

1
00:00:00,000 --> 00:00:05,759
switch over to this and he ended up that

2
00:00:03,240 --> 00:00:07,649
season still number one mrs. Levon's

3
00:00:05,759 --> 00:00:10,019
here over the hill he is AB number one

4
00:00:07,649 --> 00:00:12,059
the late most catches most touchdown

5
00:00:10,019 --> 00:00:14,309
most yard gain and then he went to the

6
00:00:12,058 --> 00:00:15,449
cross he did the same thing again he's

7
00:00:14,308 --> 00:00:17,788
just coming up in the book and his name

8
00:00:15,449 --> 00:00:20,278
is Tony Gonzalez there was a big about a

9
00:00:17,789 --> 00:00:21,900
page and a half article on him and our

10
00:00:20,278 --> 00:00:23,929
work and Wall Street Journal that

11
00:00:21,899 --> 00:00:27,570
occurred just over a year ago I'm

12
00:00:23,929 --> 00:00:29,339
finding that professional athletes but

13
00:00:27,570 --> 00:00:31,679
not just professional athletes young

14
00:00:29,339 --> 00:00:33,899
guys usually guys who were taken all

15
00:00:31,678 --> 00:00:37,079
these protein supplements to get muscle

16
00:00:33,899 --> 00:00:39,450
mass daddy'll the average age of death

17
00:00:37,079 --> 00:00:42,058
of national football league players for

18
00:00:39,450 --> 00:00:44,550
example whoo pie plate at least five

19
00:00:42,058 --> 00:00:47,459
years the average age of death is 56

20
00:00:44,549 --> 00:00:48,988
years as not because it getting banged

21
00:00:47,460 --> 00:00:51,120
up and stuff like that like they're told

22
00:00:48,988 --> 00:00:53,519
they're getting diabetes obesity heart

23
00:00:51,119 --> 00:00:55,378
disease cancer and things like this so

24
00:00:53,520 --> 00:00:56,940
there's another whole territory that

25
00:00:55,378 --> 00:01:02,099
we're going to have to pay some

26
00:00:56,939 --> 00:01:03,839
attention to him okay I I'm getting at

27
00:01:02,100 --> 00:01:08,189
the point where as a matter of fact I I

28
00:01:03,840 --> 00:01:12,000
really think you know we have some micro

29

00:01:08,188 --> 00:01:13,500
managed our whole health system do we

30
00:01:12,000 --> 00:01:14,909
have individual names for all these

31
00:01:13,500 --> 00:01:16,890
different decisions that we got we look

32
00:01:14,909 --> 00:01:19,080
for mechanism we look for single single

33
00:01:16,890 --> 00:01:23,159
causes always had you know we only have

34
00:01:19,079 --> 00:01:25,048
one grand disease really and you can

35
00:01:23,159 --> 00:01:27,659
think for yourself about work what's the

36
00:01:25,049 --> 00:01:28,860
origin of the one gran disease we just

37
00:01:27,659 --> 00:01:30,270
give it different names we call the

38
00:01:28,859 --> 00:01:32,009
cancer here we call the heart disease

39
00:01:30,269 --> 00:01:34,228
rail cause I mean in different organs

40
00:01:32,009 --> 00:01:36,989
and so forth and so on so i would like

41
00:01:34,228 --> 00:01:38,759
to actually present the idea that it

42
00:01:36,989 --> 00:01:41,368
really is one grand disease and these

43
00:01:38,759 --> 00:01:43,079

depending on what you get what i get the

44

00:01:41,368 --> 00:01:44,938

so forth is so on is going to depend of

45

00:01:43,078 --> 00:01:46,429

course to some extent on genetic

46

00:01:44,938 --> 00:01:49,859

predisposition than among other things

47

00:01:46,430 --> 00:01:53,549

but basically it will do wrong things we

48

00:01:49,859 --> 00:01:54,959

get the wrong result so i have a

49

00:01:53,549 --> 00:01:56,880

