



1  
00:00:04,309 --> 00:00:02,540  
okay my question was just if you can

2  
00:00:06,769 --> 00:00:04,319  
come speak about your beliefs on the

3  
00:00:08,509 --> 00:00:06,779  
theory that because this soap weed over

4  
00:00:10,459 --> 00:00:08,519  
planted the soil and the soil doesn't

5  
00:00:13,669 --> 00:00:10,469  
have nutrients anymore that the fruit

6  
00:00:15,589 --> 00:00:13,679  
and the vegetables are not as healthy as

7  
00:00:17,029 --> 00:00:15,599  
they were fifty a hundred years ago and

8  
00:00:20,779 --> 00:00:17,039  
that that's why supplements are

9  
00:00:23,720 --> 00:00:20,789  
necessary sure yeah actually do some

10  
00:00:25,790 --> 00:00:23,730  
others no evidence that over the years

11  
00:00:29,060 --> 00:00:25,800  
of soul certainly has been depleted or

12  
00:00:31,009 --> 00:00:29,070  
Topsail and as a result the nutrient

13  
00:00:32,420 --> 00:00:31,019

composition of the soils are not quite

14

00:00:34,040 --> 00:00:32,430

the what they used to be because the

15

00:00:35,479 --> 00:00:34,050

microorganisms are also sort of

16

00:00:38,330 --> 00:00:35,489

banishing because of all their stuff

17

00:00:40,850 --> 00:00:38,340

uses so there is some evidence yes that

18

00:00:44,990 --> 00:00:40,860

some of this kind of something to take

19

00:00:48,950 --> 00:00:45,000

the serration but trying to estimate the

20

00:00:52,130 --> 00:00:48,960

size of that effect is hard and my own

21

00:00:53,540 --> 00:00:52,140

guess is that the big question is just

22

00:00:56,029 --> 00:00:53,550

eating the right kinds of food still

23

00:00:58,670 --> 00:00:56,039

today even though they may not quite be

24

00:01:00,709 --> 00:00:58,680

what they were once but if we use

25

00:01:03,500 --> 00:01:00,719

organic foods for example goods or the

26  
00:01:11,859 --> 00:01:03,510  
gang cells we've compensated for that

27  
00:01:15,450 --> 00:01:11,869  
loss I thank you for yes proteins

28  
00:01:20,950 --> 00:01:19,060  
vegetable protein start

29  
00:01:25,020 --> 00:01:20,960  
to me

30  
00:01:28,140 --> 00:01:25,030  
or I have a policy of animal proteins

31  
00:01:31,090 --> 00:01:28,150  
contain something that is not in

32  
00:01:33,730 --> 00:01:31,100  
vegetable proteins as a total

33  
00:01:36,700 --> 00:01:33,740  
composition of hydrolysis ever going to

34  
00:01:43,450 --> 00:01:36,710  
look at to see if there's a count pass

35  
00:01:45,460 --> 00:01:43,460  
amino acid or something else in this era

36  
00:01:47,590 --> 00:01:45,470  
took me a long time to fully oh please

37  
00:01:49,510 --> 00:01:47,600  
repeat oh the question is about animal

38  
00:01:51,280 --> 00:01:49,520

protein and distinction between animal

39

00:01:53,200 --> 00:01:51,290

type proteins is there something in

40

00:01:54,880 --> 00:01:53,210

animal proteins that sort of gives that

41

00:01:58,870 --> 00:01:54,890

the property I've described as opposed

42

00:02:02,680 --> 00:01:58,880

to plant proteins I think after a

43

00:02:05,020 --> 00:02:02,690

hydrologic well they're hydrolyzed

44

00:02:09,190 --> 00:02:05,030

naturally portion to amino acids as you

45

00:02:11,020 --> 00:02:09,200

know and so they cut the the composition

46

00:02:13,240 --> 00:02:11,030

the amino acid composition will profile

47

00:02:14,979 --> 00:02:13,250

I guess our plant proteins animal

48

00:02:17,620 --> 00:02:14,989

proteins are distinctly different and

