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The LongLife911 Health Bulletin by Curt Hendrix, M.S., C.C.N., C.N.S.

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The Tony O'Donnell Show of 06-19-2016 featuring Curt Hendrix, M.S., C.C.N., C.N.S.

Subject: Diet, Health and Longevity

Tony: Hi and welcome back to the program. I hope you're having a fantastic Sunday. Doctor Tony here keeping you company every Sunday from 10 to 12, we sure appreciate you tuning in to the broadcast. Our special contributor to the program, he's on almost every other week, a fantastic guest, expert, chemist, nutritional specialist, researcher, this man knows more about nutrition than anybody else. He gets me excited when I hear him on the radio. Curt Hendrix joins us. Hi, Curt how is your Sunday?

Curt: It's wonderful, thanks for having me again, Tony.

Tony: You are welcome. I know that there is so much confusion over which diet is best. I mean, I see the maple syrup diet, I see the apple cider diet, I see the low-carb diet, the low-fat diet, the high-fat diet, the Ketogenic diet, I don't even know what that is, the Mediterranean diet, the vegetarian diet, the Irish diet, the potato diet, the Malibu diet, what's going on? There's so much confusion, my friend. I'm confused. You're not confused. Tell us - what's the best.

Curt: Well, about a week ago I was thinking about all these diets and how I spend much more time, other than the fact I'm pretty nerdy, reading all the literature and analyzing it and seeing what's valid and what's not valid, and then I backed off a moment and I said "Why am I doing this and why are people interested in it?" and the basic concept was not diet, it was health. People are pursuing this because they want to achieve health. And then I said to myself "Okay, what's my definition of health?" and this is just MY definition - other people might see it a different way or disagree. It was the ability to perform at a vibrant, energetic, mental and physical level that's above average and above average for a longer period of time than the average person. That to me was my ultimate goal of describing whether or not the things I do and things I recommend are healthy.

So certainly, diet is part of that, but then the more I thought about it, I thought about those times that I heard about or knew of someone who was the picture of health. He or she was the perfect weight, they ran 10 miles a day easily, they were sharp, they were intelligent and everything else you would imagine,

and a small percentage of them get very sick, get heart disease or cancer or even die, and you go “That doesn’t make any sense. They were doing everything right. Why did that happen?”

Tony: Yes, and I’m reminding myself of so many people who are vegetarians. Paul McCartney’s ex-wife, Linda McCartney, she was a vegetarian, she got cancer and so many other people. Like you said, there’s so much confusion. That’s why I want to have you on the broadcast to clear up some of this insanity because there are people who live on a lettuce leaf, who eat nothing but greens and still get colon cancer, so what - is there a gene? Is there an over-expressive gene, what do you think? Is there a chromosome that’s gone awry? Or is it the pot they’re smoking? [laughter]

Curt: The answer is we are nowhere near smart enough to definitively answer that question, but taking the knowledge to the level where it’s at now, there are things that we can measure that tell us if we’re on track, or least reducing the risk of getting that kind of unpleasant surprise when we think we’re doing everything right.

Tony: Well, we’re going to find out more if indeed we are on track. We’re on track here on Talk Radio Network, we’re all about health. We’ll take a break. Curt Hendrix is my guest. You’re listening to The Doctor Tony Show, Sundays, nationwide. We’ll be right back in just a moment.

[End of part 1]

Tony: Welcome back to the program. My special guest and we love having him on the broadcast, he clears up all the insanity surrounding the best type of diet. We just talked momentarily - Curt Hendrix is our guest. Curt is a chemist and also a nutritional specialist, researcher with a magnificent newsletter, by the way, I didn’t tell you about his newsletter - Longlife911.com - make sure you get that.

Curt, we mentioned briefly about people who do eat healthy and still succumb to that dreaded disease, cancer. So, what’s going on physiologically and biologically there in your opinion?