definition of the treasure is different

50

00:01:54,959 --> 00:01:58,949

than what i was taught and different

51

00:01:56,879 --> 00:02:01,920

from the nutrition that i taught myself

52

00:01:58,950 --> 00:02:04,379

to my students in the early years of my

53

00:02:01,920 --> 00:02:06,420

career we always tend to focus on here's

54

00:02:04,379 --> 00:02:08,788

what vitamin C does you know here's what

55

00:02:06,420 --> 00:02:10,649

vitamin e does and so forth and so on I

56

00:02:08,788 --> 00:02:12,929

think it's much better to think about it

57

00:02:10,649 --> 00:02:14,968

this way it involves integrated pleasure

58
00:02:12,930 --> 00:02:16,650
countless food constituents and what

59
00:02:14,968 --> 00:02:18,030
number can we talk about hundreds of

60
00:02:16,650 --> 00:02:21,180
thousands of different kind of chemicals

61
00:02:18,030 --> 00:02:23,068
of food I don't know your guess is good

62
00:02:21,180 --> 00:02:25,829
as mine it was infinitely complex

63
00:02:23,068 --> 00:02:27,238
mechanisms and nutrition when supported

64
00:02:25,829 --> 00:02:30,120
of course but exercise in terms of

65
00:02:27,239 --> 00:02:32,158
synergy there this important adequate

66
00:02:30,120 --> 00:02:34,139
hydration sunshine is greater than the

67
00:02:32,158 --> 00:02:36,179
sum of its parts it really is a symphony

68
00:02:34,139 --> 00:02:39,030
going on in every one of our three

69
00:02:36,180 --> 00:02:41,549
trillion cells in our body and the body

70
00:02:39,030 --> 00:02:44,719
is always trying to create health or

71
00:02:41,549 --> 00:02:47,188
let's say recreate health or in trouble

72
00:02:44,719 --> 00:02:50,039
the body is always working to the end

73
00:02:47,188 --> 00:02:52,500
and it turns out that you know if we

74
00:02:50,039 --> 00:02:54,120
give the right buffet to the body at any

75
00:02:52,500 --> 00:02:55,799
point in time with all these hundreds of

76
00:02:54,120 --> 00:02:58,169
thousand different things the body can

77
00:02:55,799 --> 00:03:01,230
choose which amongst all these things

78
00:02:58,169 --> 00:03:03,540
were taken in a nanosecond a time to

79
00:03:01,229 --> 00:03:06,658
send here there whatever I mean it's

80
00:03:03,539 --> 00:03:10,108
it's it's we we have ignored what nature

81
00:03:06,658 --> 00:03:12,120
can do by the science we do and we've

82
00:03:10,109 --> 00:03:14,459
really gotten off track this kind of

83
00:03:12,120 --> 00:03:17,189
thing so where is nutrition fit into our

84
00:03:14,459 --> 00:03:19,109
society you know there's a lot of

85
00:03:17,189 --> 00:03:21,180
confusion I I get really frustrated

86

00:03:19,109 --> 00:03:23,040
because I anyday pick up the newspaper

87
00:03:21,180 --> 00:03:24,479
listen television something else I mean

88
00:03:23,039 --> 00:03:26,548
there's another service statement it

89
00:03:24,479 --> 00:03:30,530
comes up as off track is from not from

90
00:03:26,549 --> 00:03:30,530
my perspective so where does it fit in

91
00:03:31,080 --> 00:03:37,530
it doesn't it just doesn't so then the

92
00:03:34,919 --> 00:03:40,109
question arises why not well I spent

93
00:03:37,530 --> 00:03:42,090
about 20 years working on international

94
00:03:40,110 --> 00:03:44,100
and national policy been on a variety of

95
00:03:42,090 --> 00:03:46,050
expert panels National Academy and

96
00:03:44,099 --> 00:03:48,150
places like that and so I've had a

97
00:03:46,050 --> 00:03:50,880
chance to see the interface between on

