

# “A Liv-it Not a Die-t”



Zip-A-Dee-Doo-Dah

**‘The Unhappening of Heart Disease’  
MRA 2023**



## Prevention of Multiple Diseases Simultaneously

Preventive Medicine Center

H. Robert Silverstein MD, FACC  
Medical Director, Preventive Medicine Center  
[www.thepmc.org](http://www.thepmc.org)

# Disease Prevention Goal Numbers

**90**  
**100**  
**4.4-6.2**  
**155-83**  
**1.0**  
**110-115/60-70**  
  
**1.0**  
**3.5**  
**12-14**

1. Non-HDL Cholesterol
2. Triglycerides
3. A1C diabetes test
4. Blood sugar
5. Cardiac HS CRP
6. Blood pressure
7. < 12% Sodium
8. PSA
9. TSH
10. Hemoglobin

11. Lp (a)
12. Homocysteine
13. Uric acid
14. BUN
15. Magnesium
16. Potassium
17. 25 Hydroxy D3
18. 11-27% body fat
19. Keep a food diary
20. G-V-B

**15**  
**7**  
**5.5**  
**12-14**  
**2.1+**  
**4.1**  
**50-66**

21. Food Mantra
22. Overweight: cooked vegetables
23. Eat out of a bowl
24. Healthiest: vegan
25. Aerobic Interval Training
26. Quit smoking
27. Limit alcohol: 4 or less
28. REALITY
29. Omron wrist BP cuff
30. Avoid wheat, dairy, soy

**1,000,000**  
**ASCVD**  
**events**

**600,000**  
**mortalities**

**Mammogram**  
**Cologuard**



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**‘Unusually supple minds capable of seeing  
beyond parochial concerns’**

*Suspend disbelief*

**An Invitation to Consider**

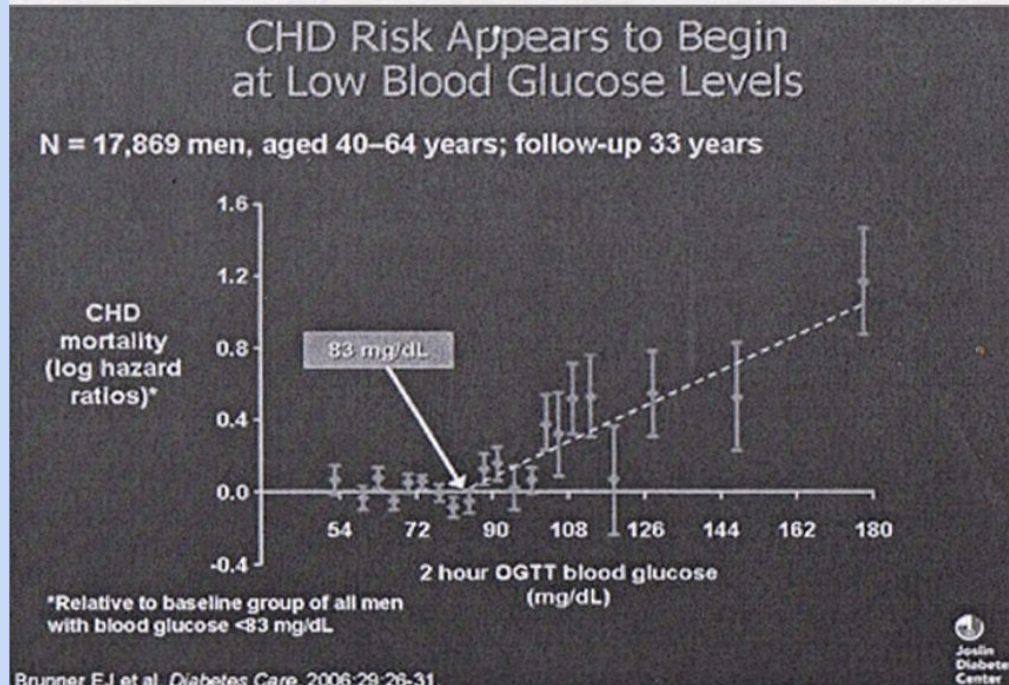
**It is more efficient to prevent diseases than  
to treat and pay for them. Tom Lee: ...**



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# Glucose and Coronary Risk

1 hour 155



## Risk Regression to Zero



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# First principles, simplicity

Most diseases occur, **IF** and only **IF** the person with a genetic tendency does what is necessary to express that genetic tendency.

Nearly all diseases are “genetic” and merely represent the interaction of that person’s genetic tendency coming in contact with a specific (and disease generating) behavior, very much as a lighted match brought to gasoline creates fire.



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GENETICS  
LOADS THE GUN  
LIFESTYLE  
PULLS THE TRIGGER



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# Preventable if not Curable

- 95% of ASCVD, DM, HBP, lipid disorders:
- Genetics interacting with choices: “made to happen”
- Stop disease before they can't be stopped
- It wasn't done to you ...



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# The Cause of Causes

## 5 Basic Activities/Errors

- **Breathing:** smoke, dust, fumes
- **Drinking:** 4/week alcohol, 1-2 coffee
- Not **eating** G-V-B fns
- **Exercise:** goal clear lines of demarcation, CLOD/D

You can never be ...

- **Unrealistic Expectations**



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## Neoprene hand weights:



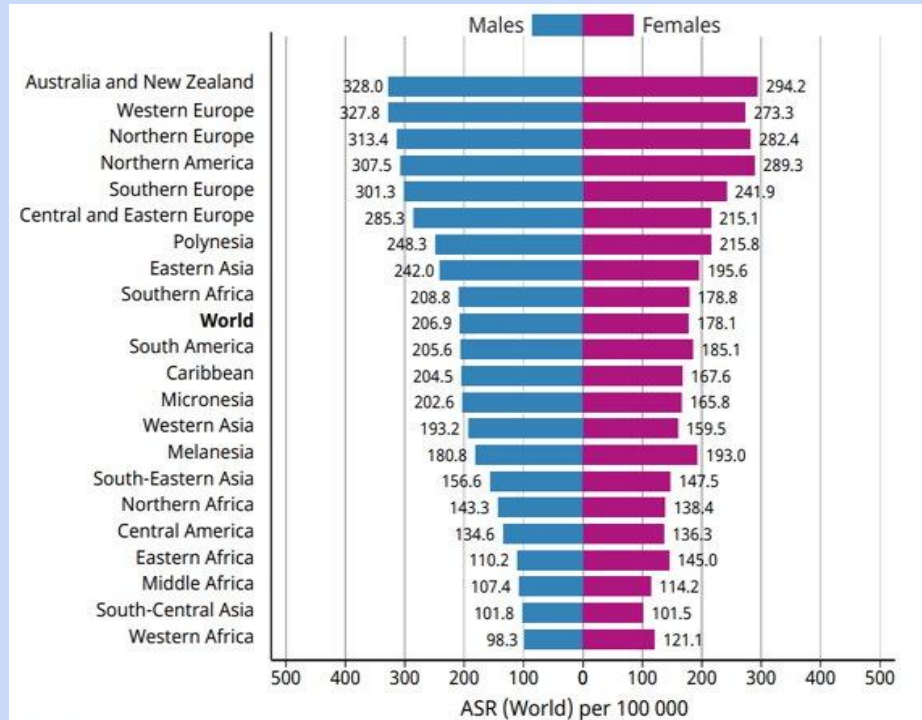
**Cross country ski  
machine motion**

**Tai Chi lowers  
cognitive decline  
& BP > aerobics**



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# Cancer incidence and mortality



[The Global Cancer Observatory](http://gco.iarc.fr/) - All Rights Reserved, December, 2020.

Low fiber/low plant based, high animal protein

High fiber/plant based, low animal protein



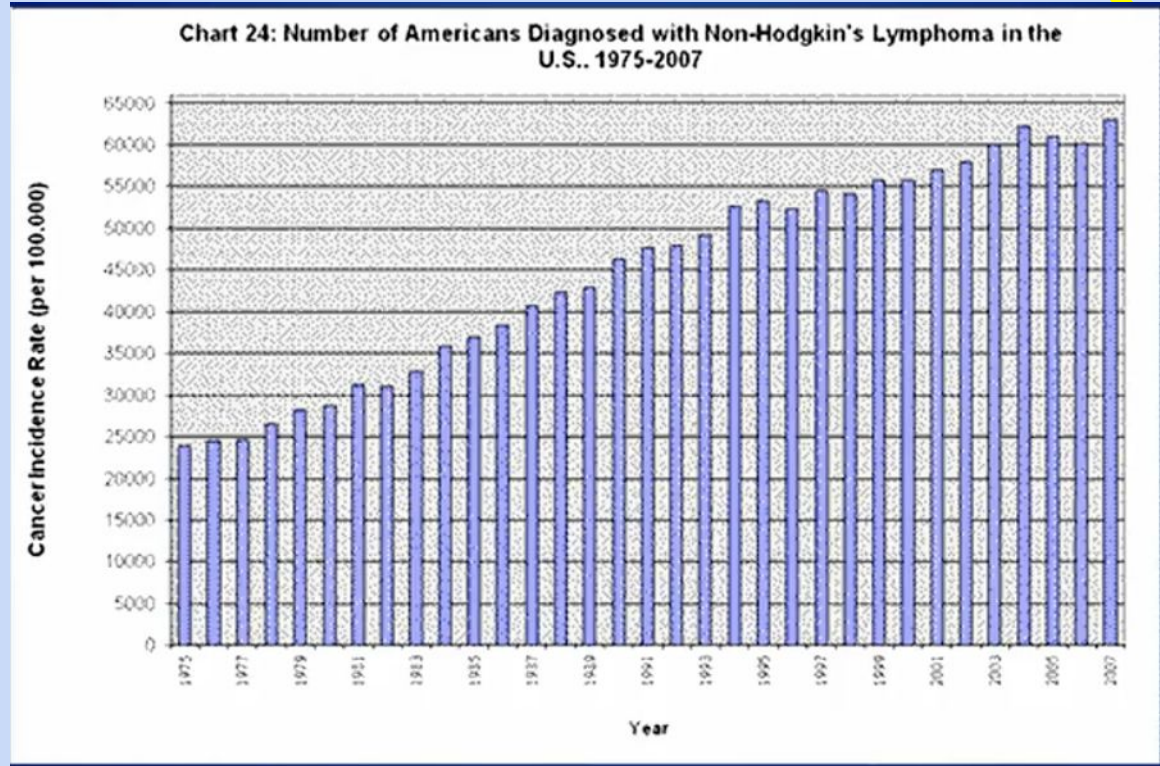
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**EPIC study**  
**500,000**  
**12 years**  
**Diet/cancer**



**Garth Davis,**  
**Methodist Hospital**  
**VuMedi 3/22/22**

Increasing animal  
protein and lower  
fiber intake  
-> lymphoma  
incidence



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Hospital VuMedi 3/22/22**



# The Seven-Countries Study

## Cholesterol Levels in The Seven-Countries Study

Japan and Velika Krsna (Yugoslavia)	156
Dalmatia (Yugoslavia)	186
Montegiorgio (Italy)	196
Corfu (Greece)	198
Slavonia (Yugoslavia)	198
Crevalcore (Italy)	200
Crete (Greece)	203
Zrenjanin (Yugoslavia)	208
Zutphen (Netherlands)	230
U.S. Railroad Workers	237
West Finland	253
East Finland	264

