



**Are We What We Eat?
Myths AND LIES
brought to you by the
AMA, FDA and pharm
industry**

Joe DeLoach, OD, FAAO
CEO, Practice Compliance Solutions
Former Clinical Professor, UHCO

PCS / Ocularis

1

**My name is Joe...I am a Dr.
Pepper and Hostess
Snowball-aholic**



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2

This is depressing....

"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."

Scott Heit, PhD
Harvard University
School of Social Medicine

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3

Our Agenda

- Six great myths about nutrition
"Natural forces within us are the true healers of all disease" Hippocrates
- Six great myths from the AMA and FDA
"Nature heals and the doctor takes the fee" Ben Franklin

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4

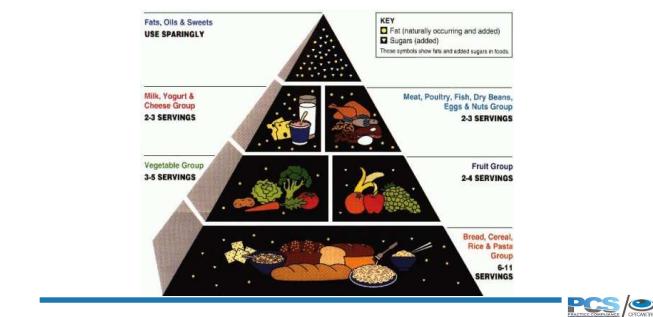
Pre-emptive Apology

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

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5

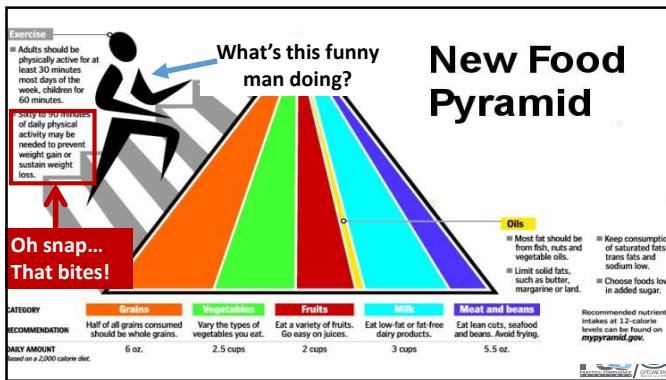
MYTH #1 – FDA's Food Pyramid



Food Group	Servings
Fats, Oils & Sweets	USE SPARINGLY
Milk, Yogurt & Cheese Group	2-3 SERVINGS
Vegetable Group	3-5 SERVINGS
Bread, Cereal, Rice & Pasta Group	6-11 SERVINGS
Fruit Group	2-4 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group	2-4 SERVINGS

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6



7

The Answer? A “Balanced” Life

- ALL food groups have unique and beneficial contribution – good nutrition really is about moderation and balance more than anything
- You MUST avoid processed food, artificial sugars, fat-free foods and food additives (especially MSG...more later)
- You must move it or you will find more of it!
- You must avoid chemicals, including many medications, that often do more harm than good



8

MYTH #2 – Our Food is Safe and Nutritious

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

- A 2022 carrot does not even resemble a carrot of old
- Don't mess with Mother Nature

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9

Decline of Food Quality #1 Man and Nature

Natural Cause – Soil Depletion

From USDA report 2004 – Mineral content changes of soil from 1962-2002 (Decades ago...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



10

The USDA won't even release updates!
Wonder why????

New science – “**BIOREMEDIATION**”
“**SPIKING**” – creation of artificial soil
Spiked with what? Chemicals and litter
(*major source - landfills*)
Babin et al. Journal.pone. 2014 9(9)

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11

Decline of Food Quality #2 Man and His Greed

Soil Additives

- Unintentional (?) – pollution/**pesticide** run off.
OVER ONE BILLION POUNDS USED PER YEAR
- Intentional (spiking) – massive use of fertilizers, especially nitrates (*BTW - nitrates have the same effect on the body as nicotine – like eating cigarettes!*)

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



12

Decline of Food Quality #3 Man and His Greed

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?**

GMOs have “impregnated” these grain’s DNA with pesticides (Atrazine) and herbicides (Glyphosate)



13

Atrazine – Pesticide Du Jour

**AND WE INTENTIONALLY
PUT IT IN THE DNA OF
FOOD!!!**

Active Ingredients:
Atrazine 2-Chloro-4-ethylamino-6-isopropylaminocarbonylamine - 10.0%
Inert Ingredients 2.7%
Total 10.0%
Contains 4 lbs. of active ingredient per gallon

KEEP OUT OF REACH OF CHILDREN
CAUTION - PRECAUTIONARY STATEMENTS
HAZARDS TO HUMANS AND DOMESTIC ANIMALS
CAUTION: Harmful if swallowed, inhaled, or absorbed through skin. Do not breathe vapors or spray mist. Avoid contact with eyes, skin, or clothing.
GENERAL WORKER PROTECTION STATEMENTS
Do not apply this product in such a manner as to directly or through drift, expose workers or other persons. The treatment area must be vacated by all persons, except those knowingly involved in the application. Do not allow reentry of treated area or contact with treated surfaces until spray has completely dried. Wear long-sleeved shirt, long-legged pants, shoes, socks, chemical-resistant gloves.

ENVIRONMENTAL HAZARDS
Atrazine can travel (seep or leach) through soil and can enter ground water which may be used as drinking water. Atrazine has been found in ground water.



