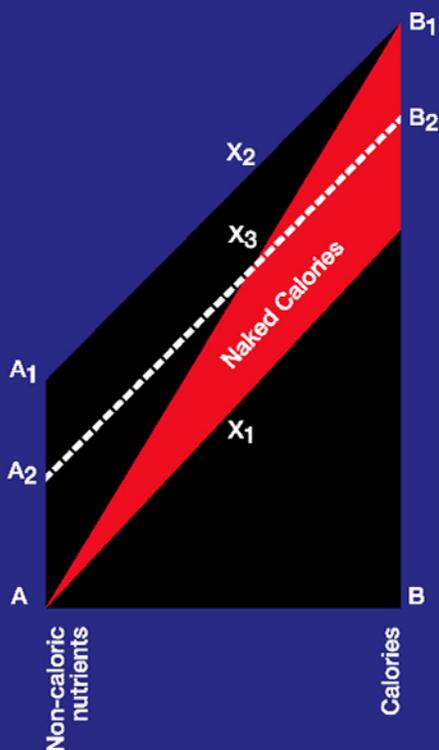


A Nutritional Approach to a Revised Model for Medicine



Is Modern
Medicine
Helping
You?

Derrick Lonsdale M.D.

A Nutritional Approach to a Revised Model for Medicine

Is Modern Medicine Helping You?

A Nutritional Approach to a Revised Model for Medicine

Is Modern Medicine Helping You?

by

Derrick Lonsdale M.D.



Strategic Book Publishing and Rights Co.

Copyright © 2013 Derrick Lonsdale M.D.. All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage retrieval system, without the permission, in writing, of the publisher.

Strategic Book Publishing and Rights Co.
12620 FM 1960, Suite A4-507
Houston TX 77065
www.sbpri.com

ISBN: 978-1-62516-912-9

DEDICATION

To my late wife, Adele

The late James P. Frackelton M.D. Partner and friend who
taught me much in the practice of Alternative Medicine.

CONTENTS

Preface.....	ix
Introduction.....	xi
Chapter 1: Cultural Decline	1
Chapter 2: A Thumbnail Sketch of the History of Medicine.....	12
Chapter 3: We Have Two Brains.....	33
Chapter 4: The Fundamental Role of Energy	54
Chapter 5: A Revised Medical Model.....	68
Chapter 6: How Does the New Model Fit the Practice of Medicine?.....	93
Chapter 7: Opportunist Organisms	114
Chapter 8: Clinical Examples	133

I have a rich experience of patients who have been helped by the art of nutritional therapy. The body is a self-healing “machine” and we can see natural healing aided by these relatively simple methods. Some of the clinical examples, told in every day language, are illustrative. I never use the word “cure,” and I tell my patients that I do not “treat disease.” I treat the person who has the disease with nutrients in an effort to boost the natural defensive and self-healing mechanisms that we all possess.

PREFACE

Alternative Medicine

The theme of the book is that high calorie malnutrition is a modern scourge that can be compared to the then unknown danger of lead poisoning experienced by the Roman civilization. Historical evidence has been collected and published to claim that the ancient Roman civilization was destroyed at least partly because of this factor. From many years of observation and clinical practice, I have become aware of how high calorie malnutrition affects our ability to adapt to our environment. It produces subtle changes in the biochemical mechanisms that govern our emotional and physical adaptive responses. Like the Romans, we are blithely unaware that the essentially hedonistic attraction to sweet tasting foods and beverages undermine these functions. It makes us react to environmental stresses in an abnormal way, thus making us appear to be more primitive in our behavior. I, like other physicians who have changed to the field of alternative medicine, have very good evidence that the present medical model is wrong. The main error is the divorce of the brain from the body and a refusal to recognize the teaching of Hippocrates who said, "Let food be your medicine and medicine be your food." Getting patients to understand the concept that the brain and body work together is extremely difficult and time consuming. Even after spending a long time with an individual patient, I find that the concept is barely understood and much is quickly forgotten. In this book, I try to give the details in every-day language so that people can use the model to help themselves. By pointing out the fact that the limbic system of the brain is a

computer, it is possible to fit every alternative medical technique into the picture and provide an explanation for why each of them works. It is not a book that tells the reader exactly what to do, but gives choices and an explanation of how each method can be expected to work within this model.