Increasing  
animal protein  
intake -> rise  
in cholesterol

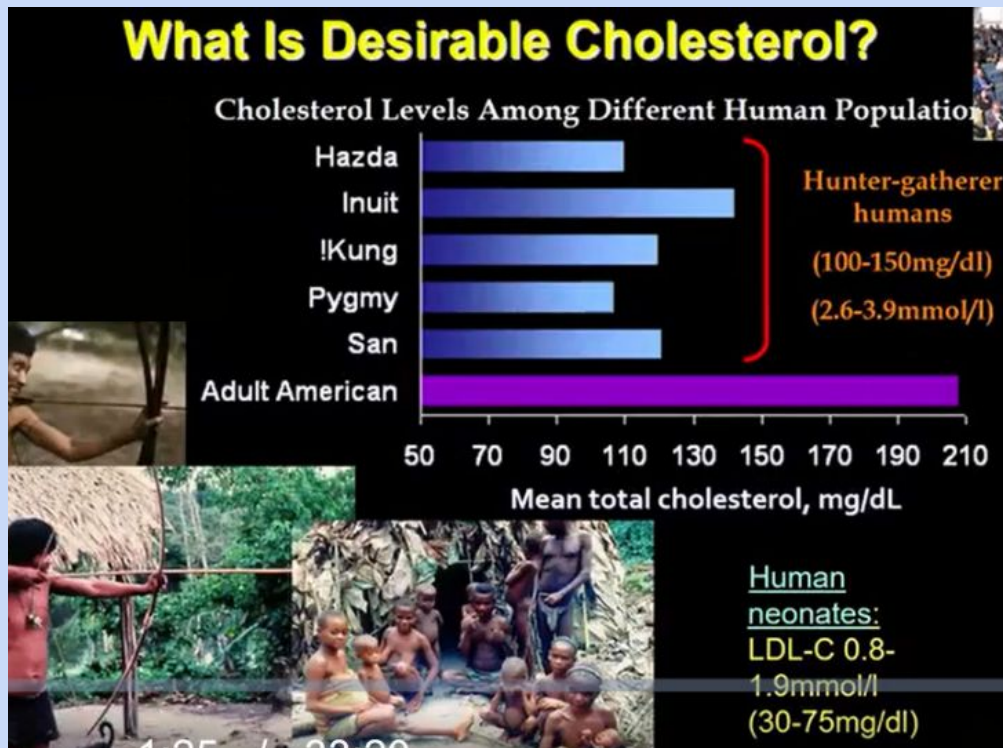


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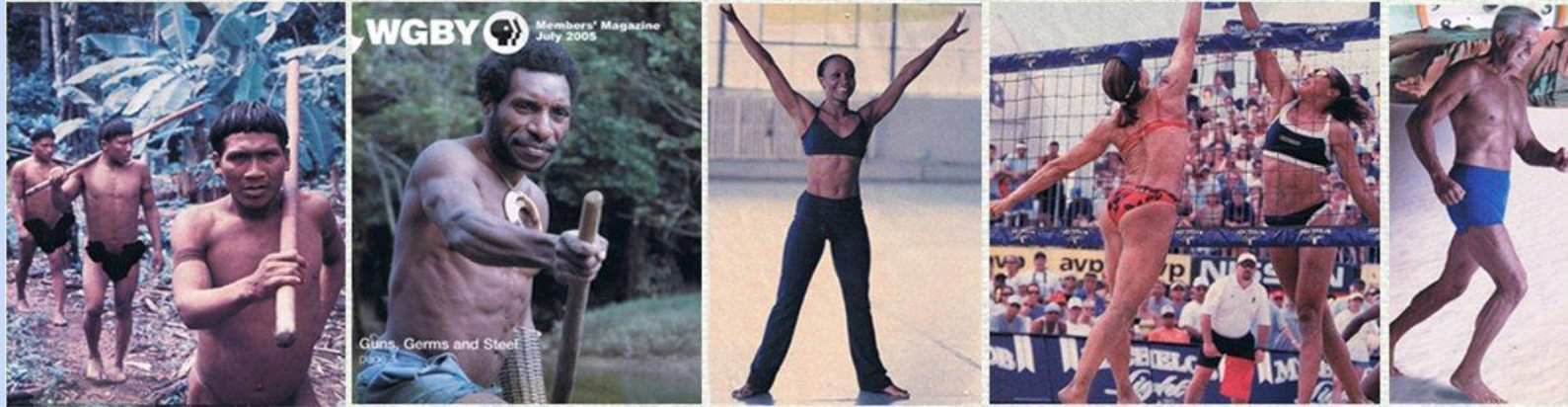
Gatherers 80+%  
Hunters 10-20%

75-100 grams  
per day fiber  
intake



Nathan Wong, UC Irvine  
VuMedi 11/27/23

Pre-technological societies: total **cholesterol: 90-130 mg/dL**



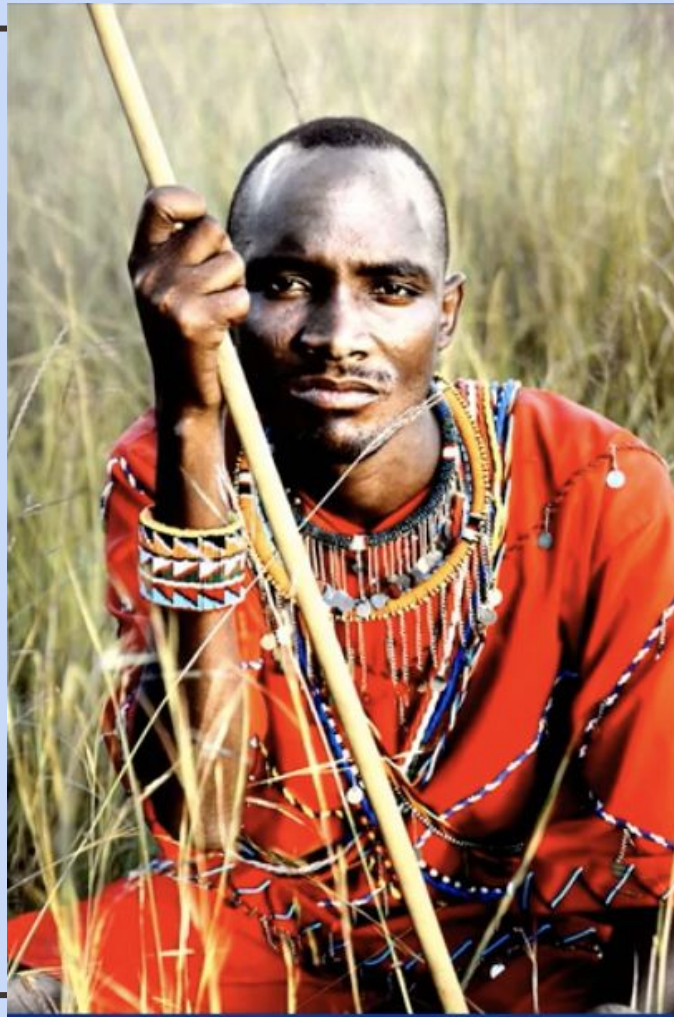
● No...

Framingham Heart Study: CAD risk ceases below **150 mg/dL**



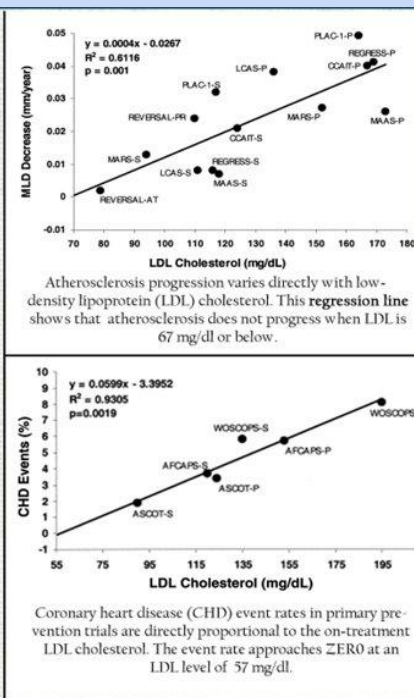
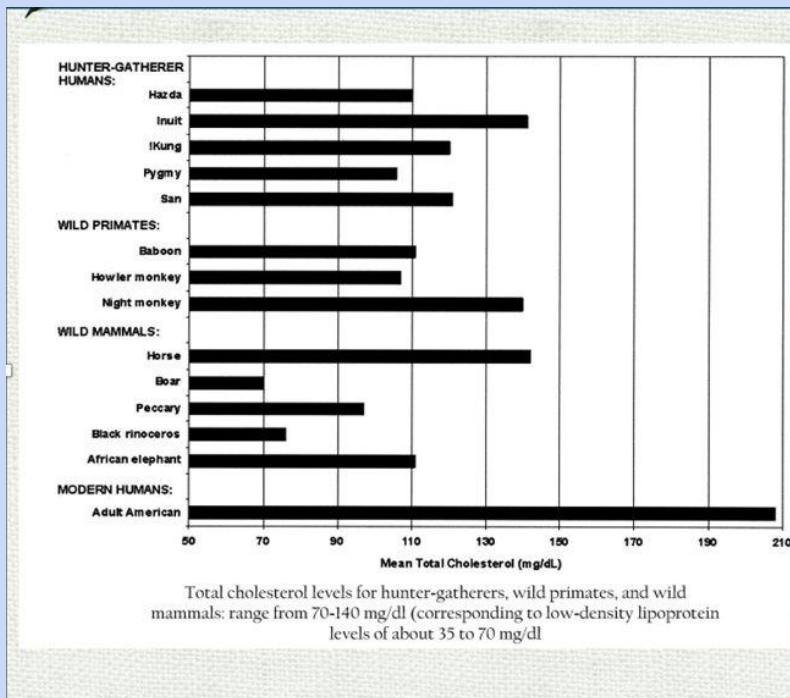
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**Masai: high milk,  
blood, meat intake  
-> ASCVD**