14

Glyphosate – Herbicide Du Jour



Anyone up for eating Roundup – cause that is what you are doing with GMO foods



15

But GMO is safe.....

- Don’t worry, our government assures us we shouldn’t worry about GMOs – despite the fact 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 in almost every other civilized country in the world**

And besides, they 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!

16

Safe?

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. Their new **settlement** amounts are \$86.7 million, \$78 million, and \$25 million. www.woodslawyers.com

Then, the Miller Firm, which had about **6,000 Roundup 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 Berlant is critically ill.



17

END RESULT – June 2020

Monsanto SETTLES for

\$11 BILLION.

What does SETTLE mean???



18

Decline of Food Quality #4 Man and His Greed + Inhumanity

Feeding Animals in America

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

- Recombinant growth hormone
- Antibiotics



19

Animal Growth Hormones

- Why? A pig raised "free range" will mature to market in 10-12 months (and has an expected life span of 14 years)
- A pig fed a steady diet of 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



20

Animal Growth Hormones

- Once again, the FDA has assured us these are safe for human consumption (because these "large" proteins" cannot be absorbed by our 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**



21



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

Wonder how 14 year olds can look like this?



Wonder how this is even biologically possible?

22

And antibiotics???

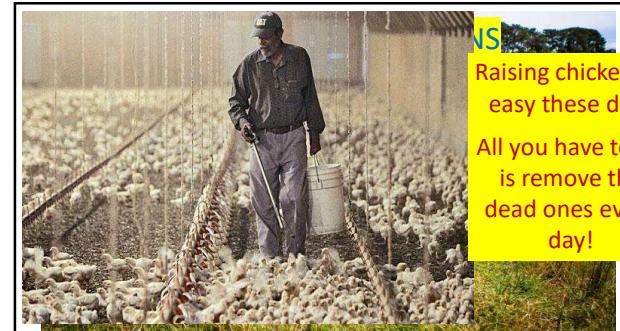
Almost every European and American Public Health Agency agrees that the routine addition of antibiotics to animal feed will worsen an epidemic of resistance.

So why use it?

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



23



Raising chickens is easy these days
All you have to do is remove the dead ones every day!



24

Happy, **HEALTHY** pigs



Unhappy, **DISEASED** pigs
Pumped full of antibiotics because it is the only way to keep them alive raised and fed in their own feces



25

And farm raised fish???

THEY'RE
FEEDING
THEM
WHAT???

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26

Decline of Food Quality #5 Man and His Insanity

Food Additives

The three monsters of nutrition:

- MSG
- Aspartame
- Carrageenan

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27

REALLY – MONSTERS?

These food additives are thought by many to explain a great deal of the following statements:

- First time in 200 years children could have shorter life expectancies than their parents (JAMA 2007)
- **500%** increase in chronic childhood disease between 2002-2012 (CDC 2012)
- **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>)

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28

Monosodium Glutamate (MSG)

- Really folks??? We were all taught the glutamate excitotoxicity theory of glaucoma. Think it only applies to the RGCs? **Glutamate destroys neural tissue!**
- Children are 400X more sensitive to the neurodegenerative effects of glutamate
- What is **headache + diarrhea + tachycardia = ?????**

**“Chinese Food Syndrome”
The culprit- **MSG!!!****

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29

What's So Bad About MSG?

- As said, it destroys neural tissue (glial cells) – especially in diabetics and kids
- MSG increases insulin resistance and serum lipids – **it is actually used to induce obesity in animal fat studies**
- MSG causes an increase BP and significant increase in circulating free radicals
- MSG causes dis-regularity of the hypothalamus. Malfunction of hypothalamus is associated with sudden cardiac death syndrome, MS, cancer and almost all neurodegenerative disease

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30

So Why Do We Use It?

Because it makes our empty calorie, fat free, artificially sugared, heavily salted, highly processed food taste like real food again

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

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



31

Carrageenan

Carrageenan is a seaweed use as an emulsifier, thickener and stabilizer – it has 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!!



32

Aspartame (and all the others)

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

That was pretty bold? More on that in a minute



33

Recommendations?

- Go organic as much as possible
- Raise your own food
- Eat free range meat and chicken
- Avoid farm raised fish (with interesting new twist)
- Avoid processed foods
- Avoid ALL food additives but especially MSG and carrageenan
- Limit sugar – and use only unprocessed sugar products



34

MYTH #3 – Your Drinking Water is Safe

What Exactly Is In It?

- Arsenic, Herbicides, Fungicides, Organic Solvents, Vinyl Chloride, Dioxin, Benzene, Acetylamide, 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>)

IMPRESSED?



35

And These Are Bad?

Each of these chemicals are considered **carcinogenic – but supposedly “safe” in small amounts.**

Unfortunately, this “theory” does not take into consideration the additive effects of multiple carcinogens and the fact **these types of proteins are readily stored and concentrated in human and animal fat cells – pretty much forever. More fat cells, more carcinogens!**



36

As If That Weren't Bad Enough!

To the carcinogens, we add FLUORIDE

But wait...isn't fluoride good?

- Despite the propaganda, many feel no study has shown unequivocal evidence that fluoride reduces tooth decay
- **But there IS unequivocal evidence that fluoride is one of the most neurotoxic chemicals known to man**



37

Recommendations?

- Drink distilled (best), bottled, filtered or spring water – and lots of it!
- Want to really be safe? Install whole house filter, or at least in your shower (**my shower??**)



38

MYTH #4 – “Fat Free” Is Good For Me

Idea sounds great - maybe, but look at the facts

- Let's start with the profound truth that 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. You might as well be eating gummy bears!

