in the US at an annual expense estimated at \$5.16 BILLION

86

Bottom line...AMA and FDA think it is just fine to OK the use of drugs that, **per the Poison Control Center**, result in an average of over **125,000 deaths PER YEAR** average over the past five years

Number of deaths from natural supplements based on 60 BILLION dosages a year – **per the same regulatory agency** – over the past five years, zero - **ZERO – Nada. THE drugs the FDA would like to shut down!**

Total reported deaths in the **past 23 years** from supplement use – 230! 207 from one supplement (OVERUSED Ephedra) – **that leaves 23. In 23 years it is 23 supplement deaths compared to an estimated 1.7 MILLION from traditional pharmaceuticals.**

87

And now...

The Lies

88

Here's an interesting observation...

RARELY – some **NEVER** found in medical literature when my parents were married in 1946

- Cancer...yes cancer
- Dementia
- Alzheimers
- Lupus
- Rheumatoid arthritis
- Depression
- Fibromyalgia
- Attention deficit disorder
- Most anything we label as "autoimmune"
- Half the diseases people have now including **TYPE II DIABETES (<1%)**

WHAT HAPPENED???

**ALIENS? BAD LUCK? GLOBAL WARMING?
OR THE INFLAMMATORY LIFESTYLE WE BUILT ON STRESS, TOXINS, DRUGS AND FOOD WE HAVE CHOSEN!**



89

BIGGEST LIE We Don't Know What Causes Most Disease

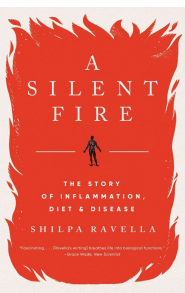
- Actually we do...it is fairly simple - **INFLAMMATION**
- Oxidation is the process by which our bodies destroy old or damaged tissue. Normally kept in check by our natural anti-oxidative system (apoptosis)
- Oxidation releases free radicals – the inflammation rips cells apart

Unregulated oxidation creates massive amounts of inflammation



90

Are Most ALL Diseases the Same Thing?



"Inflammation is the body's ancestral response to its greatest threats, the first line of defense it deploys against injury and foreign pathogens. But as the threats we face have evolved, new science is uncovering how inflammation may also turn against us, simmering underneath the surface of leading killers - heart disease, cancer, depression, obesity, aging, and mysterious autoimmune conditions."



91

Even Autoimmune Disease?

Source of surging autoimmunity may lie in "a thousand cuts"

Rheumatology March 2024 Volansky et al

Medical fact or myth? **We have no idea what causes the body to turn on itself**

"Current evidence implicates relatively recent changes in mass-produced foods, xenobiotics (toxins), air pollution, infections, personal lifestyles, obesity, stress, and climate change.....We do terrible things to our bodies"



92

The Obesity Lies

- 👉 Calories are calories
- 👉 Obesity is about eating too much and not exercising
- 👉 Some people have “healthy obesity”



93

Original Source

James Hill PhD University of Colorado

2003 – The Definitive Study (lie)

“Obesity is a healthcare crisis caused by overeating and a sedentary lifestyle. It can be overcome by increasing dietary carbohydrate intake and exercise. The theory that dietary sugar equals high insulin levels and increased fat deposits is unproven and makes no sense.”

STUDY FUNDED BY COCA-COLA, KRAFT, MARS AND PROCTOR & GAMBLE



94

A Problem?

Over the past fifteen years, 95% of the members of the United States Dietary Guidelines Advisory Committee had financial conflicts of interest with the food industry

Mialou et al, Public Health and Nutrition. March 2022



95

First – **THE** American Epidemic

2008 – per United States Surgeon General

👉 ***“obesity is the fastest growing health epidemic in the United States”***
“the second most preventable, modifiable risk factor for death - second only to smoking.”

Two decades later it is FAR worse!



96

January 2010 – THIRTEEN YEARS AGO

American Journal of Preventative Medicine
February 2010

“Obesity now poses as great a threat to Americans’ quality of life as smoking”

ANYBODY LISTENING?