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Hospital VuMedi 3/22/22**

# Optimal non-HDL level cholesterol: CVD Risk



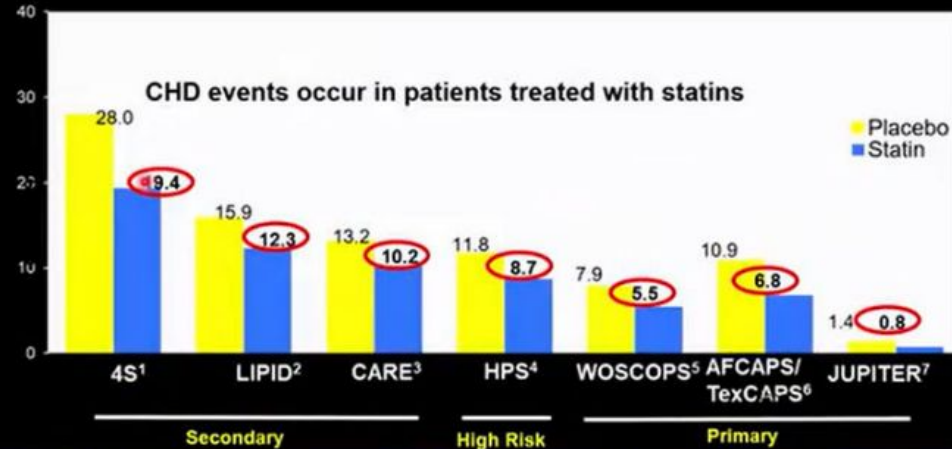
## Risk Regression to Zero



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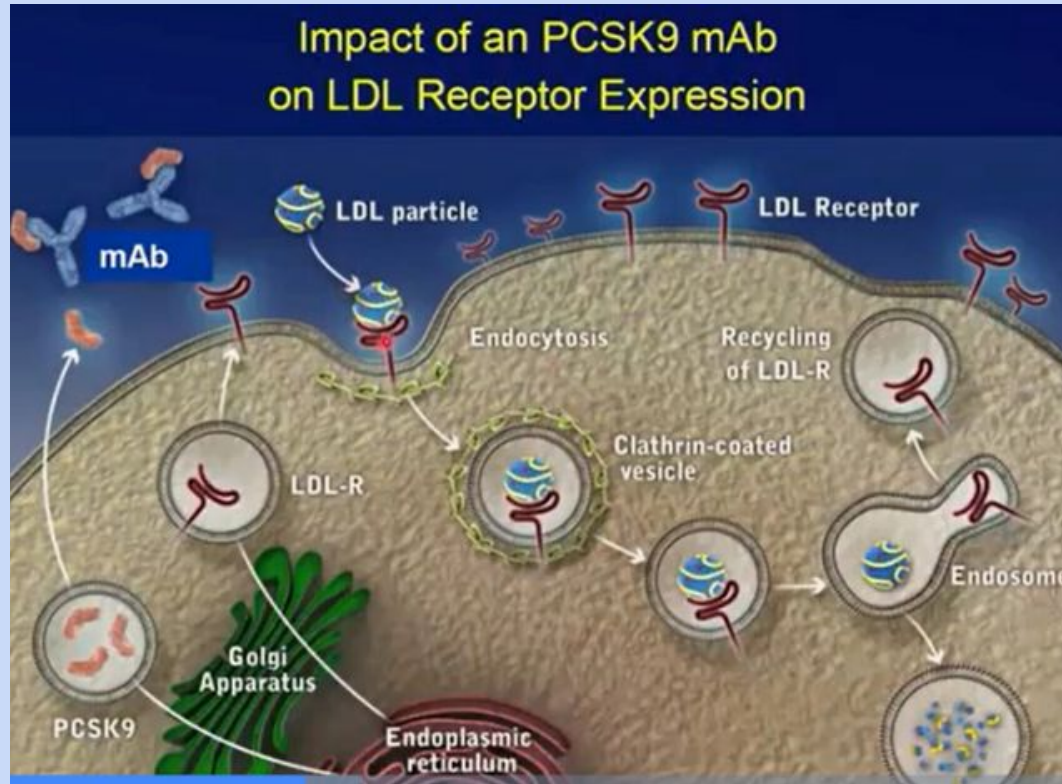
## Despite ASCVD Benefit with Statin Monotherapy, Substantial Residual CV Risk Remains



Residual CV risk may be due not only to other lipid measures that may not be controlled, but other risk factors at suboptimal control such as hypertension, diabetes, or smoking.

Nathan Wong, UC Irvine  
VuMedi 11/27/23

Cholesterol  
entry into cells



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Choices result in freedom from disease and costs

# Abolition of Symptomatic Coronary Artery Disease

Lancet 1990 AJC 2003

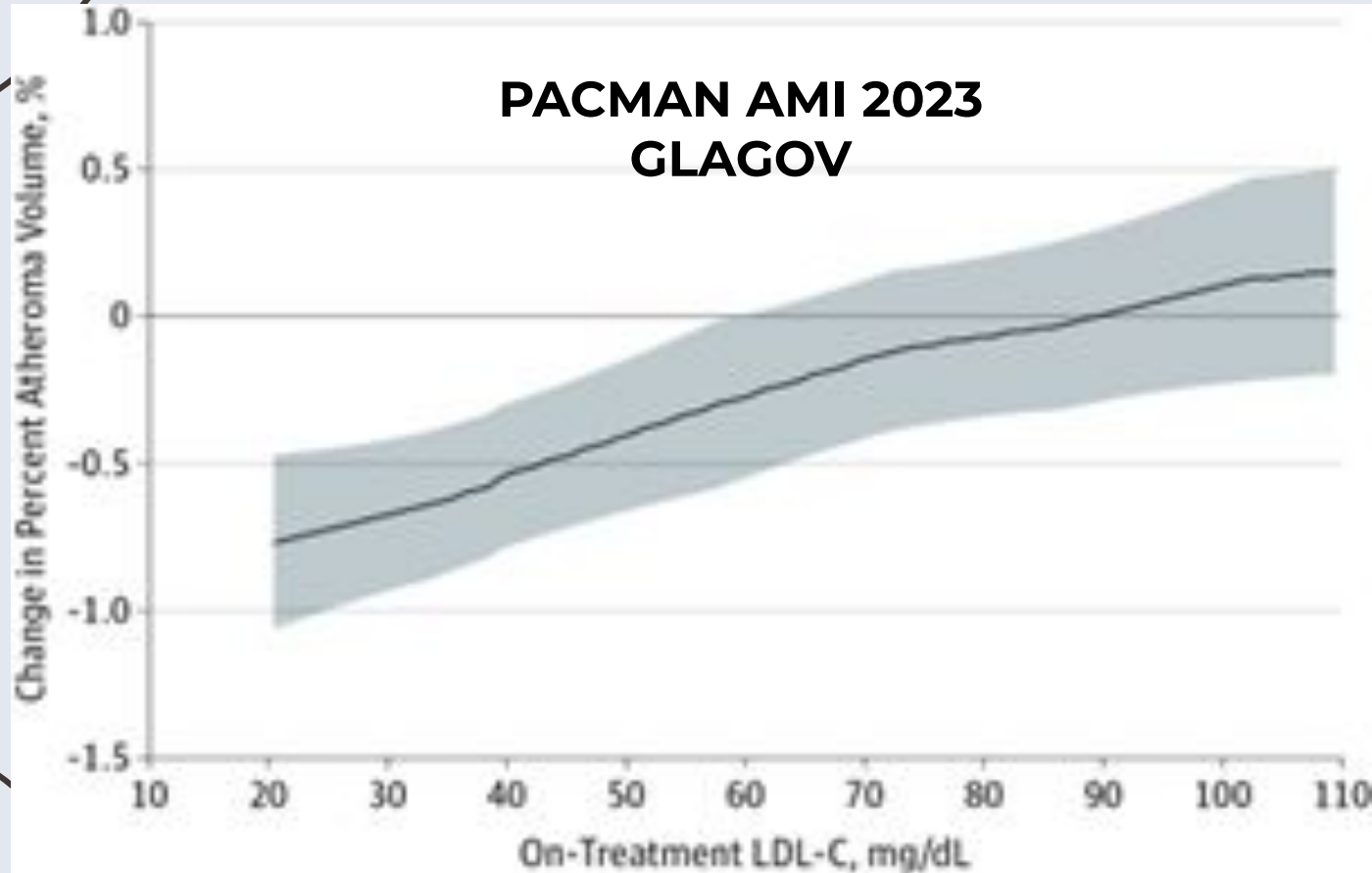
# Abolitionist Medicine

Yoshiko Iwai, *Lancet* 2020 July 18-24



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## PACMAN AMI 2023 GLAGOV



OCT  
Spect  
US  
1% -> 20% MACE



"I'm a little concerned about your cholesterol and, oh yeah, that's not good either."



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# Disease Prevention Goal Numbers


<b>90</b>	1. Non-HDL Cholesterol	11. Lp (a)	<b>15</b>	21. Food Mantra
<b>100</b>	2. Triglycerides	12. Homocysteine	<b>7</b>	22. Overweight: cooked vegetables
<b>4.4-6.2</b>	3. A1C diabetes test	13. Uric acid	<b>5.5</b>	23. Eat out of a bowl
<b>155-83</b>	4. Blood sugar	14. BUN	<b>12-14</b>	24. Healthiest: vegan
<b>1.0</b>	5. Cardiac HS CRP	15. Magnesium	<b>2.1+</b>	25. Aerobic Interval Training
<b>110-115/60-70</b>	6. Blood pressure	16. Potassium	<b>4.1</b>	26. Quit smoking
	7. < 12% Sodium	17. 25 Hydroxy D3	<b>50-66</b>	27. Limit alcohol: 4 or less
<b>1.0</b>	8. PSA	18. 11-27% body fat		28. REALITY
<b>3.5</b>	9. TSH	19. Keep a food diary		29. Omron wrist BP cuff
<b>12-14</b>	10. Hemoglobin	20. G-V-B		30. Avoid wheat, dairy, soy

**Mammogram  
Cologuard**



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# CANHEART Lab prediction values for ASCVD (Ann Int Med 2023): Risk Regression to Zero



## PREVENTIVE MEDICINE CENTER

A non-profit holistic health education organization dedicated to the prevention and reversal of virtually all diseases simultaneously.

**Preventive Medicine Center's Wellness Protecting  
& Disease Prevention Goal "Numbers"/Insights**  
(In the Walking Well & modified appropriately for health issues)

