



# HEALTHSPAN FOUNDATION

March 12, 2019

***Our HealthSpan Retreat this year is worth writing home about!***

OPENING ADDRESS: “The most important contribution an individual can make to save our planet is adopt a plant-based diet. The most important thing an individual can do to protect his or her health and the health of our children is adopt a plant based lifestyle”. Dr. Neal Barnard, M. D.



BACKGROUND: Linda and I attended a wellness-themed 10-day retreat with 2000 others, including about 100 medical doctors (for Professional Development Hours as well as education). We had lectures, cooking classes, exercise, Yoga, Pilates, and meditation events each day from 7 am to 10 pm each night. Much like our GSI Annual Meeting, trying to stuff too much into each day! We had amazing sit-down dinners and a buffet open continuously from 6 am to 10 pm.



Everything wonderful and everything plant based. I attached typical menus at the end.



This was our third trip, 2016, 2018 and 2019. This year was so much different. In past years, the demographic was older, frail folks. People who had to quit eating meat and junk or die. Linda and I had enjoyed light turnouts at the exercise, yoga, Pilates, and meditation sessions. This year we had to get there 20 minutes early just to find a slot. We are now the “older” folks...lots of families, high energy. Folks this time are not eating WFPB because they have to, indeed, because they want to. They have discovered the benefits in their daily lives.

## CHANGE

Two percent (2%) of the U. S. population reported being plant based in 2014. Now it is



more than 6%. This growth is exponential and when we reach 10%, we will be a major economic and political force. In London, for example, the Muslim population is 12% and their mayor and many more leaders are Muslim. They now enjoy Halal Meat in British prisons, schools and hospitals.

It is a sign of the new times that the new Democratic liberal platform embraces aspects of WFPB....way more than Trump who feeds football players junk food at our house!

### NEW DISCOVERIES

What is worth writing about, is the latest revelations in epidemiology, the science of health statistics. Our body of Knowledge doubles every 2 years. While I cannot actually imagine this, I know it brings us to new and better understandings. For example, in the 70's we were able to quantify the statistical damage from smoking by gathering and evaluating thousands and thousands of studies....those statistics today have been refined. Each cigarette subtracts 10 minutes of life span. Impressive computations for sure.

We have refined our statistics in 2018 to show WFPB is always better than any other lifestyle for Homo Sapiens and our planet earth.

### NEWS FLASH

The most dramatic news or announcements for me this year was many research studies have been truncated or abandoned. This is a result of recognition it is unethical to deny control groups what is now obvious (settled law). WFPB is healthier than any of the control diets. Thus, many of these studies would only hone the sword of statistical certainty for how bad our new S. A. D. food choices are for men, women, and our kids. We are quitting coopting people into practices we know will compromise their quality of life. We are treating people better than our animals. Let's hope we can find this same compassion to end the horrific suffering in CAFOs.

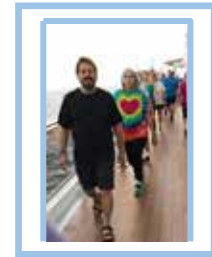
The second big deal, the one that got standing ovations, was the announcement of the 2019 Canadian Food Guide and the removal of dairy and juice from recommended foods. Several speakers noted that mammalian milk is not interchangeable. Each formula is species-specific. (And the way dairy cows are treated is well outside of GSI Core Values.) Opiate-like compounds in cheese may be a factor in our opioid epidemic. Cough syrup with codeine was banned in the U. S. for that reason.

### WHAT WE KNOW AT THE END OF 2018

1. Households where the father smokes, have the highest rate of stillborn babies.
2. 86% of our health care dollars (3 trillion) in 2017 were spent on chronic diseases, most of which are food-choice-related and preventable.
3. Concentrated Animal Feeding Operations are the single greatest contributor to world pollution and climate change. They are unethical and immoral to the point we won't tell our children about them.
4. Heart disease, type 2 diabetes, fatty liver, prostate cancer, breast cancer and over 100 more chronic illnesses are related to our S. A. D. food paradigm. Adopting a WFPB lifestyle can prevent and even reverse many of these medical conditions.
5. A comprehensive meta-regression analysis reports a significant decline in sperm counts between 1973 and 2011, driven by a 50–60% decline among men unselected by fertility from North America, Europe, Australia and New Zealand. This decline is continuing at 1%

a year! Because of the significant public health implications of these results, research on the causes of this continuing decline is urgently needed. (Oxford University, 2107)