(*Bad news – your body still stores “non-fat” and the carcinogens in your fat cells*)



40

“Fat Free”? Common Example

Skim Milk – What Is It?

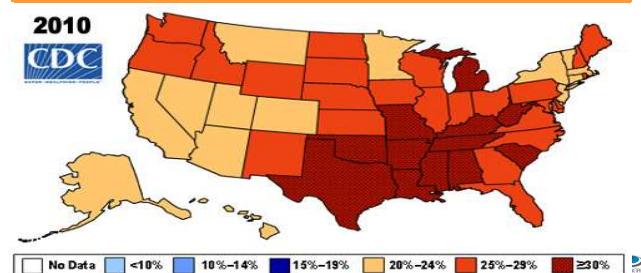
- Made from the waste products of milk production. Until capitalistic man came up with the idea of selling it as something good for you, it was thrown away - **wouldn't even feed it to animals!**
- It is basically colored water with little to no natural nutritional value
- Contains NO FAT (whoopee) but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



41

End result of efforts toward “healthy diet food”!!!

2010
CDC



42

Why Is The Evidence Ignored?

Mediterranean diet FAR better than “fat free”
(a bit of a goofy study!!)

- The Mediterranean diet showed **300%** better reduction in overall cardiovascular events compared to a fat-free diet.
- BUT THIS WASN'T EVEN APPLES TO APPLES** – the study mandated increased intake of fiber and **decreased intake of sweet/carbonated beverages and artificial fat spreads** in the “fat-free” group

https://www.healio.com/news/cardiology/20220510/mediterranean-diet-better-than-lowfat-plan-for-secondary-cv-prevention-cordioprev?utm_source=elgent&utm_medium=email&utm_campaign=news&M_BT=3739867721719



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
- Fake Fats (Trans Fats)



45

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

Saturation refers to the number of double bonds present in the molecule

The more open double bonds, the more “unsaturated”. Unsaturated fats are more flexible and mobile so they are less likely to stick or hang up in places they shouldn't be – but doesn't mean they are healthy or healthier – **because the “fake” unsaturated fats are also less recognizable to the body as real food!**



46

Saturated Fatty Acids (SFA)

- Three types – lauric, palmitic, stearic – all bad if you eat too much of them. But do contain good things for your body
- Found in fatty meat, lamb, pork, poultry skin, lard, butter, palm oil, processed dairy products
- Unquestionably linked to cardiovascular disease (if consumed in excess)
- SFA >10% of total daily calories increases LDL and insulin resistance

Advice? Moderation!!!



The BAD SFA's

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

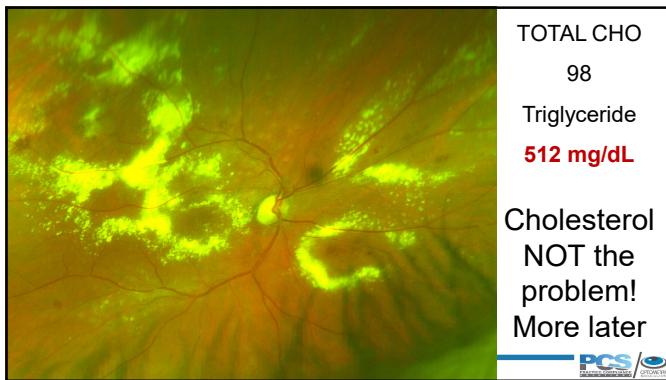
- Vegetable oil
- Foods fried in most any oil (*try Olive or Macadamia nut oil!*)
- Hydrogenated oils (in ALL processed food – goodbye Hot Pockets, most all breads, pastries – **goodbye Snowballs...HORRORS!**)
- Processed meats
- Margarine
- Refined carbohydrates (convert to SFAs – more later)

WHY? Because these are full of or break down into inflammatory free radicals and convert cholesterol to oxidized cholesterol (PURE POISON!)



47

48



49

Unsaturated Fats Monounsaturated Fatty Acids (MUFA)

- Found in most oils, nuts, avocados
- In moderation REALLY healthy
 - Decrease LDL with no effect on HDL
 - Decrease C-reactive protein levels
 - Improve health of vascular endothelial cells by decreasing activity of inflammatory adhesion molecules
- Totally healthy? No – still related to cardiovascular disease. Consume in moderation



50

Unsaturated Fats Polyunsaturated Fatty Acids (PUFA)

- Found in walnuts, sunflower seeds, soybean and soybean oil, coconut oil to some degree, olive oil, diary, some in meat – **main source is fatty fish**
- **Soy is bad idea due to effects of GMO**
- These are the “essential fatty acids” – EFAs or Omegas (3,6,9,12....etc)
- “**Essential**” because:
 - Body cannot produce them
 - You will ultimately **DIE** without them



51

Unsaturated Fats Polyunsaturated Fatty Acids (PUFA)

What EFAs 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



52

Unsaturated Fats Polyunsaturated Fatty Acids (PUFA)

Main Thing EFAs Do For You

EFAs are the among the most potent body anti-inflammatory and free radical scavengers that exist



53

Unsaturated Fats Polyunsaturated Fatty Acids (PUFA)

MANY PUFAs but the main two are:

- OMEGA-6
- OMEGA-3



54

Polyunsaturated Fatty Acids (PUFA) Omega-6

- Found in dairy, meat (esp. grass fed)
- Break down into two prostaglandins (you know what those do)
 - PGE1 (ANTI-inflammatory, anti-pain, anti-clotting, vasodilation) **GOOD**
 - PGE2 (PRO-inflammatory, pro-clotting, vaso-constriction) **BAD – THE WORST**

You actually NEED omega-6s but we get more than enough from the rotten food we eat



55

And what about TRANS FAT

- Chemically, trans fat is a manmade omega-6
- Conjugated chains of isomers of hydrogenated (pumped full of air) vegetable oils
- Biochemically ***trans fat is poison***
- Like artificial sweeteners (more later), the body has no idea what to do with trans fat
- Since they are not metabolized well, they end up stored and eventually broken down into pro-inflammatory, pro-oxidative free radicals



56

Bottom line...trans fat will make you hypertensive, ulcerate your arteries, make you obese and ultimately kill you.

