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Have we outsmarted ourselves?

Our genetic metabolic machinery has been designed for almost 2.5 billion years. The energy we expend (physical work) and consume (eating) has been evolving in the preceding 10 billion years. This is true if you believe in evolution or in creation, since a day for God may be as much as 100 billion years, according to some biblical scholars. Comparing our chromosomes with that of the earth worm, we have over 60 percent of the genetic material that it has. Are we megamaniacs to think we can change a biological truth? The health consequences are as predictable as they are deadly!



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ALL THINGS
MEDICAL

Witness what has happened in China in the last 10 years. Illness from improving food to work ratio over the last decade has taken its toll in problems such as diabetes, strokes and heart disease. One fifth of the adults are now unhealthy and approaching obesity. Man's ingenuity has improved our standard of living, but has lowered our health with all its negative consequences. The meager diet of natural food and the back-breaking work to find it is markedly better than the ease of food production and consumption.

Our endocrine system has its seasonal roots of at least 25 million years, in that omnivorous mammals are programmed to rapidly regain body fat in the summer, coincident with the ripening of fruit and vegetables at this season. It is then that the ripe fruit has the highest carbohydrate content. These carbs turn on insulin that causes it to rapidly be metabolized to fat with a subsequent drop of blood sugar. Three hours later, a need to replenish that blood sugar deficit by craving more carbs

occurs and thus, the beneficial-vicious cycle of eating more carbs to develop more fat in today's society is problematic. That way, the animal can go through a winter of depleted food supply. Even more devastating are the stressors which cause more cortisone production to make us civilized animals even fatter.

Is it any wonder why modern civilization with carbs a-plenty all year long is getting more unhealthy.

Moreover, we become more unhealthy because of our pseudo work, which is euphemistically dubbed exercise. Less than 500 generations ago, we were hunter-gatherers and did exercise to get our needed sustenance. But this exercise was a little more than walking with infrequent bursts of energy. They could get away from the proverbial saber tooth tiger, or hunt down a large animal and relax with enjoyment of life in the interim.

(Editor's Note: Views, ideas and opinions expressed in this column do not necessarily reflect those of The Coffeyville Journal.)