98
00:03:48,150 --> 00:03:54,090
the one hand the development of public

99
00:03:50,879 --> 00:03:57,329
information derived from scientific

100
00:03:54,090 --> 00:03:59,759

research it's a bad story as a bad

101

00:03:57,330 --> 00:04:01,860

stories big slippage between what you in

102

00:03:59,759 --> 00:04:03,719

fact we can learn in size what we have

103

00:04:01,860 --> 00:04:05,610

learned decides to some extent and the

104

00:04:03,719 --> 00:04:10,439

extent to which we actually then miss

105

00:04:05,610 --> 00:04:13,110

manage all this information so I say is

106

00:04:10,439 --> 00:04:15,419

poorly understood by the public research

107

00:04:13,110 --> 00:04:18,449

funding from the National Institutes of

108

00:04:15,419 --> 00:04:20,310

Health hardly exists they give you have

109

00:04:18,449 --> 00:04:22,769

sample you might you might wonder I mean

110

00:04:20,310 --> 00:04:26,000

all my research is funded by NIH you

111

00:04:22,769 --> 00:04:28,769

okay got five minutes it's about right

112

00:04:26,000 --> 00:04:31,560

my work was supported I'll work was

113

00:04:28,769 --> 00:04:34,589

supported as I say most of NRH over the

114

00:04:31,560 --> 00:04:37,168

years but you know NIH has 27 institutes

115
00:04:34,589 --> 00:04:38,668
and programs that centers got the Heart

116
00:04:37,168 --> 00:04:41,759
Institute to Cancer Institute this and

117
00:04:38,668 --> 00:04:43,259
that 27 institutes you know there's not

118
00:04:41,759 --> 00:04:46,769
one institute called institute of

119
00:04:43,259 --> 00:04:49,259
nutrition yet nutrition is by far and

120
00:04:46,769 --> 00:04:51,479
away the single most important

121
00:04:49,259 --> 00:04:54,779
intervention or causal agent for our

122
00:04:51,480 --> 00:04:56,730
disease problems in our entire spectrum

123
00:04:54,779 --> 00:04:58,079
of things they don't care to have one

124
00:04:56,730 --> 00:05:00,090
institute and i've been involved in

125
00:04:58,079 --> 00:05:03,149
actually argue this point was and I

126
00:05:00,089 --> 00:05:05,039
people including the directors and they

127
00:05:03,149 --> 00:05:07,019
want to avoid the word you know they're

128
00:05:05,040 --> 00:05:09,840
changing the word nutrient to

129

00:05:07,019 --> 00:05:12,079

nutraceutical this if you get the

130

00:05:09,839 --> 00:05:13,709

message they want to talk about

131

00:05:12,079 --> 00:05:16,949

chemoprevention when they're talking

132

00:05:13,709 --> 00:05:19,889

about diet you find these words all of

133

00:05:16,949 --> 00:05:22,769

us for the phytochemicals as if the

134

00:05:19,889 --> 00:05:25,500

whole thing is a chemical sort of a pie

135

00:05:22,769 --> 00:05:28,560

or something like this I mean it's kind

136

00:05:25,500 --> 00:05:31,410

of ridiculous you know two to four

137

00:05:28,560 --> 00:05:33,600

percent of the money in NC I in National

138

00:05:31,410 --> 00:05:35,070

Heart Lung their admission to the four

139

00:05:33,600 --> 00:05:38,340

percent is given to nutrition aurea

140

00:05:35,069 --> 00:05:40,139

projects don't cater I mean that money

141

00:05:38,339 --> 00:05:42,119

is actually being spent for doing

142

00:05:40,139 --> 00:05:43,779

clinical trials randomized clinical

143

00:05:42,120 --> 00:05:46,240
trials in signal don't really know

144
00:05:43,779 --> 00:05:47,469
nutrition I got away with doing this

145
00:05:46,240 --> 00:05:49,960