High calorie malnutrition is an extremely widespread scourge that is affecting literally millions of Americans. The associated changes in behavior have consequently become so common that they are regarded as being normal. Like the Romans, our total unawareness makes us blind to these effects. Anyone who tries to point them out is a “whistle blower” and history recognizes the difficulty of such an endeavor. In an attempt to compare this with the fate of the ancient Romans the first chapter goes into some of the history of their lead poisoning.

The essential idea expressed is that most, if not all, disease is the result of loss of cellular energy from poor diet in much the same way that a car engine loses power if its fuel is different from that which fits its design.

Over time, the erosion in function begins to decline and begins in the brain, the organ most demanding of oxidative metabolism and energy consumption. High calorie malnutrition can be compared with a choked engine in a car, resulting in poor engine performance, and unburned hydrocarbons being discharged from the exhaust.

INTRODUCTION

Chapter 1 reveals the seeds of cultural decline although there were a number of factors in the decline and fall of the Roman Empire, there is a good case for lead poisoning as an important cause. This is compared with the state of “high calorie malnutrition” of today, which may be a similar long term threat to our present civilization. Although lead poisoning was recognized by a few individuals, they were ignored. The fall of the Roman civilization serves as a useful template upon which the mechanisms of inevitable decline can be discussed. Winston Churchill is an excellent example of a modern “whistle blower.” The vast majority of people within any culture have no idea that it is occurring until it goes into decline.

Chapter 2 provides a thumbnail sketch of the history of medicine. The ancient Chinese civilization gave us *yin and yang* as the center of the universe. This is examined for its potential meaning in relation to functions of the body and maintenance of health. Discussion centers on the profound nature of this concept as it applies to “balance” and what that means in our adaptive mechanisms of survival. A brief consideration is given to Hippocrates and the fact that his teaching has been ignored, in spite of his fame. Passing over the medieval period, where surprisingly little progress was made, the origins of the present medical model are discussed. The discovery of microorganisms and the history of our attempts to destroy them as a treatment for the diseases that they cause became the spearhead of research. The idea of “killing the enemy” as the major cause of virtually

any disease became the paradigm. Even our techniques for immunization are aimed at boosting the defenses against a specific attacking agent, rather than attempting to increase the efficiency of the immune defenses as a whole through proper nutrition and lifestyle. This “aggressive” model is compared with the paradigm shift in thinking which is spawning the new era of *Alternative Medicine*.

This “new” model accepts the powerful relations of the body and mind in electrochemical terms rather than dismissing “psychosomatic” as an explanation for a patient’s “subconscious” self deception. Present attempts at preventive medicine are incomplete and the power of good nutrition has been almost totally ignored in mainstream medicine, although that is beginning to change. An overview of this history is important in understanding the way in which modern medicine has evolved, what is wrong with a large part of the model that it uses, and why extensive revision is necessary. A new model is proposed to explain the loss of health which constitutes disease.

Chapter 3 shows that the brain contains a computer and spells out the most important part of the Universal Model for explaining both health and disease. It depends upon our understanding of the limbic system brain as a computer and its constant dialogue with the more sophisticated cognitive or conscious brain. This communication depends upon a chemical “language” by which the computer communicates with the body that it controls and the cognitive brain that acts as an “advisor.” An acceptance of some form of evolution, and a realization that all animal brains have been built on the same basic plan, is necessary.

Chapter 4 describes the role of energy metabolism that can be used to explain the present pandemic of “emotional disease” within a biological framework and shows how the breakdown of the dialogue introduces an idea to explain the phenomenon of “madness, murder and mayhem.” The limbic system is the

primitive individual within us all. It controls and presides over all our “animal” functions. Maturation from infancy, through childhood to adult status becomes much easier to understand and we can begin to see why and how development takes place in each one of us and how understanding energy metabolism is so vital.