<ol style="list-style-type: none"> <li>1. <b>Non-HDL cholesterol</b> (is ALL of the bad cholesterol): goal less than 90 (subtract the good HDL cholesterol from the total = non-HDL cholesterol)</li> <li>2. <b>Triglycerides</b>: goal less than 100, similar in effect to high cholesterol</li> <li>3. <b>A1C diabetes test</b>: 5.5 or less at age 55</li> <li>4. <b>Blood sugar</b>: 90 at 90 minutes after a meal</li> <li>5. <b>Cardiac HS CRP</b>: 1.0 or less, body inflammation test, similar in effect to high cholesterol</li> <li>6. <b>Blood Pressure</b>: near 110/60 or so</li> <li>7. <b>Less than 12% sodium</b> in any one serving that you eat</li> <li>8. <b>PSA</b>: 1.0 or less, prostate test</li> <li>9. <b>TSH</b>: 0.35-3.50, thyroid test</li> <li>10. <b>Hemoglobin</b>: 14, measure of blood thickness</li> <li>11. <b>Lp (a)</b>: goal 15 or less, similar in effect to high cholesterol</li> <li>12. <b>Homocysteine</b>: goal 7 or less, similar in effect to high cholesterol</li> <li>13. <b>Uric Acid</b>: goal 5.5 or less, associated with high blood pressure, kidney stones</li> <li>14. <b>BUN</b>: 12 or less, kidney test</li> <li>15. <b>Magnesium</b>: 2.1+: relates to diabetes prevention</li> <li>16. <b>Potassium</b>: 4.1- 4.5: relates to diabetes, high blood pressure prevention and kidneys</li> <li>17. <b>25 hydroxy (OH) vitamin D3</b>: 50+, measure of vitamin D levels</li> <li>18. <b>Percent body fat</b>: 11-22% in men, 15-27 % in women (manifested as clear lines of definition/demarcation on the abdomen = "CLOD'D." You can see where the muscles meet the muscles)</li> <li>19. Virtually no one loses weight who eats chicken, turkey, rice, sandwiches, cereal, and much fruit</li> <li>20. If overweight, keep a diet diary of ALL you eat or drink except tea, cooked vegetables, and</li> </ol>	<ol style="list-style-type: none"> <li>vegetable soups and up to 8 ounces of beans/day: hence, your diary should be empty</li> <li>21. Eat foods (exactly) as they grow in the field: G-V-B (grains, vegetables, beans, fruit, nuts, and seeds)</li> <li>22. The Food Mantra: Fresh (fruits &amp; vegetables), Whole &amp; Unprocessed (grains &amp; beans), Organic (all) and Fiber (all) at the 90+% level is the goal</li> <li>23. If <b>overweight</b>, eat cooked vegetables and vegetable soups before any and all else ALL day long, even breakfast (not potatoes, sweet potatoes, yams, plantain, yucca, jicama or calabaza)</li> <li>24. In general, eat only out of a bowl</li> <li>25. My healthiest patients are vegan (no eggs, fish, fowl, dairy, or meat)</li> <li>26. Learn about <b>Aerobic Interval Training</b>, PACE exercise, &amp; BLITZing</li> <li>27. <b>Smoking</b> is best dealt with by a combination of support and medication including Chantix, Wellbutrin (bupropion), and the nicotine patch/inhaler/gum</li> <li>28. Limit <b>alcohol</b> to 4 six ounce glasses of red wine (or beer or whiskey equivalent) per week or less.</li> <li>29. Accept and deal with <b>reality</b>: wishing, wanting and hoping are like alcohol, only safe in small doses</li> <li>30. If you have high blood pressure, purchase an <b>Omnion wrist blood pressure cuff</b>; have it validated at your doctor's office; check your blood pressure variously before, after, and in between meals</li> <li>31. Many conditions are vastly improved with 100% avoidance of ALL <b>wheat (rye), dairy, and soy</b>.</li> </ol>
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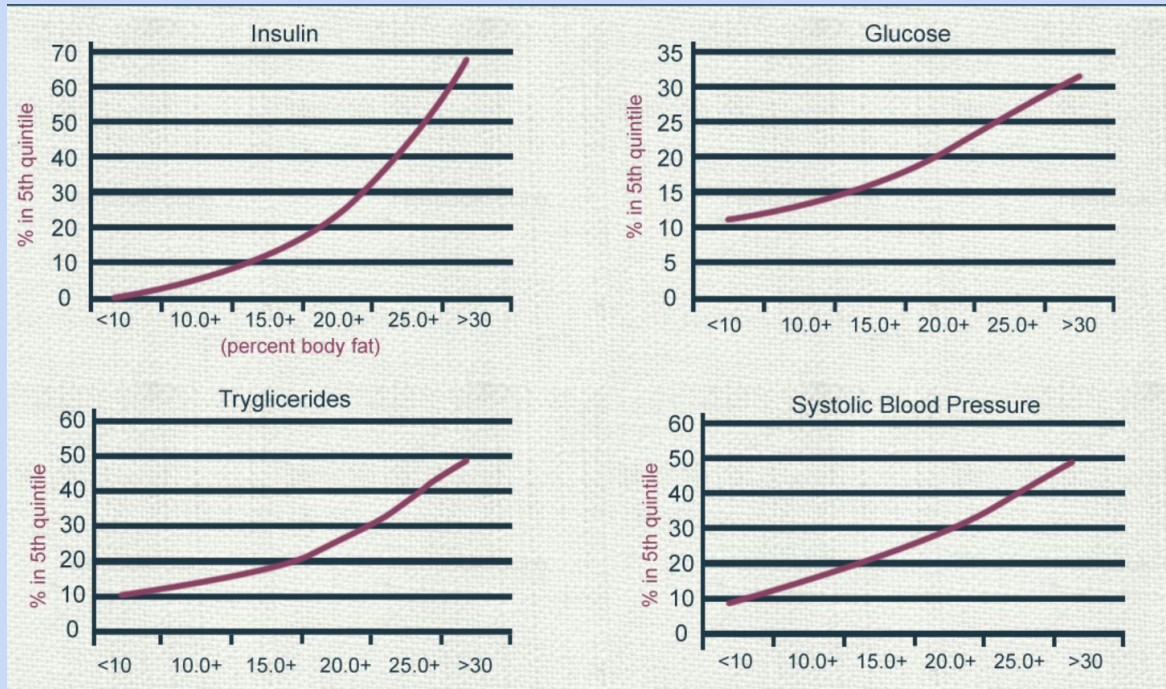
**H. Robert Silverstein, M.D., F.A.C.C.**  
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# CVD risks and percent body fat: age 6 - 18



**HBP before  
age 35 triples  
stroke risk**

**Risk Regression to Zero**



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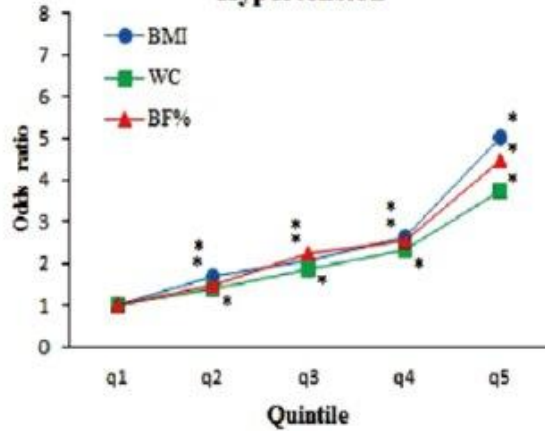
Ghana: lowest  
percent body fat:  
80+% carbohydrate  
food intake



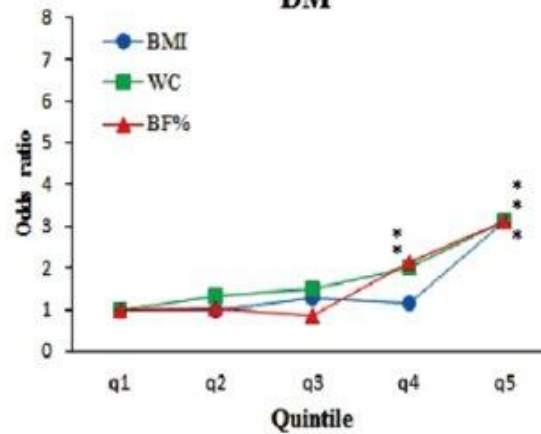
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Hospital VuMedi 3/22/22

# % Body fat-CVD risk

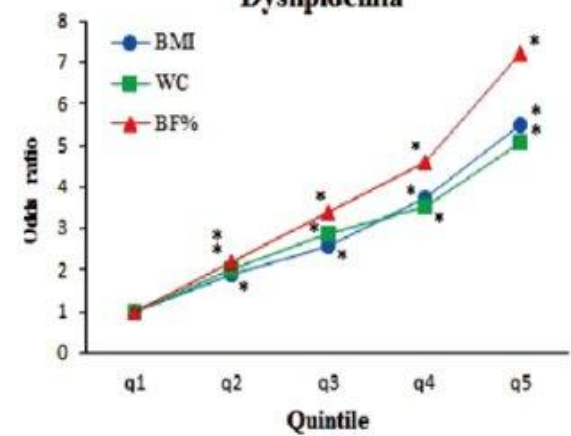
Quintile  
Hypertension



Quintile  
DM



Quintile  
Dyslipidemia



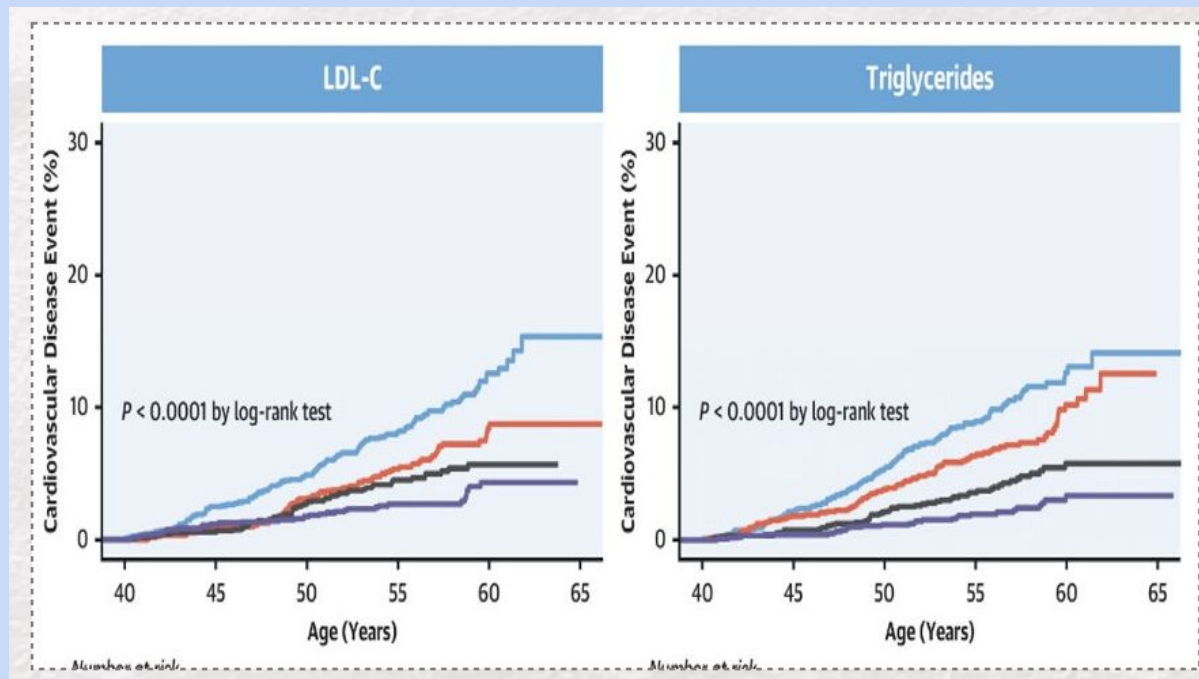
**DIRECT, CONTINUOUS, LINEAR**



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## Percent body fat determines:

Whether by  
weight  
reduction,  
gastric surgery,  
or GLP1s:  
reduced HBP,  
cancer, heart  
disease,  
dementia



**Risk Regression to Zero**

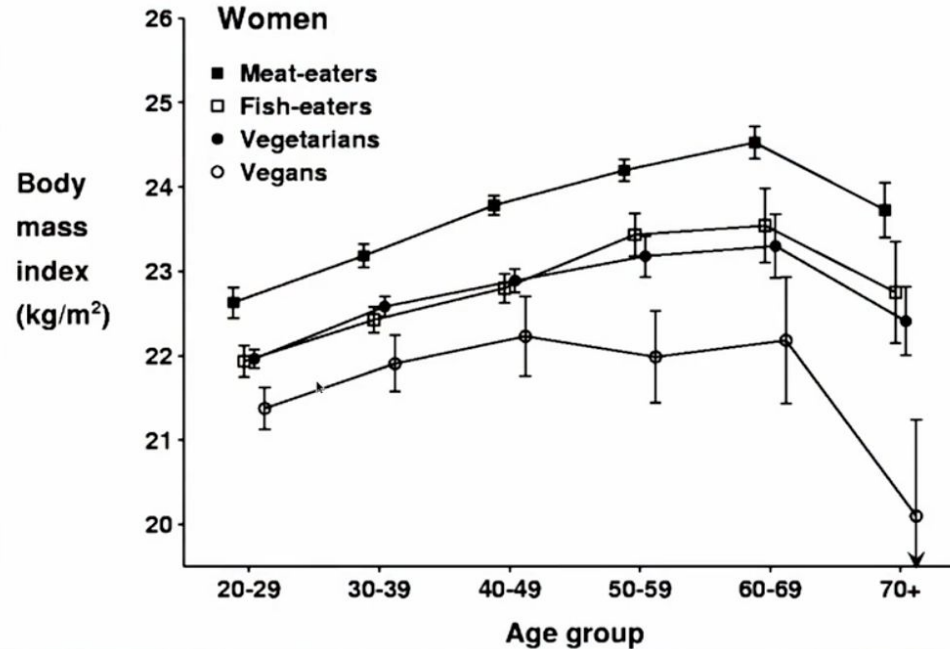


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Highest vs lowest  
percent body fat:  
meat vs vegan