6. Brain atrophy and dysfunction is a gradual process. Way before you go nuts and become the family zombie, there is a long period of foggy thinking, memory lapses, loss of facial recognition, missed appointments, loss of coordination, poor judgement, unsafe practices.... This can begin even in our 30's. I think about this when I decide between a bacon cheeseburger and that kale/quinoa bowl. I think about this when I think about the world's best Safety Program at GSI....what we choose to teach about food choice and what we feed to our Family.
7. Exercise (or lack of) is another factor in the increasing incidence of brain disorder and dysfunction. We need to walk at least 40 minutes 3 times each week. The more the better. We all know that sitting or inactivity for continuous periods exacerbates a myriad of health problems. "Sitting is the New Smoking" is old news.
8. Vitamin E protects our brain. Taking high doses of vitamin E increases our risk of dementia....why? Vitamin E has 10 of 12 expressions in Nature and a synthesized version only one or two, thus downregulating (defeating) the actions of natural vitamin E in your foods. Bottom line.....don't take vitamins unless prescribed by a doctor.
9. Iron and copper are necessary minerals, but in minute fractions. Excesses are positively correlated with brain clogging as we age. Even Centrum now makes a Silver Age version for people over 50 without Iron (but still with copper). We get all we need in Nature when eating natural foods. There is even some concern with copper water pipes where the water resides for days at a time before being dispensed in your vessel. Iron cookware adds a lot of iron. As with copper pots. Use stainless or ceramic and, before you purchase cookware, check with someone in the know.
10. Aluminum has been determined to be a significant neurotoxin and can be a contributing factor in dementia. It is not found freely in natural water supplies; however, it is often used in large quantities as a coagulant to make your city water more clear. Some ends up in your coffee pot. Read labels....our Industrialized Food (junk) sources use a lot of it. Baking soda, antacids, salt packages, even some of your favorite dishes. Only a reverse osmosis filter can catch AL in your domestic sources. Most bottled water is safe.
11. A gene mutation that impairs the lung's ability to clean pollutants does not present much of a problem.....unless you smoke. Smokers who have that gene are generally doomed.
12. High concentrations of Beta Carotene protect smokers from cancer. That was the first discovery. So they set up an experiment and gave one group of smokers nothing, and the other synthesized vitamin A. Same thing as Beta Carotene...right? No, they actually killed a bunch of smokers....those who took the Vitamin A showed an increase in mortality. What the study actually proved is that Beta Carotene is much more complex than we can synthesize and when we overload with only a part of that spectrum of antioxidants, we downregulate all the rest. Bottom line....first, don't smoke, it will kill you no matter what, and second, if you do smoke, don't take vitamin A (unless prescribed by a doctor).
13. The FDA banned cough syrup with codeine for kids because of a positive correlation with future opioid addiction. Dairy products contain casomorphins, substances that excite dopamine receptors as does codeine. Cheese concentrates casomorphins and, according to Yale University studies, is the most addictive food in the world. Common sense would tell us that cheese would be ahead of cough syrup on the list of precursors to our opioid



epidemic. See how powerful money can be? Enjoy that pizza party with your kids, but hold off on the cough syrup.

14. The combination of refined flour and refined sugar accelerates aging and loss of vibrancy of our skin as much as smoking. Examples are a soda or juice and pizza together.. or mac and cheese, ramen, catsup....much of what we feed our kids on the "kids' menu".
15. High salt concentrations in our blood causes water retention which adds to the volume of blood and also stiffens arteries, each creating higher blood pressure. We get more than enough salt in our diets without adding even a pinch.
16. Fasting and hot/cold alternating showers are healthy.
17. Artificial sweeteners adversely affect good gut microbiota.
18. Children do not naturally pick from the kid's menu...it is a cultural adaptation and results in food addiction which defeats our innate mechanisms for knowing when to quit eating. Kids choose Natural foods in the absence of these hyperpalatables. Nutrient deficient kids-menu foods compromises their academic and athletic potentials and their health for their lifetimes.