Chapter 5 discusses how the present classification of disease is erroneous and describes a proposed revision for a medical model. The mechanisms of many different disease conditions can be explained within the proposed model by correlation with defective energy metabolism in the limbic system. It hinges upon the orchestration of all physical and emotional reactions by the computer. Thus, a whole host of conditions that are presently seen as “physical” can be seen in relation to the “mental” state. We can also begin to see why the present era of medical specialization can easily confuse the real issue. This chapter reasons that disease is manifested by loss of efficiency in energy metabolism, affecting our ability to adapt appropriately to environmental change. The biochemist who can ascertain and define the “biochemical lesion” is the health specialist of the immediate future. This chapter places great emphasis on the fact that it is the de-energized computer that is responsible for what is traditionally thought of as psychosomatic disease. Hence, the pandemic of attention deficit, hyperactivity and other similar diagnostic clichés are caused by high calorie malnutrition in literally millions of our children. Following the mainstream traditional model, these children are unfortunately treated with drugs such as Ritalin and it is a reflection of its use to note that the country actually ran out of this drug a few years ago, sending many parents into a state of panic. Some physicians are not aware of the extent of the problem and, in general, our contemporary society has, until recently, accepted that our nutritional standards are acceptable. We should now be aware that the old adage that “we are what we eat” must be replaced by “we behave

according to what we eat.” There is now some evidence from animal studies that obesity can be connected with inflammatory disease by stimulating a genetically determined mechanism in the hypothalamus (part of the brain). This mechanism remains inactive until a high calorie diet is provided when its activity induces either obesity, inflammation, or both together.

In chapter 6 it becomes relatively easy to see why and how acupuncture, homeopathy, mind/body disciplines, and nutrition fit into the model. They cannot work without consideration being given to the ever-present dialogue between the “two brains” and the body. Some discussion of the validity of energy medicine techniques is provided within this model. It can be seen how medicine inevitably fits into the latest research in physics and mathematics and must, ultimately, become part of the modern search for the Universal Theory of Matter that eluded Einstein. The presently accepted medical model is a “Newtonian” one, since it deals with structural changes in body organs: hence the term “organic disease,” considered generally to be the only cause of “real” disease. The model proposed here is “Einsteinian,” dealing with the synthesis, storage and utilization of cellular energy.

In the conventional model, functional changes in the relations between the brain and the body are considered to be “psychosomatic” and treatable by “talk therapy,” the basis of psychiatry, or the use of drugs. The “new” model is based upon biochemistry and electricity as they affect cellular metabolism and the exchange of information within the body as a whole. Hence, Alternative Medicine techniques involve the use of nutrition, prescription of therapeutic nutrients rather than synthetic pharmaceuticals, and all the variety of methods used to improve intercellular communication. The normal equipment of adaptive ability is improved by stimulating and balancing the biochemistry throughout the body. The limbic brain is regarded as the “conductor” of an “orchestra” where the body organs are

seen as the “instruments.” The “symphony of health” is brought about by the constant communication between the brain and the body. The most important need is for an adequate supply of energy for every cell involved in the constant interplay.

In chapter 7 the problem of microorganisms that are known as “opportunistic” is discussed. In the present era we are constantly being introduced to “new” microorganisms, resulting in infections that we never heard of before. They are really not new at all and have always been present, “waiting in the wings” for the host to become weakened so that their chance of winning is increased. We have seen how the human body defends itself from its natural microscopic predators. The effectiveness of these organisms in causing disease is a sure sign of our increasingly vulnerable state, rather than an increase in their virulence. Attack by anaerobic (oxygen hating) organisms is a good example of the phenomenon and is well understood. These organisms thrive in tissues deprived of oxygen because they can manufacture their required energy without it: Oxygen kills them. Certain organisms that occur in the human bowel as “friends” can become “enemies” when the normal balance between these organisms is damaged. This balance is another expression of yin and yang. An example is provided by discussion of bacteria that are capable of destroying thiamin (Vitamin B1) and causing disease by depriving the host of this vitamin. A better known example is that of *Candida* (yeast) which is still not accepted by mainstream medicine as a common problem. An illustration of this is given by describing a relatively rare condition known as mucocutaneous candidiasis. This can be used to illustrate the validity of the proposed disease model.

