

1
00:00:00,000 --> 00:00:03,388
we look at all kinds of diseases the

2
00:00:02,158 --> 00:00:05,490
Chinese government gave to this and

3
00:00:03,388 --> 00:00:09,029
measure things in blood and urine as i

4
00:00:05,490 --> 00:00:11,160
said we invented was literally more than

5
00:00:09,029 --> 00:00:12,928
a hundred thousand see correlation

6
00:00:11,160 --> 00:00:14,580
coefficients of everything being related

7
00:00:12,929 --> 00:00:16,440
everything else and they were trying to

8
00:00:14,580 --> 00:00:18,118
sort out you know what was statistically

9
00:00:16,440 --> 00:00:19,800
significant not and then you stick to

10
00:00:18,118 --> 00:00:22,768
take it a step further exploring these

11
00:00:19,800 --> 00:00:24,778
individual trees in this forest in a

12
00:00:22,768 --> 00:00:26,219
sense and so these are just a list of

13
00:00:24,778 --> 00:00:30,028
some of the relationships that we looked

14
00:00:26,219 --> 00:00:32,009
looked at a little bit reductionist one

15
00:00:30,028 --> 00:00:34,109
thing at a time then I'm sort of

16
00:00:32,009 --> 00:00:36,390
criticizing the sense but it would it I

17
00:00:34,109 --> 00:00:38,878
mean to understand how these these

18
00:00:36,390 --> 00:00:41,039
relationships really work is helpful

19
00:00:38,878 --> 00:00:43,289
because it is tends to set the mosaic

20
00:00:41,039 --> 00:00:45,988
you know for the larger picture might

21
00:00:43,289 --> 00:00:48,030
look like and so and this it basically

22
00:00:45,988 --> 00:00:49,979
is all published stuff so we had the

23
00:00:48,030 --> 00:00:52,939
advantage of you know having her peers

24
00:00:49,979 --> 00:00:55,890
look up in fact what we were doing and

25
00:00:52,939 --> 00:00:57,299
so just a couple of observations from

26
00:00:55,890 --> 00:01:00,570
that i'll come back to what that means

27
00:00:57,299 --> 00:01:01,979
that in a second it turns out that the

28
00:01:00,570 --> 00:01:04,920
blood cholesterol levels in the chinese

29

00:01:01,979 --> 00:01:08,188
population were really below a hundred

30
00:01:04,920 --> 00:01:09,840
and fifty milligrams per deciliter which

31
00:01:08,188 --> 00:01:12,959
was sort of unheard of in those days i

32
00:01:09,840 --> 00:01:15,450
mean their range was range of averages

33
00:01:12,959 --> 00:01:18,629
for the different counties was from 90

34
00:01:15,450 --> 00:01:19,710
to 170 there hi Whitney or low so we're

35
00:01:18,629 --> 00:01:21,179
working with a population where

36
00:01:19,709 --> 00:01:24,000
cholesterol levels are really pretty low

37
00:01:21,180 --> 00:01:27,030
you know going from knife 170 I mean

38
00:01:24,000 --> 00:01:29,219
ours goes more or less from 150 to 300

39
00:01:27,030 --> 00:01:31,049
or something like that but to look at

40
00:01:29,219 --> 00:01:34,560
any possible correlation going from

41
00:01:31,049 --> 00:01:36,840
let's say 92 150 we thought I didn't

42
00:01:34,560 --> 00:01:38,670
think we would see a whole lot because

43
00:01:36,840 --> 00:01:40,020

in that population in world China

44

00:01:38,670 --> 00:01:42,689
they're mostly consumer applied based

45

00:01:40,019 --> 00:01:46,319
foods some animal based foods of course

46

00:01:42,688 --> 00:01:48,599
it was a certain range so we didn't

47

00:01:46,319 --> 00:01:50,069
think we'd see a whole lot based on that

48

00:01:48,599 --> 00:01:51,569
but it was it was kind of exciting to

49

00:01:50,069 --> 00:01:53,578
have the opportunity of looking that at

50

00:01:51,569 --> 00:01:55,949
this and I'll just show that one you

51

00:01:53,578 --> 00:01:57,859
know consume more calories s worth a

