

# WE CHANGE

# *Lives*

A UNIQUE AND INTRIGUING LOOK AT NUTRITION  
AND HOW TO AVOID GETTING FAT, SICK & TIRED



**Red5...**  
eat for life

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## Forward by Danstun Mugarura



*As we explore the magic of whole food I would like to draw your attention to two fundamental aspects of food, as an enemy and as an opportunity!*

*Why do we eat? We are wired to eat for life! We take all that we physically become from the content of the food we consume! So are we eating the wrong food, maybe too much or perhaps at the wrong time?*

*What scientists and nutritionists tell us is that food preparation, cooking and storage are the most neglected parts of the food chain. What exactly are we doing to our food (unwarily) destroying its natural goodness? What are we adding to food that could harm it and ultimately harm our bodies?*

*"Bad men live that they may eat and drink, whereas good men eat and drink that they may live."*

- Socrates

In 2002 on a gorgeous sunny April Sunday afternoon my father dropped down dead very suddenly without warning, he was just 58 years old. He had his first myocardial infarction (Heart Attack) seven years before and in the same year my mother was diagnosed with breast cancer. They had separated many years before.

I was not really surprised by my Dads condition because he led a sedentary lifestyle sitting down at his job all day and for all of my life I only ever remember him being very overweight. But what really shocked me was Mums cancer scare. Thankfully she fully recovered and is good health to this day but the reason I was so shocked was because she has always been so health conscious, she didn't smoke, was an ideal slim weight, drank hardly any alcohol and ate what I considered to be a perfectly balanced diet.

I was always slim and fit growing up. I think Mum instinctively knew school meals were below par so she used to send me and my brother to school with a packed lunch that consisted of a mixed green salad and fruit with a small chocolate covered wafer biscuit as a "treat". With the exception of the biscuit, when I look back, it was the "Perfect Lunch". From a nutritionist's perspective, no bread, no sugar drinks, no saturated fats just green vegetation, nuts, seeds and a little fruit!

I was lucky, I do not think my dear old Mum knew anything about nutrition other than the common sense view that natural foods seem to make sense. That is the purpose of this short book, to share some simple common sense facts with you the reader, about food and why even though so many of us think we are eating healthily but still seem to feel sluggish and unhealthy and have problems managing weight.

This is not a technical scientific book, there are many books written on the subject, this book just deals with some basic simple facts about food that anyone can learn and understand immediately so that they can make simple changes to the way they view, source and prepare food to get the maximum health benefits from their meals.

## So what is food?

Every time I walk into a supermarket I am reminded of my nutritional studies at the Institute of Optimum Nutrition in London that 95% of everything in the shop is not actually “food”!

Sure much of it may start out as food but by the time it has been canned, smoked, cooked, boxed, pickled or preserved in any way, it has already lost up to 90% of its nutritional content. It doesn’t stop there because even if we buy organic fresh vegetables and fruit, by the time we actually get to eat them most of the nutritional value has been destroyed but more on that a little later.

The dictionary definition of the word “food” is...

*Any nourishing substance that is eaten, drunk, or otherwise taken into the body to sustain life, provide energy, promote growth, etc.*

So let’s read that definition again, anything that is taken into the body to SUSTAIN LIFE, PROVIDE ENERGY and PROMOTE GROWTH.

So how is it that when a grossly overweight person dies through lifestyle diseases in many cases the cause of death is registered as malnutrition? How can someone weighing in at over 300 pounds die of malnutrition?

The answer is simple, if what we put into our mouths is dead how do you think it will make us feel? According to the English dictionary (and anyone with an ounce of common sense) food has to sustain life, provide energy and promote growth, if it does not do these three things is it fair to say it cannot be considered as food?

We can eat tons and tons of “matter” but if there is little or no nutritional content in the matter it cannot be considered as food and it actually has the capacity to do the reverse of what it is designed to do. For instance, if you were really thirsty would you eat salt to quench the thirst? No of course not, the salt would make the situation ten times worse, like adding fuel to a burning fire it’s not the answer and is so obvious but most of the population in the western world are doing this very thing every single day of their lives.

Your body craves nutrition, we need certain essential amino acids which in simple terms build protein to develop muscle, build cells, transport and store nutrients, help with all the bodily functions including repairing injuries, strengthening arteries, replenishing and repairing hair, skin, muscle etc.