In chapter 8 some patient problems are outlined to illustrate how the proposed model works in a clinical setting. Some vivid accounts of patients illustrate how and why the author was forced to abandon much of the conventional teaching of the day about

the causation and the treatment of disease. In each example, it can be seen that the “new” model indicates that the participation of the brain in all disease mechanisms must be taken into consideration. As the “computer” reacts to input, the messages that are automatically distributed represent both “mental” and “physical” adaptation. This continues twenty-four hours a day, whether we are conscious or not, as in sleep. As outlined in a previous chapter, the computer is really a conductor of an orchestra. The instruments are the organs within the body and the adaptive mechanisms that follow represent the “symphony” of health. Automatic reflexes, initiated in the brain computer, govern much more of our behavior than we are consciously aware. If these reflexes are released too easily, without the “advice and consent” of the cognitive brain, the behavior may become more primitive because the primitive nature of man resides in these reflexes. Sexual drive and hunger for food are examples of the most powerful forces that govern our survival reflexes. If they are initiated too easily because of lack of “self control” we become more like cavemen who did not have the restraints of civilization. The mechanism of self control depends upon an adequate dialogue between the two brains described in the foregoing chapters. Finally, I wish to emphasize that these mechanisms are dependent upon normal chemistry in the brain cells.

AIMS AND SCOPE

Why was this book written?

The book is written because of my professional experiences. I was a pediatrician at Cleveland Clinic in Cleveland, Ohio, for 20 years. This is a famous clinic known worldwide. My specialty was dealing with inborn errors of metabolism, conditions that depend completely on a knowledge of biochemistry. Preventive nutrition is the only possible treatment. I was also a consultant in all pediatric conditions and I became aware that large numbers of children were becoming “emotionally” disturbed, not because of bad parenting but because of “junk” food diets that have become the accepted norm in the U.S. Several important cases of both physical and emotional illnesses turned out to be treated successfully by my rapidly expanding knowledge of vitamin therapy and its role in running the basic machinery of the body and brain (1-3).

1. Lonsdale, D; Shamberger, R J. Red cell transketolase as an indicator of nutritional deficiency. *Am J Clin Nutr* 1980;33:205-211
2. Lonsdale, D. *A Nutritionist’s Guide to the Clinical Use of Vitamin B1* Tacoma WA Life Sciences Press; 1987
3. Lonsdale, D. *Why I Left Orthodox Medicine: Healing for the 21st Century* Charlottesville VA, Hampton Roads Publishing Company, Inc. 1994.

Why is the book needed?

It is needed because it contains a very important message. We behave according to what we eat. The ingestion of high calorie, artificial foods and beverages, particularly those that are being consumed as “drugs” in the form of “sweets,” causes inefficient metabolism, particularly in the brain because of its high metabolic rate. Thus, this form of marginal malnutrition results in increasing reflex activity in the lower brain, the part of the brain that controls our instinctive and primitive drives, while weakening the suppressive and inhibitory mechanisms of the conscious, higher brain. It is roughly the same effect as produced by alcohol. This is especially true for children whose metabolism is extremely rapid. Nutrients have to supply the needs for growth and development and this form of malnutrition is a major cause of the epidemic of attention deficit and many similar syndromes that have affected millions of children in various degrees of brain dysfunction.

My long experience of treating sick people with nutrients is similar to the experience of other physicians who have written books about vitamin and mineral therapy. My book, however, attempts to explain the mechanism and how and why this has become a national scourge that threatens the long-term survival of the culture.

What will it cover?

It will cover lead poisoning as an important causative factor in the ultimate destruction of the ancient Roman civilization, using it as an example and comparing its insidious nature with the results obtained from the modern era involving high calorie malnutrition. It will then emphasize the influence of the ancient Chinese civilization in giving us the philosophy of yin and yang and how that introduces the concept of balancing factors in body/brain function. Going on from there it will cover the

process by which the field of nutrient based medical treatment has developed because of a growing realization of what is wrong with the present medical model.

How much breadth and depth is there and what is special about the style and approach?

This is an approach that is different from the many books that deal with a “do-it-yourself” description of the use of various nutrients that can be purchased from health food stores. It describes why these are beneficial and the mechanisms involved in helping the healing process. Emphasis is placed upon the need for a new medical model to explain both health and disease

What is special about the author?

I have 64 years of practicing medicine. I was educated in England and graduated from London University with the degree, M.B. B.S. in 1948. After graduation, I became a family doctor in Britain and emigrated to the U.S. in 1960 when I became a pediatric, Board Certified specialist at Cleveland Clinic until 1982. I then went into private practice, specializing in nutrient-based treatment derived from my clinical research experiences.

For some years I was an advisor to the Board of Trustees of the American College for Advancement in Medicine (ACAM) and edited its medical journal, *Clinical Practice in Alternative Medicine*, published by Innovision Communications Inc. The combination of clinical practice and research has given me a unique knowledge about the reasons for how and why alternative medical practice needs to be integrated into mainstream medicine. It is certainly a rapidly growing trend in America.