Resultant Change in Habits 1996-2016

Smoking	Decreased 12.1%
Obesity	Increased 153%

And the “new age” of expert advice...
“ ‘obesity’ as a measure of health perpetuates negligent medicine and weight stigma - recommending weight loss is negligent medicine”

Rosen, MS
Gastroenterology 2023


97

Want Some Scary Stuff???

2021 – American Association of Pediatricians
Children entering KINDERGARTEN 17% overweight and 14% obese

2022 – CDC
The prevalence of Type 2 diabetes in young people could increase 700% by 2040

Big Pharma better start pumping out way more drugs!



98

Understanding insulin biochemistry - TOR


TOR is one of the master metabolic manipulators – it controls insulin function

SUGARS / CARBOHYDRATES

```

    graph TD
      A[SUGARS / CARBOHYDRATES] --> B[TOR "OFF"]
      A --> C[TOR "ON"]
      B --> D[INSULIN OFF]
      C --> E[INSULIN ON]
      D --> F["BODY GOES INTO REPAIR MODE – FAT BURNED, INCREASED GLYCATION (BURN UP SENISCENT CELLS), DECREASE INFLAMMATION"]
      E --> G["BODY GOES INTO GROWTH MODE – FAT STORED, INCREASED INFLAMMATION"]
  
```

NOTE: Past about 25 years old, the body has MINIMAL growth needs. Modern CARB-rich diet keeps TOR on continuously leading to insulin resistance leading to obesity (and DM)



99

So, what causes obesity?

“Calories eaten = calories ~~burned~~” All calories are the same


Calories eaten = Calories ~~burned~~ + Calories stored

```

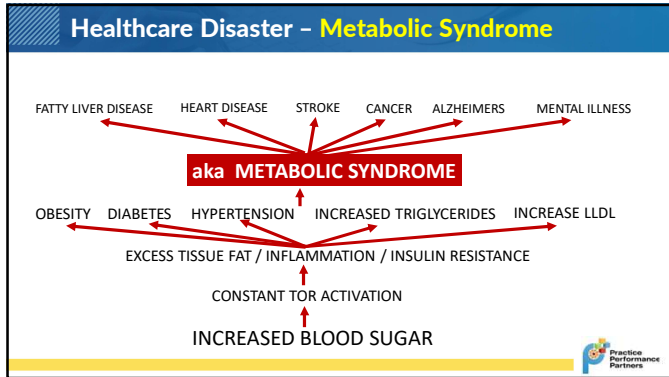
    graph TD
      A[Calories eaten = Calories burned + Calories stored] --> B[Calories EATEN]
      B --> C[INSULIN ON]
      B --> D[INSULIN OFF]
      C --> E[Calories STORED (FAT)]
      D --> F[Calories BURNED (FUEL)]
  
```

OBESITY IS AN INSULIN PROBLEM – NOT A CALORIES PROBLEM

WHAT ACTIVATES INSULIN? TOR RESPONSE TO SUGARS AND CARBS



100



101

So...you're telling us obesity is predominantly eating too much sugar and carbs?

For the most part (over 80% of time) - **YES**

And the other 20%

- Genetics
- Metabolism
- Systemic Disorders
- Mental Illness / Stress
- Disordered Sleep

Makes it even harder for these folks but is NOT an excuse

These can also contribute to the other 80%

Practice Performance Partners

102

Traditional American Medicine Plan of Attack

NEW 2023 CDC REPORT
42% American adults and 20% children obese – the new US epidemic increasing health care cost by \$147 BILLION per year

RESPONSE
Health and Science – Big Pharma Races to Develop Obesity Drugs.
Obesity drugs are currently a \$26 BILLION dollar industry with an estimated potential of over \$210 BILLION by 2030 – **ONE THIRD OF THE TOTAL EXPENDITURE ON PRESCRIPTION MEDICATIONS IN THE UNITED STATES**

SIDE EFFECTS OF GLP-1 ANALOGS
Swelling of gallbladder and kidney, **thyroid cancer**, increased risk for diabetic retinopathy, **pancreatitis**, **alopecia**, increased **suicide tendency**, nausea, **depression**, vomiting, **diarrhea**, sweating, blurred vision, **funny looking face and butt**, dizziness, shaking, gas, headache – AND \$26++ BILLION

