

## **Recognizing Our Biological Past Treating Disease with the Body's Own Chemistry**

By Lane Sebring, M.D.

Traditionally, the physician has been considered as knowing more about health care than anyone. This is absolutely true when it comes to emergency medicine. No one can compare to the American physician when it comes to this. If you have been injured in a serious accident, you are far better off if that injury occurs in America, but when it comes to chronic disease and maintaining good health, the modern physician has few tools beyond a prescription pad for pharmaceuticals or the surgeon's scalpel. Many medical problems are not sufficiently nor appropriately addressed by traditional medicine. Prescriptions typically treat the symptoms and not the underlying cause. It makes no sense that, if a patient has heartburn, the best way to treat that is to block all production of stomach acid, or if a patient has pain from arthritis caused by a wearing away of the smooth surface of the cartilage in the joint spaces, they should be treated with a medication that blocks the pain, but prevents the cartilage from repairing. Traditional medicine reflexively treats elevated cholesterol with medications that have been proven to promote heart failure.

A group of scientists in the 1950's, among them, the Nobel Prize winner in Medicine, Linus Pauling, developed the concept of orthomolecular (meaning same molecules) medicine, whereby doctors would treat disease using the body's own chemistry by providing it with more of what it uses to repair itself and to treat disease. This method is especially useful when repair of the body is required or when the body's routine maintenance gets behind after years of aging. It can also be used to prevent chronic disease and is especially impressive when used to reverse chronic disease, such as, especially impressive when used to reverse chronic disease, such as, osteoporosis, osteoarthritis, diabetes, hypertension, depression, etc. It also turns out that respect for our biological heritage is the best way to determine the best diet. This problem was pondered by Loren Cordain, Ph. D., at Colorado State University when he asked the correct question, "What are humans designed to eat"?

He and his research group looked at 214 different hunter-gatherer groups still in existence and analyzed over 4,600 goods to see exactly what they were getting in their diet. He is also an expert on archeological disease, so he was able to see, through time, where the health of humans changed. The information obtained from this research is so far reaching, it completely alters our concept of chronic disease in humans and demands a paradigm shift in our approach to health. Another reason for choosing hunter-gatherers was because of their history of little, or no, chronic diseases. They don't have allergies, asthma or irritable bowel syndrome and they have very low rates of depression. They have little trouble having babies and, as soon as the babies are born, are lifting their heads, as are the children born to modern mothers who have adopted this diet through their pregnancy. Hunter-gatherers have one-hundredth the amount of breast cancer and their average cholesterol ranges between 110 and 140. Heart

disease and high blood pressure are virtually unknown. Life expectancy of hunter-gatherers is about 40 years, but many live to be 60 or 70 years of age, and older. They don't have EMS or antibiotics and they live a very expose lifestyle.

So, what do hunter-gatherers eat? It turns out they eat an average about 2/3 animal and 1/3 vegetables, nuts and fruits. This is the exact opposite ratio of what has been reported previously. At the equator, the average is about 55% animal, although there were a couple of groups there that ate about 45% animal. At the poles, the diet is virtually 100% animal. Hunter-gatherers don't eat grains; they consider them starvation food, at best. They don't eat dairy after the age of two, and they certainly don't eat the dairy from another animal. You can't milk a wild animal. They don't eat legumes or potatoes. The archeological record shows that when mankind first started growing his own food, about 10,000 years ago in the Middle East when drought promoted the loss of wild game and people were forced to growth their own food and survive, that there was a loss of 5.5 to 6 inches in height. This fact has held true all around the world, whenever and wherever people have started growing their own food. 7,000 year ago, in the Far East, and 5,000 years ago in Europe, life expectancy went from 40 years to 20 years and infant mortality went up. Jaws were no longer wide enough to hold a full complement of teeth, resulting in an overlapping of teeth. That is malnutrition and never before seen in the archeological record. Osteoporosis and rheumatoid arthritis, an autoimmune disease, were never before seen in the archeological record. It appears chronic diseases began in humans when we began eating foods that we were not designed to eat grains, dairy after two years of age, legumes and potatoes.

It makes much more sense to divide foods, not into carbohydrate and proteins and fats, so much as to divide them between human foods and nonhuman foods. A cow that eats grains lives 4-5 years and develops liver abscesses, which is why they have to be given antibiotics to be kept alive. Grass-fed beef is virtually identical to wild game in that it is an animal eating the food for which it is designed. When cattle are forced to eat grains, it washes away the yellow fat full of Omega 3's and replaces it with three times more white fat made up of many time more omega 6 and is virtually devoid of Omega 3. This is why beef has a bad name. It is not beef intrinsically, but what we've done to it.

Another are where the concept of orthomolecular medicine has proven to be far superior is in hormone replacement. The controversy today regarding hormone replacement is in the incorrect conclusions drawn from the research. The research was done on synthetic hormones which are human hormones that have been altered significantly. The pharmaceutical industry does this because you cannot patent a human hormone. If you look at a testosterone molecule and an estradiol molecule (estrogen), there is very little difference in their structure, but their effects are obviously vastly different. Yet, modern medicine believes it can take an estradiol molecule or a progesterone molecule and alter it significantly and give it back to us and expect it to act like the original molecule. This, of course, is not the case and some significant bad effects can and do develop. When human hormones are given to humans in human amounts to replace the deficiency (when looked at scientifically), virtually everything you can measure is either improved or unchanged, including risk of breast cancer. This is

especially true if hormones are given trans-dermally in a cream or patch.

Another area in which modern medicine completely ignores nature is the bacteria in the intestinal tract. Altering the bacteria in the intestinal tract with antibiotics or eating non-humans foods has been proven to promote rheumatoid arthritis, allergies, asthma, chronic fatigue, and fibromyalgia, to name a few. When a hunter-gatherer for their intestinal bacteria (flora) to return to normal. The good symbiotic bacteria is nearly eliminated and the undesirable bacteria begins to grow and flourish, causing a chronic inflammatory state, as well as producing toxins that now easily leak through inflamed intestinal mucosa. The liver, the body's filter, must handle these toxins, taking away from its ability to handle the waste products of our own metabolism.

Carnosine is a nutritional supplement that was recently recognized to have profound effects for diabetics; removing glucose molecules that have aberrantly attached to proteins – huge problem for diabetics and a problem for all people, as we age, promoting degradation of the vessels of nerves and of the kidneys. It was also recently discovered that exercising muscles, particularly resistance exercise, cause them to produce large amounts of Carnosine.

So, you see, good health all goes back to the basics. Eat human foods, including animals that grew up eating their natural food, exercise, drink a lot of water, try to get a good night's rest, don't destroy your intestinal flora, and think good thoughts.