CHAPTER 1

THE SEEDS OF CULTURAL DECLINE

Each species in the animal kingdom has evolved by adapting to its environment. We consider ourselves to be the most sophisticated species and our evolutionary adaptation has been inevitably linked to our ability to use tools and to think. It has led to a great deal of artificiality in protecting us from the harsh reality of existence. Consequently our history has involved many structured societies. Each has risen to a zenith of achievement and then declined. Hancock made a convincing case that a very advanced culture was in existence thousands of years ago and was destroyed by a cataclysmic event of gargantuan proportions (Hancock, *G. Finger-prints of the Gods*, New York, Crown Publishers, Inc). He suggests that “it had to begin all over again and that the renewal was guided by a few survivors of the destructive natural event.”

Cultures have appeared and disappeared like weather systems. Historians, archeologists, and anthropologists are sometimes at a loss to explain why an organized society disappeared. The decline which we see in our own civilization is fairly obvious. Within a given culture, how many members of it possess the ability to perceive the mechanism of its inevitable decline? Even if there are such individuals, do they really have any effect on the outcome?

The civilization of ancient Rome has often been compared with the present day and this chapter seeks to use one aspect of their decline in comparing it with one aspect of our own.

Hedonism was, of course, a well known part of the decline, but there is circumstantial evidence that at least part of the decay within the Roman Empire was related to chronic lead poisoning. An article was published in the *Journal of Occupational Medicine*, entitled "Lead poisoning and the Fall of Rome" by S.C Gilfillan. There was a gradual disappearance of science after the second century and a retreat from almost all that had spelled "the glory that was Greece and the grandeur that was Rome." He offered a completely new explanation for the Roman decay, derived from studies of toxicology, vital statistics, archeology, bones, recipes, and lead-lined pots from brewing poisons "considered delicious by the ancient well-to-do because of their sweet taste induced by the presence of lead." Although recognizing many other factors, lead poisoning was an important component in the decline.

The symptoms of lead poisoning, still a potent industrial disease, are unfamiliar to most. Continued daily intake in an amount greater than 1 mg may be dangerous, only 1/28,300 of an ounce. Chronic constipation and colic, conspicuous symptoms, were recorded by the Romans. Other symptoms include headache, insomnia, blindness, and mental disturbances extending to insanity. "Crazy as a painter" was a common phrase not long ago when lead based paint was used. Gilfillan emphasized loss of fertility in men and women who suffered sterility, miscarriage, stillbirth, or premature labor. Children born to such women are apt to die shortly after birth. Children are particularly susceptible, the result being permanent physical or mental damage. Lead poisoning is still a widespread problem in American children. Mercury has a similar action in damaging brain metabolism.

Well-to-do Romans had lead paints and the favorite color of their rich walls was Pompeian red, produced by minium, a salt of either lead or mercury, the latter also being a common poison today. Perhaps the major part of Gilfillan's argument was derived from many studies that lead poisoning of the wives and mistresses of upper-class Romans occurred chiefly through

their diet, after the introduction of Greek cooking around 150 B.C. and the relaxation of the rule against wives drinking wine. The most significant sources of lead were wine, grape syrup, and preserved fruit. The Roman free poor and slaves had much less lead in their diet, because these dietary pleasures did not exist for them to such a degree. Gilfillan noted that it was the rich Romans who were made childless, leaving the inheritance of the culture to the less capable who were unable to pick up the responsibilities of government. In comparison, it is now known that Vitamin B1 deficiency, induced by an excess of sugar, can cause a decrease in the sperm count. Infertility is common today.

Why were the ancient rich so reckless as to drink lead compounds daily? Nicander, in the second century B.C. had described poisoning in lead workers and their physicians knew about it, but the only reference to its occurrence in foodstuffs was made by Vitruvius in a treatise written in the first century. It was certainly not a well known danger, in spite of the fact that 2,100,000 tons of lead were produced in 300 years in the silver mines of Laurion, the fountain of prosperity in Athens. In these mines, 300 ounces of lead were produced for every ounce of silver. To illustrate its almost profligate usage, a salvaged Greek wine ship of about 150 B.C. had 200 tons of cast lead sheathing tacked onto it.

