

Intro

ARUNKUMARS

- Tries to chase simple questions
- Enjoys the process of unlearning & relearning!
- Unravelling out of my island of illusion!

WORK



- Chases data to built metrics, to light-up decision making for Provider Space!
- OADW methods team

KIDS



- When subtracting "Should I borrow from left or Right?"
- Un/Re-learnt basic ADDITION ☺

PERSONAL



- "Where is my tax money going?" - re-learnt basic CIVICS & the power it gives a citizen!
- Over-weight reduction, took endurance sports - tore two ligaments - learnt the imp. Of "Stretch & Strengthening"



The greatest enemy of knowledge is not ignorance,
it is the illusion of knowledge!!!
~ Stephen Hawking

Intro



The greatest enemy of knowledge is not ignorance,
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Is my Area safe, to venture out?

Will I get ICU bed, if I contract COVID?

- Tries to chase simple questions

- COVID + Comorbid deaths
-
-
-

Intro



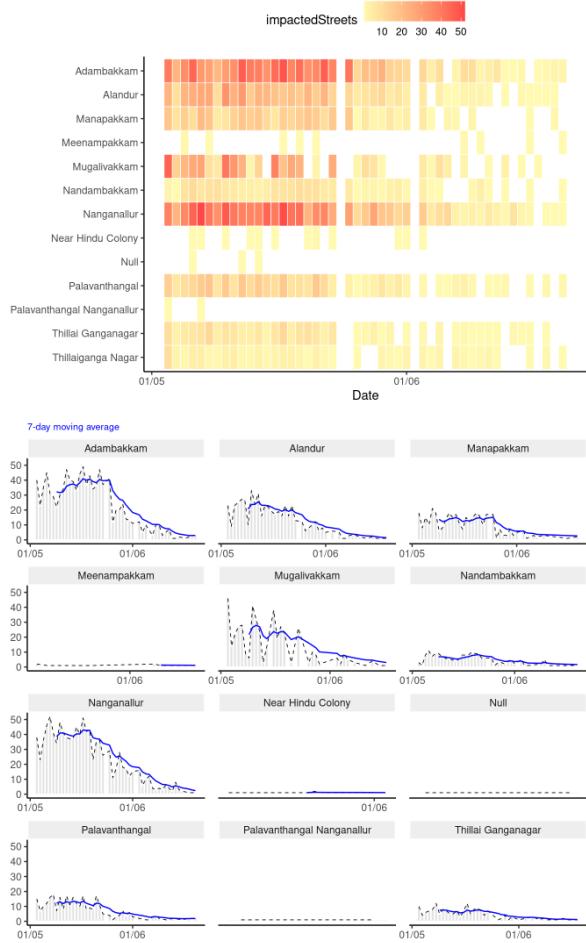
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- Tries to chase simple questions