52

00:01:55,950 --> 00:02:01,170
couple of seminars but basically

53

00:01:57,859 --> 00:02:02,938
counting calories don't count you know

54

00:02:01,170 --> 00:02:04,950
as much as what people like to think

55

00:02:02,938 --> 00:02:06,629
they do it's a way we actually

56

00:02:04,950 --> 00:02:09,060
metabolize and experience the use of

57

00:02:06,629 --> 00:02:11,969
these calories that really

58
00:02:09,060 --> 00:02:15,629
matters so here's another heresy that

59
00:02:11,969 --> 00:02:17,219
rusev the China Study I mean this is a

60
00:02:15,629 --> 00:02:19,469
huge thing i hate to sort of be so

61
00:02:17,219 --> 00:02:23,159
conscripted you know all this

62
00:02:19,469 --> 00:02:25,318
information but basically looking at the

63
00:02:23,159 --> 00:02:26,969
data many sundry different ways very

64
00:02:25,318 --> 00:02:28,560
small and takes with an on-base movies

65
00:02:26,969 --> 00:02:31,318
are social with a secret there you have

66
00:02:28,560 --> 00:02:34,019
it I coming from the dairy farm that I

67
00:02:31,318 --> 00:02:35,250
did eating that way all those kind of

68
00:02:34,019 --> 00:02:37,319
stuff you know get into this particular

69
00:02:35,250 --> 00:02:40,379
point in time getting really robust

70
00:02:37,318 --> 00:02:42,060
evidence you know involving multiple

71
00:02:40,379 --> 00:02:44,639
different kinds of diseases involving

72
00:02:42,060 --> 00:02:47,519
the convergence you know nutrient

73
00:02:44,639 --> 00:02:49,169
experiences in a form of food now I

74
00:02:47,519 --> 00:02:52,409
really kind of put the story together in

75
00:02:49,169 --> 00:02:54,958
a way which was very exciting and so

76
00:02:52,409 --> 00:02:59,129
this is what the China Study sort of

77
00:02:54,959 --> 00:03:01,879
showed us in addition to giving us some

78
00:02:59,129 --> 00:03:04,199
evidence with that context was all about

79
00:03:01,879 --> 00:03:06,359
the vast majority of those things I

80
00:03:04,199 --> 00:03:07,708
showed before of these hypothetical cost

81
00:03:06,360 --> 00:03:10,980
effective social Taylor nutrient

82
00:03:07,709 --> 00:03:12,780
composition plant-based foods and

83
00:03:10,979 --> 00:03:14,639
consuming a plant-based miss the key

84
00:03:12,780 --> 00:03:16,289
here our whole foods I'm not talking

85
00:03:14,639 --> 00:03:18,298
about taking the nutrients out of plants

86

00:03:16,289 --> 00:03:20,489
and put in a minute in a pill they don't

87
00:03:18,299 --> 00:03:22,590
work you're just supplements don't work

88
00:03:20,489 --> 00:03:24,269
and the long run they really don't a lot

89
00:03:22,590 --> 00:03:26,909
of people think yes nutrition that's

90
00:03:24,269 --> 00:03:30,890
pharmacology in my mind that's not not

91
00:03:26,909 --> 00:03:33,539
really nutrition but in any case so

92
00:03:30,889 --> 00:03:37,409
let's probe putting no animal protein

93
00:03:33,539 --> 00:03:39,179
less cocaine is consistent oh yeah I'm

94
00:03:37,409 --> 00:03:41,068
general I'm really summarizing a whole

95
00:03:39,180 --> 00:03:43,349
lot of stuff here but that's what sort

96
00:03:41,068 --> 00:03:47,429
of and I guess the main observation that

97
00:03:43,349 --> 00:03:48,870
I'll into your attention and to address

98
00:03:47,430 --> 00:03:50,459
that question concerning nutrient

99
00:03:48,870 --> 00:03:52,469
supplements for which there's been a

100
00:03:50,459 --> 00:03:54,689

multi-billion dollar industry for the

101

00:03:52,469 --> 00:03:56,669

last 20 30 years everybody takes our

102

00:03:54,689 --> 00:03:59,549

nutrient supplements and hope of getting