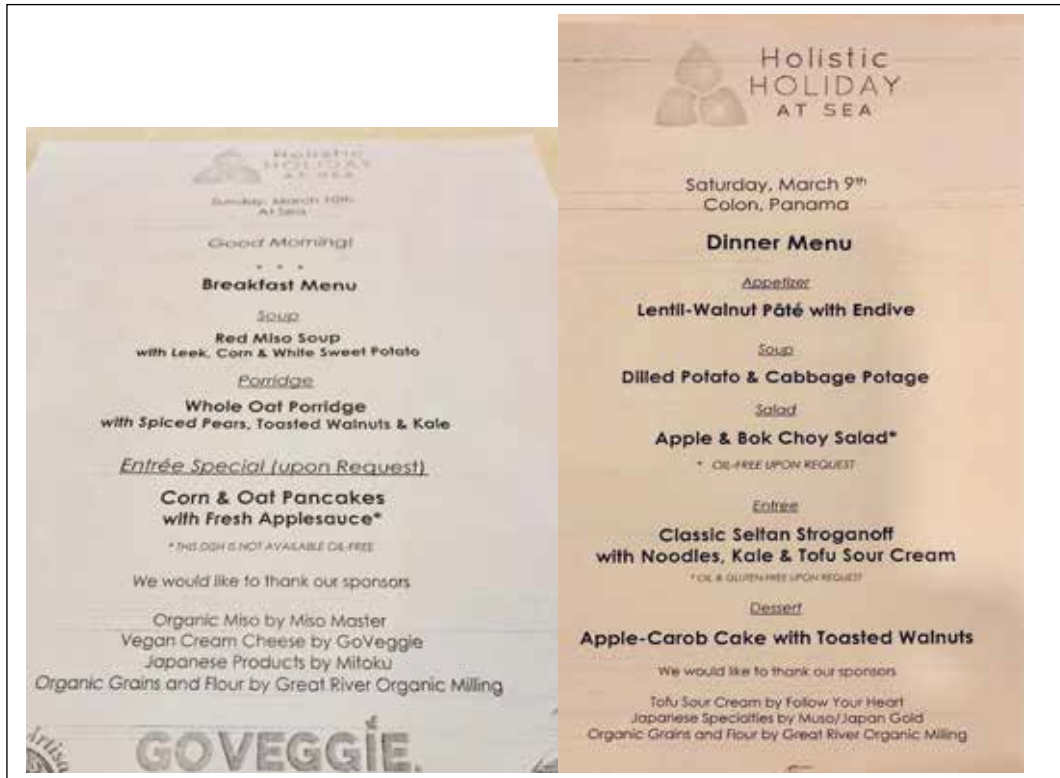


This is the tip of the iceberg in 2019. Our epidemiologists are working 24/7 to make sense of what we know. What we know for sure today is there are genetic aberrations, early brain deaths and over 100 diseases due entirely or in part to our new Standard American Diet paradigm. Industrialized foods subtract more from our lives, our potentials, our ability to work safely and productively than does smoking. We were able to villainize smoking and eliminate the Marlboro Man. Let's set about to lynch Ronald McDonald. I have the rope and a tree and you can borrow them anytime.

#### QUOTES I FOUND COMPELLING

"We get out of our bodies exactly what we put into them." "Don't allow your culture to keep you from saving your life." "You must unlearn what you have learned." (Yoda) "Entering the plant based world can be as scary as starting a new job." "We grew up in this culture...we can't be blamed for it." "The miracle of coconut oil is that it is still on the market." "The posture of the body is the posture of the mind." (Zin). "We live under the illusion of separation from Nature." "We have to be the best we can be. It is our sacred responsibility as humans." (Einstein) "Soon as I cut them open, I can tell what they have been eating." (Heart surgeon).

## SAMPLE MENUS



## MY PASSION

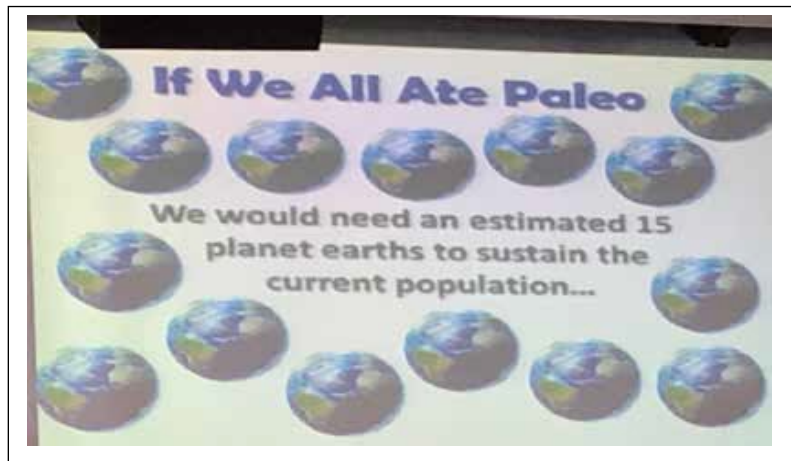
### ALLOW ME TO TELL YOU WHAT I CARE MOST ABOUT

Linda and I grieve for the animals in Confined Animal Feeding Operations. Folks would go to jail if they did to our cats what all of us are doing to those helpless cows, pigs and chickens. Torturing them, eating them...ingesting their Saturated Fats that are driving us crazy....eating a second class protein we don't need. The paramount of ironies.....their meat kills us as surely as we kill them. Just takes a little longer for them to gain their revenge. This we know in 2019.

