

FOOD FOR OUR HUMAN BIOLOGY

How many of you know me personally? Do you know about my "GVB" (grains-vegetables-beans) dietary recommendations? Do you know where "I" came up with that? Well, I didn't come up with that; but that's not the truth, I did come up with that little Madison Avenue phrase. But the idea itself is as old as recorded history. Urban mankind started off with a grain-based diet that supposedly was due to the desire to drink beer: beer coming from grains like hops and barley. Well, to change gears and keep it the same, what does our human biology, by creation and/or evolution, hint what we should be breathing, drinking, eating, exercising, and thinking? Those are the Five Basic activities, and if not performed correctly, they are the Five Basic errors that lead to diseases. Obviously, we are to breathe clean air, drink clean water rather than even coffee or much juice, and likely not more than four beers or glasses of wine or shots of whiskey a week. We are supposed to exercise to the point where we have "clear lines of definition/demarcation" (CLOD/D) which is where one can see the muscles meet the muscles on the abdomen because of the absence of fat beneath the skin. With regard to thinking, we are to remain realistic, positive, supportive, and in service of other people, accepting life's difficulties and persevering with optimistic determination. This does not minimize problems, but it does minimize stress.



So where is the discussion of diet here? Like most people, I want to shift the conversation from diet to exercise. My exercise is not as great as it should be (a minimum of 45 minutes, 4 times a week to the point where one breaks a sweat each time with an ideal of 1 hour, 6 days a week, including some weightlifting twice a week to the point where the muscles are exhausted and simply cannot do "another rep"). But I keep drifting from the assigned task: Sticking to what we are supposed to do is difficult. Even for me, being good is just not as much fun as being bad. And bad means too much fish or chicken or meat or cheese or eggs or white flour breads and processed foods, cakes and cookies...

The human mouth is designed like that of an herbivore/vegetarian. Our teeth are for grinding vegetarian food except that we have 4 poorly developed canine teeth (for tearing meat) out of 32, which translates as 12.5% (1/8th) of our teeth. If you round off the 12.5% to 10% and then subtract that from 100%, that says that 90% of our diet is probably designed to be vegetarian. There are 9 meals in 3 days and so 1/8th or 1/9th of that would be about 1 meal every 3 days that we could have a palm sized serving of animal protein (that is if we are lean, trim, and have good musculature). In our salivary glands is an enzyme for digesting carbohydrates (vegetarian), not animal protein. We have a long small bowel 12 times our height just like all the other herbivore/vegetarians, as opposed to the carnivores which have a small bowel length:height ratio of 3-5 times their height. You cannot raise the blood cholesterol of a carnivore by feeding it

cholesterol; you can only raise the blood cholesterol of an herbivore/vegetarian (like we are designed/have evolved to be). We lack fangs and claws; we do not slurp our water as the carnivores do. So, I hope I have made the case for the probability that you and I live in a biology that calls for a predominantly vegetarian, whole foods dietary direction.

Now a few corollaries to "GVB": the correct concept is "foods as they grow in the field." Obviously, and ideally, organic. Grains should include brown rice, barley, millet, quinoa, amaranth (note I leave out wheat and rye, not because of celiac disease but because I think those two make people crazy/hungry, and that's why they are so popular!). It has always been the case that we go after what "turns on" our biochemistry and getting turned on tends to be risky. Our food is not supposed to "turn us on"; the correct idea is to "eat to live, not live to eat." This reminds me of a short story that I tell a lot of my patients. There is a great movie with Clint Eastwood called "The Outlaw Josie Wales." Clint is a good guy and plays this outlaw Josie Wales. Bounty hunters are

looking for him and one comes into the room where he is and says to Josie, "I've come for you, Wales." Clint asks him "Are you a bounty hunter?" To which the bounty hunter responds, "A man's got to do something for a livin'." To which Clint responds, "Dyin' ain't much of a livin'." The bounty hunter leaves only to return and be shot by Clint. That high pleasure that we get from the pizza, potatoes, pancakes, pudding, and even chicken or tuna fish sandwiches as often as we eat them contributes to our dying, not living, by virtue of raising our blood pressure, body fat, making us more diabetic, raising our cholesterol and triglycerides, creating overweight, knee problems, image issues, indigestion, and acid reflux. But do remember, without rigidity, that we can likely safely choose 10% to be what we like, if we are at our trim/low % body fat weight.

