

So Where Does Nutrition Fit In?

IT DOESN'T

- Poorly understood by public
- Research funding hardly exists
- Doctors not trained
- National policy, standards corrupted by the food and drug industries

1
00:00:04,710 --> 00:00:02,149
switch over to this

2
00:00:06,710 --> 00:00:04,720
and he ended up that season still number

3
00:00:08,790 --> 00:00:06,720
one and this is 11th here over the hill

4
00:00:10,470 --> 00:00:08,800
he ends up number one in the league

5
00:00:12,549 --> 00:00:10,480
most catches most touchdown most yards

6
00:00:14,390 --> 00:00:12,559
game and then he went into the 12 seat

7
00:00:15,589 --> 00:00:14,400
did the same thing again he's just

8
00:00:17,670 --> 00:00:15,599
coming up in the book and his name is

9
00:00:19,990 --> 00:00:17,680
tony gonzalez there was a big about a

10
00:00:21,750 --> 00:00:20,000
page and a half article uh on him and

11
00:00:24,070 --> 00:00:21,760
our work in wall street journal that

12
00:00:27,269 --> 00:00:24,080
occurred just a little over a year ago

13
00:00:29,189 --> 00:00:27,279

i'm finding that professional athletes

14

00:00:30,870 --> 00:00:29,199

but not just professional athletes young

15

00:00:32,069 --> 00:00:30,880

guys usually guys

16

00:00:33,110 --> 00:00:32,079

who are taking all these protein

17

00:00:34,790 --> 00:00:33,120

supplements

18

00:00:35,990 --> 00:00:34,800

to get muscle mass

19

00:00:38,150 --> 00:00:36,000

bad deal

20

00:00:40,790 --> 00:00:38,160

the average age of death of national

21

00:00:42,709 --> 00:00:40,800

football league players for example

22

00:00:45,910 --> 00:00:42,719

who have played at least five years the

23

00:00:47,029 --> 00:00:45,920

average age of deaths is 56 years

24

00:00:48,389 --> 00:00:47,039

and it's not because they're getting

25

00:00:50,389 --> 00:00:48,399

banged up and stuff like that like

26

00:00:52,549 --> 00:00:50,399

they're told they're getting diabetes

27

00:00:54,310 --> 00:00:52,559

obesity heart disease cancer

28

00:00:55,750 --> 00:00:54,320

and things like this so there's another

29

00:00:59,110 --> 00:00:55,760

whole territory that we're going to have

30

00:01:00,389 --> 00:00:59,120

to pay some attention to them

31

00:01:03,029 --> 00:01:00,399

uh

32

00:01:05,189 --> 00:01:03,039

okay i i'm getting to the point where as

33

00:01:07,270 --> 00:01:05,199

a matter of fact i i really think you

34

00:01:09,270 --> 00:01:07,280

know we have so

35

00:01:11,510 --> 00:01:09,280

uh micromanaged

36

00:01:13,190 --> 00:01:11,520

our whole health system

37

00:01:14,630 --> 00:01:13,200

do we have individual names for all

38

00:01:16,390 --> 00:01:14,640

these different decisions that we got we

39

00:01:18,550 --> 00:01:16,400

look for mechanism we look for single

40

00:01:22,550 --> 00:01:18,560

single causes all this kind you know we

41

00:01:25,990 --> 00:01:24,070

and you can think for yourself about

42

00:01:27,109 --> 00:01:26,000

where what's the origin of the one grand

43

00:01:28,630 --> 00:01:27,119

disease

44

00:01:30,149 --> 00:01:28,640

we just give it different names we call

45

00:01:31,510 --> 00:01:30,159

it cancer here we call it heart disease

46

00:01:33,749 --> 00:01:31,520

they're called i mean in different

47

00:01:36,550 --> 00:01:33,759

organs and so forth and so on so i i

48

00:01:38,390 --> 00:01:36,560

would like to actually present the idea

49

00:01:40,630 --> 00:01:38,400

that it really has one grand disease and

50

00:01:42,550 --> 00:01:40,640

they depending on what you get what i

51
00:01:44,310 --> 00:01:42,560
get and so forth and someone is going to

52
00:01:46,230 --> 00:01:44,320
depend of course to some extent on

53
00:01:47,109 --> 00:01:46,240
genetic predisposition among other

54
00:01:49,590 --> 00:01:47,119
things

55
00:01:50,870 --> 00:01:49,600
but basically it will do the wrong thing

56
00:01:52,950 --> 00:01:50,880