ANOTHER PERSPECTIVE
Graham MacGregor MD – Wolfson Institute of Population Health
“Unhealthy food is the primary cause of obesity leading to the biggest cause of death and disability in the whole world”

SIDE EFFECTS OF HEALTHY FOODS AND LOSING WEIGHT
Better health

Practice Performance Partners

103

Traditional Allopathic Medicine At It's Best

Drugs don't cause obesity...you think drugs can solve obesity?

semaglutide (Wegovy, Ozempic) – 15-20% weight loss at 45 weeks
tirzepatide (Mounjaro) – 15% weight loss at 72 weeks
retatrutide (Phase 2 FDA) – 25% weight loss at 48 weeks; 1/3 of trial participants lost 30%
orforglipron (Phase 3 FDA) – ORAL AGENT with 15% weight loss at 36 weeks

Semaglutide could nearly halve obesity prevalence in US
Wong N, et al. *Cardiovasc Drugs Ther.* 2023;doi:10.1007/s10557-023-07488-3.

BUT...

“These are treatments for obesity. They are not cures. The minute we discontinue the drug, obesity returns.” (FYI – at increased levels!)
Cardiologytoday August 2023
NOTE: New study says efficacy decreases 60-70% at 12 months – even with continued use!

Practice Performance Partners


104

Oh, and totally safe...RIGHT?

BUT – if these relatively safe drugs could be used in conjunction with MANDATED changes in diet and lifestyle, it truly could revolutionize the treatment of obesity.
But that's simply not happening – OR GOING TO FOR THE MOST PART.

Side Effects – PER Novo Nordisk
 Nausea, vomiting, diarrhea, constipation, stomach pain, pancreatitis, extreme fatigue, kidney failure, allergic reactions, gallbladder inflammation (cholecystitis), diabetic retinopathy, gastroparesis

"Ozempic Face" (and butt...)

105

But what do the REAL authorities say?




March 10, 2023

The Obesity Medicine Association recently published a new clinical practice statement encouraging clinicians to **prioritize the treatment of obesity** in patients who also have type 2 diabetes mellitus without acute illness.

"The 'treat obesity first' paradigm is often the most effective approach when encountering patients whose increase in body fat has contributed to their metabolic disease."

Harold Edward Bays, MD, FOMA, FTOS, FACC, FNLA, FASPC

WHICH IS THE VAST MAJORITY OF PATIENTS!

106

Obesity and Systemic Disease

When will people (and DOCTORS) listen?

<https://www.jacc.org/doi/10.1016/j.jacc.2022.04.046>


Declines in US cardiometabolic health 'striking'; disparities persist over 2 decades

Three most important components of cardiometabolic health:

1. Adiposity
2. Blood glucose
3. Blood lipids

American College of Cardiology
 Not Joe the optometrist

"Overall 50% decrease in positive cardiometabolic health with adiposity alone accounting for 47% of the decline."
 Major contributor to all three? *"Diet was the primary contributor..."*

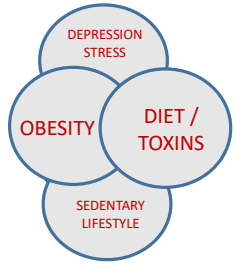



107

INTERSECTIONALITY OF A HEALTHCARE CATASTROPHE

METABOLIC SYNDROME

1. Obesity
2. Hypertension
3. Diabetes
4. Hyperlipidemia
5. Decreased HDL / INCREASED LLDL
6. Any much, much more....

108

The reach is massive...

Metabolic syndrome, obesity influence on breast cancer type and mortality risk

Chlebowski RT et al Cancer 2024;doi:10.1002/cncr.35318

Higher risk of **breast cancer and earlier mortality from breast cancer in obese women** – especially Grade 2 (BMI 35.0-39.9) and 3 (BMI 40.0 or >) obesity – **increased risk between 69-100%**



109

And just in – 12.4.2024

'The US must change course': Life expectancy gains stall vs. other developed nations

Mokdad A, et al. Lancet. 2024;doi:10.1016/S0140-6736(24)01446-6.

"our models forecast health improvements slowing down due to rising rates of obesity..."