49

00:02:19,270 --> 00:02:17,630

their proteins are so like ours we

50

00:02:21,220 --> 00:02:19,280

consume animal proteins we got the whole

51  
00:02:25,560 --> 00:02:21,230  
flower of things to be used almost

52  
00:02:28,720 --> 00:02:25,570  
immediately so we get a big big punch

53  
00:02:31,180 --> 00:02:28,730  
immediately to put it in general terms

54  
00:02:32,920 --> 00:02:31,190  
but but the the difference between these

55  
00:02:34,319 --> 00:02:32,930  
two kinds of proteins really is in

56  
00:02:36,610 --> 00:02:34,329  
reference to the amino acid content

57  
00:02:39,190 --> 00:02:36,620  
which is not really disturbed by how

58  
00:02:41,680 --> 00:02:39,200  
Muslim ization or pasteurization like

59  
00:02:44,020 --> 00:02:41,690  
some want to believe it's not disturbed

60  
00:02:45,220 --> 00:02:44,030  
that much and it's just so if this is an

61  
00:02:47,620 --> 00:02:45,230  
amino acid question because when you

62  
00:02:50,470 --> 00:02:47,630  
took the lead protein deficient lysine

63  
00:02:53,440 --> 00:02:50,480

or the soy protein deficient another

64

00:02:57,069 --> 00:02:53,450

cell from united we restore that we

65

00:02:59,050 --> 00:02:57,079

convert into an animal like effect so it

66

00:03:01,660 --> 00:02:59,060

really is a meal acid composition effect

67

00:03:07,309 --> 00:03:01,670

but there's more to that than junk

68

00:03:07,319 --> 00:03:18,000

they always follow super

69

00:03:26,800 --> 00:03:25,000

what about the school first off

70

00:03:28,270 --> 00:03:26,810

estimates from the you know when you

71

00:03:30,550 --> 00:03:28,280

look at Eskimos you have to get

72

00:03:33,130 --> 00:03:30,560

desperate data that are convincing and

73

00:03:35,559 --> 00:03:33,140

validated and so forth they quite like

74

00:03:36,970 --> 00:03:35,569

they don't live long enough to get the

75

00:03:39,339 --> 00:03:36,980

kind of diseases that's one of the

76

00:03:41,080 --> 00:03:39,349

problems that we're basically talking to

77

00:03:45,089 --> 00:03:41,090

her all that much their number one cause

78

00:03:47,920 --> 00:03:45,099

of dresses trauma his trauma and the

79

00:03:49,420 --> 00:03:47,930

Messiah in Africa have been another

80

00:03:52,000 --> 00:03:49,430

group to sort of been discussed that way

81

00:03:54,610 --> 00:03:52,010

and I had for graduating the first

82

00:03:56,259 --> 00:03:54,620

Maasai person to ever come to the west

83

00:03:57,850 --> 00:03:56,269

to study so I sent it back a little

84

00:03:59,530 --> 00:03:57,860

money to get some more information on

85

00:04:02,110 --> 00:03:59,540

them aside because always been said that

86

00:04:04,330 --> 00:04:02,120

in the site eaten blood meat milk you

87

00:04:06,430 --> 00:04:04,340

know did he get heart disease right well

88

00:04:07,690 --> 00:04:06,440

it's not quite true they're still

89

00:04:08,800 --> 00:04:07,700

consuming a lot of roots and tubers and

90

00:04:10,600 --> 00:04:08,810

stuff like that especially in the

91

00:04:12,900 --> 00:04:10,610

offseason number one and number two the

92

00:04:16,090 --> 00:04:12,910

man who gets quoted the most Jewish man

93

00:04:17,800 --> 00:04:16,100

his name is the man gets quoted most of

94

00:04:19,449 --> 00:04:17,810

saying that don't have heart disease he

95

00:04:22,810 --> 00:04:19,459

went back in his own studies published

96

00:04:25,000 --> 00:04:22,820