we get the

57
00:01:54,469 --> 00:01:52,960
the wrong result

58
00:01:56,389 --> 00:01:54,479
so i have a definition of nutrition is

59
00:01:57,749 --> 00:01:56,399
different than what i was taught and

60
00:01:59,670 --> 00:01:57,759
different from the

61
00:02:01,749 --> 00:01:59,680
nutrition that i taught myself

62
00:02:04,230 --> 00:02:01,759
to my students in the early years of my

63
00:02:06,230 --> 00:02:04,240

career we always tend to focus on here's

64

00:02:08,869 --> 00:02:06,240

what vitamin c does you know here's what

65

00:02:10,389 --> 00:02:08,879

vitamin e does and so forth and so on

66

00:02:12,309 --> 00:02:10,399

i think it's much better to think about

67

00:02:13,990 --> 00:02:12,319

it this way it involves integrated

68

00:02:14,630 --> 00:02:14,000

effects with countless food constituents

69

00:02:16,390 --> 00:02:14,640

and

70

00:02:17,430 --> 00:02:16,400

what number can we talk about hundreds

71

00:02:19,750 --> 00:02:17,440

of thousands of different kind of

72

00:02:21,750 --> 00:02:19,760

chemicals in food

73

00:02:23,030 --> 00:02:21,760

i don't know your guess is good as mine

74

00:02:24,229 --> 00:02:23,040

it involves infinitely complex

75

00:02:25,990 --> 00:02:24,239

mechanisms

76
00:02:27,830 --> 00:02:26,000
and nutrition when supported of course

77
00:02:29,510 --> 00:02:27,840
by exercising there's a synergy there

78
00:02:31,750 --> 00:02:29,520
that's important

79
00:02:33,589 --> 00:02:31,760
adequate hydration sunshine it's greater

80
00:02:34,630 --> 00:02:33,599
than the sum of its parts it really is a

81
00:02:36,550 --> 00:02:34,640
symphony

82
00:02:38,390 --> 00:02:36,560
going on every one of our three trillion

83
00:02:40,070 --> 00:02:38,400
cells in our body

84
00:02:41,270 --> 00:02:40,080
and the body is always trying to create

85
00:02:45,350 --> 00:02:41,280
health

86
00:02:48,470 --> 00:02:45,360
in trouble

87
00:02:49,830 --> 00:02:48,480
the body's always working to the end

88
00:02:52,150 --> 00:02:49,840

and it turns out that you know if we

89

00:02:53,509 --> 00:02:52,160

give the right buffet to the body

90

00:02:55,110 --> 00:02:53,519

at any point in time with all these

91

00:02:56,790 --> 00:02:55,120

hundreds of thousand different things

92

00:02:58,390 --> 00:02:56,800

the body can choose

93

00:03:00,949 --> 00:02:58,400

which amongst all these things will take

94

00:03:03,670 --> 00:03:00,959

in any nanosecond in time

95

00:03:06,229 --> 00:03:03,680

to send here there whatever i mean it's

96

00:03:07,589 --> 00:03:06,239

it's it's we we we have ignored what

97

00:03:09,589 --> 00:03:07,599

nature can do

98

00:03:11,589 --> 00:03:09,599

by the science we do

99

00:03:13,670 --> 00:03:11,599

and we've really gotten off track this

100

00:03:16,309 --> 00:03:13,680

kind of thing so where does nutrition

101

00:03:18,070 --> 00:03:16,319

fit in to our society

102

00:03:20,229 --> 00:03:18,080

you know there's a lot of confusion i i

103

00:03:21,589 --> 00:03:20,239

get really frustrated because i i any

104

00:03:23,030 --> 00:03:21,599

day pick up the newspaper listen to

105

00:03:24,710 --> 00:03:23,040

television something else i mean there's

106

00:03:26,550 --> 00:03:24,720

another sort of statement that comes up

107

00:03:31,430 --> 00:03:26,560

is off track it's from my from my

108

00:03:35,030 --> 00:03:33,190

it doesn't

109

00:03:36,789 --> 00:03:35,040

it just doesn't so then the question

110

00:03:39,430 --> 00:03:36,799

arises why not

111

00:03:41,110 --> 00:03:39,440

well i spent about 20 years working on

112

00:03:43,430 --> 00:03:41,120

international and national policy being

113

00:03:45,670 --> 00:03:43,440

on a variety of expert panels national

114

00:03:47,350 --> 00:03:45,680

academy and places like that and so i've

115

00:03:49,509 --> 00:03:47,360

had a chance to see the interface

116