**Figure 3**

Mean body mass index by age and diet group in women, showing 95% confidence intervals



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# Body weight effects: COVID

Laboratory values in women, by weight and presence of NWO syndrome

	Normal Weight	NWO	Overweight
BMI, kg/m <sup>2</sup>	19	23	28
Fat mass, %	23	35	43
<u>Lipids, mg/dl</u>			
LDL-C	107.2	103.8	116.0
HDL-C	69.1	68.2	70.2
Triglycerides	66.3	86.1	111.5
Total cholesterol	178.4	187.9	218.1
<u>cytokines</u>			
TNF-a	20.1	42.8	56.4
IL-6	5.9	11.4	13.7
IL-1a	14.8	26.9	29.8
IL-1b	5.0	15.0	19.0

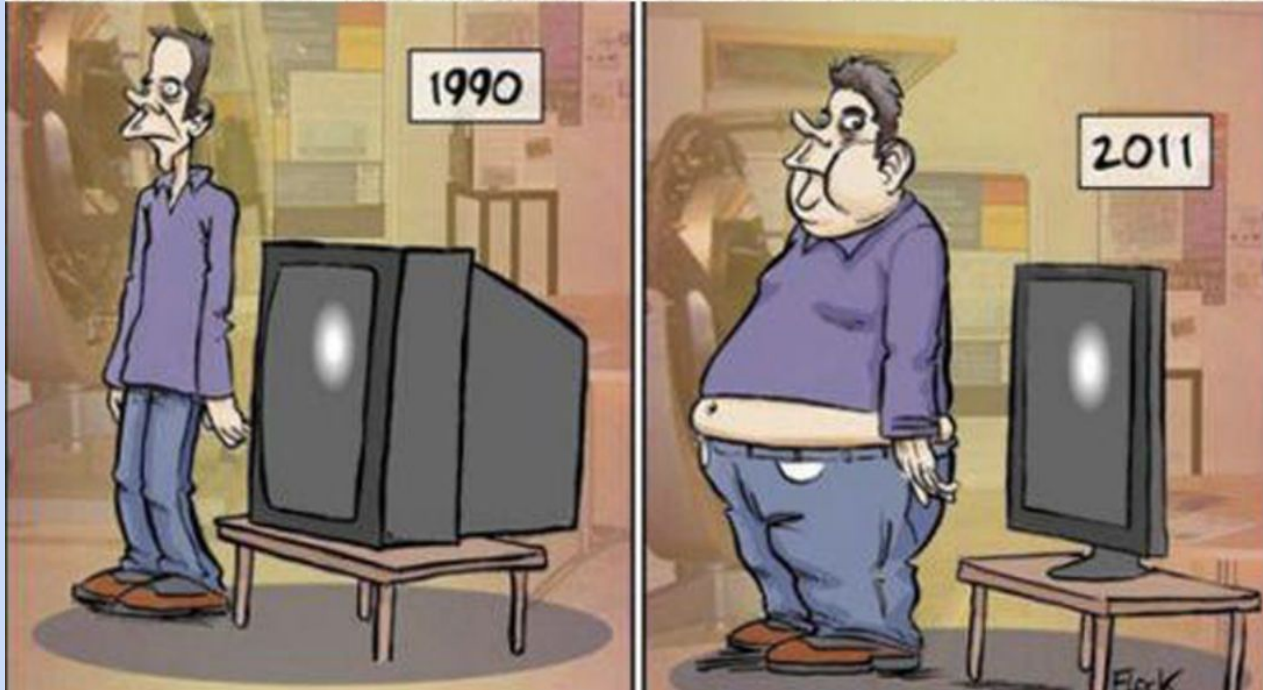
*Normal-Weight Obesity: New Syndrome Tied to CVD Risk*

Cytokine storm



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# A Sign of the Times



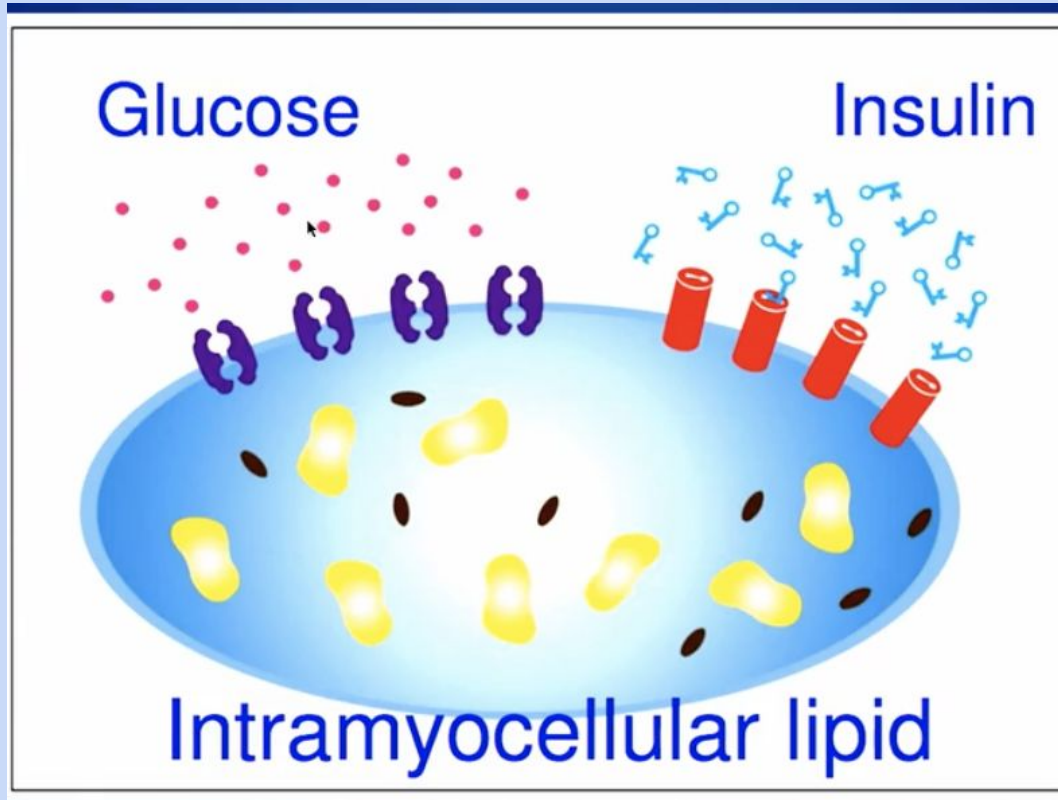
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## Nearly half of Americans will have obesity by 2030

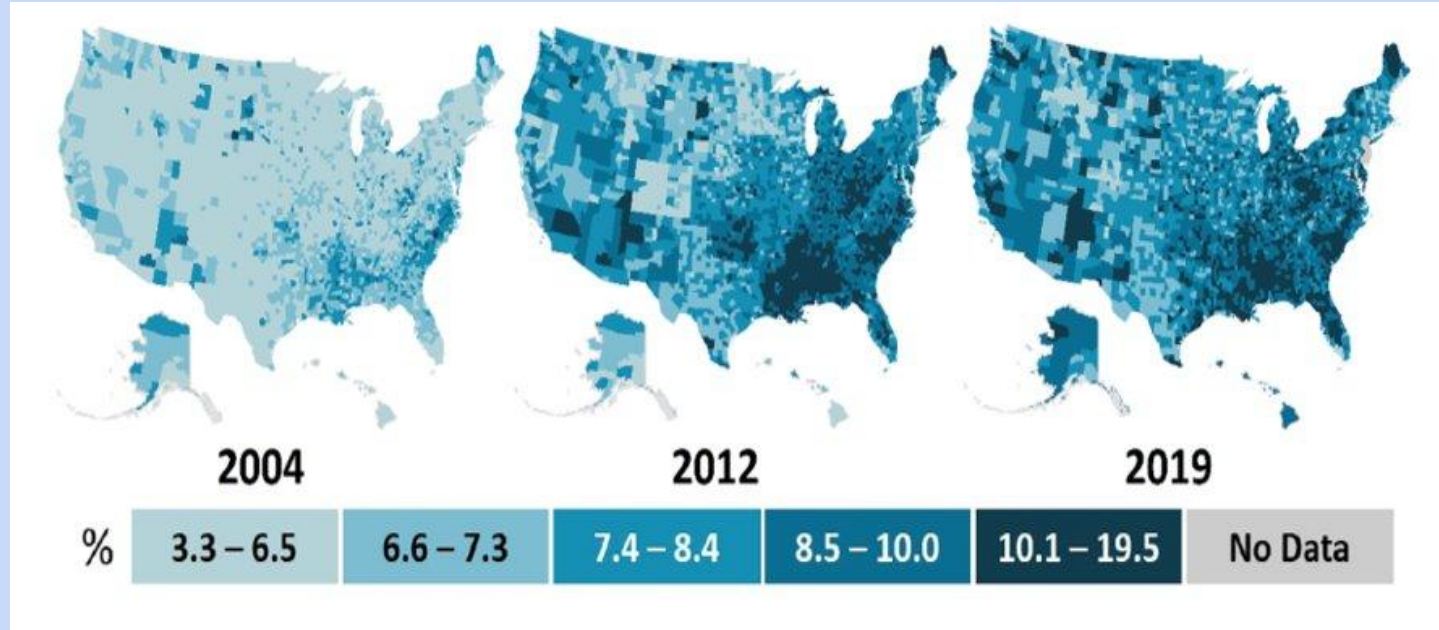


Saturated fat  
(from meat)  
reduces glut-4  
receptors ->  
insulin  
resistance