End of Story.

Thank goodness they are all pretty much gone!



57

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

Beneficial effects too numerous to list

- Mainly function as 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)



59

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

- Omega-3 break down to PGE3, one of most potent anti-inflammatory prostaglandins found in the body
- Two biologically active omega-3s are:
 - DHA (docosahexaenoic acid)
 - EPA (eicosapentanoic acid)



58

Omega-3 Summary

What are the best sources

Cold water fatty fish (NOT farm raised...*maybe*); monocotyledon nuts; olive oil; flax (some)

Are they safe

Absolutely. Only debated side effect is blood thinning but that is only an action of EPA – and is that bad?

Is the ester or triglyceride form better

Probably triglyceride due to increased bioavailability, but I do not believe science has totally spoken yet.



60

Omega-3 Summary

Which is better – EPA or DHA

Not totally clear but the newer evidence strongly favors DHA component – they do different things so both important

How much do we need

- For preventative supplementation – 1000mg per day (only EPA/DHA, only with food)
- For disease management – no one knows for sure but you need to be thinking in the range of 2000-4000mg a day



61

Recommendations?

- NO trans fat
- Never fat free – organic BUTTER far healthier than any processed lipid
- Limit all liquid fats to macadamia nut oil (frying), olive oil and coconut oil
- 1000mg omega-3 as preventative
- Free range meat and chicken (very high in omegas!)



62

Oh, but Joe that is inconvenient and expensive...

So is hypertension, diabetes, obesity, neurologic disease, cancer and a funeral.....we all get to choose



63

MYTH # 5: Sugar is bad

- Just like fat, sugar is not bad. It's all about the type and amount
- Without sugar, you will die
- With too much sugar, or the wrong kinds of sugar, you will also die, sooner – and an ugly process



64

Sugar Bio-utilization

Unrefined Sugars

MUCH BETTER THAN

Refined Sugars

MUCH BETTER THAN

Fake Sugars



65

Artificial (Fake) Sugars

- You know them as high fructose corn syrup, saccharin, aspartame, sucrose
- Like trans fats, body may have no idea what to do with them (debated???? See below)
- 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, the result is:

- "sugar starvation"

- insulin resistance

- decreased insulin made

The Huge Deception
Artificial sweeteners do not immediately raise your blood sugar. True...WHY?

- fat storage / diabetes



66

But the FDA, backed by the chemical company lobby, 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?



67

How About Some Independent Analysis

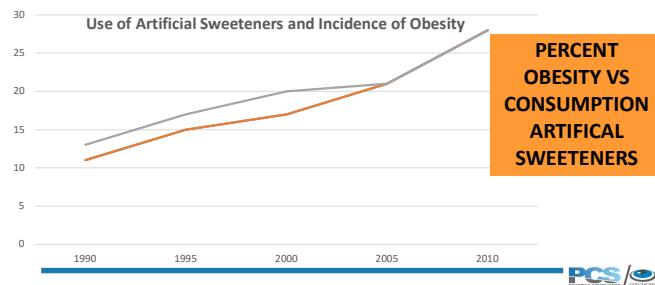
- Consumption of sucralose + carbohydrates impairs insulin sensitivity (leads to Type II DM) and negatively impacts metabolic health 2020 Yale Study – *Cell Metabolism*
- Consumption of artificially sweetened soft drinks was positively associated with increased deaths from circulatory disease...and digestive 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 and leptin 2020 *Nutrition and Obesity*

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



68

**But you doubt...because your PCP said drink only diet sodas
So explain this! Per CDC 2010**



69



So people are mainlining this totally safe stuff every day.

Why is everyone getting fatter and their diabetes getting worse???



70

Why????

- Increase levels of glycogen are stored in adipose tissue causing them to swell (adipose hypertrophy)
- Adipose hypertrophy is very hard to reverse
- Adipose hypertrophy begins in childhood!
- Fake sugars cause adipose hypertrophy!

That's why a steady intake of Mac-n-Cheese, DIET drinks, chicken fingers and processed foods has significantly contributed to the highest levels of childhood and adult obesity in history !



71

What Does the American Diabetes

AND CDC SAYS...

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

But doctors still recommend them – WHY???



