



A DIFFERENT APPROACH IN TREATING/ PREVENTING CHRONIC DISEASE: NUTRITION

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As many chronic diseases in the United States and western world reach epidemic proportions such as heart disease and diabetes, my website is dedicated to educating and informing the public about plant-based nutrition and lifestyle as a solution in preventing and even reversing most of the chronic diseases we face in this country. These diseases can be prevented or even reversed just by the food choices we make and it is in the hands of the consumer – YOU!

The solution lies in the food we eat; it's so simple its criminal – a whole food, plant-based diet. In today's world, Nutrition is almost never in the discussion from the mainstream medical community as a therapy for a chronic, degenerative disease. For instance, cancer; traditional western medicine will use drug therapy first versus food therapy. We spend billions of dollars on cancer research and the question that has to be asked is: "Have we even made a dent in any of these cancers over the last twenty or thirty years?" The answer is very little or none, the mainstream medical community may prolong the life of cancer patients with drugs or in some cases remission but it still is an uphill battle looking for "A CURE" with drug therapy.

We (society) are looking in the wrong direction, which is why we need to look for other approaches to these diseases such as nutrition as therapy and other lifestyle changes that support or make up a healthy lifestyle. Drug therapy may be necessary in some cases but not all and it should be used as the last resort after lifestyle changes.

There is decades of scientific research shows that most chronic health issues are a direct result of diet and other lifestyle choices. The science supports that adopting a whole food, plant-based diet many of these chronic illnesses such as cardiovascular disease can be prevented and even reversed. People who eat the most animal-based foods get the most chronic disease. People who eat the most plant-based foods are the healthiest and tend to avoid chronic disease. One study in particular, supports this claim, it is called "The China Study" by Dr. T. Colin Campbell, and it is most comprehensive long-term study on nutrition ever conducted on the relationship between diet and the risk of developing disease which challenges much of the standard American dietary beliefs.

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Here's some of the evidence to support this approach to chronic disease and why a well-informed consumer needs to take control of their health:

Heart Disease: The traditional dietary approach to a patient who has heart disease or has had a heart attack is to follow the diet of American Heart Association (AHA) which recommends a total fat intake of 30% or less which includes animal-based foods. If this approach worked then heart disease would not progress, but it hasn't, and heart disease is the number cause of death in the United States. Dr. Caldwell Esselstyn, Jr. of the Cleveland Clinic has said the AHA diet does not reverse heart disease and in fact helps in its progression whereas, a low-fat whole food, plant-based diet, with 10% or less of total fat intake, does prevent and reverse heart disease. In 1995, he published his benchmark long-term nutritional research on arresting and reversing coronary artery disease in severely ill patients—some with heart disease so advanced that standard intervention techniques such as bypass and angioplasty were no longer an option—have had the progression of their disease stopped or reversed after adopting the diet.

That same study was updated after 12 years, making it one of the longest longitudinal studies of its type. There has been no disease progression for the compliant patients. Today, over 20 years later, patients who have maintained a healthful plant-based diet continue to be healthy today. Also, Dr. Dean Ornish had similar results in his long-term study on heart disease using the same approach of whole foods, plant-based diet.

Diabetes: Type-2 diabetes is on an upswing and the rate of new diabetes cases nearly doubled in the United States in the past 10 years. Factoring in the additional costs of undiagnosed diabetes, prediabetes, and gestational diabetes brings the total cost of diabetes in the United States in 2007 to \$218 billion. This is truly a disease of lifestyle by consuming the wrong foods. There have been multiple studies dating as far back as the 1920s that have shown the benefits of a high-carbohydrate, low-fat diet in the treatment of type-2 diabetes. For example, in 1999 a research paper by Neal Barnard, M.D., reported findings with a low-fat vegan diet. Many of these people with type-2 diabetes are cured of their disease within three weeks, and most will be cured of their diabetes over time as they adhere to a low-fat, high carbohydrate diet, exercise, and lose all of their excess body fat.



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In conclusion, the evidence is clear; it's not conjecture or opinion but many long-term clinical studies that conclude a whole food, plant-based diet has proven to work in treating chronic diseases by preventing and even reversing. The outcome will be a healthier more vibrant life. My website will help guide you and inform you in a healthy lifestyle whether you are exploring or already practicing a plant-based diet. My website contains many nutrition topics, good recipes, resources, and services available for those interested in taking control of their health and tired of the status quo.