Curt: Well, one of the things I wanted to address that you brought up, which is sort of surprising, but nothing surprises me anymore, and that’s the fact that they did a huge study in the UK and they looked at all-cause mortality, meaning for whatever reason people died, and they kept track of people who were vegetarians versus meat eaters. And most of us would think, “Well, we know where that study is going to go.” Well, it didn’t go where, what we think is common sense, it would go. It turned out that the number of people in each group whether they were meat eaters or vegetarians, for all-cause mortality (and I’ll explain that in a second), died at exactly the same rate.

Tony: Wow.

Curt: That shocked me. Okay, and then when you look a little bit further at the data, you see that within the group - so that’s all-cause mortality; it means you died regardless of what caused your death - and it was exactly the same for the meat-eaters and we’re talking about meat-eaters, people eating three, four, five times a week versus vegetarians. So for all-cause mortality, the same number of people died in each group over that period of time that they were measured.

Now, what’s interesting is if you look at the people within the group who died due to cancer or heart disease, there were fewer deaths due to that in the vegetarians which makes us feel good and certainly

there's nothing wrong with vegetables whatsoever. But even with fewer of them dying due to cancer and heart disease, more of them died for other reasons, so when you looked at the total mortality rate it was exactly the same.

So you got a little bit of benefit for cancer and heart disease, but something else got you and so that was somewhat surprising to me. So the thing that I started realizing would be very important for today's show was to give people ways of measuring if they're on track.

Tony: Yes, how do we know?

Curt: Yes, how do we know? How do we avoid that unpleasant surprise that he or she was the healthiest person I knew and they died of a heart attack or they got cancer and seriously ill or died. And I'm about to go through a list of eight or nine things that I suggest you, me and all of our listeners keep track of annually. I also suggest that they will probably not be able to write this all down as I'm saying it, so they should go to LongLife911.com, sign up for the newsletter and there they'll have it all in writing with much greater explanations than we can do over this show, and they can do it at their leisure.

So what are those nine things?

Number one, keep track of your blood sugar. Your fasting blood sugar should be under 100.

Number two, keep track of your triglycerides. That's a type of fat that circulates throughout the body and is associated with many things including heart disease. On a fasting basis, meaning you're testing it when you went in after not eating for maybe 12 hours, it should be under 150.

Number three, what is the impact of sugar on your blood proteins? This is called A1C and your A1C should be 5.7 or under.

Number four, your blood pressure should be no more than 120 over 80.

Number five, your C-reactive protein. That's a measure of inflammation in your body. Inflammation is corrosive. You want your C-reactive to be under 1.

Number six, apo B to apo A1 Ratio. I know this is a mouthful, the stuff I'm saying, but this can save so many lives if people would just keep track of it and I'll explain.

Tony: Yes, why don't we hold that thought? We'll come back and talk about apo B in just a moment. It is a little confusing. We're going to take a quick break. My special guest on the broadcast contributes a lot to our show and we sure are delighted to have him, Curt Hendrix, LongLife911.com is his website - I beg your pardon - is his newsletter, LongLife911.com. We'll take a break, you're listening to The Doctor Tony Show. Hope you enjoy your Sunday, we'll be back with Curt and I in just a moment.

[End of part 2]

Tony: Welcome back to the program, what a fantastic show we have today. We so enjoy doing this program with our friends including you, we are here for you to help you have a better quality of life. The Doctor Tony Show airs every Sunday live 10 to 12 nationwide on Talk Radio Network. LongLife911.com is the newsletter from my colleague and good friend Curt Hendrix. Curt welcome back, you were at

number six I believe, can you continue with that list because I was pretty excited. I am scribbling like crazy writing them down.

Curt: Make sure you sign up so you don't have to scribble like crazy.

Tony: That's right.

Curt: Number six was the apo B to apo A1 ratio. Again that's a mouthful but it's the proteins in cholesterol that can either cause heart disease, atherosclerosis, or prevent it. The apo B is the bad one that penetrates the lumen of the artery and the apo A is the one that protects against it, so you want that ratio to be preferably less than 1, so you have much less apo B than apo A - and that protects against heart disease.

Seven, your fasting insulin level should be somewhere between 2 to 6.

Eight, homocysteine.

I know these are lots of names that people might not know about. When they go to newsletter they're going to get complete explanations and become pretty expert at this stuff if they read it and take it to heart.