72

Other Problems with Fake Sugars

- Increase intravascular oxidative stress
- As mentioned biggies – increase levels of ghrelin and leptin
- Impairs vasodilation (promotes ischemia)
- Increase release of free radicals
- Increase release of pro-inflammatory mediators (especially cytokines)
- Increase circulating glucose (remember...fake ones decrease insulin production and increase insulin resistance resulting in reduced glucose conversion)



73

Carbohydrates – Non-Fake

- Good ole “pure cane” – white sugar
 - Better than bad – beats fake ones
 - All same problems as fake ones but to less
- Complex sugars (mainly from fruits)
 - Same problems but even less
 - Bad effects offset by increase fiber levels
- Alcohol sugars – two-edged sword!
 - Phenols decrease C-reactive protein, in
 - In excess, will increase visceral fat (hence – “beer belly”)



74

Unrefined Sugars

- The **NATURALS** - Brown sugar (some), turbinado, honey, molasses, maple syrup, agave, date sugar, coconut sugar
- The **NOVELS** – stevia (stevia bush), tagatose (fruit, dairy), trehalose (honey), erythritol (sugar alcohol...verdict still out?)
- Yummy yummy – popularity less because they sometimes cost more but mainly because they are less sweet (all about taste conditioning!)
- Human taste buds have become less sensitive to sweet, hence requiring more intense levels of sugaryness (*no, not a real word!*)



75

Recommendations?

Easy – use unprocessed sugar, natural or novel sweeteners. In a pinch, regular white sugar beats the fake ones!



76

MYTH #6 All Supplements Are Created Equal

- Not even close
- Must know the form of vitamin or mineral that the body will recognize
- Must pay attention to the delivery system (bioavailability)
- Must know WHEN to take it (when the body will use it)

More on all this later....



77

Medical Myths

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

Unknown

MYTH #1 I Am the Government – I Am Here to Help You

There are three culprits joined at the hip that regulate what can be considered as acceptable health care

**The Pharmaceutical Industry,
The American Medical Association
&
The Food and Drug Administration**

(do you find it interesting they regulate food and drugs?)



79

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!



80

FDA Rule

The FDA, BY LAW, declares that only a drug or procedure they have sanctioned can state that it can manage, cure or in any way be beneficial to the health of a human being

BY LAW – acupuncture, meditation, therapeutic massage, nutrition, vitamins, yoga, herbs, supplements 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

What Other Interesting Facts Do We Know

- Key administrative positions within the FDA typically come from the pharmaceutical industry
- In almost 70% of cases, we do not know or understand the mechanism of action of medications approved by the FDA
- In drug studies leading to approval of the medication for public consumption, 40% of the time the placebo had near equal effect of the “approved” medication
- Look for the “relative gain” – often very hidden.



82

Where Does Big Pharma Spend Its Money (2012) ?

\$160M to support training of MDs

\$780M in non-independent drug studies controlled by the drug manufacturer

\$2.5 BILLION in events and advertising for doctors

And the biggest one of all...

\$3 BILLION DOLLARS
direct to consumer advertising



83

The Dictator Tactics of the FDA/AMA/Pharm Group

The stories can go on and on and on – you can Google all day. Just a few...

1. Red yeast rice
2. The diet bread recall
3. Colloidal silver
4. Walnuts....yes, walnuts



84

Thank You AMA (?)

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



Retail cost for 4gm/day/year \$3360.00
Exactly same OTC product at Costco \$ 300.00



85

And When Lovaza Didn't Catch On So Well (at \$3K a year!)

The FDA backs a bogus report in 2013 stating that omega-3s increase the risk of prostate cancer

Wonder what natural product the FDA is eyeing these days?



86

And they're right how often?

Usually...but despite the presence of side effects uncovered during the clinical trials, the following drugs were approved but ultimately recalled.

Vioxx (strokes), Bextra (VIOXX CLONE – still approved it), Zelnorm (heart attacks), Tysabri (brain infections), NeutraSpec (pulmonary arrest), Cylert (liver failure), Permax (aortic valve failure), Baycol (severe rhabdomyolysis), Palladone (depression and sudden death syndrome)

And 21 others since 1980



87

Bottom line...the 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 in the past five years. There are 10,000 deaths per year from ASPIRIN use alone!

And the number of deaths for natural supplements based on 60 BILLION dosages a year – per the same regulatory agency – over the past five years, zero - ZERO - Nada

Total number of reported deaths in the past 23 years from supplement use – 230 – 207 from one supplement (OVERUSED Ephedra)



88

Despite all this, there is an all out attempt by the pharm/medical groups to help the Feds strengthen the power of the FDA and shut down the nutritional supplement manufacturers.

2020 - \$306 MILLION spent on lobby efforts by pharm industry ALONE – twice as much as any other lobby group in Washington

Why? CONTROL is estimated to provide the pharmaceutical industry with a 750% ROI



89

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 the total is

\$2604 MILLION

Top Recipient 2018 – Senator Oren Hatch



90

MYTH #2 We Don't Know What Causes Neurodegeneration

- Actually we do...it is fairly simple
- Oxidation (specifically peroxidation) is the process by which our bodies destroy old or damaged tissue. It is normally kept in check by our natural anti-oxidative system (apoptosis)
- Peroxidation causes release of free radicals – free radicals bounce around inside cells and rip them apart
- **Peroxidation has a love for neural tissue!**



91

Here's an interesting one...

Diseases RARELY found in medical literature when my parents were married in 1946

- Cancer...yes cancer
- Dementia
- Alzheimers
- Lupus
- Rheumatoid arthritis
- Depression
- Fibromyalgia
- Attention deficit disorder
- Half the diseases people have now including **TYPE II DIABETES**

WHAT HAPPENED???

**ALIENS OR THE LIFESTYLE,
TOXINS, DRUGS AND FOOD
WE HAVE CHOSEN!**



92

What Accelerates the Oxidative Process?

- Toxins – fluoride, aluminum, mercury
- Poisons – pesticides, herbicides
- Synthetic food – fat-free foods, synthetic sugar, all processed foods
- Food additives – especially MSG, carrageenan
- Prescription medications – esp. statins, steroids, vaccines (mercury)
- Disease – obesity, stress, vascular disease, diabetes

QUESTIONS???