stuff like guess we did over the years

146
00:05:47,470 --> 00:05:52,210
because we were mostly focused on trying

147
00:05:49,959 --> 00:05:54,219
to understand cancer and it was just

148
00:05:52,209 --> 00:05:56,709
years of nutrition as a means they say

149
00:05:54,220 --> 00:05:58,570
say it was a tail wagging the dog you

150
00:05:56,709 --> 00:06:01,180
know in a sensitive so that's for how it

151
00:05:58,569 --> 00:06:02,980
happened you know there's not a medical

152
00:06:01,180 --> 00:06:04,750
school in this country i'm sure you know

153
00:06:02,980 --> 00:06:06,879
there's that actually trained our

154
00:06:04,750 --> 00:06:10,149
students and nutrition and there's a

155
00:06:06,879 --> 00:06:12,279
reason why because medicine is highly

156
00:06:10,149 --> 00:06:14,489
reductionist focused on one thing at a

157
00:06:12,279 --> 00:06:17,289

time that's what matters is all about

158

00:06:14,490 --> 00:06:19,090

nutrition is not that we won't owners we

159

00:06:17,290 --> 00:06:20,980

cannot understand nutrition that doctors

160

00:06:19,089 --> 00:06:22,449

don't get to understand nutrition when

161

00:06:20,980 --> 00:06:25,629

they're actually come from that that

162

00:06:22,449 --> 00:06:28,959

arena so doctors who are held by the

163

00:06:25,629 --> 00:06:32,949

public physicians held by the public to

164

00:06:28,959 --> 00:06:34,569

be a key arbitrators counselors so forth

165

00:06:32,949 --> 00:06:38,649

of what we should be thinking about help

166

00:06:34,569 --> 00:06:41,769

do not train let even an NIH are the 27

167

00:06:38,649 --> 00:06:44,649

institutes in fda nutrition is sort of

168

00:06:41,769 --> 00:06:47,109

set aside ignored and the directors of

169

00:06:44,649 --> 00:06:49,810

NIH have to be the very people who are

170

00:06:47,110 --> 00:06:51,819

not trained namely people graduate from

171

00:06:49,810 --> 00:06:55,750

medical schools so there has been a

172
00:06:51,819 --> 00:06:57,159
systematic consistent denigration of the

173
00:06:55,750 --> 00:07:00,610
whole concept of what it Trish has been

174
00:06:57,160 --> 00:07:03,070
without for years and years the last one

175
00:07:00,610 --> 00:07:07,410
the other won't go into that it's kind

176
00:07:03,069 --> 00:07:07,409
of interesting so I pose this question

177
00:07:07,620 --> 00:07:16,449
pardon yeah but the government is only

178
00:07:13,918 --> 00:07:19,449
exporting coalesced collecting

179
00:07:16,449 --> 00:07:20,529
information from the industry there is

180
00:07:19,449 --> 00:07:23,050
every cover start looking out for

181
00:07:20,529 --> 00:07:24,699
interest and I speak as you know one of

182
00:07:23,050 --> 00:07:27,759
the people who was involved to doing

183
00:07:24,699 --> 00:07:30,038
that kind of stuff I think so oh it

184
00:07:27,759 --> 00:07:32,490
didn't just cut me off my projection my

185
00:07:30,038 --> 00:07:35,068
best picture geez

186
00:07:32,490 --> 00:07:40,800
it's a bunch of dollar bills really what

187
00:07:35,069 --> 00:07:43,650
it is oh yeah i know the conference

188
00:07:40,800 --> 00:07:46,560
aliens had some interest in i guess

189
00:07:43,649 --> 00:07:47,689
there are indicated this to me some of

190
00:07:46,560 --> 00:07:49,620
the experiences I've had I've had

191
00:07:47,689 --> 00:07:52,589
unfortunately a lot of experience in

192
00:07:49,620 --> 00:07:55,530
last 10 20 15 years of the snail dealing

193
