

## Improving Human Nutrition by applying Designed Concepts

lecture summary  
from  
**Jamaica Nurse Practitioner Conference**  
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presented  
by  
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## Scientific findings conflicting with Design

<b>Hypertension</b> caused by increased salt intake	-Salt Taste Buds -Salt increases Renal output ( <i>excretion</i> )
<b>Diabetes</b> caused by increased sugar intake i.e. fructose	-Sugar Taste Buds -Sugar increases Serotonin ( <i>anti-depressant</i> )
<b>Obesity</b> caused by increased fat and caloric intake	- Calories slow Ageing -Fat increases Endorphins ( <i>euphoric feeling</i> )

## Lifestyle Diseases Treatment Failures

### 1) High failure rate in Obesity Treatment

Only 5% patients lose greater than 20 pounds weight after 2 years of treatment.

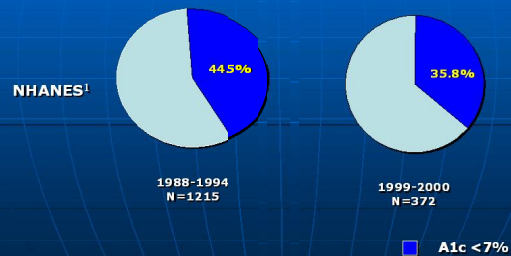
### 2) Human Life Span reduction

Human Lifespan about to decrease for the first time in the past 1000 years.

### 3) Poor long term outcome of Diabetics.

This is shown clearly by NHANES review of Diabetic's glycemic control over the period 1990 – 2000, despite major research spending and new drugs interventions. (see next slide)

## The PARADOX of Control: About Two-thirds of Patients are not Achieving Glycemic Control in USA



## Poor Health Statistics of Inflammatory and Malignant Diseases

- **Arthritis**
  - Currently in US - 20.7 million.
  - Year 2020 - 60 million projected.
- **Cancer** (death rate)
  - 1950 – 150 per 100,000 population
  - 2005 – 250 per 100,000 population
  - Cost in US – 107 Billion Dollars/year
- **Asthma**
  - 1950 - < 1% population (Pre-industrialized food production)
  - 2005 - > 8% population (Post-industrialized food production)

## Fundamental Approach

- **The Human** is a designed organism
- **The Designer** is highly intelligent and has applied fundamental logics to the human design to maximize survivability
- **Human Food** is designed by the designer to maximize primary factors for survivability
  - Defense
  - Repair
  - Efficiency

## Summation of Human Design

- **Multi-Component**
  - Designed with three (3) organisms in a symbiotic relationship to maximize defence.
- **Multi-Cyclic**
  - Designed with multiple rhythms to separate the different roles for maximizing repair.
- **Multi-Complex**
  - Designed with different systems to maximize efficiency.

## Multi-Component

- **Three separate groups of cells**
  - Human Body
  - Small Intestinal Bacterial Colony
  - Large Intestinal Bacterial Colony
- **Function as a Symbiotic Organism**
  - Work synergistically
  - Compliment each other
  - Communicating at the cellular level
  - Primary role is to improve Human defense system

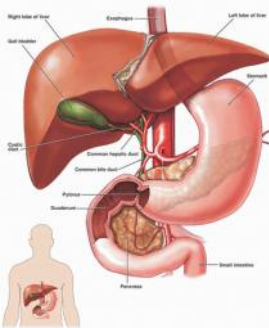
## Human Body

- **Dominant Organism**
  - Provide food and shelter for other organisms
- **Highly efficient multi-system organism**
  - Consists of Trillions of cells
  - Cells specialized and organized in systems
  - Cells have pre-determined functions
- **Compromised Immune System**
  - Limited access to genetic material
  - Require flexibility of other organisms to maximize immune/defense response.