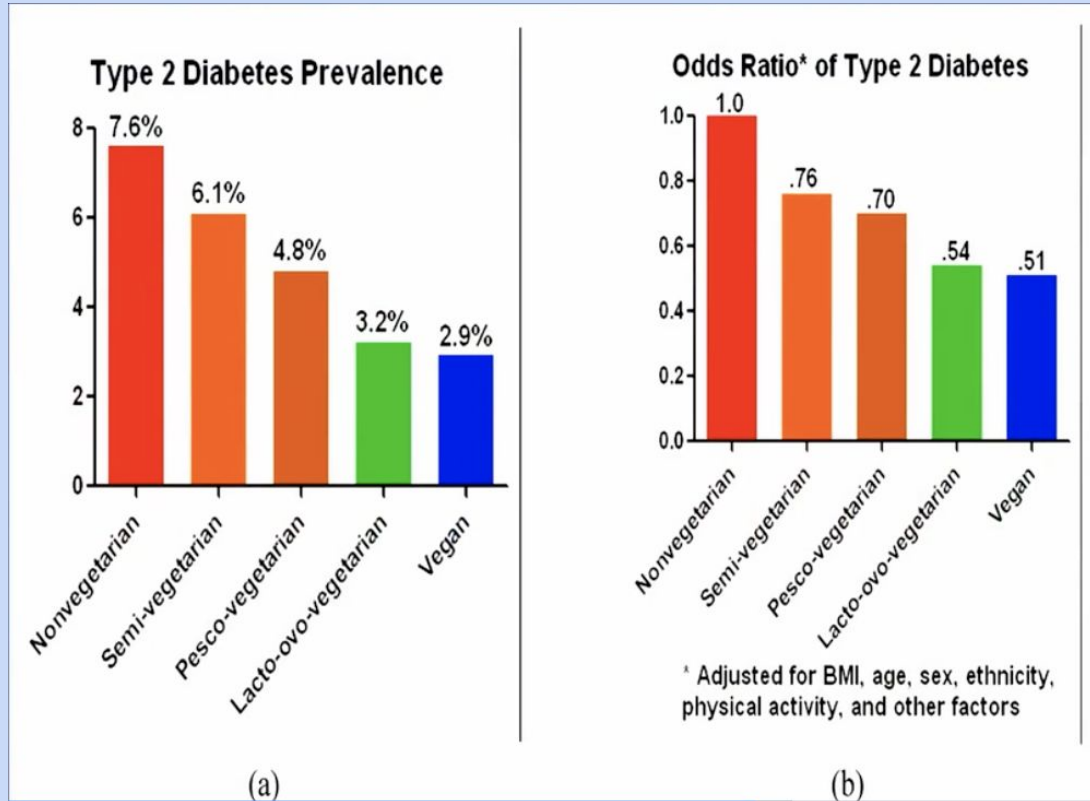
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# Prevalence of diabetes



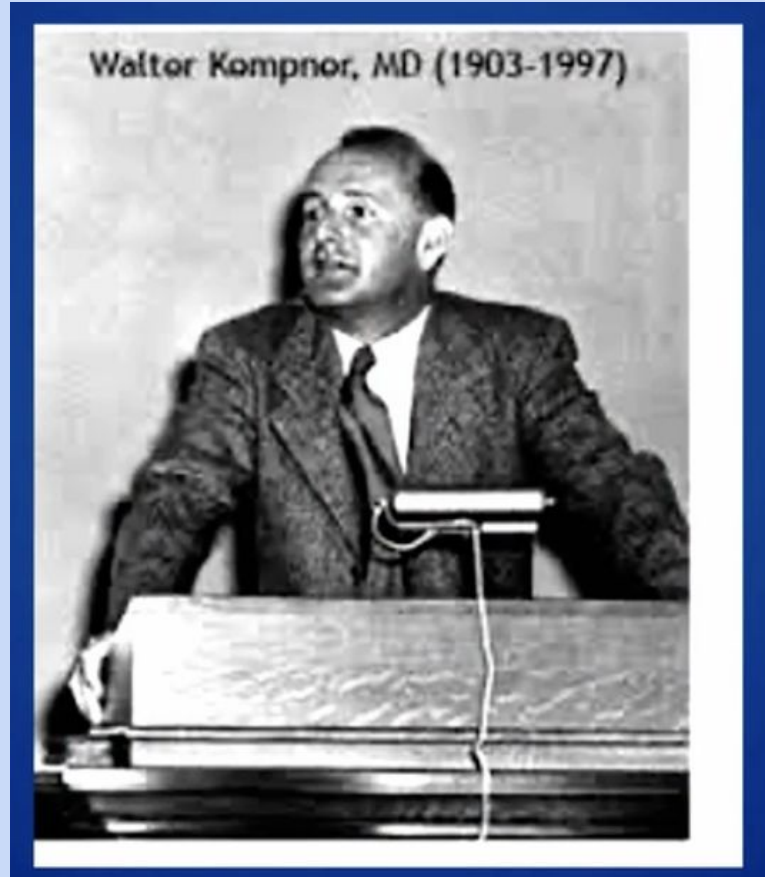
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# Diets leading to diabetes



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**Kempner's Duke  
Rice House:  
HBP and  
diabetes cure**



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# Powerful economic tool

Measure %  
body fat



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# Another powerful economic tool

**WRIST!**  
JCH 2008



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# The First Diet Thought



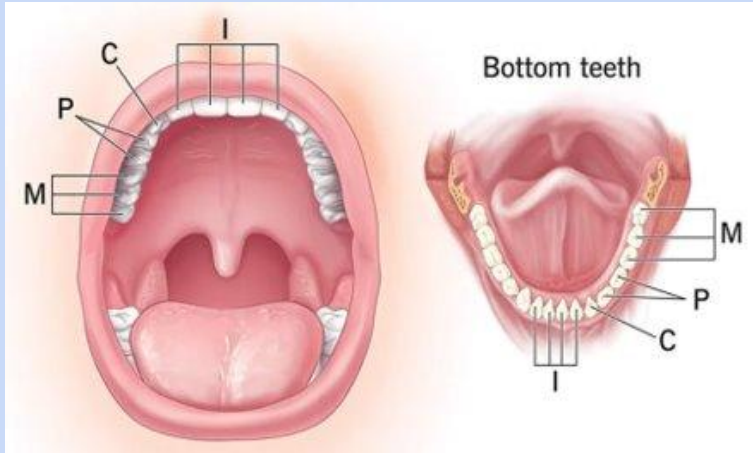
Laugh, please



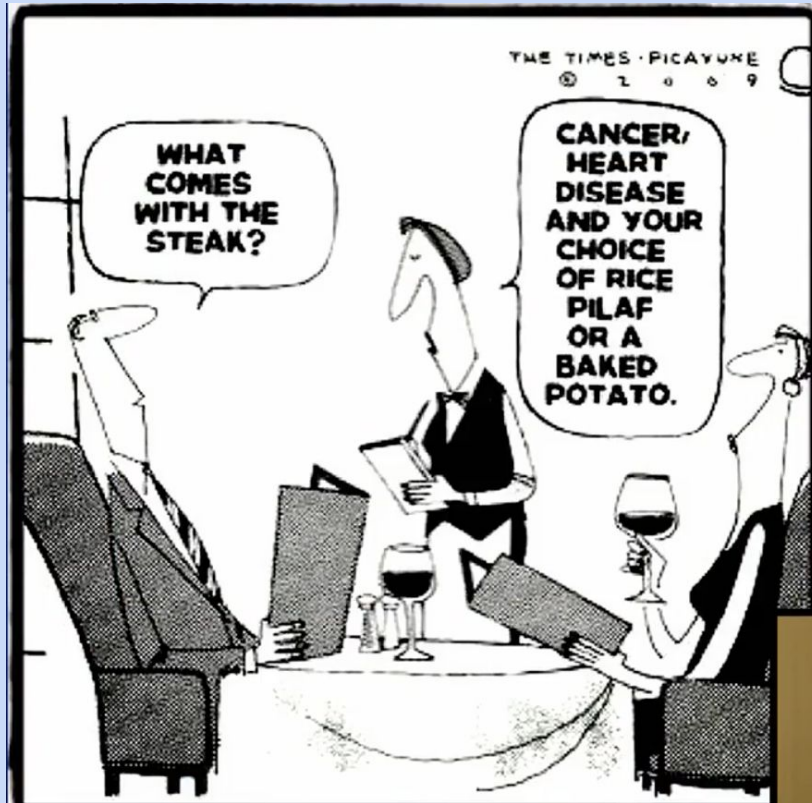
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# Carnivore vs. Herbivore

**4 poorly developed canines of 32: = 8:1 *optional* animal protein**



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# Gladiator Diet



- Lentil-barley soups
- The word **burly** comes from barley



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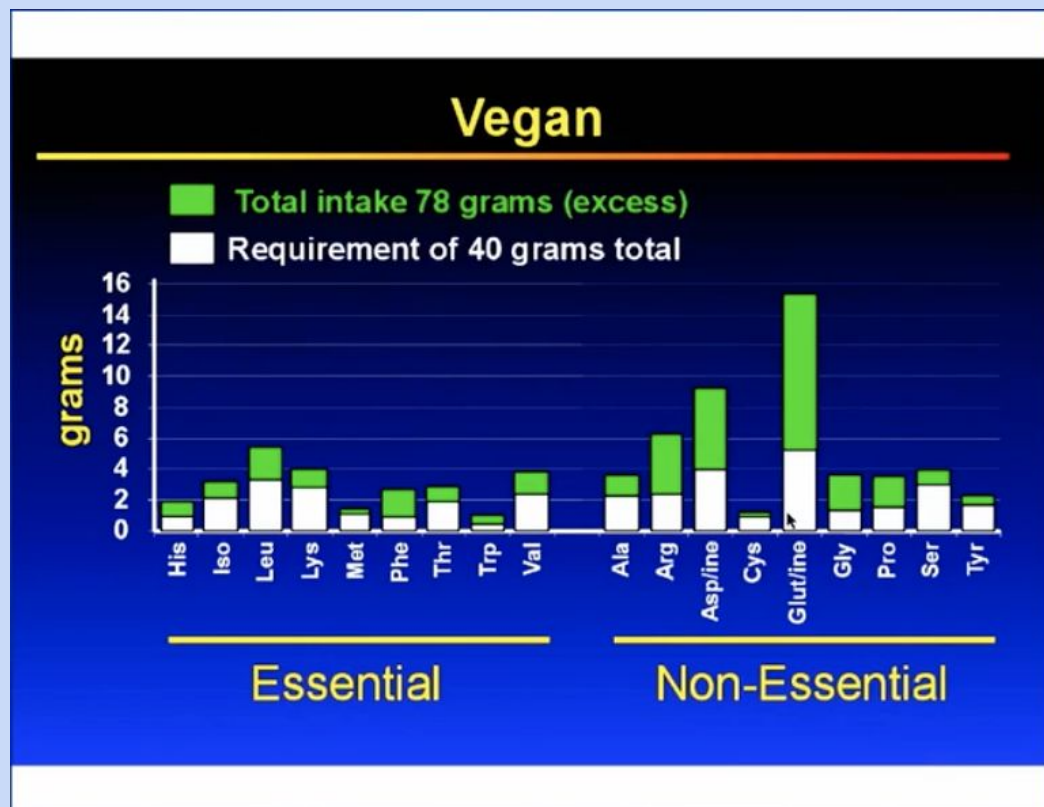
Grains (and  
nuts) are for  
the trim