93

And We Do What About That?

- Avoid all that stuff!!!!
- Move it (*Rust never sleeps...Neil Young*)
- Eat organic food
- Take supplemental anti-oxidants (omega-3, carotenoids, curcumin, quercitin)
- Take Vitamin C
- Take a B-complex



94

What Are They Now Admitting?

Higher antioxidant levels lower risk for dementia

May A. Beydoun, PhD, MPH, of the NIH's National Institute on Aging



SIXTEEN-year study with 7,283 participants. RESULT: Higher levels of antioxidants in blood showed a **9X** reduction in the incidence of dementia

https://www.healio.com/news/neurology/20220510/higher-antioxidant-levels-may-lower-risk-for-dementia?utm_source=selligent&utm_medium=email&utm_campaign=news&M_BT=3739867721719



95

DOUBLE MYTH #3 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!)
- Japanese, Irish and African Americans in the USA typically have lower CHO than their native land counterparts – but significantly higher incidence of heart disease
- 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???



96

What Causes Vasculo-Occlusive Disease

Multifactorial – but THE predominant factor....

Hyperlipidemia

What does NOT cause vasculo-occlusive disease but does make it worse once it occurs...

Cholesterol



97

Here's How It Works

- Triglycerides degenerate both in the blood stream and inside fat cells – causing release of free radicals
- Free radicals eat away at (ulcerate) the endothelial lining of blood vessels – and they cause oxidation of cholesterol molecules (*that poison stuff*)
- Oxidized cholesterol molecules “stick” to the endothelial ulcerations (**non-oxidized do NOT!**)

Without elevated or unhealthy triglyceride levels, cholesterol is simply not a problem



98

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



99

So Do Statins Help At All?

A little...but not because they reduce cholesterol. It is because 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
- Decrease Coenzyme Q10 – a natural body enzyme essential for brain and heart function (confusion – “statin fog”, dementia, heart failure)



100

Something factual and current?

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/2023/2023/14/metaanalysis-questions-strength-of-ties-between-statininduced-ldl-lowering-cv-outcomes?utm_source=sellgent&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 – **Absolute risk 0.8%** / relative risk 9%

Patients WITH prior cardiovascular event – **Absolute risk 1.3%** / relative risk 29%

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



101

What Works Better?

- Avoid everything that causes increased oxidative activity
- If you have elevated triglycerides – lower your cholesterol
- BTW, omegas and curcumin have both been shown to have equal or greater effect at lowering cholesterol than statin drugs

Otherwise, follow the directions on the next page



102

Recipe for Success Without Unwanted Side Effects

- Curcumin – 900mg BID
- Magnesium citramate – 500mg BID with food
- L-Carnitine – 500mg BID empty stomach
- CoQ10 – 150mg QD
- Quercetin – 500mg TID with food
- Green tea extract – 100mg QD
- Grape seed extract – 100mg QD
- Vitamin D-3 – **1000units/day**
- Omega-3 DHA – 2000 QD with food

Start with bolded / underlined – add others PRN

103



MYTH #4 Most Hypertension is “Essential” 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



104

Despite this, the AMA states that 90% of hypertension is “**ESSENTIAL HYPERTENSION**” – that means they feel they have no idea what causes it

REALLY? The most common US ailment and they say a genie did it?

105



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!)
- Lipid peroxidation and resultant free radicals cause inflammation in the vessel resulting in reduced elasticity. End result, vascular dysregulation and “stiffer” vessel walls requiring increased pressure to force blood through them – or your brain dies.
- Interesting question...since stiffer endothelial walls are NORMAL with aging, is a small increase in BP a bad thing?



106

HYPERTENSIVE? Choice One: Side effects of hypertensive medications

- Decreased libido
- Impotence
- Fatigue
- Muscle necrosis
- Dizziness / disorientation
- Depression
- Memory loss
- Liver failure
- Angioedema
- Esophagitis
- General malaise
- did I mention impotence???

Choice Two: Side effects of losing weight, eating right, avoiding poisons, de-stressing, supplements?

ZERO, NOTHING

107



Diet & Supplements

DASH – Dietary Approach to Stop Hypertension

- 5-10 servings vegetables a day (organic)
- Limit dairy products
- Limit sodium intake to 2100mg/day
- Take 2,000-4,000gm omega-3
- Avoid MSG
- Avoid synthetic sugars
- Avoid simple (processed) carbohydrates
- Drink purified water
- Resistance exercise – not aerobics

This is from the AMA – not Joe the OD!



108

Supplements for Hypertensives

- Hawthorne 200-400mg QD (often very effective but doesn't play well with traditional cardiovascular meds)
- Quercetin 250mg QD before meal
- Hesperidin 250mg QD before meal
- CoQ10 100-600mg QD
- L-Carnitine 500mg TID on empty stomach
- N-Acetyl Cystine 500-1000mg QD on empty stomach (also decreases stress and decreases insulin resistance)



109

Last BP Comments

- Excessively low BP is far worse than moderately elevated BP
- Many scientists are recommending a relook at "recommended" BP levels in older patients – there's a very good reason their BP goes up naturally



110

MYTH #5 Diabetes is All About Insulin

Some Staggering 2018 CDC Data

- 34.2 million diabetic - 7.3 undiagnosed **10.5% of population**
- 88 million pre-diabetic **34.5% of population**
- 82,000 limbs lost every year from diabetes
- 400% increase risk heart attack and stroke; Primary cause of kidney failure; Major cause of vision loss
- \$237 BILLION direct costs for care – doesn't include costs for rehab, disability, etc (\$90 billion for that)
- Diabetics cost system 2.5X more than non-diabetics



