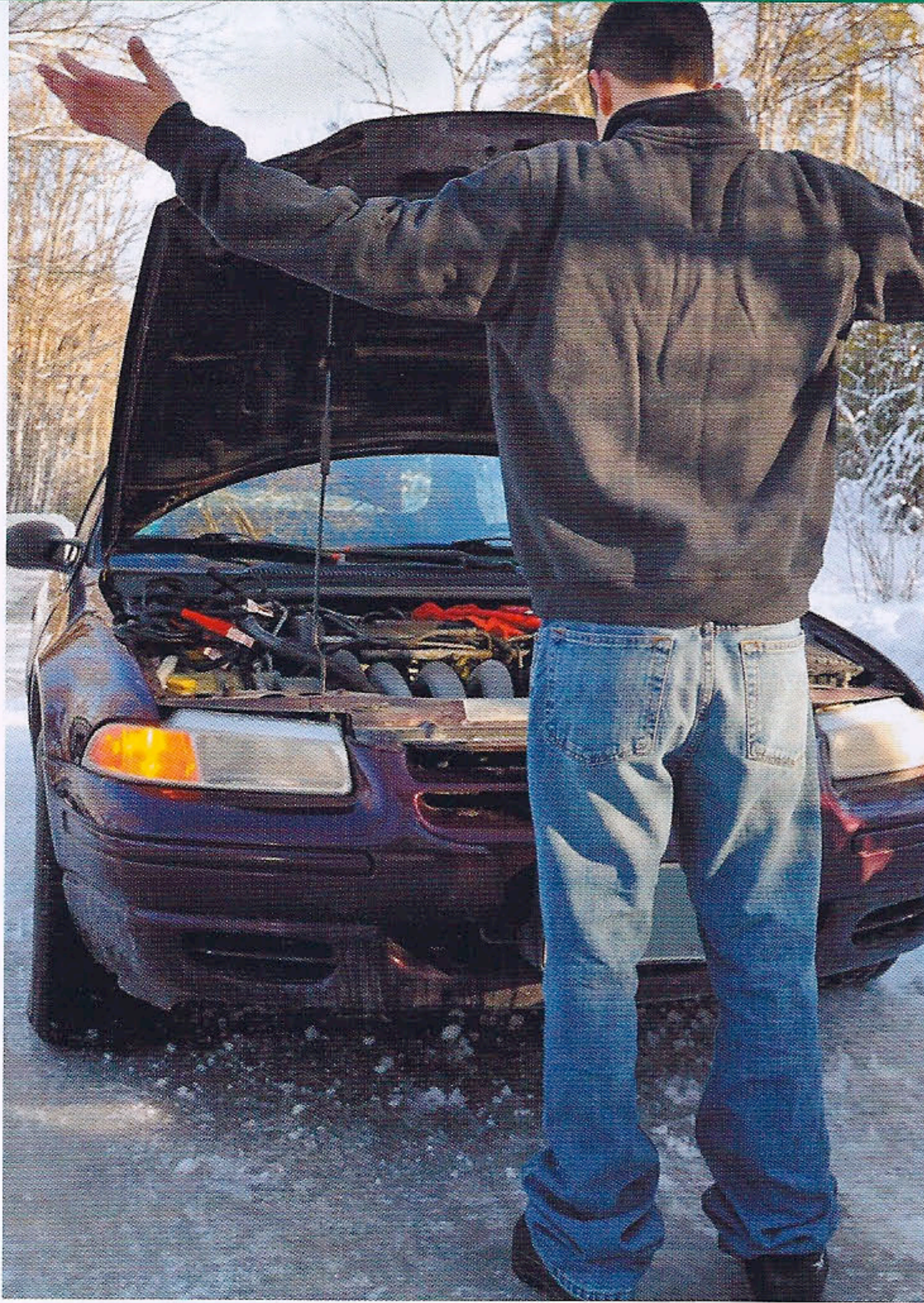


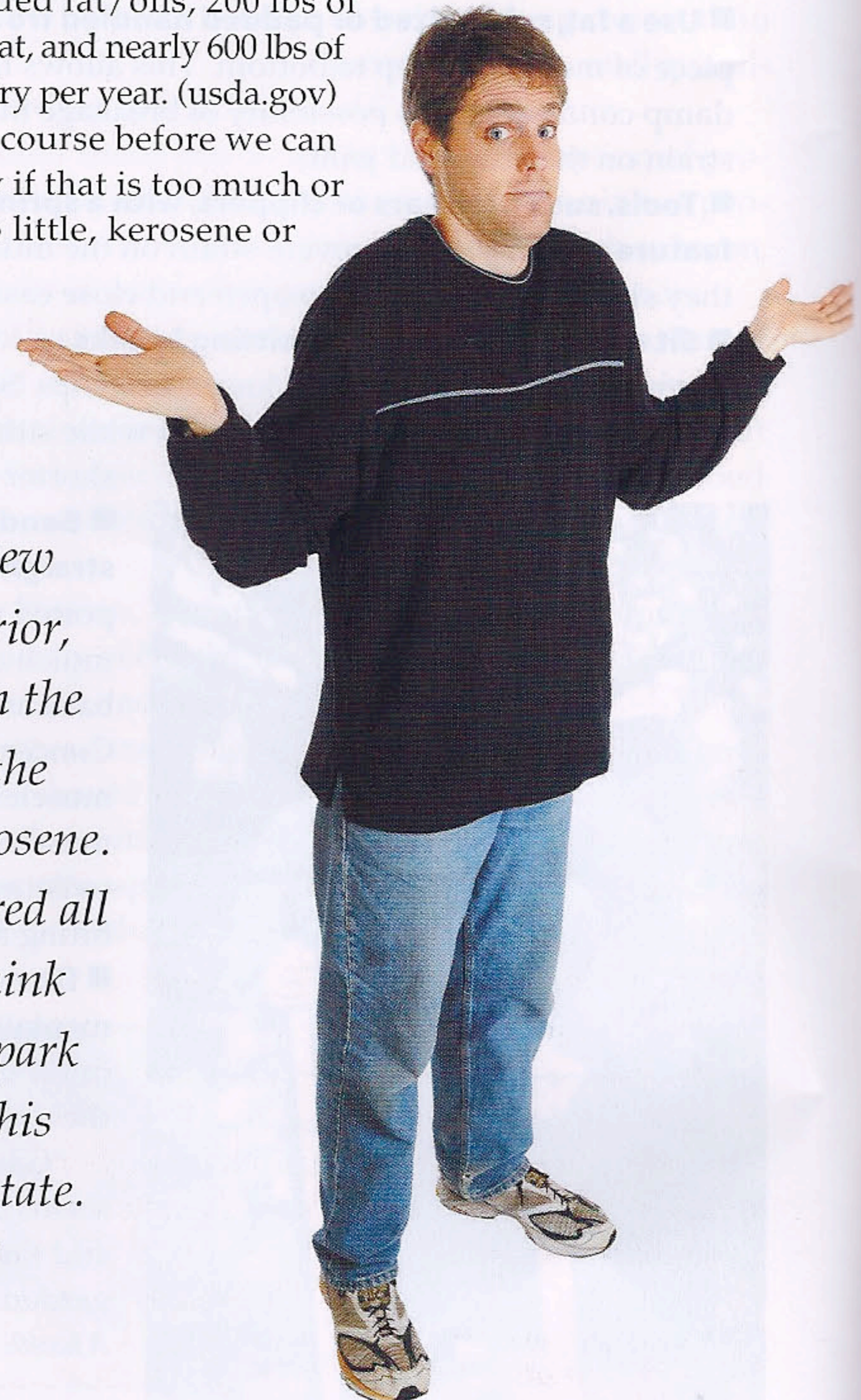
FILLING YOUR TANK FOR HEALTH



Your first impulse may be to say, "Of course not." No one would be foolish enough to use kerosene when we know cars run on "unleaded fuel." You may guffaw and say further, "No one would take such excellent care of the outside looks of their car and not put the right fuel inside." Are you sure?