BVVsB: Healthiest

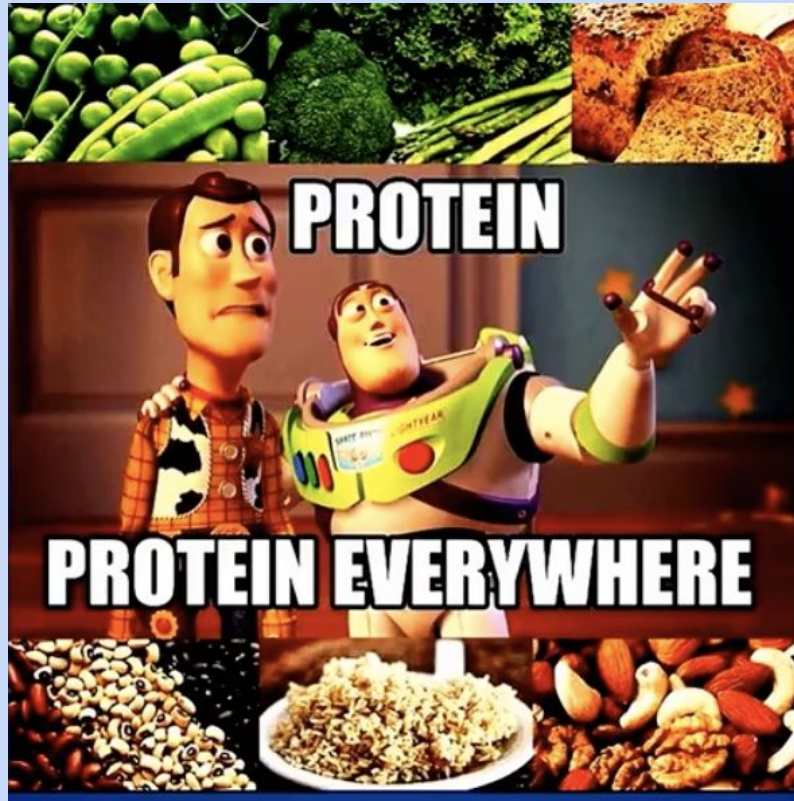


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# Protein and amino acids



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# Top 10 Sources of Veggie Protein

design / layout by:  
Q. Marsimandot  
[www.facebook.com/viberider](http://www.facebook.com/viberider)

## Where do you get your protein?

(brought to you by The GIVE Project)

**the GIVE project**  
[thegiveproject.org](http://thegiveproject.org)  
[www.facebook.com/giveproject](http://www.facebook.com/giveproject)



**Spinach**  
49% protein



**Kale**  
45% protein



**Broccoli**  
45% protein



**Cauliflower**  
40% protein



**Mushrooms**  
38% protein



**Parsley**  
34% protein



**Cucumbers**  
24% protein



**Green Pepper**  
22% protein



**Cabbage**  
22% protein



**Tomatoes**  
18% protein



**Beef**  
25.8% protein

### Protein in Meat:



**Chicken**  
23% protein



**Eggs**  
12% protein

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# VEGAN SOURCES OF PROTEIN



MERCY FOR  
ANIMALS

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# Diet and mitochondrial function

Comparative Study > J Nutr. 2019 Sep 1;149(9):1493-1502. doi: 10.1093/jn/nxz092.

## Skeletal Muscle Mitochondrial Respiration Is Elevated in Female Cynomolgus Macaques Fed a Western Compared with a Mediterranean Diet

Jenny L Gonzalez-Armenta <sup>1 2 3</sup>, Zhengrong Gao <sup>2 3</sup>, Susan E Appt <sup>4</sup>, Mara Z Vitolins <sup>5</sup>, Kristofer T Michalson <sup>4</sup>, Thomas C Register <sup>3 4</sup>, Carol A Shively <sup>3 4</sup>, Anthony J A Molina <sup>2 3 6</sup>

Affiliations + expand

PMID: 31112997 PMCID: [PMC6736071](#) DOI: [10.1093/jn/nxz092](#)

[Free PMC article](#)

### Abstract

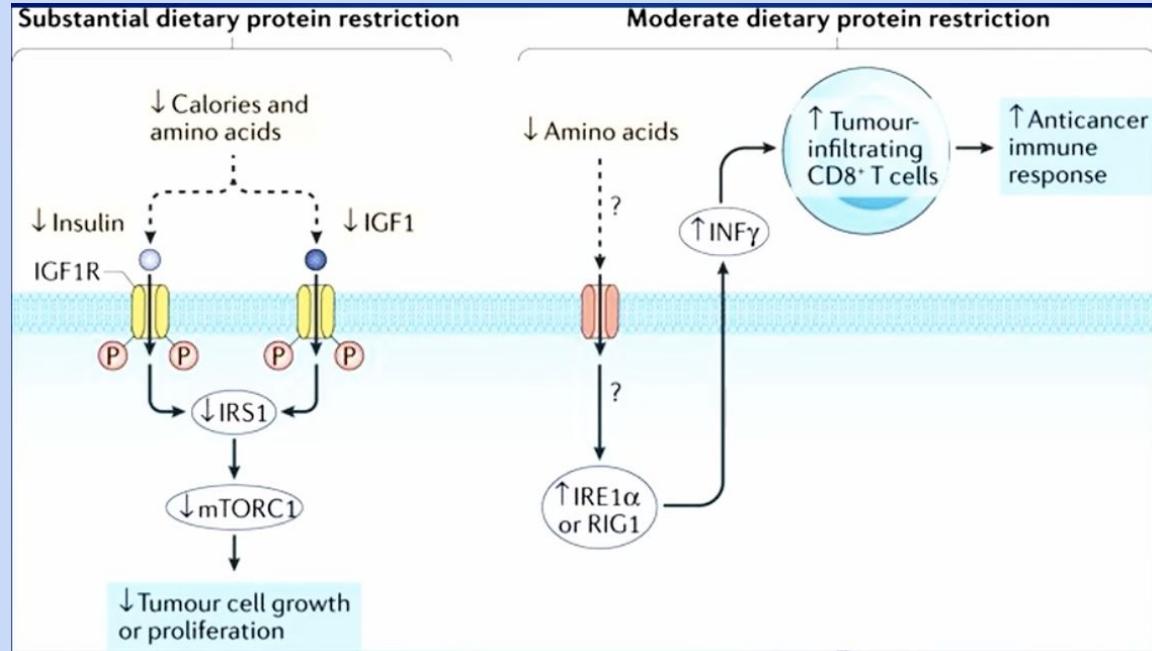
**Background:** Western diets are associated with increased incidences of obesity, hypertension, diabetes, and hypercholesterolemia, whereas Mediterranean diets, richer in polyphenols, monounsaturated fats, fruits, vegetables, poultry, and fish, appear to have cardiometabolic health benefits. Previous work has included population-based studies with limited evidence for causation or animal studies focused on single macro- or micronutrients; therefore, primate animal models provide an opportunity to determine potential mechanisms underlying the effects of dietary patterns on health and disease.

**Objective:** The aim of this study was to determine the effects of whole dietary patterns, either Western or Mediterranean diet, on skeletal muscle mitochondrial bioenergetics in cynomolgus macaques.

**Methods:** In this study, 22 adult female cynomolgus macaques (~11-14 y by dentition) were fed either a Western or Mediterranean diet for 30 mo. The Western diet was designed to mimic the

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mTOR/disease  
increased by  
BCAA:leucine  
vs  
glycine  
AMPK:health



Aging  
pathway

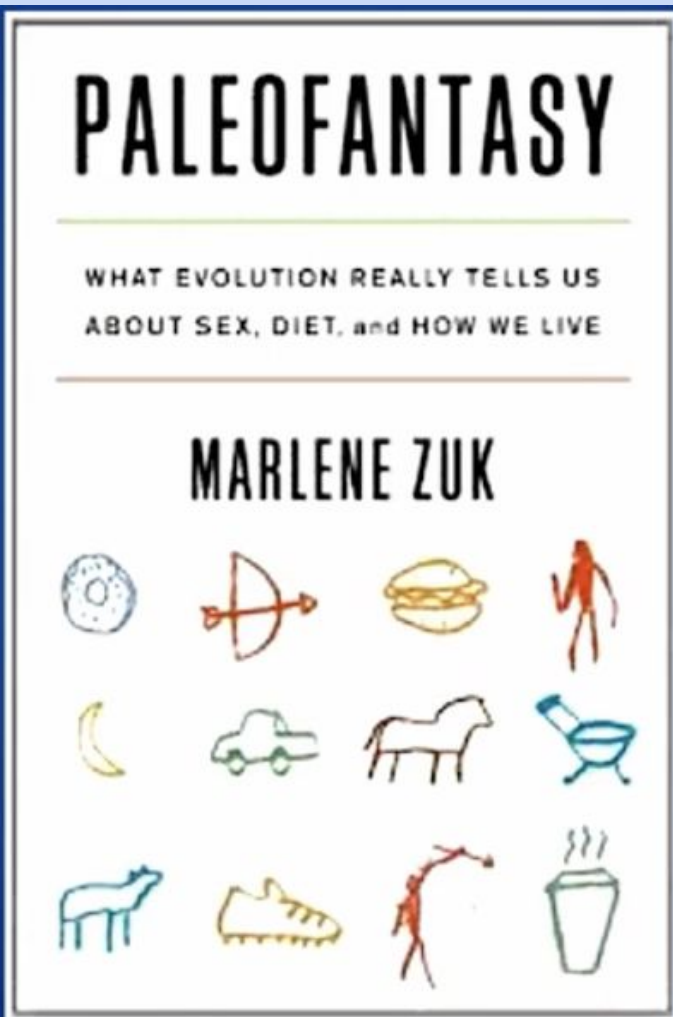
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Hospital VuMedi 3/22/22

# Meat Increases All Cause Mortality

- > 1) Saturated fat increases cholesterol and contributes to leaky gut, combined with endo toxin
- > 2) Increased Insulin
- > 3) N-Nitrosoamines
- > 4) Heterocyclic Amines, PhIP
- > 5) Increase calorie density increases weight
- > 6) Increase heme iron increases oxidative stress
- > 7) Increase carnitine increases TMAO
- > 8) Antibiotics in feed changes our micro flora and increases antibiotic resistance
- > 9) lack of fiber and fruits and veggies
- > 10) Increase IGF1
- > 11) Creates metabolic acidosis
- > 12) Strontium 90, thermoresistant virus, Neu-5-GC, hormones, bacteria, AGE

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Hospital VuMedi 3/22/22**

**Atkins similar to Paleo and Keto (epilepsy, CHF): every cell in our body runs on carbohydrates**



**Nutrient by nutrient analysis takes nutrition out of the context of the food in the diet**

**Garth Davis, Methodist Hospital VuMedi 3/22/22**

“People are fed by the Food Industry,  
which pays no attention to health,



and are treated by the Health Industry,  
which pays no attention to food.”

