

# Smart Life Forum

www.smartlifeforum.org

Thursday, May 20th 2010, at 7pm

## Gary Taubes on The Diet Delusion

### SLF Email List Expansion

We have a great opportunity to expand our Email List and reach many more people by exchanging email lists with Dr. Len Saputo, a well-known complementary and alternative medical practitioner who has presented at SLF several times. By participating in this exchange, SLF subscribers will begin to receive Dr. Saputo's free monthly newsletter from which they can easily unsubscribe any time they wish. However, if you do not want your email address to be part of this exchange, please just let us know, and we will exclude it.

### Bruce Lipton talk in Walnut Creek, Monday May 24, 7:30 pm.

"Meaningful Purpose: Realization of Our Potential", hosted by Health Medicine Forum (HMF) at Leshar Center for the Arts. Author of the paradigm breaking *The Biology of Belief* and *Spontaneous Evolution*, Dr. Lipton will show how today's leading edge science is shattering old myths and rewriting the story that will shape the future of human civilization. Tickets may be purchased at the box office, over the phone (925.943. 7469), or on the Leshar Center website <http://lesherartscenter.org> -- Click on the May 24 event here: <http://lesherartscenter.org/onstagenow/may2010cal>

**\$5 Students and Seniors, \$10 Health Medicine Forum members: purchase at the box office or by phone using code "wellness", \$15 Advance (non-HMF members), \$20 At the door (non-HMF members)**

### FMBR, Foundation for Mind Being Research, meets Friday May 28.

<http://lesherartscenter.org/onstagenow/may2010cal>

New Location: Unity Palo Alto, 3391 Middlefield Road.

New Time: 7:30 pm. Eliza Mada Dalian, healer, mystic, spiritual teacher, and founder of the new Dalian healing method (DHM), will be the speaker at the regular meeting. She offers "a fresh new perspective on healing, awakening, and the human search out of fear, pain, and suffering". Her one day workshop is on Saturday May 29: "Healing into Consciousness". Details at <http://FMBR.org>

### Presentation Location:

Cubberley Community Ctr.  
Room H1

4000 Middlefield Rd.

Palo Alto, CA

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## Meet Gary Taubes



Gary Taubes is the author of *Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control and Disease* (2007).

He studied applied physics at Harvard as an undergraduate and has an M.S. degree in engineering from Stanford University (1978) and in journalism from Columbia University (1981). Taubes began writing and reporting on science and medicine for Discover magazine in 1982. As a free-lance journalist, he's written for *Science*, where he's been a contributing correspondent since 1993, for *The Atlantic Monthly*, *The New York Times Magazine*, *Esquire*, *Playboy*, and a host of other publications. Taubes has won numerous awards for his reporting including the International Health Reporting Award from the Pan American Health Organization and the National Association of Science Writers Science in Society Journalism Award, which he won in 1996, 1999 and 2001 (the only print journalist to win this award three times.) Since the mid-1980s, Taubes has focused his reporting on controversial science, on the excruciatingly difficult job of establishing reliable knowledge in any field of inquiry, and on the scientific tools and methodology needed to do so. His previous books include *Nobel Dreams* (1987), and *Bad Science* (1993), a New York Times Notable Book and a finalist for the Los Angeles Times Book Awards.

### Future Speakers:

Thursday June 17, 2010  
Rollin McCraty, on Applications of Heartmath...

July 15, 2010, Adiele Tel-Oren, MD. on Toxin Removal

August 19, 2010, Nick Delgado, PhD, on Overcoming Inflammatory Pain, Disease & Fatigue

### About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website:  
[www.smartlifeforum.org](http://www.smartlifeforum.org).

For questions, please contact Mike Korek at (650) 941-3058.

## Main Presentation:

# The Diet Delusion

For the past century, the advice to the overweight and obese has remained remarkably consistent: consume fewer calories than you expend and you will lose weight. This prescription seems logical on the surface. The only problem is, it doesn't seem to work. Neither eating less nor moving more reverses the course of obesity in any but the rarest cases.

This contradiction has given us a catalogue of clinical literature almost mind-boggling in its internal inconsistency. "Dietary therapy remains the cornerstone of [obesity] treatment and the reduction of energy intake continues to be the basis of successful weight reduction programs," observes *The Handbook of Obesity*, a textbook edited by George Bray, Claude Bouchard and W. P. T. James, three of the most respected names in obesity research, and first published in 1998. It then goes on to acknowledge that the results of such therapy "are known to be poor and not long-lasting".

