



HEALTHSPAN FOUNDATION WHERE

RESPONSIBILITY BEGINS WITH KNOWLEDGE

Who the Heck Is GrandBob?

GrandBob is a visionary who can see into the Past!

GrandBob's passion in life is to harmonize the many facets of evolutionary human behavioral and chemical programming with the amazing and powerful new information on health and wellbeing that is emerging every day. His goal is to provide simple, scientifically-founded information to guide us and our families to long and happy HealthSpans

GrandBob's mission is awareness. Responsibility comes only through knowledge. GrandBob looks only ahead to what can be, never to what should/could have been.

Understanding the Past is key to success in our futures. Our Past began hundreds of thousands of years ago. The hominoids who are in our direct lineage, the successful ones, evolved with preprogramming that lent first to their survival and then to their success. Clem Bommarito gave me a book that speaks to a remnant "primitive brain" that continues to provide survival guidance, guidance that is mostly obsolete, and mostly negative. It first focuses on fear and discourages optimism. Why?...well, think about it... encounters with Sabre Teeth often ended poorly. Today, however, we can easily become victims of that first-impulse, self-limiting way of thinking

This same survival programming includes propensities toward certain foods, predilections that easily turn to addiction in affluent populations. Propensities that allow others to manipulate us. Think Ronald and the Colonel and the Clydesdale horses and the Marlboro Man. All those amoral Sirens luring us into Addiction.

We are also programmed with freedoms to make choices. We can use our more recent blessing of higher intelligence and logic to recognize programming...instincts... from our "primitive brains" and work to control and redirect those energies. This requires taking charge of our lives, to enter into a world of enlightened responsibility, a world of self-reliance. We can then mindfully reprogram our brain to better serve our physical body.

Self-Reliance. Ralph Waldo Emerson wrote that consistency is the hobgoblin of little minds. Your Life Choices, thoughts, actions and more have to be adaptable to new information. Doing what every one else is doing is a cop out. Particularly in Food

Choice. Today's mindless paradigm in Food Choice is controlled by consistency and conformity.... leading us into illogical, self destructive choices.

Goes for our kids as well. They follow exactly our paths. The average body shape of the Walmart crowd is mostly due to what their parents fed them, to what they still think is "real food". The prize for the shortest HealthSpan in the United States is Food Stamp Recipients. That is disturbing in so many ways.

To all these ends, HealthSpan Foundation promises a tireless quest for scientific fact and Statistical Certainty surrounding the many facets of Food and Lifestyle Choices. Out with the hobgoblins!

GrandBob