00:03:52,630 --> 00:03:49,519

between on the one hand

117

00:03:55,030 --> 00:03:52,640

the development of public information

118

00:03:56,630 --> 00:03:55,040

derived from scientific research it's a

119

00:03:58,789 --> 00:03:56,640

bad story

120

00:04:00,630 --> 00:03:58,799

that's a bad storage big slippage

121

00:04:02,470 --> 00:04:00,640

between what in fact we can learn in

122

00:04:04,390 --> 00:04:02,480

science what we have learned besides to

123

00:04:06,630 --> 00:04:04,400

some extent and the extent to which we

124

00:04:09,670 --> 00:04:06,640

actually then mismanage all this

125

00:04:12,550 --> 00:04:11,190

as they say it's fully interested by the

126
00:04:14,789 --> 00:04:12,560
public

127
00:04:16,150 --> 00:04:14,799
research funding from the national

128
00:04:18,949 --> 00:04:16,160
institutes of health

129
00:04:20,789 --> 00:04:18,959
hardly exists let me give you a sample

130
00:04:23,110 --> 00:04:20,799
you might you might wonder i mean all my

131
00:04:25,909 --> 00:04:23,120
research was funded by an nih

132
00:04:26,710 --> 00:04:25,919
okay i got five minutes it's about right

133
00:04:28,629 --> 00:04:26,720
uh

134
00:04:31,270 --> 00:04:28,639
my my work with supporter our work was

135
00:04:34,310 --> 00:04:31,280
supported uh as i say mostly by nih over

136
00:04:36,550 --> 00:04:34,320
the years but you know nih has 27

137
00:04:38,230 --> 00:04:36,560
institutes and programs and centers

138
00:04:40,950 --> 00:04:38,240

got the heart institute cancer institute

139

00:04:42,390 --> 00:04:40,960

this and that 27 institutes

140

00:04:45,110 --> 00:04:42,400

do you know there's not one institute

141

00:04:47,590 --> 00:04:45,120

called institute of nutrition

142

00:04:49,830 --> 00:04:47,600

yet nutrition is by far and away

143

00:04:53,590 --> 00:04:49,840

the single most important intervention

144

00:04:55,510 --> 00:04:53,600

or causal agent for our disease problems

145

00:04:57,189 --> 00:04:55,520

in our entire spectrum of things they

146

00:04:58,550 --> 00:04:57,199

don't care to have one institute and

147

00:04:59,670 --> 00:04:58,560

i've been involved and actually arguing

148

00:05:02,230 --> 00:04:59,680

this point with

149

00:05:04,469 --> 00:05:02,240

nih people including the directors

150

00:05:05,670 --> 00:05:04,479

and they want to avoid the word

151
00:05:08,950 --> 00:05:05,680
you know they're changing the word

152
00:05:11,110 --> 00:05:08,960
nutrient to nutraceutical

153
00:05:13,110 --> 00:05:11,120
i think you get the message

154
00:05:15,749 --> 00:05:13,120
they want to talk about chemo prevention

155
00:05:17,510 --> 00:05:15,759
when they're talking about diet

156
00:05:19,270 --> 00:05:17,520
you find these words all otherwise photo

157
00:05:21,270 --> 00:05:19,280
you know phytochemicals

158
00:05:22,230 --> 00:05:21,280
as if the whole thing is a chemical

159
00:05:25,110 --> 00:05:22,240
sort of

160
00:05:27,590 --> 00:05:25,120
a pie or something like this i mean it's

161
00:05:28,950 --> 00:05:27,600
kind of ridiculous um

162
00:05:31,670 --> 00:05:28,960
you know two to four percent of the

163
00:05:33,430 --> 00:05:31,680

money in nci and national heart lung

164

00:05:34,950 --> 00:05:33,440

they by their admission two to four

165

00:05:36,790 --> 00:05:34,960

percent is given to nutrition-oriented

166

00:05:38,629 --> 00:05:36,800

projects

167

00:05:41,350 --> 00:05:38,639

don't care i mean that money is actually

168

00:05:42,790 --> 00:05:41,360

being spent for doing clinical trials

169

00:05:44,870 --> 00:05:42,800

randomized clinical trials and single

170

00:05:46,550 --> 00:05:44,880

nutrients that's not nutrition

171

00:05:48,629 --> 00:05:46,560

i got away with doing this stuff i guess

172

00:05:50,469 --> 00:05:48,639

we did over the years because we were

173

00:05:51,430 --> 00:05:50,479

mostly focused on trying to understand