In truth, the very idea that such advice might benefit obese people borders on the nonsensical, yet health authorities still repeat their mantra: obesity is caused by overeating; eating less is the cure. Any attempt to argue otherwise is treated as quackery.

In any other discipline, the failure to demonstrate that a superficially obvious therapy actually works might persuade researchers to question the underlying assumptions. Yet in obesity research, it is never the basic hypothesis that is questioned. Instead, the patient is blamed for a lack of will power. The existence of an obesity epidemic - and, indeed, a diabetes epidemic along with it - has not altered this situation. Rather, it has led researchers and health authorities to presume that entire nations have been ignoring their advice.

The institutionalized conviction that we get fat simply because we overeat is based on reductionist logic; which we have seen in many other areas of medicine, often simply does not work. When combined with food business interests and co-opted government regulators, we see the same disregard for the interests of consumers as with the pharma business, the FDA, and mainstream medical journals.

## SmartLife Forum

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The first law of thermodynamics tells us that energy is neither created nor destroyed, so the calories we consume must be stored, expended or excreted. If we are getting fatter, then we must be taking in more energy than we are giving out: we are overeating.

## Causality

But this does not tell us which came first: do we get fat *because* we overeat, or is some regulatory or hormonal phenomenon driving us to fatten and in turn *causes* us to overeat? Saying that obesity is explained by overeating and/or sedentary behavior is like saying that chronic fatigue syndrome is explained by a lack of energy. This circular logic explains nothing.

To understand why causality is crucial, take the analogy used by German and Austrian clinicians prior to WWII, when they discussed the causes of obesity, which they considered very obviously a hormonal and genetic disorder. When children go through growth spurts, they are likely to eat voraciously - to overeat, to fuel their growing bodies. They do not grow because they overeat; they overeat because they are growing. The growth is induced by hormones, specifically growth hormone.

Just as you can starve a fat person and induce them to lose weight, you can starve a child and prevent them from growing. Neither implies that overeating was the root cause of their getting fat or growing bigger.

## Insulin

There is considerable evidence that the obesity epidemic is caused by a hormonal phenomenon, specifically by eating refined carbohydrates, starches and sugars, all of which prompt (sooner or later) excessive insulin secretion. Insulin is the primary regulator of fat storage. When insulin levels are elevated, fat accumulates in our body tissue; when they fall, fat is released and we use it for fuel. By stimulating insulin secretion, carbohydrates make us fat; by driving us to accumulate fat, they increase hunger and decrease the energy we expend in metabolism and physical activity. In short, obesity is caused not by overeating or sedentary behavior, but by hormonal malfunctioning triggered by the consumption of particular types of carbohydrate-containing foods. We over-eat because we are being driven by carbohydrates and insulin to get fat; we don't get fat because we over-eat.

Obesity researchers, nutritionists and health authorities have refused to contemplate this scenario, partly because it would imply that diet-book doctors advocating carbohydrate-restricted diets - Robert Atkins et al - were right all along. Instead, these alleged experts and guardians of our health have wasted a good part of a century on research based on a logical misstep, watching their compatriots grow ever fatter while blaming everyone but themselves. In the process, they have created one more field of clinical medicine that functions more like a religion than a science, with a veneer of science serving only as window dressing for entrenched business interests.

If there is any doubt, look at the USDA (US Department of Agriculture) "food pyramid", which recommends multiple servings of starches (six to 11 per day, <http://www.cnpp.usda.gov/Publications/MyPyramid/OriginalFoodGuidePyramids/FGP/FGPPamphlet.pdf> ). It is time to put science, not commercial interests, back in charge in all areas of medicine. •

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# Vigorous Health

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*The Quest for Health*

*May 2010*

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## What is Health?

Health is the presence of happiness, purpose in life, satisfying work, joyful relationships and a healthy living environment. All this takes place using the natural healing technology of the human body that is nourished with nutrients, love, joy, peace and freedom.

To maintain the strength of our health, it is necessary to rid ourselves of chemical toxins, toxic attitudes, tensions of daily life and unhealthy habits. This requires an awareness developed by self-appraisal followed by corrective actions.

## Fundamental Sources of Distress

Emotional distress from powerlessness, loneliness and unhealthy lifestyles, unresolved over time can cause profound physiological disturbances that lead to illness.

When seeking help with these matters, look for knowledgeable people promoting holistic protocols.