## Small Intestine Colony

- **Consists of Billions of cells**
  - Cells maintain individuality and flexibility
- **Rapidly fermenting bacterial colony**
  - Primarily lactic acid bacteria e.g. Lactobaccillus
  - Acidify environment rapidly to prevent other bacterial colonization e.g. prevent amine formation from proteins
- **Produces many non-specialized factors for growth and function of other organisms**
  - Major source for B vitamins and other vitamins
  - Manipulated by Liver secretions (Bile)
  - Augment Immune response (Quantitative)
  - Dysfunction leads to Allergic conditions.

### Liver communicating with bacteria through bile



### Liver

Manufacturing site for numerous body substances

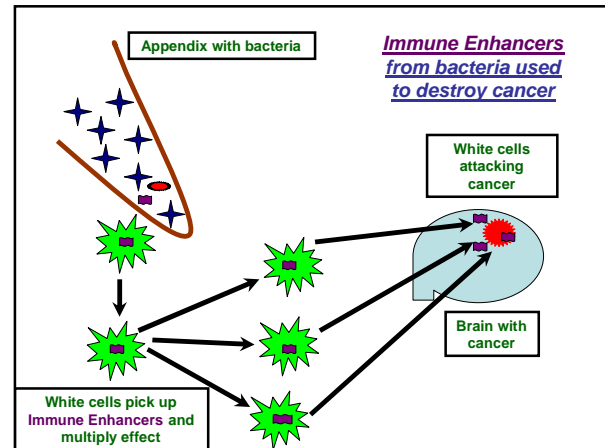
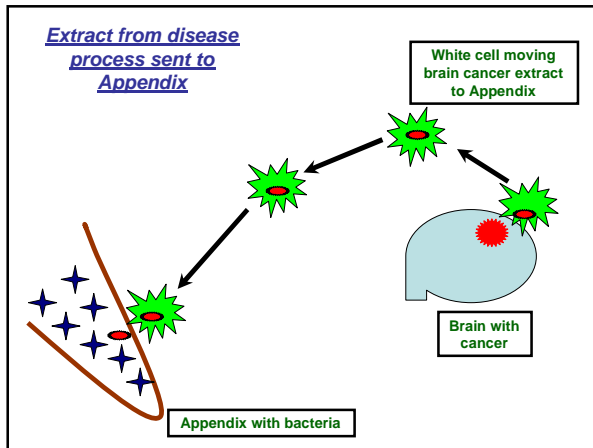
Bacteria supply requirements for manufacturing process

Liver changes bile content to manipulate bacterial production

e.g. Citrulline increases folate synthesis

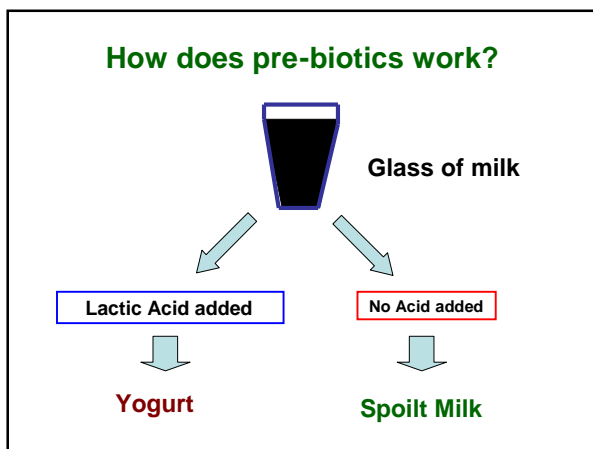
## Large Intestinal Colony

- **Consists of 100s of Trillions of cells**
  - Largest cellular colony
  - Cells maintain individuality and flexibility
- **Mixed Bacterial Colony**
  - Primary organism Bifidobacteria
  - Environment more conducive to a variety of species
- **Produce many specialized factors for growth and function**
  - High production of Plasmids
  - Manipulated primarily through Appendix
  - Specializes Immune Response (Qualitative)
  - Dysfunction leads to Auto-immune disorders