174

00:05:53,350 --> 00:05:51,440

cancer

175

00:05:54,870 --> 00:05:53,360

you know it was just using nutrition as

176

00:05:56,390 --> 00:05:54,880

a means they say say it was a tail

177

00:05:58,469 --> 00:05:56,400

wagging the dog

178

00:06:00,150 --> 00:05:58,479

you know in a sense and so that's how it

179

00:06:01,510 --> 00:06:00,160

happened um

180

00:06:03,830 --> 00:06:01,520

you know there's not a medical school in

181

00:06:05,029 --> 00:06:03,840

this country i'm sure you know this that

182

00:06:08,870 --> 00:06:05,039

actually trained our students in

183

00:06:11,189 --> 00:06:08,880

nutrition and there's a reason why

184

00:06:12,550 --> 00:06:11,199

because medicine is highly reductionist

185

00:06:14,870 --> 00:06:12,560

focused on one thing at a time that's

186

00:06:16,950 --> 00:06:14,880

what medicine is all about

187

00:06:18,629 --> 00:06:16,960

nutrition is not that we won't own this

188

00:06:19,909 --> 00:06:18,639

we cannot understand nutrition the

189

00:06:21,510 --> 00:06:19,919

doctors don't get to understand

190

00:06:23,749 --> 00:06:21,520

nutrition when they're actually come

191

00:06:27,029 --> 00:06:23,759

from that that arena

192

00:06:29,110 --> 00:06:27,039

so doctors who are held by the public

193

00:06:30,070 --> 00:06:29,120

physicians held by the public to be the

194

00:06:31,510 --> 00:06:30,080

key

195

00:06:33,830 --> 00:06:31,520

arbitrators

196

00:06:35,029 --> 00:06:33,840

counselors so forth of what we should be

197

00:06:36,710 --> 00:06:35,039

thinking about health they're not

198

00:06:39,110 --> 00:06:36,720

trained

199

00:06:40,790 --> 00:06:39,120

yet even an nih or the 27 institute's an

200

00:06:43,830 --> 00:06:40,800

fda

201
00:06:45,990 --> 00:06:43,840
nutrition is sort of set aside ignored

202
00:06:48,469 --> 00:06:46,000
and the directors of nh have to be

203
00:06:49,670 --> 00:06:48,479
the very people who are not trained

204
00:06:50,950 --> 00:06:49,680
namely the people who graduate from

205
00:06:52,550 --> 00:06:50,960
medical schools

206
00:06:54,150 --> 00:06:52,560
so there has been a systematic

207
00:06:56,230 --> 00:06:54,160
consistent

208
00:06:58,150 --> 00:06:56,240
uh denigration of the whole concept of

209
00:06:59,830 --> 00:06:58,160
what nutrition has been about for years

210
00:07:01,830 --> 00:06:59,840
and years

211
00:07:02,710 --> 00:07:01,840
the last one there will go into that

212
00:07:04,469 --> 00:07:02,720
it's

213
00:07:08,150 --> 00:07:04,479

kind of interesting

214

00:07:11,670 --> 00:07:09,589

pardon

215

00:07:14,150 --> 00:07:11,680

the answer is government

216

00:07:16,309 --> 00:07:14,160

uh yeah but the government is only

217

00:07:18,950 --> 00:07:16,319

exporting our coalition collecting

218

00:07:20,629 --> 00:07:18,960

information from the industry

219

00:07:21,589 --> 00:07:20,639

there is not looking out for our

220

00:07:23,189 --> 00:07:21,599

interests

221

00:07:24,629 --> 00:07:23,199

you know i speak as you know one of the

222

00:07:26,790 --> 00:07:24,639

people who was involved in doing that

223

00:07:28,950 --> 00:07:26,800

kind of stuff i think so

224

00:07:33,029 --> 00:07:28,960

uh oh it didn't just cut me off my

225

00:07:34,950 --> 00:07:33,039

protection my best picture jeez

226

00:07:39,189 --> 00:07:34,960

it's a bunch of dollar bills really what

227

00:07:43,350 --> 00:07:41,029

i uh i know the conference here has had

228

00:07:44,790 --> 00:07:43,360

some interest in uh

229

00:07:46,390 --> 00:07:44,800

i guess gary

230

00:07:47,990 --> 00:07:46,400

indicated this to me some of the

231

00:07:49,430 --> 00:07:48,000

experiences i've had i've had

232

00:07:52,070 --> 00:07:49,440

unfortunately a lot of experience the

233

00:07:54,070 --> 00:07:52,080

last 10 20 15 years i guess now

234

00:07:55,670 --> 00:07:54,080