103

00:03:56,669 --> 00:04:03,958

something out of it I've always had the

104

00:03:59,549 --> 00:04:05,969

they thought that that's that that's

105

00:04:03,959 --> 00:04:08,009

questionable even assume that the long

106

00:04:05,969 --> 00:04:10,318

run it's sort of violating the sense you

107

00:04:08,009 --> 00:04:11,849

know what nature is all about the idea

108

00:04:10,318 --> 00:04:14,488

that we can take a single nutrient and

109

00:04:11,849 --> 00:04:16,228

throw it into our body as some doses at

110

00:04:14,489 --> 00:04:18,120

the wrong time and expect to get the

111

00:04:16,228 --> 00:04:19,919

kind of results in fact that we want

112

00:04:18,120 --> 00:04:22,680

that we have nail a lot

113

00:04:19,920 --> 00:04:24,810

evidence that that's really not likely

114

00:04:22,680 --> 00:04:26,400

to be true and in fact just recently the

115
00:04:24,810 --> 00:04:28,800
last four or five years six seven years

116
00:04:26,399 --> 00:04:31,319
so there's been actually quite a number

117
00:04:28,800 --> 00:04:33,240
of really good reviews of all these

118
00:04:31,319 --> 00:04:37,079
trials that have been done low single

119
00:04:33,240 --> 00:04:39,540
digits and knows those robust reviews

120
00:04:37,079 --> 00:04:41,939
most recent one involved in 58 different

121
00:04:39,540 --> 00:04:43,980
studies over the past 15 years or so

122
00:04:41,939 --> 00:04:46,170
help make in conclusion they don't work

123
00:04:43,980 --> 00:04:48,150
I'm here's a couple of statements there

124
00:04:46,170 --> 00:04:50,009
no letters in support antioxidant

125
00:04:48,149 --> 00:04:52,019
selfish prevent mortality you can see it

126
00:04:50,009 --> 00:04:53,909
for yourself beta carotene vitamin A

127
00:04:52,019 --> 00:04:57,419
vitamin A and now we can add some more

128
00:04:53,910 --> 00:04:59,450
like Omega threes research studies are

129

00:04:57,420 --> 00:05:01,650

showing this to that those kinds of

130

00:04:59,449 --> 00:05:03,329

supplements that people like to think or

131

00:05:01,649 --> 00:05:05,370

nutritive there's sort of magic tricks

132

00:05:03,329 --> 00:05:07,919

that people think the record want to use

133

00:05:05,370 --> 00:05:10,259

they're not working they actually can

134

00:05:07,920 --> 00:05:12,270

increase significantly some of these

135

00:05:10,259 --> 00:05:15,389

diseases and perhaps you know total

136

00:05:12,269 --> 00:05:17,039

motel even so i want i'll just point to

137

00:05:15,389 --> 00:05:19,919

sell because what I'm talking about is

138

00:05:17,040 --> 00:05:22,560

whole foods you're not not the

139

00:05:19,920 --> 00:05:24,300

individual nurses along the way and so

140

00:05:22,560 --> 00:05:27,149

now raises some new questions and when I

141

00:05:24,300 --> 00:05:28,860

got together with my son who at the time

142

00:05:27,149 --> 00:05:31,439

was a graduate and theatre was an actor

143

00:05:28,860 --> 00:05:33,540
in Chicago good good writer got him to

144
00:05:31,439 --> 00:05:35,279
help me to write he's now in medical

145
00:05:33,540 --> 00:05:38,580
school by the way I had to him credit is

146
00:05:35,279 --> 00:05:41,250
it he's a co-author when we sit down to

147
00:05:38,579 --> 00:05:42,839
do the book I wanted to go back and

148
00:05:41,250 --> 00:05:44,939
systematically look at some things that

149
00:05:42,839 --> 00:05:46,589
I had kind of paid attention to over the

150
00:05:44,939 --> 00:05:48,689
years but look at what more seriously

151
00:05:46,589 --> 00:05:49,769
and that was asked this question how was

152
