



Bobbi Misiti, FMCHC
Yoga & Health Coaching
717.443.1119 befityoga.com

TOPIC OF THE MONTH **September 2015**

WHAT WE GOT WRONG . . .

This is the second month of a two month / two part topic. If reading this month's information gets you down, go back and read last month's information on how easy and mostly free good health is.

Over the last 40-50 years there has been a drastic decline in the health of the general population of the states. When you understand how the body works and the importance of our connection to nature and natural foods it becomes very clear, we have gotten a lot wrong about how our bodies work -- and not just minor facts but major errors with food and medicine specifically, among many other details about how our organs operate and what they need, our gut and digestion, our hormones, our brain, and our genes. The medical books need re-written.

Here are some major compelling facts that can change your health drastically for the better.

Our Microbiome

Topping the list of what we are doing wrong is the damage we are doing to the probiotic bugs that reside in our body -- primarily in our gut, but also on our skin, and in our mouth.

Our bodies are one with the bugs, probiotic bugs make up over 80% of who we are outnumbering our human cells. These passengers do a lot of good in our bodies, they help us digest foods and give us back the nutrients for use, they combat flus, viruses, diseases, and cancer, they keep us happy and play an important part in our mood, and they help us detoxify, and they help us not be fat!

The problem is we are killing off our helpful gut bugs at an alarming rate leaving many Americans sick, fat, and depressed. These wonderful little bugs come to us from the earth and from fermented foods. We need them in our bodies; our current farming methods kill not only bees and butterflies and lightning bugs, but also our gut bugs; with the use of herbicides and pesticides, the worst enemy being glyphosate in round up weed killer. Chlorinated water kills them, antibiotics kill them.

The scary thing is just like vitamins certain probiotic bugs do certain jobs in our bodies, if we continue to kill our little bugs they will become extinct and the certain diseases that these bugs heal us from we will no longer be able to treat (modern medicine has already failed at treating these diseases, just look around).

The solutions are simple but not easy here is a start:

Farming methods need to be organic, with more small local farmers growing foods for their communities. We can still have some tropical foods and out of season foods from time to time but our mainstay foods need to be produced closer to home with more sustainable methods that do not harm our earth and our good bugs.

We need to stop the heavy usage of antibiotics — especially for our feed animals. For humans we can use probiotics to treat most infections and diseases reserving anti biotic use for rare instances of real danger. Alexander Fleming, the person credited with discovering penicillin, later in his life had



declared that probiotics were more effective than antibiotics and that antibiotic use could lead to antibiotic resistance problems. Nobody listened to him as everyone was too excited about penicillins.

We need clean drinking water from springs and clean underground sources that are not treated with chlorine or chloramine (a mixture of chlorine and ammonia that is toxic to fish, animals and humans). For this to be possible I guess we first have to clean up our environment

What you can do now:

- ॐ Eat fermented foods with every meal (a small condiment size of foods such as: sauerkraut, kimchi, olives from an olive bar, kombucha, pickles, vinegar, Raw cheese, yogurt (grass fed, full fat, plain, raw, local if possible), cottage cheese, sour cream, mustard kefir, etc.),
- ॐ Find a spring of clean water (FindASpring.com).
- ॐ Know your farmer **and pay more for your good foods** :).
- ॐ Don't go to allopathic doctors who prescribe antibiotics.

Fat and Cholesterol

As we demonized fat and ate more sugar we have become more fat, more diabetic, and see increasing rates of heart disease that are not dropping no matter how low someone takes their cholesterol.

We need saturated fat in our diets. It seems the more fat we eat, the healthier we are. What does matter is how the animals we get our fat from are treated. Grass fed pastured animals make healthy foods for us. Grain fed, tortured animals fed antibiotics, hormones, and foods they never were meant to eat make foods that make us sick. We need to treat our food animals humanely, they provide us our sustenances.

I have researched and written extensively about fats, here is some of that information : <http://www.befityoga.com/philosophy-lifestyle/topic-of-the-month/> and go to December 2014 topic,page 14.

Here are few quick tips:

- Don't be afraid of fats! Butter, olive oil, coconut oil, avocado oil and macadamia nut oil are the healthy fats.
- Cooking with the above oils seems to be our best options right now with avocado and mac nut oils coming up as having the highest smoke points.
- Eat other fats in the foods they come in, for example nuts and seeds, fish, etc. These oils oxidize easily and are heat sensitive. While some may be great for salad dressings I would not cook with them.

And while we are on the topic of fat, let's talk about cholesterol; cholesterol is your friend :) Cholesterol does many good deeds in our body and by lowering it we are making people sicker — and ironically increasing their risk of heart disease. **IF YOUR CHOLESTEROL IS LOWER THAN 160 mg/dl YOU HAVE AN INCREASED RISK OF DEATH The healthiest cholesterol levels when you look at the data is total cholesterol of 200-260 mg/dl.**

Cholesterol 101 based on modern day science -- not what the medical community is telling you!