*"The rise in obesity and overweight rates in the U.S., with IHME forecasting over **260 million people affected by 2050, signals a public health crisis of unimaginable scale.**"*



110

Obesity and Systemic Disease

- Diabetes
- Heart disease
- Sleep apnea
- Acid reflux
- Gout
- Hepatic disorders
- Depression
- Dementia

And the list goes on and on and on and on....



111

Obesity and Ocular Health

Cataract

- 36% increase in incidence at any age

Glaucoma, NAION, Pseudotumor

- Prevalence glaucoma 27% in metabolic syndrome
- Obesity most frequently associated with NAION / pseudotumor

AMD

5% increased risk with every 1 point above a BMI of 30

Diabetic Retinopathy

- "Diabesity" – primary risk factor for T1D

2022 – WHAT DID LOUIS PASQUALE MD JUST LAY ON US???



112

The Diabetes Lie

2009 American Diabetic Association

"Sugar is harmless other than causing weight gain and tooth decay"



113

MYTH? FACT! Diabetes is the new norm

Some Staggering 2023 CDC Data

- 37.3 million diabetic - **11.3% of population**
- 96 million pre-diabetic **38.0% of population**
- 82,000 limbs lost
- 400% increased risk heart attack and stroke; Primary cause of kidney failure; Major cause of vision loss
- \$237 BILLION direct costs for care – additional \$90 billion for disability, rehab, workforce decline
- **Diabetics cost system 2.5X more than non-diabetics**

STAGGERING
Projected to increase to 1.3 BILLION worldwide by 2050
Lancet June 2023



114

We could go on and on...bottom line is diabetes is in epidemic stage. It is a slow, painful, debilitating, costly way to die early. **Many estimate this single disease will bankrupt the healthcare system within a few decades!**

Despite this, all traditional medicine recommends is pumping people full of medications that do NOTHING to **STOP** this disease – **AND NOT MUCH MORE!**



115

So, what causes diabetes Let's stick with just Type 2

Again - April 2023

Poor diet caused **73%** of type 2 diabetes cases in the US in 2018

"Poor diet, both directly and through its effects on weight gain is the most serious driver of type 2 diabetes"

Meghan O'Hearn, PhD
Tufts University

Here we go again...

1. Genetics (just means you have to work at it harder!)
2. **MAINLY** - Excess free radicals, especially those released from fat cell storage, especially visceral fat. In other words – **OBESITY** – est. **cause of 80% of Type II DM**
3. Toxins and poisons – feeding #2



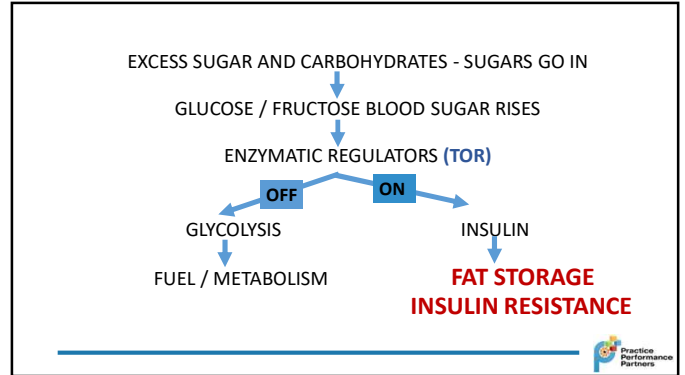
116

LIES I TAUGHT IN MEDICAL SCHOOL
 How Conventional Medicine Is Making You Sicker and What You Can Do to Save Your Life
 Simple, Proven Lifestyle Changes to Prevent and Reverse Disease
ROBERT LUFKIN, MD

But wait...is that really right?
WHAT REALLY CAUSES DIABETES?

Practice Performance Partners

117



118

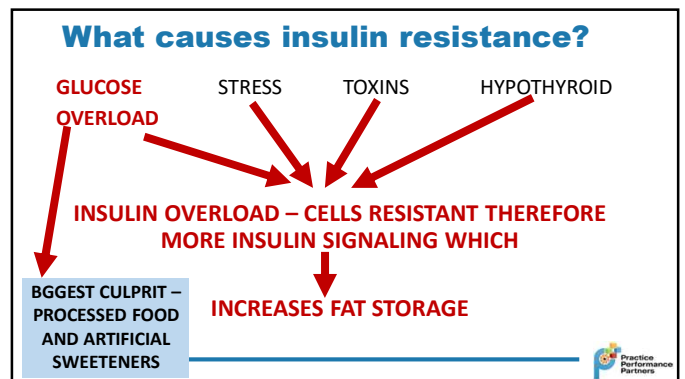
It's been so obvious for so long....