Without the 9 essential amino acids we will die, that's why they are essential.

We need vitamins to sustain good health and vitality. We get vitamins in minute amounts from food some our bodies can produce itself some we must have to sustain life. For example Humans need vitamin C Dogs and Cats do not as their bodies synthesize what they need.

Without vitamin C we can end up with Megaloblastic Anemia which will most certainly kill us eventually if we do not get our vitamin C. The Royal Navy used to lose many crew aboard ships that were at sea for extended periods of time due to the onset of Scurvy due to lack of vitamin C in the diet. In 1753 a Scottish surgeon named James Lund wrote that Scurvy could be treated with citrus fruits, which after some extended time was eventually accepted and implemented by the Royal Navy. They used to carry limes aboard the ships, which is where the term "Limey" came from. Anyone who has ever been to America will know they call us brits Limeys!

We know what is good for us and what is not don't we? So why are we in the top 5 unhealthiest fattest nations in the world? In terms of science and knowledge, we are probably one of the top countries in the world yet with all our scientific understanding of the human organism we are doing a pretty good job of destroying the lifeblood of our bodies.

As I write this I just heard of yet another friend in his very early fifties who died suddenly and without warning of a massive heart attack. He was fit, didn't smoke and got plenty of exercise and still became another statistic so what are we doing wrong?

If we look at communities around the world who do not suffer the same lifestyle diseases that we do, we can learn a lot about our own misgivings.

Lets take a look at a few groups of people around the world and see what we can learn, take the Hunzas for instance.

**This extract is provided courtesy of [organiclives.org](http://organiclives.org)**

The Hunza Valley is one of the most miraculous places on earth. It is an area of northern Pakistan where the people live long, age gracefully, and flourish in happiness. Find out what they're doing right, what you can learn, and how to sneak a bite of what they're eating.

### **A Little Background**



In the 1970s, when the Karakoram Highway was built through the Hunza Valley tracing the old silk routes from Pakistan to China, National Geographic featured the civilization residing there as one of the longest living in the world. Until this time, the light-eyed, fair-skinned Hunzakuts were quite isolated in the pristine Pakistani

mountain tops and claimed to be lost descendants of Alexander's army as he invaded India.

What interested researchers when they arrived was how fit, healthy, and happy their elderly population was. Since the civilization had no hospitals, doctors, police, or history records, the researchers could not determine exactly how old they were by a birth certificate.

The Hunzakuts are estimated to live, on average, to about 115 years old. This was astonishing considering average life span was so much older than some of our civilizations oldest - with healthy bodies and minds to boot!



### **Food For Thought**

Almost everything the Hunzakuts feast on is readily available at most North American and European supermarkets. The only difference?

They eat it fresh, unprocessed, and in season. Most importantly, they eat fresh and dried fruits abundantly - year round. On top of their diets, Hunzakuts exercise daily, walking and working amongst their mountainous landscape. Researchers call their diet lacto-vegetarian. The majority of this diet consists of drinking glacier water, raw, unpasteurized milk, and eating leafy green or root vegetables.

They eat these vegetables raw when they can, including young green corn, leafy greens, carrots, and turnips. They also sprout pulse/grain when possible. If they do cook vegetables, they put them in a pot unpeeled with very little water - similar to our steaming process.

## So what have we learned about the Hunzas?

Without the intervention of medicine or a legal system they live harmonious, healthy and long lives, living off simple basic food that is predominately vegetarian.

Importantly, they eat their food in the rawest state possible with very little cooking which ensures the food retains all of its natural nutritional value, hence avoiding the first enemy to nutrition which is HEAT!

Put into context, **the average age for Americans was 75.5 years old in 1994. For doctors it was 58.** It can be suggested that there is great value in treating yourself (through nutritional and lifestyle changes), rather than putting your health in the hands of doctors.

*People don't grow old. When they stop growing, they become old.*

In his revolutionary book, bestselling author John Robbins presents us with a bold new paradigm of aging, showing us how we can increase not only our lifespan but also our health span. Through the example of four very different cultures that have the distinction of producing some of the world's healthiest, oldest people, Robbins reveals the secrets for living an extended and fulfilling life in which our later years become a period of wisdom, vitality, and happiness.