- ## Food Requirements
- **Must meet the demands for all components**
    - Growth factors for all organisms
    - Include digestible and non-digestible foods
  - **Must be safe for all components**
    - If one organism affected then all will be affected
    - Natural foods are designed with preservative (**juices**) and anti-preservative (**pulp**) or **Pre-biotic** ingredients
  - **Commercial food has increased preservative level**
    - Additional anti-preservatives must be added to commercial food for safe consumption

- ## Immuno-gizer Formulations
- **Anti-Preservative ( pre-biotics)**
    - Basic pre-biotic formulation in all products
    - Includes a wide array of anti-preservatives
      - Fast and slow acting pre-biotics
  - **Addition of FOS ( fructo-oligosaccharides)**
    - Soluble non-digestible fiber
    - High growth factor for colon bacterial colony
    - Emphasized in **Immuno-gizer Puri-tab**
  - **Added bacterial growth factors**
    - Example - trace minerals



- ## Multi-Cyclic
- **Allows for maximization of opposing functions for increased Repairing**
    - Destruction versus Construction
    - Storage versus Spending
    - Evaluation versus Working
  - **Example of cycles**
    - Circadian Cycle or Rhythm - **Daily**
    - Circaseptan Cycle or Rhythm - **Weekly**
    - Menstrual Cycle or Rhythm - **Monthly**

## Circadian Rhythm

- **Cortisol**
  - High 8:00 a.m. / Low 8:00 p.m.
  - Destructive or Catabolic Hormone
  - Inhibited by a.m. carbohydrate diet or Insulin
  - Increases salt retention (**anti-naturetic / Hypertensive**)
- **Leptin**
  - High 2:00 a.m. / Low 8:00 a.m.
  - Anabolic to Protein and Catabolic to Fat
  - Activated by a.m. carbohydrate diet or Insulin
  - Decreases salt retention (**naturetic / Anti-hypertensive**)
- **Insulin**
  - Not controlled by Circadian Rhythm. Diet Induced.
  - Regulate other Circadian Homonal Activity
  - Constructive or Anabolic Hormone

## Circaseptan Rhythm

- **Cortisol**
  - Surge in cortisol level every seven days
  - Initiate major destructive process
  - Not observed normally except in some **Aboriginal Tribes**
  - Seen after transplant surgery
  - Encouraged by fasting
- **Leptin**
  - Surges after refeeding following a fasting period
  - Initiate major constructive process

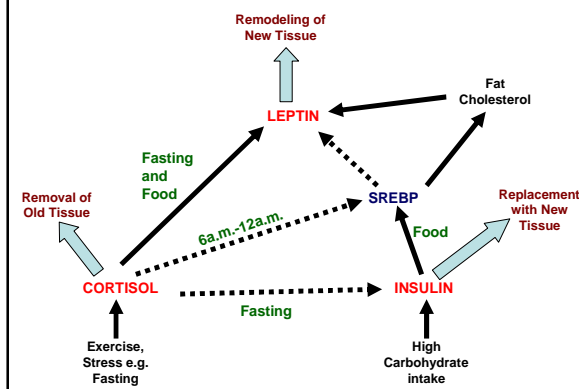
## Menstrual Rhythm

- **Estrogen**
  - High in the first 14 days
  - Increases fat storage
  - **Pregnancy** – increase maintained up to 3<sup>rd</sup> Trimester
- **Progesterone**
  - High in last 14 days
  - Increases fat utilization
  - **Pregnancy** – increased in 3<sup>rd</sup> Trimester

## Dietary Practice

- **Circadian Rhythm**
  - High carbohydrate Intake a.m. to prevent destruction
  - High protein intake in the p.m. to increase construction
- **Circaseptan Rhythm**
  - Fasting same morning each week to allow for major destructive process (**The Sabbatical Diet**)
  - Allow for maximizing **Basal Metabolic Rate** (over 75% of energy output) – critical for weight management
- **Pregnancy**
  - Natural activation of **Pica Phenomena**
  - Ensure qualitative and quantitative requirements