00:05:48,689 --> 00:05:51,149
this information that we're learning

153
00:05:49,769 --> 00:05:54,769
from the judges started learning Finnish

154
00:05:51,149 --> 00:05:57,239
memo studies how is this information

155
00:05:54,769 --> 00:05:59,069
related to USA findings of others and

156
00:05:57,240 --> 00:06:02,610
colleagues maybe that haven't been

157
00:05:59,069 --> 00:06:04,920

having been noticed and here's one

158

00:06:02,610 --> 00:06:06,509

gentleman here Caldwell Esselstyn at the

159

00:06:04,920 --> 00:06:08,699

Cleveland Clinic Nell a good friend a

160

00:06:06,509 --> 00:06:10,829

very distinguished surgeon for many

161

00:06:08,699 --> 00:06:12,360

others claimed in claim he he it's got

162

00:06:10,829 --> 00:06:14,159

as much distinction professionally and

163

00:06:12,360 --> 00:06:17,189

personally and probably need anyone on

164

00:06:14,160 --> 00:06:19,920

in the field by far any case he did a

165

00:06:17,189 --> 00:06:22,829

study here we're just very briefly i'm

166

00:06:19,920 --> 00:06:25,759

going to say took 18 patients with heart

167

00:06:22,829 --> 00:06:29,789

disease seriously ill with heart disease

168

00:06:25,759 --> 00:06:31,079

these were 8 17 men one woman these are

169

00:06:29,790 --> 00:06:33,240

people who have been told by the

170

00:06:31,079 --> 00:06:33,649

physician time's up we can't do anything

171

00:06:33,240 --> 00:06:36,949

more

172
00:06:33,649 --> 00:06:39,198
for you very sick very best they had had

173
00:06:36,949 --> 00:06:44,240
49 car invested during the eight years

174
00:06:39,199 --> 00:06:47,240
part of their study eight you know 49

175
00:06:44,240 --> 00:06:49,129
that's about three apiece they went from

176
00:06:47,240 --> 00:06:50,210
that after he put him on the same kind

177
00:06:49,129 --> 00:06:52,370
of diet that we're learning about

178
00:06:50,209 --> 00:06:55,399
Machado study we didn't know each other

179
00:06:52,370 --> 00:06:57,199
to time this is this is his game and he

180
00:06:55,399 --> 00:06:59,120
was doing this for other reasons and the

181
00:06:57,199 --> 00:07:01,610
results that he got in fact was that he

182
00:06:59,120 --> 00:07:03,829
went for 49 to 0 during 12 years of

183
00:07:01,610 --> 00:07:06,350
following and now it's actually in

184
00:07:03,829 --> 00:07:08,389
excess of 20-something of 23 years one

185
00:07:06,350 --> 00:07:13,400
person in that group there's free have

186
00:07:08,389 --> 00:07:15,800
died but not from coronary events one

187
00:07:13,399 --> 00:07:17,659
did have a coroner in bed that person

188
00:07:15,800 --> 00:07:21,020
that that man actually strayed a bit

189
00:07:17,660 --> 00:07:23,060
from the from the idea and so it sort of

190
00:07:21,019 --> 00:07:25,959
proof the pudding in a sense came back

191
00:07:23,060 --> 00:07:28,250
and everything that's fine so I I mean

192
00:07:25,959 --> 00:07:33,500
you can see for yourself here I mean

193
00:07:28,250 --> 00:07:35,120
going from those 49 ers @ 0 is it drug

194
00:07:33,500 --> 00:07:36,889
companies had had ten percent of that

195
00:07:35,120 --> 00:07:41,319
effect we'd all heard of that in the

196
00:07:36,889 --> 00:07:43,879
headlines across the country why is this

197
00:07:41,319 --> 00:07:45,889
you know not not not considered month

198
00:07:43,879 --> 00:07:47,329
and incidentally this is the same thing

199
00:07:45,889 --> 00:07:49,400
what we are learning from the scientific

200

00:07:47,329 --> 00:07:53,029
and theoretical point of views is for

201
00:07:49,399 --> 00:07:54,589
our own studies and so I could go I've

202