Lead was cheap, easy to smelt and they put it into their wine in as many as fourteen different ways. It poisoned the microorganisms that cause fermentation and souring, but they did not know that they were sterilizing themselves. Of hedonistic significance, lead gives a slightly sweetish taste, thus contributing to the drunken orgies that became so common.

A picture in an old issue of the *National Geographic* magazine showed an ancient smelter in action. The smoke contained a large amount of lead. In Greenland's ice, French geologists have found lead levels that were derived from fires in ancient Europe between 500 B.C and 300 A.D. enough lead was precipitated in the Arctic snow to equal fifteen percent of the lead deposited

there by burning leaded gasoline from 1930 to 1990. In their heyday, the smelters produced 90,000 tons of lead ingots a year. John P. Oleson of the University of Victoria agreed that Romans ingested enormous quantities of lead in their food and drink. They flavored food with boiled-down grape juice that derived much of its sweetness from leaden cooking pots.

Few contemporary individuals knew what was happening, or if they did, they were helpless to do anything about it. If there was someone who was sufficiently knowledgeable, could see the impending disaster, and had the strength and the courage to become a “whistle-blower,” what would have been his fate? It is probable that such a person would have had no attention paid to him. Only history can look back and see what happened and why. We seem to be collectively powerless to control our destiny.

Oswald Spengler wrote, “The decline of the West, which at first sight may appear like the corresponding decline of the Classical Culture, we now perceive to be a philosophical problem that, when comprehended in all its gravity includes within itself every great question of Being.” He noted that Napoleon has hardly ever been discussed without a side-glance at Caesar and Alexander. Mankind is rightly reckoned as one of the organisms of the earth’s surface, its physical structure, its natural functions, all belong to a more comprehensive unity. He added that there is no analogous case of one culture making a passionate cult of the memory of another. He also said that it “remains now to sketch the last stages of western science. The gently sloping route of decline in our own age is clearly visible. Through money, democracy becomes its own destroyer; after money has destroyed intellect. In no other civilization has the will-to-power manifested itself in so inexorable a form as this of ours.”

Galileo said that nature is written in mathematical language and every culture, every springtime, every rise and fall, has its determined phases which invariably recur with the emphasis of

a symbol, Every being of any import, from intrinsic necessity, recapitulates the phases of the culture to which it belongs.

Robert L. Heilbroner, in *An Inquiry into the Human Prospect* in 1974 provided some bleak statistics. World population at that time was about 3.6 billion, of which 1.1 billion resided in North America, Europe, Japan, Oceania, and the former Soviet Union. This population was expected to become stable within two generations, but will still increase by thirty to forty percent. On the other hand, Southeast Asia will double in thirty years, Africa in twenty-seven years, Latin America in twenty-four years and the underdeveloped nations will eventually have to support forty billion. Even in 1967 the report of the President's Science Advisory Panel on World Food Supply stated that malnutrition in the underdeveloped nations was estimated to affect sixty percent of the population. Increases in rural population, leading to redundant manpower and unemployment, gives rise to a flood of desperate people into the cesspools of the cities.

Heilbroner noted that "while men can generally acquiesce in, even relish, the destruction of their living contemporaries, when they can regard with indifference or irritation the fate of those who live in slums, rot in prison, or starve in lands that have no meaning only insofar as they are vacation resorts, why should they be expected to take the painful actions needed to prevent the destruction of future generations whose faces they will never live to see." He also said that "contemporary, industrial man, his appetite for the present whetted by the values of a high-consumption society and his attitude toward the future influenced by the prevailing canons of self-concern, has but a limited motivation to form a collective bond of identity with future generations. It is the absence of such a bond with the future that casts doubt on the ability of nation-states or socioeconomic orders to take now the measures needed to mitigate the problems of the future."

Richard Falk, in *This Endangered Planet*, written in 1971, said that the 1970s would be the politics of despair, the 1980s

of desperation, the 1990s of catastrophe and the 21st century the era of annihilation. “The enormous quantities of unusable waste produced for each ton of metal created by the industrial countries are more easily disposed of in a blueprint than in a field.” Robert Ayres and Allen Kneese, in *Extended Industrial Revolution and Climate Change* in 1971 noted that the emission of energy was estimated at 1/15,000 of the absorbed solar flux. If the existing rate of growth continued, this energy would reach 100% of the solar flux absorption in 250 years. This would raise the temperature of the earth about fifty degrees C, and render it unsuitable for human habitation. Today, the warnings are multiple and come from many different sources. The application of history is invariably ignored.