in 1972 to say that absolutely any

97

00:04:27,700 --> 00:04:25,010

leaders that were prominent and notice

98

00:04:31,810 --> 00:04:27,710

men that were examined through autopsy

99

00:04:33,310 --> 00:04:31,820

so I don't I mean there may be some

100

00:04:35,440 --> 00:04:33,320

slight advantage these indigenous groups

101  
00:04:49,820 --> 00:04:35,450  
reading that but no really big

102  
00:04:56,159 --> 00:04:53,010  
yeah again everyone hear that what about

103  
00:04:58,110 --> 00:04:56,169  
fish that animal protein yeah if you

104  
00:04:59,879 --> 00:04:58,120  
test this protein compared to some other

105  
00:05:02,189 --> 00:04:59,889  
animal proteins that was done by my

106  
00:05:05,159 --> 00:05:02,199  
friend Kentrell in terms of the ability

107  
00:05:07,050 --> 00:05:05,169  
to elevate cholesterol levels and career

108  
00:05:10,230 --> 00:05:07,060  
atherogenesis and things like that fish

109  
00:05:12,899 --> 00:05:10,240  
protein is another animal protein it

110  
00:05:14,490 --> 00:05:12,909  
really is but you know then again you

111  
00:05:17,219 --> 00:05:14,500  
have to go to the larger question of

112  
00:05:19,439 --> 00:05:17,229  
asking you know the whole food you know

113  
00:05:21,330 --> 00:05:19,449

and there maybe I've said this sometimes

114

00:05:23,369 --> 00:05:21,340

I've got to back off of it but I've said

115

00:05:26,369 --> 00:05:23,379

maybe fish you know is a bit of an

116

00:05:30,089 --> 00:05:26,379

outlier a bit because of this content of

117

00:05:33,749 --> 00:05:30,099

the omega-3 fats and now we have a big

118

00:05:36,480 --> 00:05:33,759

review out of 59 studies omega-3 fats

119

00:05:38,399 --> 00:05:36,490

really don't do what they said to do one

120

00:05:40,619 --> 00:05:38,409

but that's the new supplement form so i

121

00:05:43,580 --> 00:05:40,629

don't know we got other provinces I mean

122

00:05:52,019 --> 00:05:43,590

I have an occasional fish dinner myself

123

00:05:53,670 --> 00:05:52,029

right or wrong I special or know what

124

00:05:55,890 --> 00:05:53,680

you said about the physicians not

125

00:05:59,369 --> 00:05:55,900

getting much training and nutritional

126

00:06:01,379 --> 00:05:59,379

and that those subjects is very true it

127

00:06:03,240 --> 00:06:01,389

when I was in medical school it was

128

00:06:05,579 --> 00:06:03,250

barely touched on in fact we probably

129

00:06:07,050 --> 00:06:05,589

got more training and helped in high

130

00:06:08,939 --> 00:06:07,060

school in our high school health class

131

00:06:11,129 --> 00:06:08,949

than in medical school and the same is

132

00:06:12,839 --> 00:06:11,139

true for some of my colleagues at Johns

133

00:06:13,540 --> 00:06:12,849

Hopkins but what I wanted to ask you is

134

00:06:17,040 --> 00:06:13,550

it can you

135

00:06:20,950 --> 00:06:17,050

many researchers are writings that

136

00:06:24,460 --> 00:06:20,960

describe the specific whole foods that

137

00:06:27,370 --> 00:06:24,470

do have a positive effect on health more

138

00:06:29,830 --> 00:06:27,380

so than others will say and also foods

139

00:06:32,080 --> 00:06:29,840

that have specific effects on specific

140

00:06:34,840 --> 00:06:32,090

diseases or conditions because obviously

141

00:06:37,420 --> 00:06:34,850

you know not all health foods not all

142

00:06:39,040 --> 00:06:37,430

whole foods would be healthy for anyone

143

00:06:41,710 --> 00:06:39,050