Enough meandering for a while. Then there is the "V" of GVB. These are the vegetables which are all vegetables except potatoes, sweet potatoes, yams, and plantain. Those are the high glycemic index, high glycemic load vegetables that raise the sugar/insulin too high. I am a believer in avoiding the nightshades for those who have arthritis or those who find that they have difficulty tolerating them: the nightshades include eggplant, zucchini, and peppers. Nothing I say is 100%. And if you're interested, check out our website which is truly extensive and has lots of dietary, etc. wellness information on it: "www.thepmc.org." These vegetables can be baked, broiled, grilled, steamed, (blanched). My own preference is low temperature cooking. Vegetables can be flavored with all of the herbs including garlic, ginger, oregano, cilantro (my favorite and considered to be a toxic metal/chemical chelator like sea weed), basil, parsley, rosemary, ground mustard, thyme, lime or lemon, high quality balsamic vinegars, but only small amounts of cumin, curry,

cayenne, or cinnamon as the spices are just a bit too intense and easily lead one down the pathway of cravings and using too much.

B means beans such as lentils, chickpeas, red beans, navy beans, black-eyed peas (without flavorings such as salt pork, ham hocks, or smoked turkey wings as these are too salty) split peas, and anasazi, aduki, canellini, etc. beans. Fruits are God's candy, and candy is candy. So 2-4 pieces a week is (all that is) recommended. These are more or less macrobiotic guidelines, and from a scientific standpoint, I think they have it more right than most other dietary directions. However, I recently sent several patients with significant health issues to the local raw eaters, Curtis Griffing, as I do believe there is something to that discipline. But I believe raw eating to be even more difficult than the path that I have recommended here. And the path that I have recommended here is only difficult because one is not committed to the idea or does not accept what is in one's life and what is out of one's life. It is not such a big fight and it does not take "discipline" because that implies there is a struggle. There is no struggle here. If you want your health freedom, I have laid out what is needed, and it is yours for the taking. It is not negotiable because your biology (not me) does not negotiate. It keeps track of everything you do right, which it expected you to do and for everything you do wrong, you risk getting paid with the prevalent diseases of our culture. We really don't get away with a thing. These are tough times, but these are your rules, not my rules. So make life easy on yourself, accept this reality, and quit wishing/wanting/hoping for it to be otherwise: wishing, wanting, and hoping, like alcohol, are only safe in very small doses. The foods

that I recommend should be "foods as they grow in the field." That is brown, not white rice; hulled, not hullless barley. Ideally, the grains/vegetables/beans/fruit/nuts/seeds should be cooked/prepared as such and not made into stone-ground, organically grown, whole-grain sourdough bread or brown or whole wheat pasta, or fruit juice. Not that those are terrible, but I offer a perspective that I believe is the ideal for your biology: what I say is MERELY an invitation for your consideration.

I am not unrealistic. What I have given you here is information to begin a lifetime transformation/dietary direction and like any other process you begin one step at a time. Try to reduce all of your animal protein to 0-2 times a week, including fish and shrimp, mussels and clams, lobster and salmon/other fish, free range chicken, cage free eggs, bison, and venison. Add all those things up, and they should total not more than twice a week for all of them put together. There is more than adequate protein in the grains as well as the beans. In fact, gladiators were built like Mike Tyson and only ate animal protein a total of three times a year. Gladiators were called barley men, and the word burley, which means big and husky, comes from the word barley. In my office, I have pictures of two vegan ultramarathoners who run 100 miles without stopping, and under no circumstance ever eat anything from an animal. Just by the by, I consider dairy products the most dangerous food, with sugar next, and meats, including fowl, third. Fish is not "good" for you; it is just less bad than the preceding list. Chicken is "red meat junior." Cheese is the worst, or should I say, a cardiologist's best business comrade. Cancer of the colon is related to meat and processed meat intake. Dairy intake

is associated with reduced cancer of the colon and increased cancer of the breast and prostate. Grains, vegetables, beans, fruit, nuts, and seeds fit our biology and generate no disease. If you are overweight (see the definition above), avoid the carbs which are the grains and fruits. The recommended vegetables have essentially no calories, and so if you eat the proverbial bushel basket full of cooked vegetables and vegetable soups all day long including breakfast, you will take in about 300-500 calories. The 4-6 oz/day beans become your protein. If you lose more than 3 pounds a week, grains will need to be added along with fruit. When you're finally stable, 6 nuts (almonds, walnuts, and pecans) per day are recommended. 2/day Brazil nuts contain all the natural selenium that you need, and 2/day prunes increase immunity to the dangerous avian flu as well as help bone strength. Fish and venison, bison and free range chicken and cage free eggs, when you are exercising as above and have (or > "nearly" have) your clear lines of definition, if you so choose, can be palm-sized servings 2-3 times a week max. Your palm for you, my palm for me. Good luck and call me if you have questions.

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