111

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



112

What Causes Diabetes

- Forget Type 1 for now. Multifactorial disease
- Type 2 accounts for 90% of all diabetics
- 80% of all Type 2 diabetes is associated with obesity
- Let's make it simple
 - Type 1 caused by damage to pancreatic cells
 - Type 2 caused by damaged insulin receptors. Insulin resistance causes body produce more insulin - excess "burns up" insulin receptors so cell cannot absorb glucose. Excess insulin will eventually burn out the beta cells in pancreas and patient will function like Type 1



113

So What's the etiology of diabetes

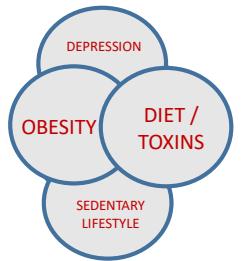
Here we go again...

- Genetics (just means you have to work at it harder!)
- MAINLY - Excess free radicals, especially those released from fat cell storage, especially visceral fat. In other words - OBESITY
- Toxins and poisons



114

INTERSECTIONALITY OF A HEALTHCARE DISASTER



115

Is There A Better Way?

- First and foremost – lose weight, especially belly fat
- Resistance exercise
- Cut out all MSG and synthetic sugars
- Take 3000mg DHA (no EPA – EPA can lessen body's ability to regulate glucose)
- Add fiber to diet (vegetables mainly)
- Take chromium 200mg QD
- Take magnesium citrate 250mg QD



116

Is There A Better Way?

The “Magic?” Ingredient – Curcumin

- 500-1000mg TID in capsule or better yet dissolved in olive oil
- Mayo clinic studies showed glucose control equal to or superior to metformin
- Side effects – lowers BP (rarely a problem!), can potentiate side effects of CHO meds (duh...so stop them), decent blood thinner



117

MYTH #6 We Don't Understand What Causes Most Disease

In a word, baloney!!!

The number one cause of most all disease is inflammation

Chronic inflammation leads to cellular dysfunction

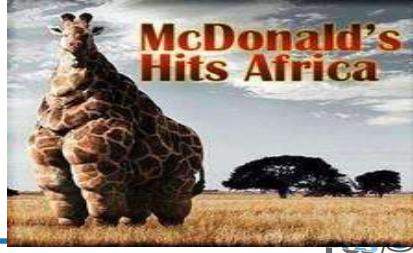


118

We've talked a lot about what causes inflammation – everything but the most significant cause

Obesity

The World's Real Epidemic



119

Obesity – **THE** American Epidemic

- 2008 – per United States Surgeon General

“obesity is the fastest growing health epidemic in the United States”

Two decades later it is FAR worse!

- The second most preventable, modifiable risk factor for death (second only to smoking)



120

The Cost of Obesity

- From 1987-2001, 10-21% of all health care dollars used to treat obesity-related diseases – and that percentage is increasing yearly.

2017 – \$190 BILLION

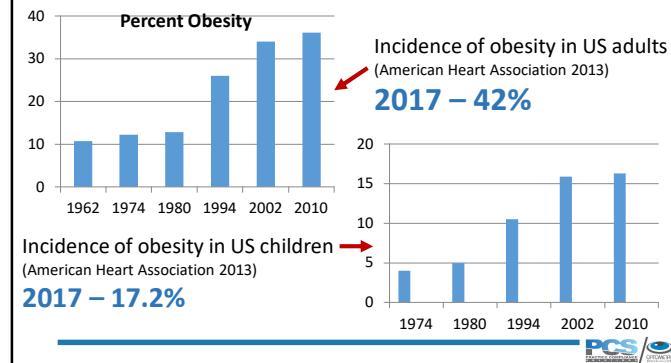
25%! ONE DISEASE

(per American Diabetes Association)

- CDC estimates – average obese person spends/costs 36% more than a non-obese person on health care expenses



121



122

And simply overweight – USA

Adults

Non-Hispanic white	73.1%
Non-Hispanic black	79.9%
Hispanic	81.3%

AND WE QUESTION WHY EVERYONE IS SICK?
AND ALOPATHIC MEDICINE IS DOING WHAT ABOUT IT?
JUST WRITING MORE RXs FOR BIG PHARMA?

123

January 2010 – TWELVE YEARS AGO

American Journal of Preventative Medicine
February 2010

"Obesity now poses as great a threat to Americans' quality of life as smoking"

Change in Habits: 1993-2016

Smoking	Decreased 12.1%
Obesity	Increased 153%



124

BMI? Pounds? Waist Circumference? What's the Best Way to Decide if You're Overweight?

- Get naked - look in the mirror. Do you like what you see?
- Do you get compliments on your appearance?
- How's your sex life?
- Can you exercise **hard** for thirty minutes and not feel like you are very close to meeting your maker?



125

Obesity and the Unholy Triumvirate

- Inflammation
 - Endothelial dysfunction
 - Insulin resistance
- Hypertension
 - Obesity and BMI directly proportional to incidence of hypertension
- Hypoxia
 - Overall poor tissue perfusion
 - Increased blood pressure
 - High correlation with Obstructive Sleep Apnea Syndrome (OSAS)



126

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....