you know obviously there are poisonous

144

00:06:43,360 --> 00:06:41,720

plants and that type of thing and there

145

00:06:45,490 --> 00:06:43,370

would be contraindications for certain

146

00:06:47,710 --> 00:06:45,500

medical diseases but there are there any

147

00:06:52,390 --> 00:06:47,720

books or our researchers you could

148

00:06:53,890 --> 00:06:52,400

recommend that please repeat okay so the

149

00:06:57,120 --> 00:06:53,900

question is there any books that I can

150

00:07:00,280 --> 00:06:57,130

recommend describe it let's say the

151  
00:07:02,350 --> 00:07:00,290  
properties of individual whole foods you

152  
00:07:08,280 --> 00:07:02,360  
know for particular kinds of outcomes I

153  
00:07:11,320 --> 00:07:08,290  
guess right Pete to treat specific

154  
00:07:15,130 --> 00:07:11,330  
conditions that that would does or what

155  
00:07:16,960 --> 00:07:15,140  
is it it's hard I mean that they have

156  
00:07:18,490 --> 00:07:16,970  
been booked more or less written of this

157  
00:07:21,370 --> 00:07:18,500  
kind of thing but to pretty much focus

158  
00:07:22,990 --> 00:07:21,380  
on the nutrient contents you know it

159  
00:07:24,700 --> 00:07:23,000  
this food is good because it got better

160  
00:07:26,740 --> 00:07:24,710  
character that food is it I mean that's

161  
00:07:28,690 --> 00:07:26,750  
the kind of thing I've done and drawing

162  
00:07:30,460 --> 00:07:28,700  
on research let's focus on the

163  
00:07:33,730 --> 00:07:30,470

individual interest tested independently

164

00:07:35,980 --> 00:07:33,740

you see so I can't recommend a lot of

165

00:07:37,720 --> 00:07:35,990

these books of these papers because

166

00:07:46,360 --> 00:07:37,730

they're starting from that point of view

167

00:07:50,950 --> 00:07:46,370

I cuz I'm very interested in this where

168

00:08:01,310 --> 00:07:57,980

just like you have let me also suggest

169

00:08:02,960 --> 00:08:01,320

though that going to the level of

170

00:08:06,050 --> 00:08:02,970

looking at about the differences

171

00:08:08,510 --> 00:08:06,060

properties of individual foods is a

172

00:08:10,820 --> 00:08:08,520

little bit risky because the big

173

00:08:13,189 --> 00:08:10,830

question is whole pine Bay stories s

174

00:08:14,750 --> 00:08:13,199

warehouses and then you get over here

175

00:08:16,189 --> 00:08:14,760

and so there might be some differences

176

00:08:17,420 --> 00:08:16,199

we know there are differences embarrass

177

00:08:19,189 --> 00:08:17,430

the sudden your sponsor you have to be

178

00:08:22,250 --> 00:08:19,199

concerned about what kind of response

179

00:08:24,860 --> 00:08:22,260

you chose to look at so you know where

180

00:08:26,300 --> 00:08:24,870

as you get a certain ranking for let's

181

00:08:28,460 --> 00:08:26,310

say cholesterol levels you might get a

182

00:08:29,690 --> 00:08:28,470

slightly different ranking for something

183

00:08:33,709 --> 00:08:29,700

else I mean you see that kind of thing

184

00:08:36,790 --> 00:08:33,719

all the time the big differences whole

185

00:08:39,769 --> 00:08:36,800

foods versus animal foods on one hand or

186

00:08:43,519 --> 00:08:39,779

fragmented plant parts you know if he

187

00:08:45,470 --> 00:08:43,529

took sugar and fiber and the good old

188

00:08:49,550 --> 00:08:45,480

light of plants all said to be good

189

00:08:55,580 --> 00:08:49,560

right put it together you got a Danish