
Reporter

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All things medical

Eating to better your health

Good health is not hoping for immortality, but being able to fully enjoy the time we have. It is about being functional as long as possible and avoiding crippling, painful and lengthy battles with diseases. Although dietary cholesterol and, to some extent, saturated fat raises cholesterol, it is mainly the trans-saturated vegetable oil that not only elevates the accused enemy, but also the markers of disease. These are mainly hsCRP and homocysteine, which are much more reliable indicators than an elevated cholesterol for cardiovascular disease. Yes, we are living longer, since starvation, poor sanitation and communicable diseases were virtually wiped out for the western civilization in the last century. But now, we are dying from diseases of affluence. If people were poor, they ate staple plant foods, such as potatoes and bread. If they were rich, they ate meat and dairy products.

Animal protein to include meat and milk are harmful, according to new research. In particular, milk protein, which contains 87 percent casein, causes an increase of cancer, cardiovascular and other degenerative diseases such as arthritis. It is far better to consume the other 13 percent, which is mainly whey. In last month's National Geographic, there was an article of the three cultures in today's world that had the least disease and the highest longevity. These were the Okinawans, the Sardinians and the Seventh Day Adventists. I wrote about

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these cultures several months ago in that they have in common a virtual absence of animal protein in their diet.

Although it is tempting to consume the isolated nutrients such as vitamins from a multivitamin pill, minerals from a similar pill and other supposedly healthy products such as lutein, lycopene and carotenoids, it works better to consume these naturally in whole food. It takes an orchestra, with these elements in the correct ratios consumed all together that give the wonderful music, compared to just an orchestral section like the woodwinds and later, the brasses, each playing the same notes separately.

The bottom line is to maximally consume fruits and vegetables, with dairy and meat products minimally. You will lose fat, decrease whatever disease you have, feel better and live longer. Moreover, it is not how old you are, but how you are when you are old that counts and a plant-based diet will allow you to be young when you are old.