Type 1 DM
 Before and after insulin therapy
WHY?

Type 2 DM
 Pre and post diagnosis
WHY?

Practice Performance Partners

119



120

So what's so bad about sugar in my blood?

Glucose is toxic to the vascular system. Insulin exists to help remove excess sugar from blood. If it does not:

- Unregulated glycation (protein break down)
- Increased inflammation
- Breakdown of normal bodily functions
- Accelerated aging
- Damages blood vessel endothelium (diabetes, stroke, cardiovascular disease, Alzheimers)
- You will die!



121

And we measure that how?

- Taste your urine....*well, they used to*
- Standard glucose...Worthless, your glucose goes up and down like a yoyo
- Fasting glucose...Better but almost worthless (12 hours is arbitrary, influenced by prior food intake, still fluctuates, **"normal" manipulated by industry – 152mg/dl then 140mg/dl then 100mg/dl – what's next?**)
- HA1C...Still better but still not accurate as it smooths out the damaging spikes, **"normal" also manipulated by industry**
- Continuous glucose monitoring device (CGM)...Still better but expensive, hassle

**BUT WHY NOT MEASURE THE GORILLAS IN THE ROOM
INSULIN OR TOR**



122

Why Are The "Normative" Measurements Constantly Changing?

- ☹ The problem (diabetes) keeps getting worse despite an onslaught of pharmaceuticals
 - ☹ Measuring the wrong thing?
 - ☹ Treating the wrong thing?
- ☹ **NEED TO SELL MORE INEFFECTIVE PHARMACEUTICALS?**



123

Diabetic Death

- 80% cardiovascular disease
- 15% Alzheimers (Type 3 DM?)
- 5% everything else


Mayo Clinic News
October 2017



124

The Fatty Liver Lie



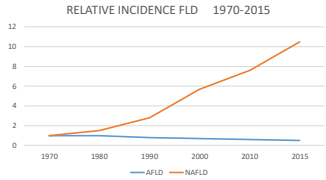

"We do not know what causes non-alcoholic fatty liver disease and there is no treatment other than dialysis and ultimate kidney transplant"
AMA



125

Two Types of FLD

- Alcoholic fatty liver disease (AFLD)
 - Caused by....you guessed it
- Non-alcoholic fatty liver disease (NAFLD)
 - Caused by **FRUCTOSE** (really?)


126

Original Source Of Misinformation aka lie?

James Rippe PhD
Study on the effects of fructose on human health
2010 University of Massachusetts Medical School

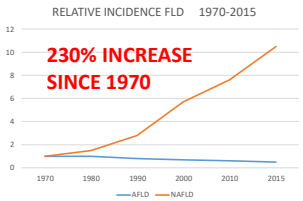
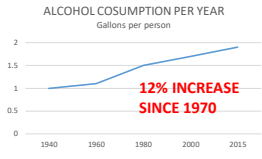
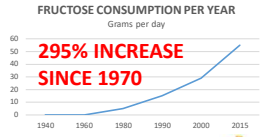
CONCLUSION
Fructose has no negative impact on one's health

STUDY COMPLETELY FUNDED BY THE CORN REFINERS ASSOCIATION OF AMERICA




127

Its so simple.....

Ever wondered how "foie gras" is made?



128

Biochemistry doesn't lie

- Turns out ethanol and fructose have the exact chemical composition – differ only by their chemical structure
- Ethanol and fructose are both TOTALLY metabolized in the liver
 - Some energy production
 - **Mostly conversion to “fat droplets” that never leave the liver (hence, fatty liver disease)**



THESE
SPELL
DEATH!!