Wendell Berry

**Garth Davis, Methodist  
Hospital VuMedi 3/22/22**



# The Food Mantra: G-V-B fns: Liv-it

GRAINS	VEGETABLES	BEANS	FRUIT	FISH
NO breads, cereals, pasta, and potatoes.	FILL UP ON (organic, fresh or frozen)	REPLACE MEAT (organic, frozen, canned)	DESSERT and BREAKFAST (frozen OK)	WILD, NOT farm-raised (you must ASK)
<u>Barley</u> Muscle development, contains gluten  <u>Millet</u> Low fat/aids digestion/no gluten  <u>Quinoa</u> Low fat/quickest, for the heart, no gluten  <u>Amaranth</u> Highest protein, no gluten  <u>Brown Rice</u> Promotes stability, stops weight loss, no gluten	<u>Collard Greens</u> Broccoli (1-3 C and DIM), cauliflower, carrots, winter squash, onions, mushrooms.  Bok choy, daikon, kale cabbage, leeks, scallions, celery, cucumbers, green beans, mustard greens, burdock.  <u>Reputed to cause arthritis</u> Potatoes, sweet potatoes, yams, plantain, egg plant, zucchini, peppers, spinach	<u>Lentils, mung, aduki, split peas, black-eyed peas -</u> less gas  <u>Lima, navy, great northern beans, chick peas -</u> more gas  "Eat foods exactly as they grow in the field" - unprocessed (much less breads, pastas, etc.)	<u>Berry or Plums</u> in 1 inch of apple/peach/pear juice, Rice Dream  Cantaloupe, honeydew, watermelon, (apples, pears, peaches, grapes, slow weight loss)  <u>"No" Tropical Fruits</u> Bananas, oranges, pineapples, nuts,  (We don't live in the tropics)  Seeds, sea vegetables, miso, tamari  <u>Nuts</u> Almonds, pecans, walnuts	<u>If you are trim and athletic</u>  Have a palm sized serving of fish twice a week.  <u>If not trim</u>  Not more than every 14 days  <u>Fish alternatives</u>  Bison, free range chicken, cage-free eggs

**Planetary ethics:**

**77% arable land: meat and milk production**



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# Estimating impact of food choices on life expectancy: A modeling study

Lars T. Fadnes , Jan-Magnus Økland, Øystein A. Haaland , Kjell Arne Johansson 

Published: February 8, 2022 • <https://doi.org/10.1371/journal.pmed.1003889>

Article

Authors

Metrics

Comments

Media Coverage

Peer Review



## Abstract

Author summary

Introduction

Methods

Results

Discussion

Supporting information

Acknowledgments

References

Reader Comments

Figures

## Abstract

### Background

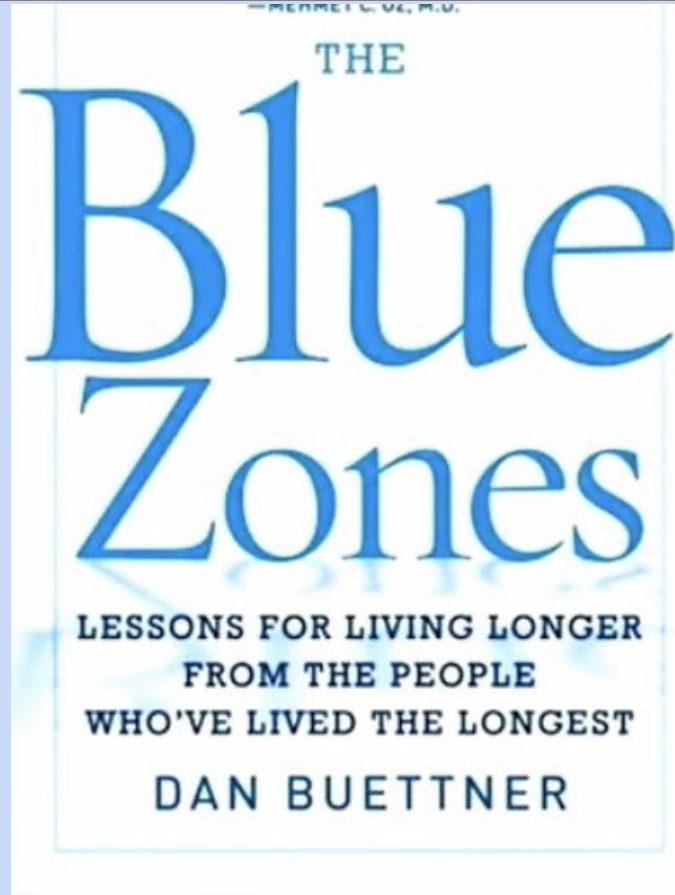
Interpreting and utilizing the findings of nutritional research can be challenging to clinicians, policy makers, and even researchers. To make better decisions about diet, innovative methods that integrate best evidence are needed. We have developed a decision support model that predicts how dietary choices affect life expectancy (LE).

### Methods and findings

Based on meta-analyses and data from the Global Burden of Disease study (2019), we used life table methodology to estimate how LE changes with sustained changes in the intake of fruits, vegetables, whole grains, refined grains, nuts, legumes, fish, eggs, milk/dairy, red meat, processed meat, and sugar-sweetened beverages. We present estimates (with 95% uncertainty intervals [95% UIs]) for an optimized diet and a feasibility approach diet. An optimal diet had substantially higher intake than a typical diet of whole grains, legumes, fish, fruits, vegetables, and included a handful of nuts, while reducing red and processed meats, sugar-sweetened beverages, and refined grains. A feasibility approach diet was a midpoint between an optimal and a typical Western diet. A sustained change from a typical Western diet to the optimal from age 20 years would increase LE by more than a decade for women from the United States (10.7 [95% UI 8.4 to 12.3] years) and men (13.0 [95% UI 9.4 to 14.3] years). The largest gains would be made by eating more legumes (females: 2.2 [95% UI 1.1 to 3.4]; males: 2.5 [95% UI 1.1 to 3.9]), whole grains (females: 2.0 [95% UI 1.3 to 2.7]; males: 2.3 [95% UI 1.6 to 3.0]), nuts (females: 1.7 [95% UI 1.5 to 2.0]; males: 2.0 [95% UI 1.7 to 2.3]), and less red meat (females: 1.6 [95% UI 1.5 to 1.8]; males: 1.9 [95% UI 1.7 to 2.1]) and processed meat (females: 1.6 [95% UI 1.5 to 1.8]; males: 1.9 [95% UI 1.7 to 2.1]). Changing from a typical diet to the optimal diet would increase LE by more than a decade for women from the United States (10.7 [95% UI 8.4 to 12.3] years) and men (13.0 [95% UI 9.4 to 14.3] years). The largest gains would be made by eating more legumes (females: 2.2 [95% UI 1.1 to 3.4]; males: 2.5 [95% UI 1.1 to 3.9]), whole grains (females: 2.0 [95% UI 1.3 to 2.7]; males: 2.3 [95% UI 1.6 to 3.0]), nuts (females: 1.7 [95% UI 1.5 to 2.0]; males: 2.0 [95% UI 1.7 to 2.3]), and less red meat (females: 1.6 [95% UI 1.5 to 1.8]; males: 1.9 [95% UI 1.7 to 2.1]) and processed meat (females: 1.6 [95% UI 1.5 to 1.8]; males: 1.9 [95% UI 1.7 to 2.1]).

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**Longevity:**  
**Icaria-Greece**  
**Sardinia-France**  
**Nicoya-Costa Rica**  
**Okinawa-Japan**  
**Loma Linda-USA**



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Original Article

**Legumes: the most important dietary predictor of survival in older people of different ethnicities**

Irene Darmadi-Blackberry MB, PhD<sup>1</sup>, Mark L Wahlqvist AO, MD<sup>2</sup>,  
Antigone Kouris-Blazos PhD<sup>2</sup>, Bertil Steen MD, PhD<sup>3</sup>, Widjaja Lukito MD, PhD<sup>4</sup>,  
Yoshimitsu Horie PhD<sup>5</sup> and Kazuyo Horie BSc<sup>6</sup>

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<sup>6</sup>Faculty of Home Economics, Aichi Gakusen, Okazaki, Japan

To identify protective dietary predictors amongst long-lived elderly people (N=785), the "Food Habits in Later

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# G-V-B: Grains Vegetables Beans fns

- Foods exactly as they grow in the field
- G-V-B 7 or 8: 1 ratio (5 times in 2 weeks if **trim**)
- Hulled barley, brown rice, millet, quinoa, oat groats
- Green tea, fermented foods, sea vegetables



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# G-V-B fns: Grains Vegetables Beans

**Protein = 35-65 grams/1 cup legumes, 30 grams/cup mixed nuts, flax, tempeh, or 9 tbsp hemp**

**Males: 56  
grams/day**

**Females: 46  
grams/day**



6X - more  
energy

7X - more  
land

1 lb - animal  
protein



## G-V-B: Grains Vegetables Beans

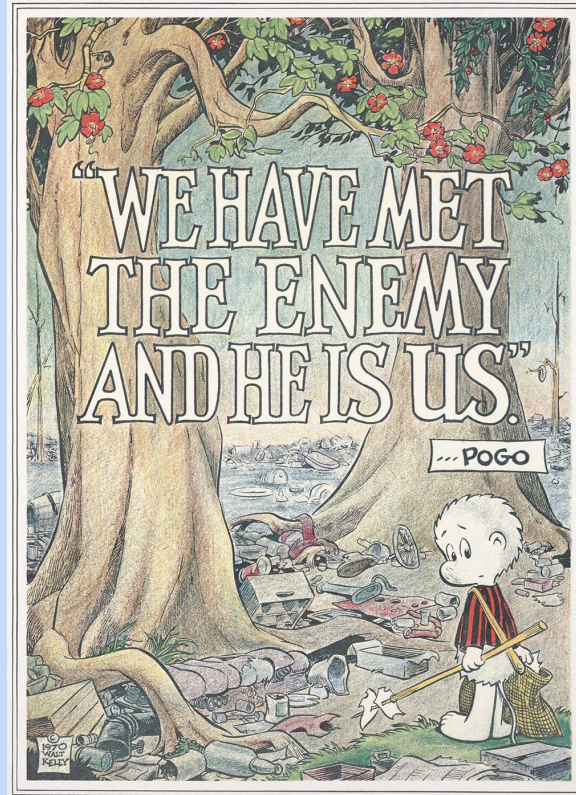


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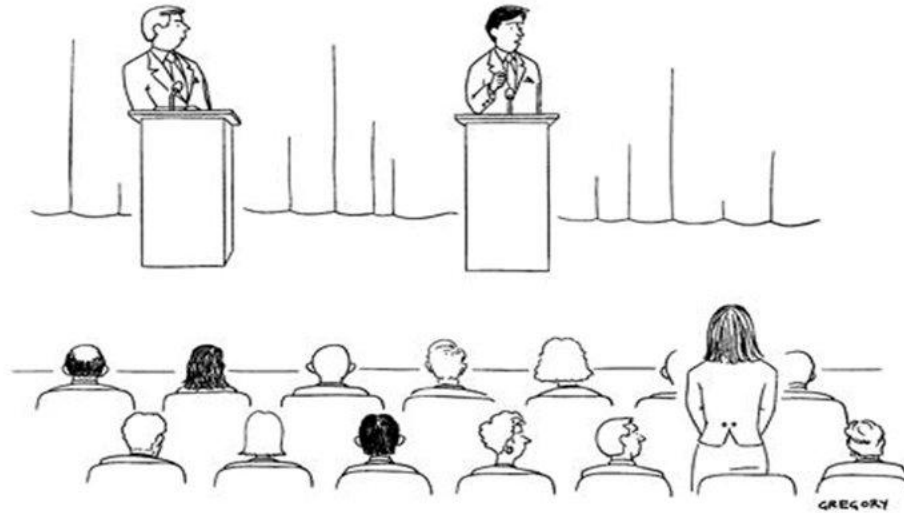
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We do it to ourselves – or not



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# Finis



"That's an excellent prescreened question, but before I give you my stock answer I'd like to try to disarm everyone with a carefully rehearsed joke."

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