Our oceans have 50% fewer total numbers of living creatures today than we had in the 1970s. The Extinction Rate for plants and animals over our globe is estimated to be, on the low end, 200-2000, and as many as 10,000 to 100,000 species each year. Most agree with a higher number, and that is up to 10,000 per cent higher than the background rate. It is higher than the last mass extinction 65 million years ago. This time, the cause is known....Homo Sapiens....us.

In the process of leading this irretrievable carnage, we kill, destroy, 2 trillion living beings in our oceans each year. We kill 70 billion land animals each year. Of those 70 billion, 56 billion are guests of CAFOs.





Today, in 2019, we know for sure animal food sources are inferior to plant sources. We know for sure that CAFOs are the single greatest contributor to world pollution, to world extinction. We know we could feed 800,000,000 people with the resources we waste raising and slaughtering animals. This would end world hunger. We would end obesity, which is now our most prevalent

form of malnutrition. It is just nuts why I have to explain this.

### OUR CHILDREN AND CAFOs

I worry about the future of our children in this paradigm. Kids are born with compassion for all sentient life forms. They love hugging teddy bears, they love petting dogs and cats...it never crosses their minds they have the right or obligation to kill. The Arrogance of Domination is learned behavior. Just as they have to teach the Child Soldiers of Africa to kill, we teach the same callousness, the same heartlessness to our kids. There is deep truth in the phrase, "the innocence of a child". They have to learn from our examples how to do wrong.

### WHAT IS A CAFO?

Do you understand CAFOs? CAFOs (450,000 Concentrated Animal Feeding Operations), subsidized by our USDA and protected by our FDA, contribute 35% of the "global warming" gases and pollution. CAFOs contribute more pollutants than ALL forms of land and sea transportation. CAFOs are economically and environmentally unsustainable. They provide cheap burgers at McDonalds only, emphasis ONLY, because of taxpayer support with the Farm Bill. This is an inexplicable Pork-Barrel-laden ethical nightmare from our politicians.

Our fellow life forms....pigs, chickens, turkeys, cows, sheep, goats, rabbits and others....are selected for this punishment and death sentence. We would put you in jail if you did to a dog or cat what they do to a baby calf. Our government will put you in jail for Eco-Terrorism if you photograph what they do to those baby pigs and chickens and calves. They put you on the Terrorist list for non-flying.

Each year 56 billion helpless, defenseless, sentient creatures are genetically altered, confined to zero space quarters from birth, and fed unnatural food - chemicals – hormones – drugs - bulking agents - which keep them and their microbiome sick throughout their ordeal. Some are never allowed to sleep. They find relief only at the moment of death. Every second of their lives is engineered to create maximum profit. Some of the money- making practices include crude castration, tail amputation, beak burning and horn "disbudding" and without the benefit of anesthesia. Imagine those awful screams in pain. What it must smell like. The continual squeal from pig prisons can be heard from over a mile. I heard this as we walked near one in Weld County, Colorado. The smell goes much farther. Their pleas for help go unheeded. Just as with the victims in Auschwitz.

While owners of CAFOs report their “error rate” is “acceptedly low”, some of the animals get to watch themselves die, feel their life’s blood running into the vat below. Some chickens get plucked alive, get to the scalding tank and feel the hot bath. Ducks and geese are sustainably plucked...so they can be plucked more than once, and without anesthesia.

Those animals are fed a mixture of:

1. Grains.... 99% of the billions of tons of taxpayer-subsidized GMO corn and soybeans are fed in CAFOs. (This is a welfare program for the Fast Food Industry.)
2. Oil cake....the low fiber residue from squeezing soy beans.
3. Rendered Animal Products...stuff they can’t easily sell. Blood, mucous, hair, hoofs, offal (guts, lungs) hides...all taken to a rendering plant and melted together with 4D animal sources.
4. 4D animal sources....Damaged, Diseased, Disabled, Dead. How clever is this euphemism? It includes calves, baby male chicks, sick piglets, roadkill. It is typically same-species meat. (Forced Cannibalism...milk cows get to eat their stillborn and euthanized babies...same with chickens and pigs).