From Abkhasia in the Caucasus south of Russia, where age is beauty, and Vilcabamba in the Andes of South America, where laughter is the greatest medicine, to the aforementioned Hunza in Central Asia, where dance is ageless, and finally the southern Japanese islands of Okinawa, the modern Shangri-la, where people regularly live beyond a century, Robbins examines how the unique lifestyles of these peoples can influence and improve our own.

In the early 1970s, National Geographic magazine approached the world-renowned physician Alexander Leaf, asking him to visit, study, and write an article about the world's healthiest and most long-living people. Dr. Leaf, a professor of clinical medicine at Harvard University and Chief of Medical Services at Massachusetts General Hospital, had long been a student of the subject and had already visited and studied some of the cultures known for the healthy lives of their elderly people.

National Geographic commissioned him to continue these travels and investigations and to share with the world his observations and comparisons of those areas of the planet which were famous for the longevity and health of their inhabitants. It was a time, unlike today, when these regions and their cultures were still somewhat pristine.

Dr. Leaf undertook a series of journeys that he subsequently described in an influential series of articles that appeared in National Geographic magazine beginning in 1973. His writings were among the first authoritative efforts to bring practical medical knowledge and research to our desire to know what we can do to impact the future of our lives.

When Dr. Leaf began his study and his travels, three regions of the world were famous for the longevity of their inhabitants: the valley of Vilcabamba in Ecuador, the Hunza region of Pakistan, and certain portions of the Caucasus mountains in what was then the Soviet Union.

These three locales had long been the subject of claims that they were home to the longest living and healthiest people on earth. According to the stories swirling around these high mountainous regions, people in these communities often lived spectacularly long lives in vibrant health.

"Certainly no area in the world," Leaf wrote, "has the reputation for long-lived people to match that of the Caucasus in southern Russia." And in all the Caucasus, the area most renowned for its extraordinary number of healthy centenarians (people above the age of 100) was Abkhazia (pronounced "ab-KAY-zha"). A 1970 census had established Abkhazia, then an autonomous region within Soviet Georgia, as the longevity capital of the world.

"We were eager to see the centenarians," Leaf said, "and Abkhazia seemed to be the place to do so."

So what do the people from these regions actually eat and what can we credit their remarkable longevity to?

In his book *Healthy at 100* John Robbins found that the percentage of calories these people obtained daily was between 69-73% carbohydrates, 15-18% from fat and 10-13% from protein.

Overall, daily calories ranged between 1,700 -1,800, while the Abkhasia ate 90% plant foods and the Vilcabamba and Hunza ate 99% plant foods.

All three ate low amounts of salt, **zero sugar or processed food**, and had **no incidence of obesity and other common diseases**.

What has struck all the scientists that have visited these areas is not just the longevity of these people but the **QUALITY** of their long lives. They have strong bones, vibrant energy, sharp minds and are good humoured and happy well past 100 years of age.

They climb mountains, swim in ice cold mountain glaciawater daily and do active work throughout their lives.

Robbins also discussed the Okinawa, who, though eating a more animal-based diet, had a similar lifestyle.

All of the food they eat is consumed in its most natural state, no peeling or coring or processing.

The evidence suggests that it's not necessarily vegetarianism that promotes longevity but more that all food is consumed in its natural state avoiding processed foods and ALL sugar foods.

In the west we go out of our way to buy fresh vegetables, because they're packed with vitamins, minerals, and antioxidants. But unless we absorb those nutrients into the human body we are just eating matter not food!

Some cooking methods preserve nutrients and even help them enter your bloodstream, while others can destroy them. Take a look at the 6 enemies to nutrition here and at the end we will show you what you can do to avoid destroying the valuable nutrition in your food before you get a chance to eat it.

Nutritional experts say that the average family can lose a lot of the nutrition in their food because of how it is prepared and cooked. These are the main enemies to nutrition and the first one is:-

#### **□PEELING**

Anything that's grown under the ground the vitamins are just under the skin. If the food is grown above ground the nutrients are in the centre or core. A lot of the nutrients in vegetables can be found in, or just under the skin and when we peel them, we could be throwing away up to 50% of the goodness!