129

Pathologic effects of fat in liver

- Insulin resistance (diabetes)
- Inflammation
- Pancreatitis
- Increased uric acid (*more later*)
- Hypertension
- Obesity (“beer gut” = “fructose gut”) → REMEMBER THIS GUY?
- Hepatic steatosis (ultimate failure)
- Psychologic / Physical dependence (on ethanol and/or fructose)



REMEMBER THIS GUY?

FRUCTOSE IS ADDICTIVE



130

Well cover how easy it is to fix this problem in the second presentation

But you likely already figured it out!



131

The Hypertension Lie

“Hypertension is idiopathic and the only effective treatment is medication”



132

MYTH Most Hypertension is “Essential” (ICD I11.9) and Low BP is Better

Interesting (sick) BP Data

- 29% of US population hypertensive – another 21% pre-hypertensive
- Hypertensive medications are #2 most prescribed medication in the US (#1 is?)
- ONE MILLION hypertensive children – some less than 3 years old (80% obese)



133

Despite this, the AMA states that 90% of hypertension is **“ESSENTIAL HYPERTENSION”**. That means what? They have no idea what causes it – but it is essential you have it???

REALLY? One of the most common US ailments and they think a genie did it?



134

What Causes Hypertension

If you don't believe that BS...here's an alternative explanation

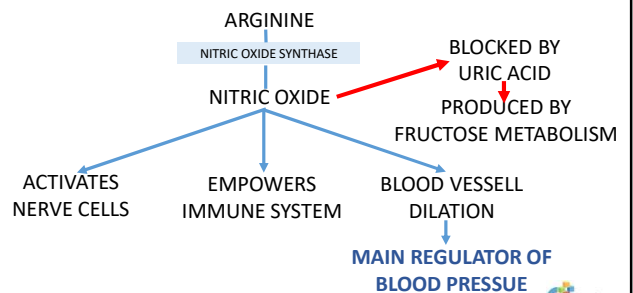
- A healthy vessel endothelium dilates and contracts to adjust for normal changes in blood flow – end result is blood pressure NORMALLY fluctuates in small, rhythmic amounts (like IOP!)
- Uric acid (main cause), lipid peroxidation, AGING and resultant free radicals cause inflammation in vessels resulting in reduced elasticity. End result, vascular dysregulation and “stiffer” vessel walls requiring increased pressure to force blood through them – **or your brain dies.**

So partially autoregulatory with age?????



135

More biochemistry – still true



136

The Cardiovascular Disease Lie

DOUBLE LIE: "Cardiovascular disease is caused by high levels of cholesterol and best treated by statins"



137

The Origin

Anichkov (1950) and later Kritchevsky (1954) Studies

Diets EXCESSIVELY high in pure cholesterol resulted in arterial plaques and resultant cardiovascular failure

IN RABBITS (fyi...rabbits are herbivores)

Subsequent studies showed reducing cholesterol intake decreased rate of cardiovascular disease

IN RABBITS

Studies ever since have been totally inconclusive



138

STAGGERING

CHNA 2022

"Heart disease is also the leading cause of death...nationwide. **Although an estimated 80% of cardiovascular disease is preventable, in the U.S. one person dies every 36 seconds of heart disease**"

THE major comorbidities of heart disease...

1. Hypertension
2. Obesity (significant cause of #1)



139

DOUBLE MYTH Cholesterol Causes Disease and Statins Help

Two myths for the price of one!

- Cholesterol is an ESSENTIAL element of normal body function (LDL AND HDL!)
- Despite MASSIVE use of statin drugs over the past 20 years, **THE AMERICAN HEART ASSOCIATION admits the incidence of cardiovascular disease has not decreased – only less acute deaths from it!** (www.heart.org – 2015 Heart Disease and Stroke Statistics Update)

WHY IS THAT???



140

Oh wait...that was 2015
Healio 2024

“Recent data (since 2019) suggest reversals in long-standing declines for heart-failure related mortality”

This was a **9.5% increase** - the biggest increase in UNDER 65 y/o and AFTER adjustments for COVID. THE SAME PERIOD THAT SHOWED DOUBLE DIGIT INCREASES IN OBESITY AND DIABETES.



141

What Causes Vascular-Occlusive Disease

Multifactorial – but **THE** predominant factor....