00:07:53,029 --> 00:07:56,899
got a bunch of slides you know go into

203
00:07:54,589 --> 00:07:59,388
multiple sclerosis and rheumatoid

204
00:07:56,899 --> 00:08:01,399
arthritis and osteoporosis and different

205
00:07:59,389 --> 00:08:03,860
kinds of cancers we have data now that

206
00:08:01,399 --> 00:08:06,769
really is all just spectacular like this

207
00:08:03,860 --> 00:08:09,530
and so here's just a list here's a list

208
00:08:06,769 --> 00:08:11,180
of some things all these diseases as far

209
00:08:09,529 --> 00:08:14,448
as the diet is concerned with talking

210
00:08:11,180 --> 00:08:17,810
about whole plant-based foods the same

211
00:08:14,449 --> 00:08:21,408
diet whole food plant-based prevents

212
00:08:17,810 --> 00:08:24,649
suspense and here's the kicker cures all

213
00:08:21,408 --> 00:08:26,959
these diseases it's truly amazing and

214
00:08:24,649 --> 00:08:28,489

I'll have a chance to get into that we

215

00:08:26,959 --> 00:08:32,179

think of this guy as a means of

216

00:08:28,490 --> 00:08:35,330

preventing these diseases we now know

217

00:08:32,179 --> 00:08:37,338

and look at the literature that it has

218

00:08:35,330 --> 00:08:39,229

this very broad effect of all kinds of

219

00:08:37,339 --> 00:08:42,260

on all kinds of illnesses diseases and

220

00:08:39,229 --> 00:08:45,350

actually when used even in fairly

221

00:08:42,259 --> 00:08:45,919

advanced stages we can see results just

222

00:08:45,350 --> 00:08:49,370

all

223

00:08:45,919 --> 00:08:51,409

most immediately to see reversal type 2

224

00:08:49,370 --> 00:08:54,500

diabetes for example I had physician

225

00:08:51,409 --> 00:08:58,100

friend in California who takes in type 2

226

00:08:54,500 --> 00:09:00,769

diabetics very sick when they come in

227

00:08:58,100 --> 00:09:03,139

puts them to a ten day period he said

228

00:09:00,769 --> 00:09:04,669

give me all your meds it gets them and

229
00:09:03,139 --> 00:09:07,009
stick them in the cabinet locks the keys

230
00:09:04,669 --> 00:09:08,870
so you're not gonna happen because when

231
00:09:07,009 --> 00:09:10,789
you put some of their diet their their

232
00:09:08,870 --> 00:09:13,278
need for insulin goes down so fast that

233
00:09:10,789 --> 00:09:15,769
were they could stay on the insulin

234
00:09:13,278 --> 00:09:19,278
medications they'd go into hypoglycemic

235
00:09:15,769 --> 00:09:23,409
shock that's how potent it really is and

236
00:09:19,278 --> 00:09:25,370
so this is just a list of some of these

237
00:09:23,409 --> 00:09:27,469
diseases obviously some of them very

238
00:09:25,370 --> 00:09:31,850
serious other sort of nuisance kind of

239
00:09:27,470 --> 00:09:35,180
things I mean it's well I don't need to

240
00:09:31,850 --> 00:09:39,139
say more I don't take it also promotes

241
00:09:35,179 --> 00:09:40,729
physical fitness I that might seem a bit

242
00:09:39,139 --> 00:09:43,519
odd but I've worked with some

243
00:09:40,730 --> 00:09:45,500
world-class athletes including one

244
00:09:43,519 --> 00:09:46,879
fellow who is the all-pro end for the

245
00:09:45,500 --> 00:09:48,470
Kansas City Chiefs is going to be in the

246
00:09:46,879 --> 00:09:50,720
Hall of Fame he's he holds the all-time

247
00:09:48,470 --> 00:09:53,480
record most touchdowns most large date

248
00:09:50,720 --> 00:09:55,009
on the heat couple years got the booker

249
00:09:53,480 --> 00:09:57,829
he was so some other than playing isn't

250
00:09:55,009 --> 00:10:01,720
it he decided to change in his program

251
00:09:57,828 --> 00:10:01,719
going into the season a couple years ago