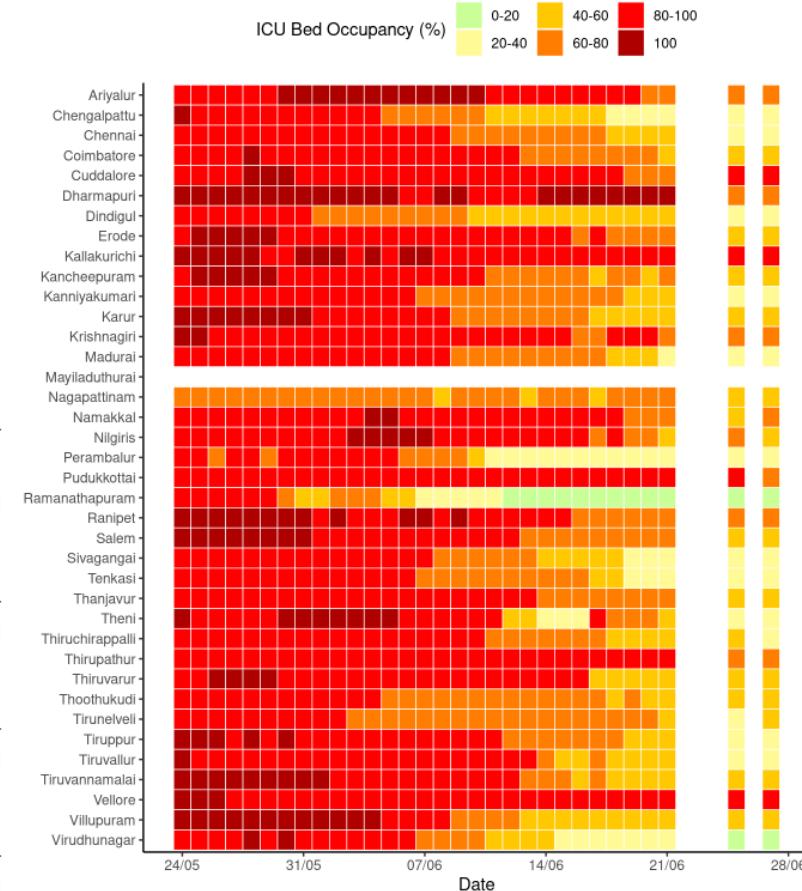
- COVID + Comorbid deaths
-
-
-

Is my Area safe, to venture out?

Zone 12 - Alandur



Will I get ICU bed, if I contract COVID?



Intro



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- Tries to chase simple questions

- COVID + Comorbid deaths
- OADW AI models
- Tore caused Inactivity
- Over-Weight

Intro



The greatest enemy of knowledge is not ignorance,
it is the illusion of knowledge!!!
~ Stephen Hawking

- Tries to chase simple questions

- COVID + Comorbid deaths
- OADW AI models
- Tore caused Inactivity
- Over-Weight

why do the,

- Cardio Active Vegetable vendor
- Muscled up Gas Delivery guy
- Sedentary IT folk

become OBESE! "What is the missing link?"



Trust, but verify.

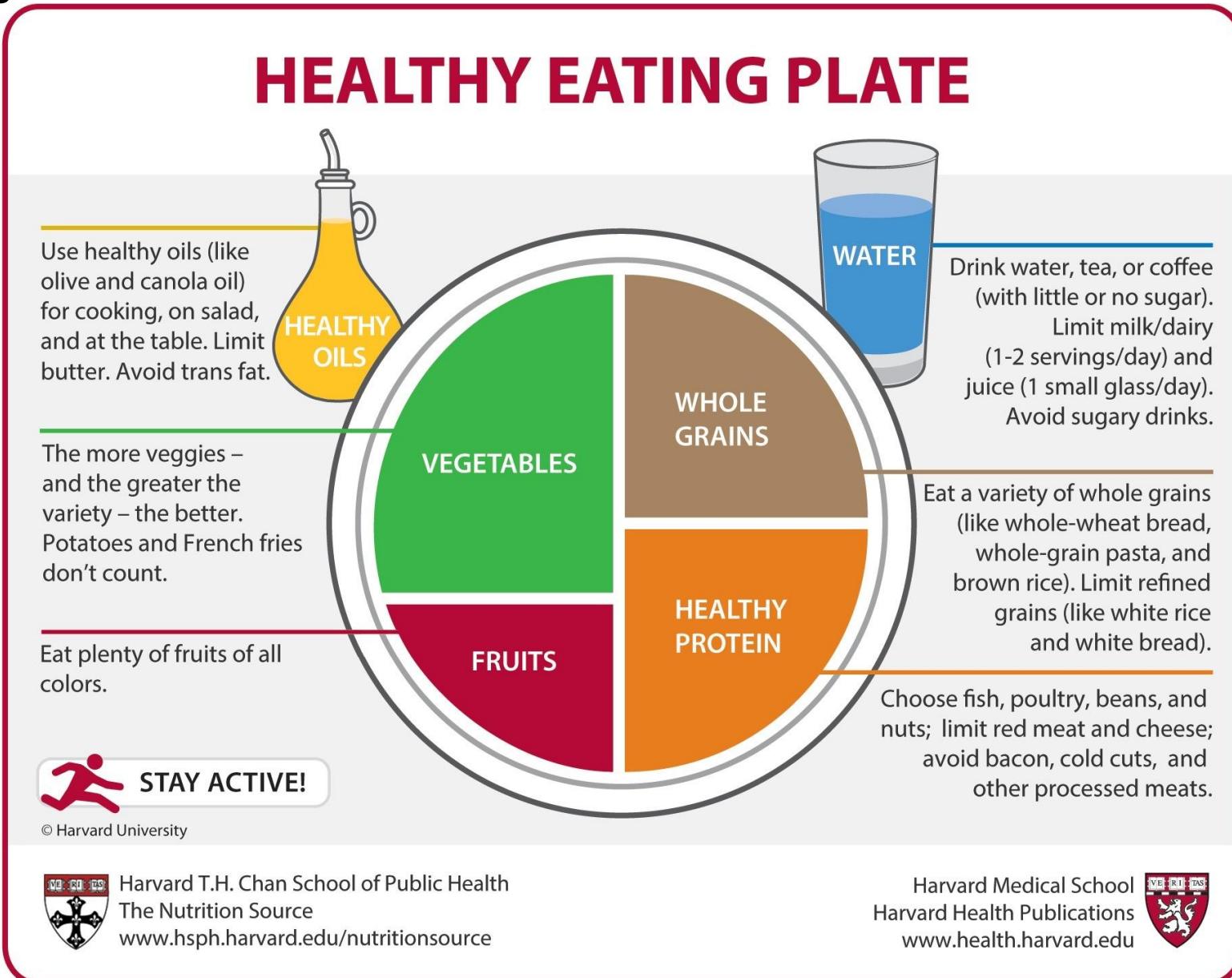
Informational purposes only!