being on most people's blacklist at

235

00:07:56,869 --> 00:07:55,680

times

236

00:07:59,430 --> 00:07:56,879

even though

237

00:08:01,029 --> 00:07:59,440

our publication number in excess of 300

238

00:08:03,270 --> 00:08:01,039

and it's in the best journals and i got

239

00:08:05,270 --> 00:08:03,280

nih funding and all like that i taught a

240

00:08:06,230 --> 00:08:05,280

class at the cornell just to mention one

241

00:08:07,990 --> 00:08:06,240

thing

242

00:08:08,950 --> 00:08:08,000

i taught this class at cornell for seven

243

00:08:11,189 --> 00:08:08,960

years

244

00:08:13,189 --> 00:08:11,199

very popular well attended electric

245

00:08:14,469 --> 00:08:13,199

course a lot of pre-med students in fact

246

00:08:15,670 --> 00:08:14,479

they went off to medical school and then

247

00:08:17,430 --> 00:08:15,680

i got an invitation to go to medical

248

00:08:19,589 --> 00:08:17,440

school to talk about it too anyhow the

249

00:08:21,749 --> 00:08:19,599

class is really great

250

00:08:23,830 --> 00:08:21,759

and um

251

00:08:25,189 --> 00:08:23,840

it just got it all of a sudden a few

252

00:08:27,110 --> 00:08:25,199

years ago four or five years ago it

253

00:08:29,029 --> 00:08:27,120

disappeared from the catalog

254

00:08:30,469 --> 00:08:29,039

i didn't know why it disappeared

255

00:08:31,589 --> 00:08:30,479

i quickly went to the current community

256

00:08:33,190 --> 00:08:31,599

said what are you doing said we didn't

257

00:08:34,949 --> 00:08:33,200

do that the director did it

258

00:08:36,949 --> 00:08:34,959

don't worry about it keep on doing

259

00:08:40,550 --> 00:08:36,959

well unfortunately

260

00:08:42,230 --> 00:08:40,560

the director did it will not explain

261

00:08:44,310 --> 00:08:42,240

to me why it was taken out of the course

262

00:08:46,070 --> 00:08:44,320

catalog despite them like taking it to

263

00:08:47,269 --> 00:08:46,080

the faculty senate around they won't

264

00:08:48,870 --> 00:08:47,279

explain why it's taken out of the

265

00:08:51,110 --> 00:08:48,880

catalog

266

00:08:52,870 --> 00:08:51,120

it's that simple

267

00:08:54,470 --> 00:08:52,880

just so happens the director is the most

268

00:08:57,590 --> 00:08:54,480

influential consultant for the dairy

269

00:09:01,670 --> 00:08:59,269

and all the things i've talked about the

270

00:09:03,430 --> 00:09:01,680

dairy the product food

271

00:09:05,750 --> 00:09:03,440

the food that comes from the dairy

272

00:09:07,350 --> 00:09:05,760

industry has got to be one of the most

273

00:09:09,430 --> 00:09:07,360

problematic foods that we actually

274

00:09:12,470 --> 00:09:09,440

consume

275

00:09:14,389 --> 00:09:12,480

and we've known that for a long time

276

00:09:15,590 --> 00:09:14,399

but the industry is speaking louder than

277

00:09:17,509 --> 00:09:15,600

speaking

278

00:09:19,190 --> 00:09:17,519

and so there is resistance from this

279

00:09:21,110 --> 00:09:19,200

kind of information for all kinds of

280

00:09:22,389 --> 00:09:21,120

reasons scientific

281

00:09:24,310 --> 00:09:22,399

economic

282

00:09:26,070 --> 00:09:24,320

culturally

283

00:09:27,590 --> 00:09:26,080

and in many other ways

284

00:09:28,710 --> 00:09:27,600

to not to tell this information to the

285

00:09:31,430 --> 00:09:28,720

public

286

00:09:33,670 --> 00:09:31,440

when in fact it has the most potential

287

00:09:35,750 --> 00:09:33,680

anything i can think of in medicine

288

00:09:45,509 --> 00:09:35,760

to create health for the public

289

00:09:50,070 --> 00:09:48,230

so we have time for some questions

290

00:09:52,949 --> 00:09:50,080

one thing that we've been asked is could

291

00:09:54,550 --> 00:09:52,959

the speaker please repeat the questions

292

00:09:55,750 --> 00:09:54,560

and then answer them since we don't have

293

00:09:57,750 --> 00:09:55,760

a microphone