Joe-America

How many people do you know who act like Joe but with a far more precious possession — their bodies? We all know people who fill their bodies with king-sized servings of fast food, refined flours and sugars, nicotine and alcohol and then spend thousands of dollars on facial creams, skin waxes, hair perms and tummy tucks. Do you know anyone like that? Then you know a "Joe." Unfortunately Joe is not alone. It is estimated that the average *Joe-American* eats more than 150 lbs of added sugar, 5.5 lbs of salt, 75 lbs of added fat/oils, 200 lbs of meat, and nearly 600 lbs of dairy per year. (usda.gov) Of course before we can say if that is too much or too little, kerosene or



Kerosene or Unleaded?

Let me tell you a story about Joe. Joe bought a brand new car from the local lot. He spent hours waxing the exterior, vacuuming the interior, putting leather conditioner on the seats and protectant on the dashboard. Joe never read the manual and every week he filled the fuel tank with kerosene. You see, kerosene was cheaper in his town and he figured all fuels were pretty much the same. Well, what do you think happened? Pretty soon his carburetor choked up, his spark plugs clogged, the seals burned out, and then one day his car overheated and stopped on the side of a busy interstate. There he sat stranded, wondering what had happened! Do you know anyone like Joe?

unleaded, we have to ask a foundational question. What is the average human “car” meant to run on?

The Science

To answer this we could explore basic anatomy and describe how humans have grinding molar teeth, weak stomach acid and long intestines reminiscent of herbivores. We could go back to biochemistry to review the human deficiency of urate oxidase or the excess prostanoid production following arachidonic acid rich meals. We could describe extensive epidemiologic studies showing how plant-based diets result in decreased morbidity (disease) and a longer lifespan in human populations. We could even review how people who eat plant-based diets cost the healthcare system less on average. But let’s choose an even simpler line of reasoning.

Humans are primates. Our physiology and anatomy resemble that of monkeys and gorillas. Not a perfect match, but close. If our inner workings are similar, perhaps we are intended to consume the same form of nourishment. What do our “brother monkeys” eat? Fruits, leaves, branches and an occasional cricket here and there. Do these wild primates have the obesity, hypertension, hyperlipidemia, heart attacks, strokes, diabetes and cancers which are the major diseases afflicting our nation? No; but when they are fed the Standard American Diet (SAD) in laboratories they develop the same list of maladies in short order. Is it possible that the SAD is in fact “kerosene” in our unleaded fuel bodies? Is it possible that the modern American diet is unsuited for our physiology to such an extent that its consumption compromises our health on innumerable levels? I believe so.

Are you a “Joe?”

Many of my patients are *Joes*. One day they find themselves lying in a hospital bed, IV in place, cardiac monitor beeping away, friends sending flowers; and they wonder, “How did this happen? Why am I suddenly stranded on the side of the highway of life?” My answer for most of them, “There is no magic or mystery here; you have been pouring kerosene into an unleaded fuel car.” As one action begets another, here you are, carburetors clogged up, fuel filter failing, seals melted. For some, their “cars” are too far gone, but for the majority, an engine flush and the right fuel can get them back on the highway of life.

Next time someone offers you a bacon burger or belittles your plate of greens and papaya, bring it back to basics. You’re at the gas station and the man behind the counter is saying, “What’s it gonna be Joe, unleaded or kerosene?”



Spinach and Blueberry Smoothie

Some days it’s hard to find the time to give a salad all the chewing it deserves. In order to get my greens on the go I occasionally start the morning or end the day with one of these dark green nutrition-packed smoothies. Give it a try and be creative!

In a blender combine the following:

- 1 - 2 big handfuls of spinach
- 10 - 15 fresh or frozen blueberries
- 1/2 - 1 apple cut in cubes
- 1/2 - 3/4 cup of cold apple or grape juice

Add sufficient juice for a light smoothie consistency.

Drink whenever a mouthful bursting with flavor is desired!



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