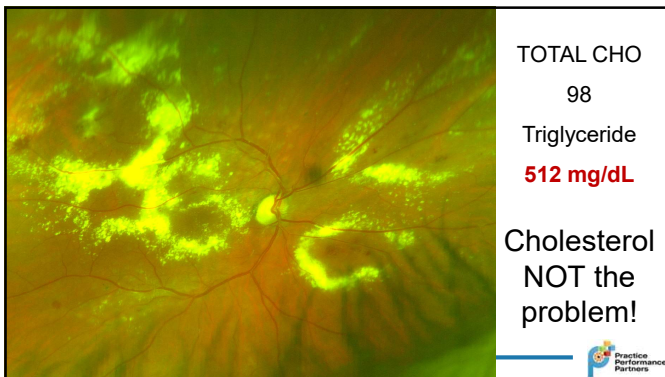
Hyperlipidemia

What does NOT **cause** vascular-occlusive disease but does make it worse in the presence of fats...

Cholesterol



142



143

Here's How It Works

- **Triglycerides** degenerate both in the bloodstream and inside fat cells – causing inflammation and the release of free radicals
- Free radicals eat away at (ulcerate) AND STIFFEN the endothelial lining of blood vessels – and they cause oxidation of cholesterol molecules (*that poison stuff*)
- **Oxidized cholesterol molecules “stick” to the endothelial ulcerations creating clots (non-oxidized RARELY STICK!)**

Without elevated or unhealthy triglyceride levels, cholesterol is not so much the issue!



144

More?


2022 Obesity Medical Association Clinical Practice Guidelines state:

Fat cell hypertrophy, adipose tissue adiposopathic consequences lead to insulin dysfunction, generation of reactive oxygen species, impaired insulin receptor function, increased inflammation, and release of pathogenic hormones, free fatty acids and bioactive exosomes — with some of the sentinel consequences being among most common metabolic abnormalities encountered in clinical practice.

**ONCE AGAIN...
We are back to fat accumulation with the primary culprit being SACCARIDES!**

AND THE COST???

- \$ \$919 increased **out of pocket** for every insured obese young person (JAMApediatrics 2023)
- \$ \$2868 average increased cost per obese individual (Harvard 2021)
- \$ **\$150 BILLION per year** – 24% of Medicaid and 26% private payer spending (Harvard 2022)
- \$ **\$4.3 BILLION per year** in decreased workforce productivity (Stateline 2016)




145

Statin drugs represent a \$40 BILLION dollar industry, are likely of limited value and actually harmful for over 75% of the people taking them.

REALLY?

Associations between Statin Use and Glaucoma in the All of Us Research Program
Lee et al
Published: July 31, 2024 DOI: <https://doi.org/10.1016/j.ogla.2024.07.008>

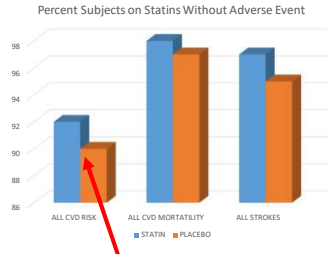
“Statin use was associated with increased glaucoma likelihood in the overall adult AoU population with hyperlipidemia, in individuals with optimal or high LDL-C levels, and in individuals 60-69 years old. Findings suggest that statin use may be an independent risk factor for glaucoma, which may furthermore be affected by one’s lipid profile and age.”



146

The Original Garbage


Percent Subjects on Statins Without Adverse Event



This was all reported as **RELATIVE RISK** reduction
Even then - risk decrease was only 36%

The actual ABSOLUTE RISK reduction was 1.1% - close to clinically insignificant

ACTUAL DIFFERENCE ONLY 1.7 PERCENTAGE POINTS



147

Something factual and current (2022)


Meta-analysis questions strength of ties between statin-induced LDL lowering, CV outcomes – JAMA Internal Medicine - 21 TRIALS STUDIED

https://www.healio.com/news/cardiology/20220314/metaanalysis-questions-strength-of-ties-between-statin-induced-ldl-lowering-cv-outcomes?utm_source=selligent&utm_medium=email&utm_campaign=news&M_BT=3739867721719

Here’s the bottom line...risk reduction for decreasing all-risk mortality
Patients with NO prior cardiovascular event – **Relative risk 0.8%** / absolute risk reduction **9%**
Patients WITH prior cardiovascular event – **Relative risk 1.3%** / absolute risk reduction **29%**

QUOTE: “Our analysis found that when considering the risk reduction of statins, the benefits are quite modest, and most trial participants who took statins derived no clinical benefit.”