What is cholesterol really? It is a fatty, soft, waxy substance, produced by your liver that is found not only in your bloodstream but also in every cell in your body, where it performs literally thousands of bodily functions, including:

- ॐ helps to produce cell membranes,
- ॐ Cholesterol covers your nerve sheaths -- known as the Myelin Sheath (the deterioration of which is what causes MS)
- ॐ Cholesterol covers much of your brain as well . . . it is important for brain health, and helps with the formation of your memories. Low levels cholesterol has been linked to memory loss and Alzheimer's disease, and may also increase your risk of depression, stroke, violent behavior, and suicide.
- ॐ Its a building block for your hormones (including the sex hormones testosterone, progesterone, and estrogen). A man on a statin is a sad thing (limp ...).
- ॐ Helps you to make the bile acids that help you digest fat and rid toxins from your colon.
- ॐ Cholesterol is important for the production of Vitamin D. When sunlight strikes your bare skin the cholesterol in your skin is converted to Vitamin D.

IN FACT, PEOPLE WITH THE LOWEST CHOLESTEROL AS THEY AGE ARE AT THE HIGHEST RISK OF DEATH.

Your liver makes more than 75% of the cholesterol you need . . . Regardless of how much you reduce your cholesterol your body will manufacture it, so taking statins (cholesterol lowering drugs) makes your liver work harder; hence the reason for elevated liver enzymes in those taking statins.

So why did cholesterol get such a bad rap?

It's good and bad lipo-proteins, not good and bad cholesterol ... The division into HDL and LDL is based on how the cholesterol combines with protein particles. LDL and HDL are lipoproteins -- fats combined with proteins. Cholesterol is fat-soluble, and blood is mostly water. For it to be transported in your blood, cholesterol needs to be carried by a lipoprotein, which are classified by density.

We are all familiar with the fact that that HDL is good cholesterol and LDL is "bad." Well not all LDLs are bad. Of the LDL lipoproteins, there are large and small LDL particles. Larger LDL particles are fluffy and actually not a problem (they just bounce off your artery walls like beach balls :), its the small dense LDL particles — now called VLDL or VERY low density lipoproteins that can potentially be a problem. These VLDL are like little bullets that lodge into your artery wall — and even just lodged there they are not a problem (well i guess it could be if you had too many of them lodge there), what is the problem is *if they oxidize*. By oxidizing I mean they break apart and swell open causing inflammation of the artery wall that starts to block the blood flow in the artery. **WHAT CAUSES THEM TO OXIDIZE? SUGAR! And what causes the VLDL to form anyway? We are not quite sure but trans fats and processed foods are showing up as probable culprits.**

We actually know what causes the damaging small LDL particles to oxidize . . . it isn't fat in the diet, it is NOT cholesterol in your diet. IT IS SUGAR. Sugar in any form (and refined white carbohydrates) lowers your HDL, raises your Triglycerides, and makes the small damaging LDL particles swell and oxidize, along with pre-diabetes. Next time you get your cholesterol checked you need to request a LDL particle test, this test will look for the VLDLs instead of just total LDL. So why don't doctors do this already?



You know why we don't hear about this? **THERE IS NO GOOD DRUG TO RAISE HDL.** The drug companies are trying . . . but they can't find a drug to raise your HDL cholesterol — so instead they will slowly kill you until they figure out a way to make you healthy and **MAKE A PROFIT ON you.**

I like Dr. Kelly Brogans suggestion to raise your HDL : **Eat 3 whole eggs per day from pastured hens and avoid carbs and sugars, and of course . . . Exercise and Yoga :)**

There is no good reason to be on a cholesterol lowering drug (not even if you have familial hypercholesterolemia — guar gum, an additive in many processed foods that is made from beans is quite effective at lowering cholesterol in individuals with this disease), so I would like to end this discussion with this statement: **IF YOUR DOCTOR IS STUPID ENOUGH TO PUT YOU ON A CHOLESTEROL LOWERING DRUG, FIND ANOTHER DOCTOR.** Don't fight with your doctor, just say "goodbye".

Epigenetics

"Epi" meaning 'above' the control of the genes. Epigenetics is the new term given to the knowledge that environment, lifestyle, nutrition, and mind/body factors are above and beyond the genes we were born with. **YOU ARE NOT LIMITED TO YOUR GENETICS :)**

What you eat, think, and do has a far greater impact on your health than the genes you were born with. We used to think we were limited to our genes; and that one pill could cure one disease ... We have found out we were very wrong, pills cause more harm than good (reminder; pharmaceutical comes from the Greek work *phaermakos* which means **poison**), and instead it turns out vegetables and herbs are much better medicines. Foods are not only our sustenance in the form of gross nutrients like carbs, fats, and proteins; real foods are loaded with many anti-oxidants, terpenes, and nutrients that support all our bodily processes. Why would we think processed fake foods devoid of nutrients can support our human processes?