**FDA POLICY STATEMENT:** *“No regulatory action will be considered for animal feed ingredients resulting from the ordinary rendering process of industry, including those using animals which have died otherwise than by slaughter, provided they are not otherwise in violation of the law.”*

5. Animal fecal waste. CAFO operators use plastic pellets to simulate fiber in their unnatural GMO grain and dead-relatives mix. It’s expensive to dispose of insoluble plastic. So they reclaim some of the plastic by recycling the poop. Eating a little poop is not the problem...the problem is the same with our ocean food chain -- pollution concentration. This practice concentrates contaminants, heavy metals, persistent pesticides and “antimicrobials” (80% of all antibiotics are used prophylactically in those horror chambers).

I hope I have not made this too sanitized. It is worse than I can tell you. The levels of ammonia from urine and gases from feces would gag a maggot. There are thousands of verified reports of slaughterhouse brutality, taunting the animals and random slashing. Workers suffer PTSD. They suffer more injuries and more lost time for all causes than any other industry. Goes for the Halal bunch as well.

As per the opening presentation, the most effective contribution each of us can make to save our world is adopt a plant based lifestyle. It’s becoming socially acceptable. Please.

## HALAL MEAT



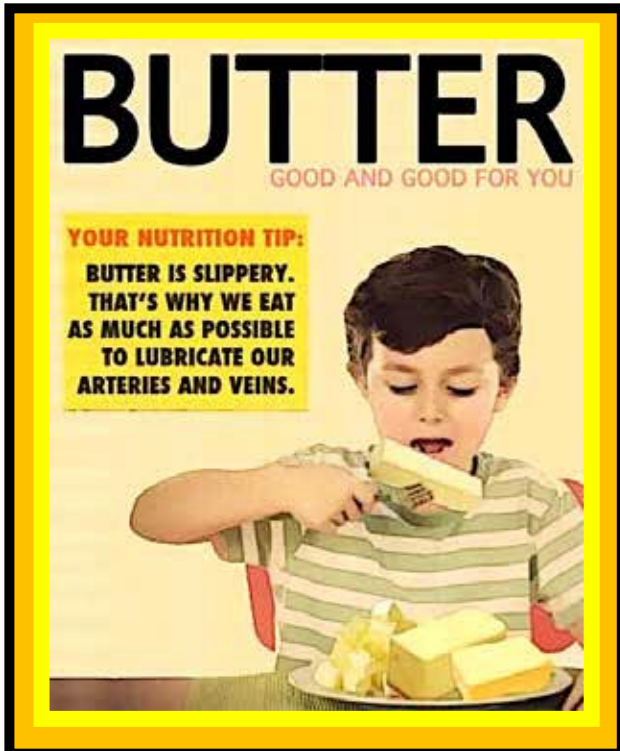
Have you heard the details on this one? The deal is to gently calm the animal, gain its confidence, hold it firmly, look it directly in the eye, and cut its “windpipe, jugular and carotid” in one swift stroke with an especially sharpened knife. You must maintain eye contact until its blood is completely drained. The animal must be alive and healthy at the time of slaughter. (From Wikipedia)

## HALAL MEAT IN COLORADO

*YOU MIGHT BE EATING HALAL MEAT WITHOUT KNOWING IT.*

Says National Public Radio (KUSA) April 2, 2018.

“Wearing a heavy smock and rubber boots, Amadedin Eganwa stands over a large conveyor belt that's carrying “unconscious” lambs. He faces east, toward Mecca, gently lifts the animal's head in the same direction and under his breath he quickly says a prayer — *bismillahi allahu akbar*, or "in God's name" — before swiftly cutting the lamb's throat. Eganwa, a practicing Muslim, performs this slaughter almost 900 times during each shift at Superior Farms slaughterhouse in Denver so that the meat is halal, meaning it's prepared according to Islamic law.”



An emergency practice for Muslims is to utter “there is no god except Allah” before each bite of meat from an animal unaware that its throat was being cut. What a clever work-around!

Thanks!! I have great respect for all of my GSI Family and for what you do for our world.....  
Bob

**P. S. It is great to know what our grandfathers and grandmothers could not have known! My mission at HSF is to share all this new knowledge. So our kids will know even more!**





A FEW RETREAT LEADERS