Individual research and medical advice is mandatory.

*Following slides are a collection of research material from various
scientists & doctors.*

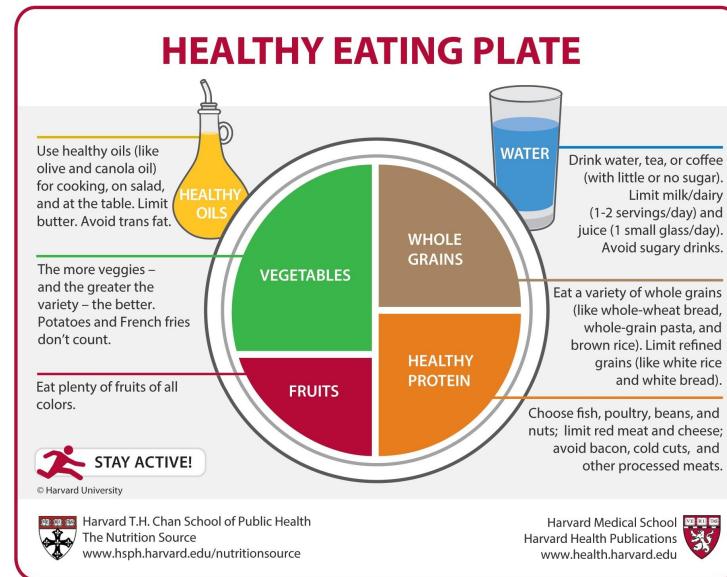
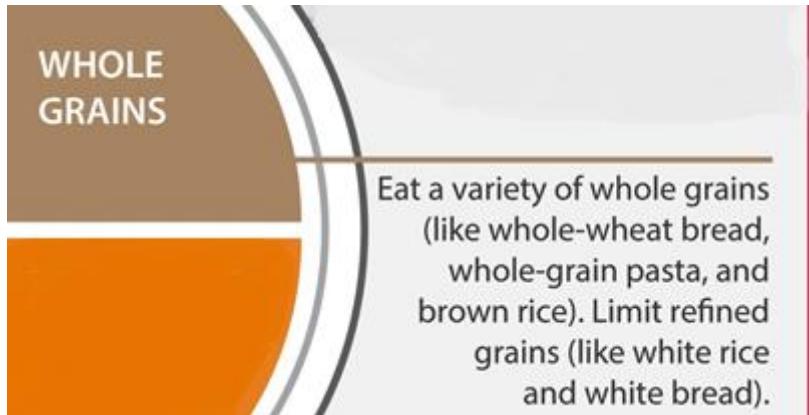
What to expect?