In April 1997 the *National Geographic* published a warning. Minnesota schoolchildren, on a field trip in 1995, found that half the frogs that they caught were deformed. Extra legs or missing legs or eyes “have now been found everywhere that frogs are common in our state” according to Robert McKinnell of the University of Minnesota. Nearby states have reported the same phenomenon. Nobody knows the cause but we can surely guess that it is the influence of our reckless outpouring of chemicals.

We have become increasingly deaf to the multiple warnings to which we are repeatedly exposed. The *National Geographic Magazine* publishes such warnings regularly and a recent issue was devoted completely to the evidence for global warming, an effect that is still believed by many to be unrelated to man. Huge increases in world population, disappearance of the rain forest, industrial waste, chemical pollution of the atmosphere, the “greenhouse effect,” and many other facets of our failure in stewardship of the earth are common knowledge.

Our Adaptation Depends on Perception

We only “know” that everything in our world exists because of sensory perception. We hear, touch, smell, and see, all functions

of the brain. We naturally assume that this represents reality. It is something that has intrigued scientists and philosophers for centuries. One of the best known was the 17th century thinker Descartes, who said, “Because I think, I am.”

All animal brains are built on the same basic principle, starting with the lower and oldest part. Built up, layer by layer through evolution, each species has developed a brain that is most suited to its habitat.

As more complexity was added, so have the functions become more diverse. Where in the evolution of species does the phenomenon of conscious awareness begin? We possess consciousness and are capable of appreciating abstract phenomena such as beauty. We understand the basic facts of life and death. We perceive and assess the world in which we live. We do not know how much consciousness exists in other species.

Functionally we really have two brains, the lower and more primitive limbic system and the upper cognitive. Sanity, and the normal behavior that goes with it, is brought about by a dialogue between them. The newborn infant has both parts, but it is only the lower one that is in operation at birth. When the dialogue between the upper and lower brains begins to emerge, as hardwiring continues, there is gradually more sophistication. This is called maturation, summed up by the phrase, “when I was a child I behaved as a child, but when I became a man, I put away childish things.”

The child is more primitive, guided much more by the lower brain. Maturation is a process of development leading to brain completion. Sanity represents a full dialogue between the two brains. This allows for all shades of communication between them and enables us to understand that vandalism and otherwise incomprehensible behavior is based upon the loss of “advice and consent” that must constitute an important monitoring function of the upper brain over the lower. I shall return to this theme in more detail later, but I want to introduce this concept early

because it is the foundation of the model that I am attempting to describe.

We cannot turn the clock back, even if we wanted to. An experiment was performed in England some years ago when a group of people had the idea that civilization was artificial. They set about living exactly as cave men appeared to have lived, using no modern methods at all. They had to give up. Our adaptive mechanisms have been eroded in the wake of our artificiality. Thus, civilization is our ultimate enemy against our biology.

I always marvel when I see a horse out in a field casually eating grass and manifestly comfortable when the evening is closing down in the winter. We could not do it! We would freeze to death. Then why does the horse not freeze to death? The answer is that there has been no advent of an artificial means to protect the animal from its natural environment. It has evolved within that environment and, if it had not done so, it would have perished as a species.

Agriculture developed as a convenience. It was easier to grow food in the backyard than to look for it in the forest. It has been a search for convenience ever since until the present when we drive a two ton machine to the super-market to buy food that is packaged and processed. It is for our convenience and to save the time that is otherwise required in food gathering and preparation. This goes along with the fact that our society is becoming ever more stressful as it accelerates and attempts to do things faster and faster. There is no time left “to smell the roses,” that old cliché. The only question that might be asked in view of this is, “What do we do with the time that is saved?”

We often try to claim that modern medicine is responsible for the increased life span that our statistics reveal. Unfortunately, the statistics do not take into consideration the number of people who are languishing in nursing homes, sometimes for years before they become a death statistic. It was not modern medicine that conquered tuberculosis. It was due to better hygiene, housing, and more adequate nutrition. It should be noted; however,

that tuberculosis is returning to the modern scene because of a weakening of our defensive resources, our immunity. It is a foreseeable condition in those afflicted by AIDS, for example.