127

Obesity and Ocular Health

Cataract

- Obese have 36% increase in incidence at any age
- PSC 2X greater if BMI >30
- PSC 4X greater in diabetics

Glaucoma, NAION, Pseudotumor

- Prevalence glaucoma 27% in OSAS
- Higher IOP in obese / lower in obese (?)
- OSAS most frequent disorder associated with NAION
- Known historical association with pseudotumor



128

Obesity and Ocular Health

ARMD

- 5% increased risk with every 1 point above a BMI of 30
- Increased BMI increases risk of conversion
- Waist circumference related to macular pigment density

Diabetic Retinopathy

- "Diabesity" – primary risk factor for TII DM
- Risk of microvascular disease directly related to increasing glucose resistance



129

How Current Do You Want This Problem?

LONDON, July 27, 2021 (Reuters) - Evidence emerging around the world suggests that people who are overweight or obese are at increased risk of getting more severely ill with COVID-19, the disease caused by the SARS-CoV2 coronavirus.

"Obesity puts extra pressure and metabolic strain on almost every organ system of the body," said Susan Jebb, a professor of diet and population health at Britain's Oxford University. "So it's perhaps not surprising that it also exacerbates the risk of COVID-19 complications."



130

Diet and lifestyle are about 75% of the answer – what else can we do to help?



131

Macronutrients – Do They Work?

- Vitamins
- Minerals
- Others



132

First and Foremost....

With RARE exception, all of this stuff comes naturally in foods, real food.

Not processed, chemically and genetically altered, stripped of all nutritional value by the manufacturing process empty calorie food full of known carcinogens – but NATURAL foods



133

The end of this presentation has slides that detail the sources, uses, side effects and dosages of many commonly used nutraceutical agents.



134

Thanks for your attention Live Long and Prosper



joe@pcscmpl.com



135

Vitamins – Fat Soluble

Vitamin A (broccoli, sweet potatoes, carrots, mango)

Bone growth; reproduction; cell division and differentiation; immune system; **vision system (retinol!)**

Vitamin D (sun, milk, egg yolk, liver, fatty fish)

Organ and bone maintenance; immune system; nerve health (**7 of 10 children deficient per Pediatrics 2008**)

Vitamin K (green leafy, liver)

Bone health; blood clotting (contraindicated in patients on blood thinners!)



136

Vitamins – Fat Soluble

Vitamin E (oils, wheat germ, sweet potato, nuts)

Potent antioxidants; vasodilators; many others, but...there are two faces of Vitamin E

Tocopherol – Well known but far less potent

Tocotrienol – More mobile in cells due to smaller head and shorter tail of the molecule. Tocotrienols have 50X more antioxidant activity plus promote heart health, lower LDL, have angiogenesis activity (AMD and retinopathy benefit!) and inhibit action of UV. Most common sources are monocotyledon nuts, rice and palm oil.



137

Vitamins – Water Soluble

B1-Thiamine (spinach, peas, lean meat, soy)

Carbohydrate metabolism; vasodilation; **optimizes brain function (sig. decrease in optic neuritis)**

B2-Riboflavin (spinach, broccoli, mushroom, diary)

Carbohydrate metabolism; mitochondria metabolism; **reduces cataract formation**

B3-Niacin (spinach, potato, tomato, meat, tuna)

Digestive system; **increases HDL - reduces LDL**; increases circulation

B5-Pantothenic acid (widespread)

RBC synthesis; nutrient metabolism; precursor to CoenzymeA (mitochondria metabolism)



138

Vitamins – Water Soluble

B6-Pyridoxine (banana, tomato, broccoli, spinach, rice)

Required for B12 absorption; **production of neurotransmitters**

B12-Cobalmin (meat, egg, fish)

Neuron maintenance (decreases common in elderly and vegetarians)

Folate-Folic acid (tomato, bean, broccoli, peas, beans)

DNA production; new cell growth

Vitamin C (spinach, peppers, peas, broccoli, fruits)

Essential in hundreds of body metabolic functions; immune health



139

Minerals

Calcium (milk, diary, broccoli, beans)

Bone/teeth growth; regulated by magnesium

Magnesium (spinach, broccoli, beans, peas, tomato)

Essential in >300 metabolic processes; high levels of zinc will counter magnesium activity

Zinc (spinach, broccoli, beans, crustacean, cheese)

Regulates ATP enzyme; immune system; **regulates apoptosis; nerve transmission**

Selenium (seafood, grains, meat)

Anti-oxidant; thyroid regulation; assists Vit E in fat metabolism



140

Minerals

Copper (meat)

Production of mitochondria; **connective tissue growth (collagen cross linking); essential to normal brain function**

Manganese (widespread)

Anti-oxidant; mitochondrial function

Chromium (oils, liver, grains, cheese, nuts)

Enhances effects of insulin



141

Others - Phytochemicals

All found in fruits and vegetables

Bioflavonoids

Promotes capillary strength; required for body to utilize Vitamin C

Anthocyanidins

Essential to vascular health

Carotenoids (lutein, zeaxanthin, lycopene, beta carotene)

Powerful anti-oxidants

Proanthocyanidines (resveratrol)

Proposed to have anti-inflammatory, antibiotic, anti-aging, anti-cancer, and **neuroprotective properties**



142

And the “Others”

CoQ10 (fish, organ meat, whole grains)

Promotes better cardiac function; essential for mental function; decreases blood sugar; **essential part of photoreceptor outer segment metabolism** (NOTE: depleted by statins and beta blockers!)

Taurine (meat, fish, eggs)

Promotes better vascular endothelial cell function

Ginger (duh...)

Powerful antioxidant

Flavonoids (bilberry, ginkgo, genistin)

(fruits, berries, beans, tomato)

Normalize blood vessel permeability; antioxidants



143