## Tri-Hormonal Restoration System



## Multi-Complex

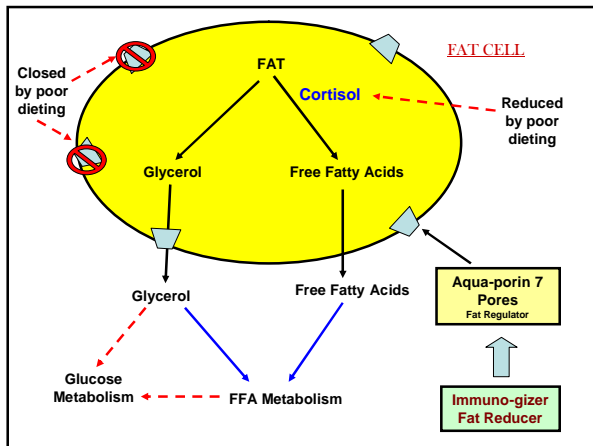
- **Specialized System to maximize function**
  - Multiple systems with specialized function to maximize efficiency
- **Potential Defect**
  - Environmental factors may result in damage or diseases e.g. infection, stress
- **Additional Role of Food**
  - Supplementation Factors
  - Complementary Factors
  - Modulation Factors

## Immuno-gizer Formulations

- **Supplemental Factors**
  - Brain Maxi-mizer : **Amino Acids** - Neurotransmitters
  - Plus : **Glucosamine** - Joint Components
  - Puri-Tabs : **Slow Acting Pre-biotics** – Colon activity
  - Light & Plus : **Fast Acting Pre-biotics** – Small Intestine activity
- **Complementary Factors**
  - Light : **Vitamin C** - Immuno-active Product
  - Stem Cell : **Microbial Glycoproteins** – Stem Cell Activators
- **Modulation Factors**
  - Premium :
    - **Resveratrol** - Vasoactive Factor
    - **Chalcones/Cinnamon** - Insulin Sensitivity Factor
    - **Phytosterol** - Anti-oxidants
  - **Fat Reducer** : **Anti-oxidants** - Aquaporin 7 Activators

## Obesity Management

- **The Sabbatical Diet**
  - Maxi-mizes **Basal Metabolic Rate**
- **Immuno-gizer Fat Reducer**
  - Increases **accessability to Body Fat**
  - **Double dose given at night to maxi-mize Leptin activity**
- **Supplement that increase Cortisol activity complements process**
  - **A.M. Omega products** – Prevent Fat Production
  - **Licorice during Fast** – Increase circulating Cortisol



## Diabetes Management

- **The Sabbatical Diet**
  - **Most important factor**
  - Allows for improved health and reversal of disease
- **Drugs** – (improve sugar control)
  - **A.M Drugs - Increase Insulin-Decrease Glucagon**
    - Januvia 50mg; Sulphonylurea, Secretagogues, Insulin
  - **P.M. Drugs - Increase Glucagon-Decrease Insulin**
    - Metformin 500mg, Glitazones e.g Actos 15mg
- **Immuno-gizer**
  - **Obese or Underweight Diabetics** – Fat Reducer
  - **Normal Weight Diabetics** - Premium

## Hypertension Management

- **The Sabbatical Diet**
  - Allows for repair of wear and tear of blood vessels
  - High intake in the morning prevents negative effect of salt
    - Reduces effect of salt retention caused by Cortisol
    - Increases effect of salt excretion caused by Leptin
- **Drugs**
  - Necessary to control blood pressure and allow time for healing
- **Immuno-gizer Premium**
  - Contains **Resveratrol** which causes vasodilation

## Combination Therapy

- **Multiple Conditions**
  - Combine appropriate products
    - Stress and Arthritis – Brain Maxi-mizer with Plus
- **Chronic Neurological Diseases** e.g. Alzheimer Parkinson Disease, Multiple Sclerosis etc.
  - Chronic condition with acute implications
    - Stem Cell with Brain Maxi-mizer
- **Type 1 Diabetes Mellitus**
  - Damaged tissue with metabolic implications
    - Stem Cell with Fat Reducer or Premium