## What You Can Do to Heal

Seek the peace of solitude for self-reflection. The tranquility of that path can lead you to understand life's complications in an effort to resolve them.

On a personal level, I have not been able to resolve the guilt and sadness of my daughter's death at age 35 in 2006. She had become a heroin addict and died of an overdose of methadone pills given to her at a clinic for addicts in Scotts Valley.

In an effort to ameliorate my trauma, I have renewed my writing about health matters so that I might have a beneficial effect on other people as well as myself.

*Best Wishes for a Healthy Life.*

*Stan Field*

## The Medical Doctor

The ticket of admission to see a doctor is a symptom. An internist focuses on the part of the body that is sick.

An internist at an health maintenance organization (HMO) is expected to see 25-30 patients each day. In addition, paper work, answering e-mails and attending meetings are required. This schedule averages about ten minutes for each patient. The doctor is under pressure to comply with the financial needs of a medical facility in America. Other countries, such as Canada, have opted for a more patient-friendly form of medical treatment.

Furthermore, the pharmaceutical industry has extended its reach into medicine by providing a selection of pills that will subdue the symptom of the patient. The patient can then be said to be cured, if only temporarily.

For example, a patient with high blood pressure can be given a pill to control the blood pressure. There is no time for investigation into why blood pressure might be high. There are too many variables that can cause high blood pressure. It would be very costly to scientifically find out the causes.

Some HMO's have tried to solve the problem of understanding causes by having patients attend classes where a knowledgeable, but non-technical, teacher explains the causes of various diseases to the lay patients.

## Smart Life Forum

The SLF is unique in that it uses qualified speakers to explain complicated subjects on health. There is usually a lively question and answer session that imparts a great deal of knowledge. Furthermore, there is a meeting each month that generally lasts about three hours. This successful group was started by the superb effort and tenacity of Kathryn Grosz in the early 1990s.

## Excessive Sitting Decreases Lifespan

by Jake Brzakovic, Personal Trainer

According to a recently published study in the American Heart Association Journal Circulation, too much sitting is detrimental to our health. The study found that prolonged sitting while watching television increased the risk of death from cardiovascular disease and other causes.

David Dunston and colleagues at the Baker IDI Heart and Diabetes Institute in Melbourne, Australia, found that every hour of daily television watching correlated with an 18% increased risk of death from cardiovascular disease, and an 11% increased risk of death from all causes.

Comparing two hours or less of daily television viewing with four hours or more of daily television viewing, the study found that individuals who watched four hours or more of television had a 46% increased risk of death from all causes, and 80% increased risk of dying from cardiovascular disease than those who watched two hours or less per day.

The study's findings were attributed to the physical act of sitting and not to television watching itself. Reading, sitting in front of a computer screen, playing bridge, or any other of the many sedentary activities we participate in that involve prolonged sitting could have been used in place of the television viewing to yield the same study results. When it comes to the effects of prolonged sitting, reading is as detrimental to our health as is watching television. Simply put, too much sitting of any kind is deleterious to human health and longevity.

One of the most surprising and unexpected findings of the study is that the correlation between excessive sitting and mortality risk persisted even if study participants exercised regularly. This finding demonstrates the indispensable role low intensity movement has on human health. Even though substantial evidence from a variety of studies demonstrates the benefits of regular exercise, this study reminds us that vigorous sweat-inducing exercise performed a few hours weekly is simply not enough to keep us well. We should exercise regularly, but we must also avoid prolonged periods of physical inactivity when we are away from the gym.

How much low intensity movement do we need to remain well? That is yet to be determined, but Dunston et al are currently administering a study that may shed some light on this important question. In the meantime, Professor Dunston recommends that we avoid prolonged periods of sitting and that we move more, and move more often. He recommends we consider watching our favorite television program while doing some household chores, or at least get up during the commercial breaks and walk around. How about moving a treadmill or stationery bike in front of the television set and watching your favorite program while exercising?

Muscle activity is essential to many of our body's regulatory processes. Prolonged absence of this activity disrupts these processes and eventually leads to observable health decline. At the office, consider using a standing desk or replacing your chair with a physio ball. These activities provide hours of muscular involvement our bodies long for in our sedentary lives.

To live a Smart Life we must practice smart fitness. Smart Fitness is rooted in a healthy life style that minimizes prolonged sitting and is replete with low intensity activities throughout the day. Only then, by incorporating more vigorous forms of fitness to our lives can we achieve the necessary balance in our fitness programs.