Able to spot the flaw!
CLUE: Grains



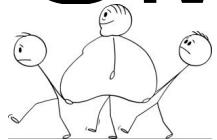
What to expect?

Read between Lines!



Now an 8th grade kid could teach,

How to keep the TUMMY away



aka
Metabolic Syndrome




STOP AUTOMATING the DIGESTIVE process using Fiber Destroyers
let the BACTERIA in the SMALL INTESTINE do its job!


STOP HACKING the D-REWARD system (Dopamine) using Fiber Destroyers
let the D-REWARD system play its role, only to satisfy NATURE's DESIGN!

AGENDA:

- Nature {meets} Human Body
- Game of FIBER on the 22 feet playground
- Our Hybrid Engine & the role of Insulin
- Insulin Response Patterns Kraft Patterns
- 3-part Solution

AGENDA:

- **Nature {meets} Human Body**
- Game of FIBER on the 22 feet playground
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Nature

RICE, WHEAT, any GRAINS
FRUITs, SUGARCANE, HONEY
LEGUMES, PULSES
VEGETABLES
...
...

{ meets }

Human Body

{ contains }

CARB



{ converts to }

GLUCOSE



PROTEIN

FAT

{ converts to }

KETONE



Nature

{ meets }

Human Body

Nature's
Design



Warning: Most illusive content!

Bias: I already know

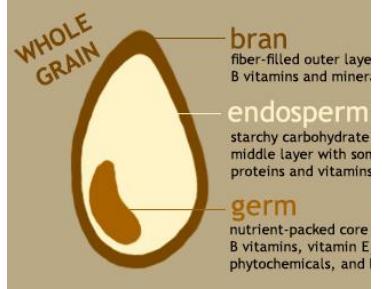
Nature

{ meets }

Human Body

Nature's Design

All CARB { has } FIBER { except } HONEY



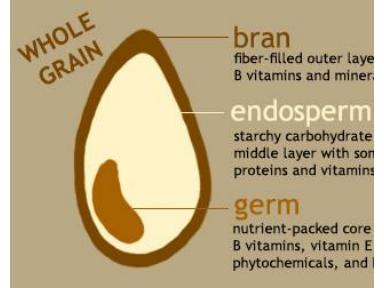
Nature

{ meets }

Human Body

Nature's Design

All CARB { has } FIBER { except } HONEY



Early to Late SUMMER { is } FRUIT { bearing } season



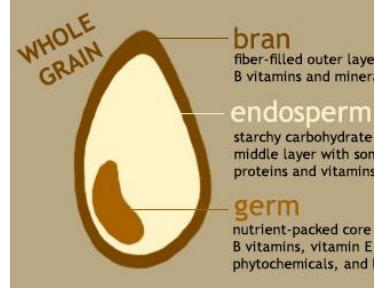
Nature

{ meets }

Human Body

Nature's Design

All CARB { has } FIBER { except } HONEY



Early to Late SUMMER { is } FRUIT { bearing } season



III

Reference:
Dopamine Nation by Dr. Anna Lembke

D-REWARD system { rewards } Dopamine for SURVIVAL & PROCREATION

SURVIVAL { requires } To set a goal & achieve it, esp. to seek food and get it!

PROCREATION { requires } To build trust, connect emotionally, & get into relationship!