Our health statistics bear out the facts. Like Gilfillan, who added the factor of lead poisoning to the complexities of the decline in Rome, the mental health of our contemporary society is in jeopardy, and that it is a powerful vector force in our predictable decline. We have about thirty million women affected by the condition known as Premenstrual Syndrome (PMS). Up to about six percent of the population is known to have mitral valve prolapse, a condition which is related to functional changes in the autonomic nervous system. It is reported that five percent of grade school children are receiving Ritalin for behavioral pathology which can usually be easily erased by simply correcting their appalling nutrition. Indeed, those statistics may be an underestimate, for we became aware that the country “ran out” of Ritalin a few years ago and caused panic among the parents whose children are maintained in a state of relative equilibrium by the use of this drug.

Physical disease cannot be separated from brain function. All mental disease is just as physical as body disease is mental. We have, however, concluded that functional changes in the brain affecting the body are “psychosomatic.” It is the chemistry of brain that decides what kind of messages go from it to the adaptive functions of the body. Well-balanced and normal chemistry gives rise to normal adaptive changes in the brain and body in response to environmental changes. Abnormal chemistry gives rise to maladaptive mental and body functions. It is the dialogue between the lower brain and the body, and between the lower and upper brain that decides how we adapt to environmental influences. Modern disease was referred to by Hans Selye as “The diseases of adaptation.” I believe that an even better term would be, “The diseases of maladaptation.

For every patient whose health is restored by redirecting lifestyle and diet in particular, there are millions who require the

same advice. It is an extraordinarily difficult task to get a person to understand what he or she must do in order to restore health which has been declining steadily, sometimes for years. Even if a person has a genuine desire to make the lifestyle changes required, there may not be sufficient acceptance to grasp the extent of the change. It is never easy to persuade a person that health is a personal affair and that we cause our own diseases by the way we approach life. Smoking is the worst habit to eradicate even though the patient invariably knows that it is a major cause of ill health. Who could not know in this day and age? But does it make any difference to the individual? Sometimes, by truly heroic measures and strength of will, smoking cessation is achieved, but it can be worse than alcohol in its addictive action.

The word “doctor” comes from the Latin *doceo*, “I teach.” The original meaning of the English word, therefore, was “a teacher.” It is only in recent times that the word has been used to indicate a healer. The doctor does not heal anyone. It is the body that heals itself and the doctor must teach the patient how to retrieve his or her own health and that is what the *New Medicine* is all about. We believe that our modern medical technology has created the most advanced “state-of-the-art” ever known. In fact, it is this reasoning that has led to such a vast increase in medical expenses. If technology is good, then more is better. Though I am not denying the benefits that have accrued from this development, it certainly has its “flip” side. Sometimes, unfortunately, we see disease being virtually “invented” by false interpretation of technology. The fear of “missing something” related to the symptoms described by the patient, adds tremendously to the overuse of this technology, thus increasing the costs of medicine profoundly. Technology is a two-edged sword and can be detrimental if it is used without discretion. Our preoccupation with gadgets is a modern whim that goes right through our society. In other ways, technology has damaging effects to our biology.

A Nutritional Approach to a Revised Model for Medicine

The so-called “couch potato”/ television syndrome has three disadvantages. One is that it acts as a substitute for imagination and the thought processes that have enabled us to progress in the evolutionary experiment. The second is that it substitutes for the necessary physical exercise that is a vital part of our biologic health. And the third is that it seems to be associated with junk food ingestion. It is often the in-between-meal eating that does the damage, not the three main meals routine. It is very hard indeed to get people to be aware of this and how it works against them. The relationship of diet and health will be made clearer in a later chapter. Suffice it to say that high calorie malnutrition is the modern equivalent of lead poisoning as it affected the Romans.

It is the marketplace that decides the ultimate issue. If the public demands changes in the food industry and in the aggressively dangerous dice-playing of the pharmaceutical industry, we may yet be able to retrieve our collective mental and physical health. But there has to be a major change in our attitude.

Buy the B&N ePub version at:-

<http://www.barnesandnoble.com/w/a-nutritional-approach-to-a-revised-model-for-medicine-derrick-lonsdale-md/1114966142?ean=2940016558707>

Buy the Kindle version at:-

<http://www.amazon.com/Nutritional-Approach-Revised-Medicine-e-book/dp/B00CXECDI8/>