NOT JOE THE OD – THE AMA ITSELF!!!



148

The real joke (on the public)

The weak association between cholesterol and cardiovascular disease is unequivocally limited to large density LDL particles (LLDL)

STATINS REDUCE CIRCULATING SMALL DENSITY LDL PARTICLES BUT HAVE NO EFFECT ON LLDL



149

So Do Statins Help At All?

A little...but probably not because they reduce cholesterol. All statins have natural anti-inflammatory activity much like omega-3s. But statins anti-inflammatory action carries a significant price:

- Interferes with neural transport functions – muscle fatigue / cramps, weakness
- Decreases Coenzyme Q10 – a natural body enzyme essential for brain and heart function. RESULT: confusion (“statin fog”), dementia, heart failure



150

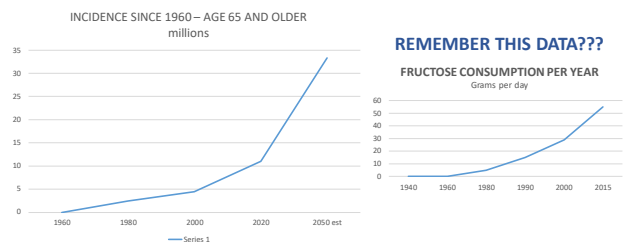
The Alzheimer/Dementia Lie / Mystery

“Alzheimer’s is a progressive, untreatable disease caused by accumulation of beta amyloid deposits in the brain”



151

New Kid on the Block



152

And do we really not know what causes this???

(somewhat, but not totally)



153

Not amyloid plaques? Just the facts from the NIH

- 88% of elderly Alzheimer's patients have amyloid plaques
- 45% of elderly with NO cognitive impairment have amyloid plaques
- 30% of elderly with Alzheimer's have NO amyloid plaques

Plaques may be a lot like IOP in glaucoma – a risk but NOT the causative factor

And we may be dealing with multiple forms of Alzheimers!



154

More NIH information

- 5-10% genetic (APP gene isolated in 1987 – directly related to amyloid formation)
- 5-8% brain trauma

The rest (*unknown percentages – but MOST Alzheimers*)

- Pesticides/toxins
- Inflammation
- Mold

**Many researchers are now
starting to call Alzheimers
Disease Type III DM!!!**

But the BIGGIE – SACCARIDES

- Create significant inflammation in brain
- Recently discovered APOE gene – codes for fat binding in the brain



155

Frightening....

New cases of dementia expected to rise by ONE MILLION individuals per year up to 2060

Largest cause for increase – increase in individuals with fat mass and APOE4 gene (fat gene)

Coresh etal NatMed 2025



156

The Longevity Lie Coming up in the next hour



157

SUMMARY

THEY DON'T EVEN PAY ATTENTION TO THEIR OWN RESEARCH – ESPECIALLY IF IT RESULTS IN LESS PRESCRIPTION DRUGS BEING PRESCRIBED OR MORE TIME COUNSELING A PATIENT!!!

Allopathic Medicine Report
Card on Disease Prevention



158

Early attempts at cure

Remember this statement - ***“There is little money in a cure”?*** ***THAT WAS FALSE!!!***

2021: Bluebird's Gene Therapy Skysona for Brain Disease Receives Accelerated Approval

- Stops fatal cerebral adrenoleukodystrophy – at least for 7 years studied
- FORTY cases worldwide per year
- Cost? **\$3,000,000 for a single dose (takes TWO)**

But we can't fix our most common diseases – hypertension, diabetes, cancer, arthritis, dementia



159

What can you do about all this?
**Coming soon to a station near you
(actually in next presentation)**



160



**Thanks for your
attention.
Live Long and
Prosper**

joe@practiceperformandepartners.com



161