#### **□ WATER**

Many vitamins and minerals are water soluble which means water will leach nutrients out of the food. That's why the water changes colour when you cook veg. e.g. peas (green) and salt, which is a mineral, dissolves.

#### **□OXIDATION**

Air & light can strip the goodness from our food. When you bite an apple and put it on the side, what happens? It turns brown right? So if we don't cook in an airtight container, we can lose even more nutrition. Scientists say if you can smell your food when it's cooking, you can smell vitamins and minerals leaving your food!

## **HIGH HEAT**

It is accepted that food cooked at temperatures higher than 86 degrees C not only destroys bad bacteria but actually starts to destroy the nutrition too. If we think about this, if I wanted to sterilise a baby's bottle I could boil it in water, couldn't I?

So what do you think happens when we boil our vegetables? We are sterilising the living life out of them.

Steaming is better than boiling, but occurs at over 100 °C and it's a wet heat. If you read the small print on a new steamer, it says we should only steam for a few minutes. The problem is most people cook their vegetables for far too long which has the same damaging effect as boiling.

For ROASTING and GRILLING: What temperature would you set the oven to, 150-200 °C..... High heat again!

## **MICROWAVE**

Using a microwave oven is probably the most dangerous method of cooking. It "cooks" the food at between 200-400 °C by vibrating the molecules in the food at somewhere in the region of 2 billion times a second!

Can you imagine what your car would look like if it had been exposed to that kind of vibration? This is why lot of people say the food completely changes flavour and texture. The reality is we don't really know how microwaving food changes its structure and how it then is bio-available to the human body. But one thing is for certain, it is almost certainly not a positive thing.

Which would you prefer, an anaemic looking baked potato with that solid inedible lump on the bottom done in a microwave, or a crispy brown one with an evenly cooked hot succulent interior and tasty skin baked in a conventional oven?

## **FATS AND OILS:**

Fats and oils make our food 7-8 times harder to digest, plus they give us those extra inches we spend so much time trying to lose. For example, if we fry a piece of chicken or potatoes in butter, fat etc. we wrap the food in an oil bag. It's this "bag" that our digestive system has trouble dealing with.

We eat the fat covered food which includes all the saturated fats from animal protein, dairy including full fat milk and cheese especially the hard cheeses, which in turn raises our cholesterol levels which can lead to all the Cardio diseases including Angina, Myocardial Infarction and Stroke.

The extra bi product of all this extra fat is obesity. Our bodies require nutrients to survive not food matter! When we are hungry we are craving vitamins and minerals, so if we eat food that is devoid of nutrition we still have cravings to eat more and more.

If we unconsciously end up reducing the vitamins and minerals in our food, we finish up over eating to compensate for the lack of vitamins and minerals in the food.

Have you ever had a meal, stuffed yourself and an hour or two later you're hungry? You may ask the question 'Why am I hungry?'

Because you know you had a big lunch or big dinner.....but your body is actually searching for all those vitamins and minerals that were not in the food.

Our brain then asks for more vitamins and minerals...but we interpret this as hunger, and then unfortunately we put more food matter into our stomachs and for most "snacking" is not a healthy affair.

Can you see why it is reported we are the most overfed and undernourished generation that has ever lived?

To find out how you can avoid the enemies to nutrition click here!

<http://www.red5uk.com/dinner-show>

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I will just leave you with this thought. When the famous film actor John Wayne died his transverse colon was 12 inches in diameter, the hole through the middle where the waste food had to pass was less than 2 inches in diameter. He had over 70lbs of faecal matter that had been trapped inside his intestines for years and years.

John Wayne was a big consumer of fried food, including saturated animal fats and oils.

We have a choice, and the choices we make today will ultimately determine not only our longevity but the quality of our lives. My father never made old bones, he suffered for many years carrying around over 80 pounds of excessive weight. As I reflect on this I realise he actually destroyed his life with a knife and fork.

Nutritional science was in its infancy when my father was growing up but today we are so much more informed about the dangers of eating the wrong foods, but even today the enemies of nutrition is not widely understood. If you would like to know more please follow the link here.

<http://www.red5uk.com/dinner-show>

If you have any comments about this book and would like to contact us you can e mail me at [danny@red5uk.com](mailto:danny@red5uk.com)