So, homocysteine level - between 7 to 10.

Number nine, your serum ferritin levels - ferritin is the storage form of iron. Iron is important, but if you have too much of it, it's extremely corrosive and can do much cellular damage, so your serum ferritin level should be in the 40 to 60 range.

What I'm basically telling people is, don't drink much, okay you can drink but don't drink much, maybe a drink and a half a day. Don't smoke at all if you can help it, and exercise. Avoid sugar and that means, not all carbohydrates, but the sugar that you see listed as sugar on your soda can or bagel or whatever else. And then choose a diet that works into your lifestyle and then you could measure the composite of all these results by having your doctor keep track of these nine panels that they can run. I have to speak openly and honestly, if your doctor fights you on this, you may be at the wrong doctor.

Tony: Time to change, this is fantastic. We need to be mindful because not all doctors have the time, they are very busy, they only spend at least 10 minutes, 12 minutes with each patient. They move around, they're very busy and that's why they're very sick themselves, many of them, some of them are very healthy and many as you know are very sick. So let's clear up some confusion before we let you go today because this is very exciting, we got to bring you back again so we can hear more.

What's the best diet? I'm thinking about writing a new book called the insanity diet!

Curt: Maybe we should write it together. The diets that I support are the ones that are least extreme, meaning that there is much more history with them. Let me give you those first - the Mediterranean diet, a vegetarian diet if it fits your lifestyle, the paleo diet and the Dash diet which was originally constructed to stop hypertension but is a very healthy diet unto itself. All of these make a great deal of sense to me. The Ketogenic diet is one where you virtually eliminate almost all carbohydrates and eat 80% fat and a little bit of protein, and it makes you make ketones which they purport will be a healthier fuel source for the brain and the muscles than sugar.

Tony: Safe or not safe?

Curt: It's showing some good results but it's also showing some results in some people that are of concern. So it's not one that I would jump on, but it's one if it continues to show good results and the bad results either go away, I might support in the future but not now.

Tony: So, it wouldn't be long term of course, right?

Curt: I am afraid that we just don't know, and the people who fervently support it just sort of cherry-pick the good results and tend to ignore the bad results.

Tony: Okay, so, high carbs, low carbs, which one is best?

Curt: Low carb, because again as it relates to sugar, obviously simple sugars that are listed as sugars definitely avoid. Can you eat a piece of bread once in a while? Absolutely in my opinion. Can you eat pasta once in a while? Absolutely. But it's all a matter of what your numbers are showing in those nine measurements.

Tony: Because obviously if you take in excessive carbs, mainly sugars - simple carbs and simple sugars - it's going to affect your blood work dramatically. Vegetarian diet, it feels really good. What about energy that people tell me when they become a vegetarian they've got no energy. I know a young girl 22, 23 years old, went on a vegetarian diet her hair fell out, her skin was a disaster and she stopped having her period.

Curt: That can happen, I mean, the main reason for it is that you have to eat those vegetables that have enough of the essential amino acids so that your protein intake is sufficient, and you MUST supplement with B12. But then again even if you do all those things, it could be that your genetic makeup just doesn't fit with it, where it might fit beautifully with another person's.

Tony: I grew up on a farm in Ireland, albeit a small one, I ate meat, I was sick as dog (we just got a minute or so left), and I found my energy level was a disaster and I became a vegetarian, I feel so much better.

Curt: When I leave carbohydrates out I don't feel as sharp. Now I never eat sugar, maybe I get 5 or 10 grams a day of sugar at most, but when I leave carbs out I don't feel as energetic, I don't feel as sharp, but again it gets back to the numbers. If you're feeling good and your numbers are good, keep doing what you're doing.

Tony: Curt Hendrix is our special guest - LongLife911.com. Thanks to my good friend David Milligan for engineering and producing the broadcast. Thanks to everybody at Talk Radio Network. Thanks for listening, I'm Doctor Tony. Thanks Curt, see you, have a beautiful Sunday, see you next Sunday. God bless you and have a magnificent week. I'm Doctor Tony, bye bye for now.

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