And let's end this little section with a reminder that what you think you become. The new field of epigenetics is bringing exciting new light to the benefits of meditation and a positive outlook. Don't take my word for it, a simple Internet search can turn up some amazing new research. A wonderful data base of studies has been compiled at GreenMedInfo.com. Go there and do a search on epigenetics and educate yourself. Doctors who do not know about food and its preventative and healing natures in the body need to relearn a whole new field of medicine. (I am enjoying looking at the root words and their meanings to some of our common words; here is another one; **recipe in French literally means "medical prescription."**)

Our current approach with allopathic medicine is causing much of the diseases in our society. Let me remind you the word doctor does not mean healer, it means **teacher**. Your doctor needs to teach you a lifestyle of health.

Our Brains have an Immune System! And it's quite "malleable" . . .

The link between toxins, our immune response, and the brain is not completely clear, but it is receiving some attention lately. In a report titled "*Structural and functional features of central nervous system lymphatic vessels*", by Louvea et al made an announcement about basic anatomy we should



have known by now . . . The brain has a lymphatic system — given the term glymphatic system. This glymphatic system connects to our immune system — the lymphatic system of our bodies.

We used to think the brain was “privileged” and somehow toxins did not effect it so much. We now know toxins in our environment effect our brain at a much greater rate than we realized previously. We thought that chemicals were only dangerous in big doses . . . Even small doses of chemicals, which can synergize together to wreak havoc in dose ranges as low as parts-per-billion ranges. We still don’t consider many chemicals we are exposed to on a daily bases a toxic burden on our body that is leading to many diseases. Toxins not only effect our brain more than we realized, they also greatly effect our endocrine system — our hormones. This is one of the causes of the increase in auto-immune diseases we are seeing.

The authors of the lymphatics paper state:

“The discovery of the central nervous system lymphatic system may call for a reassessment of basic assumptions in neuroimmunology and sheds new light on the aetiology of neuroinflammatory and neurodegenerative diseases associated with immune system dysfunction.”

What this means? Our brains lymphatics system, aka the glymphatic system, drains into the lymphatic system in our bodies. If we have a sluggish lymphatic system (this is common!) it will effect the brains ability to detoxify into the lymph system of the body causing toxins to remain in the brain.

Want to take care of your lymphatic system now? Movement is important! As is the Ayurvedic oil massage known as abhyanga which I recommend be done daily. Sipping warm water throughout your day helps your immune system, citrus fruits, and massages are all good support for your lymphatics and glymphatics.

And while we are on the topic of the brain . . . there is more evidence that your brain is malleable and changes continually in response to your lifestyle. This concept is called **neuroplasticity** (Neuroplasticity is the ability of your brain to change and adapt in response to our experiences.)

It used to be thought that your brains was static except during young critical development stages. We now know this is not true. Your brain has the remarkable ability to re-organize pathways, create new connections and new neurons throughout our lifetime — Functional plasticity is your brain’s ability to move functions from one damaged area of the brain to another undamaged area — structural plasticity is the ability of your brain to change shape as you learn something new.

The point is we have much more control over our body, mind, and brain than we realized.

We used to think the human brain could not generate new neural cells, cells would die and no new cells could generate leaving us dumber and dumber . . . guess what?! It has been proven that certain areas of your grain can regenerate new cells — called neurogenesis — and create new neural pathways.

Environment plays an essential role in these processes. This applies to emotional states as well; if you have a history of anxiety, your brain becomes wired for anxiety. If you develop tools to feel calm



Bobbi Misiti, FMCHC
Yoga & Health Coaching
717.443.1119 befityoga.com

(yoga:) more of the time, those anxiety pathways are pruned away. Use it or lose it has a good connotation here!

Your brain is influenced by lifestyle, diet, exercise, attitude and emotions, sleep patterns, your level of stress

As neurologist [David Perlmutter](#) explains:

"We interact with our genome every moment of our lives, and we can do so very, very positively."

This is just the beginning of what we have gotten wrong with our food and medicine. A quick search on my website (www.befityoga.com) will bring up many articles on individual facts we have mistaken such as:

- ॐ calcium supplements (they cause harm!)
- ॐ salt (it's actually good for you :) — if its real mineral salt and not processed table salt.
- ॐ coffee (it's good for you too :)
- ॐ RICE and icing injuries slows healing . . . heat is better . . . the man who coined the term RICE writes about it here: <http://drmirkin.com/fitness/why-ice-delays-recovery.html>

This last statement is just another way the ancient wisdom of Traditional Chinese Medicine (TCM) and Ayurveda have stood strong and correct for a millennia. This does not mean that just because something is ancient we should believe it . . . It does however encourage us to look deeply into current techniques that do not serve us. Researching the science behind food and medicine has proven fascinating for me and fun to see how ancient yoga techniques hold up time and time again to the science :)