00:07:52,589 --> 00:07:58,948
most people's blacklist at times even

194
00:07:55,529 --> 00:08:00,869
though publications number in excess of

195
00:07:58,949 --> 00:08:03,419
300 goodness and best journals and I

196
00:08:00,870 --> 00:08:05,340
could NH funding or like that I told a

197
00:08:03,418 --> 00:08:07,799
class at the cornell just to mention one

198
00:08:05,339 --> 00:08:10,769
thing I taught this class at Cornell for

199
00:08:07,800 --> 00:08:12,629
seven years very popular well attended

200

00:08:10,769 --> 00:08:14,459
electric force a lot of pre-med students

201
00:08:12,629 --> 00:08:15,538
in fact they went off to medical school

202
00:08:14,459 --> 00:08:17,370
and then again invitation ago the

203
00:08:15,538 --> 00:08:22,259
medical schools talk about it to any

204
00:08:17,370 --> 00:08:24,870
other class was really great and it just

205
00:08:22,259 --> 00:08:26,280
got it all of a sudden cheers go to 45

206
00:08:24,870 --> 00:08:28,649
years ago it disappear from the catalog

207
00:08:26,279 --> 00:08:30,689
I didn't know why it disappeared I

208
00:08:28,649 --> 00:08:31,829
quickly went to the Kirkland community

209
00:08:30,689 --> 00:08:33,750
said what are you doing said we didn't

210
00:08:31,829 --> 00:08:36,319
do that director did it don't worry

211
00:08:33,750 --> 00:08:40,860
about keep on done well unfortunately

212
00:08:36,320 --> 00:08:42,329
the director did it will not explain to

213
00:08:40,860 --> 00:08:44,519
me why it was taken out of the course

214
00:08:42,328 --> 00:08:46,889

catalog this part of my taken into the

215

00:08:44,519 --> 00:08:49,470

Faculty Senate they won't explain why

216

00:08:46,889 --> 00:08:52,500

it's taking out the catalog it's that

217

00:08:49,470 --> 00:08:54,269

simple just so happens the director is

218

00:08:52,500 --> 00:08:58,139

the most influential consultant for the

219

00:08:54,269 --> 00:08:59,730

daily industry in the world and all

220

00:08:58,139 --> 00:09:02,610

other things I've talked about the daily

221

00:08:59,730 --> 00:09:05,399

the product food to the food that comes

222

00:09:02,610 --> 00:09:07,200

from the dairy industry is got to be one

223

00:09:05,399 --> 00:09:10,169

of the most problematic foods that we

224

00:09:07,200 --> 00:09:13,528

actually consume and we've known that

225

00:09:10,169 --> 00:09:16,500

for a long time but the industry is

226

00:09:13,528 --> 00:09:17,939

speaker modos I'm speakin and so there

227

00:09:16,500 --> 00:09:19,610

is resistance from this kind of

228

00:09:17,940 --> 00:09:24,750

information for all kinds of reasons

229

00:09:19,610 --> 00:09:27,028
scientific economic culturally and in

230

00:09:24,750 --> 00:09:29,669
many other ways to not to tell this

231

00:09:27,028 --> 00:09:32,189
information is public when in fact it

232

00:09:29,669 --> 00:09:34,769
has the most potential anything that can

233

00:09:32,190 --> 00:09:38,270
think of a medicine to create health for

234

00:09:34,769 --> 00:09:38,269
the public thank you

235

00:09:44,870 --> 00:09:50,279
so we have time for some questions one

236

00:09:48,570 --> 00:09:52,710
thing that we have been asked is could

237

00:09:50,279 --> 00:09:54,600
the speaker please repeat the questions

238

00:09:52,710 --> 00:09:58,889
and then answer them since we don't have

239

00:09:54,600 --> 00:10:01,250
a microphone please actually all right

240

00:09:58,889 --> 00:10:01,250
go ahead