Nature

RICE, WHEAT, any GRAINS
 FRUITs, SUGARCANE, HONEY
 LEGUMES, PULSES
 VEGETABLES

{ meets }

Human Body

{ contains }

CARB



{ eat }

MOUTH

STOMACH

SMALL INTESTINE (SI)

22 FT.

HOME

for
TRILLIONS
of
BACTERIA

{ feeds on }

FIBER



GLUCOSE
DISTRIBUTION
SYSTEM

FIBER

22 feet SI

BACTERIA

**TOP
NOTCH
condition!!!**

AGENDA:

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- 3-part Solution



Dr. Pradip Jamnadas
MBBS, FACC, FSCAI, FCCP, FACP

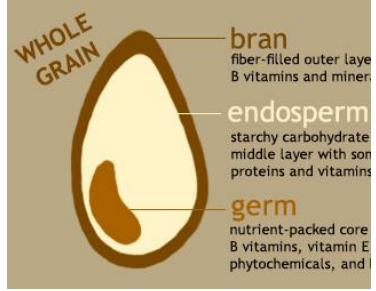
A Cardio surgeon:
who doesn't want to see the
patient at the OR for 2nd or
3rd, even the 1st Stent
procedure!

FIBER – Fiber, Fiber, Fiber!

<https://www.youtube.com/watch?v=nDJHQz2JHeA&t=322s>

GAME of FIBER

on the 22 feet playground



✓ FIBER

✓ 22 feet SI

✓ BACTERIA

TOP
NOTCH
condition!!!

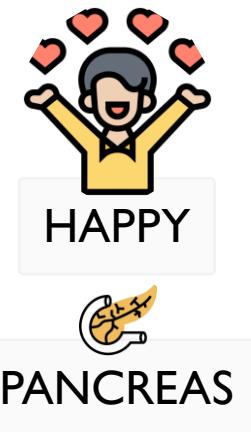


GAME of FIBER

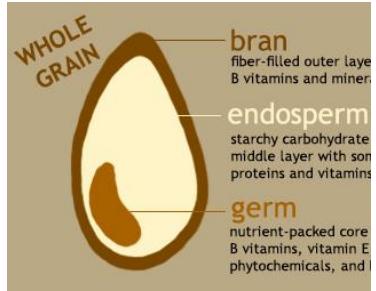
on the 22 feet playground



FIBER INTACT
GLUCOSE Distribution System
– TOP NOTCH condition



{ SLOW-STREAMLINED }
release of G



- ✓ FIBER
- ✓ 22 feet SI
- ✓ BACTERIA

**TOP
NOTCH
condition!!!**

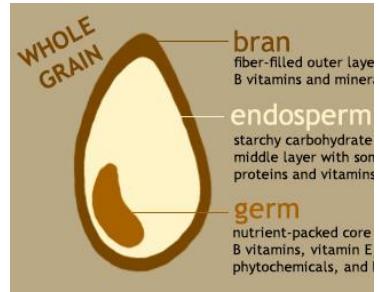
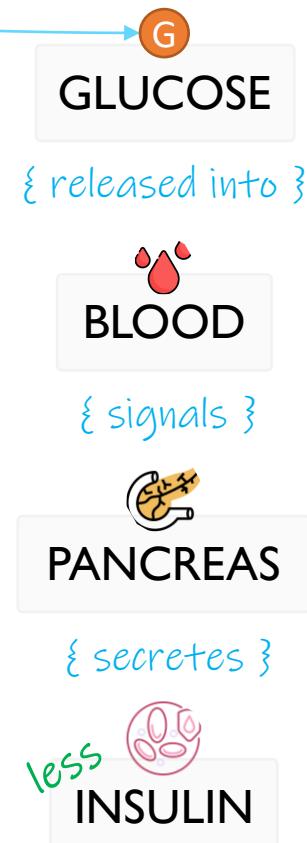
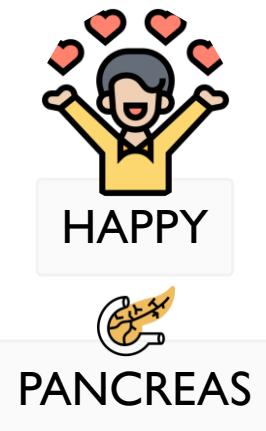
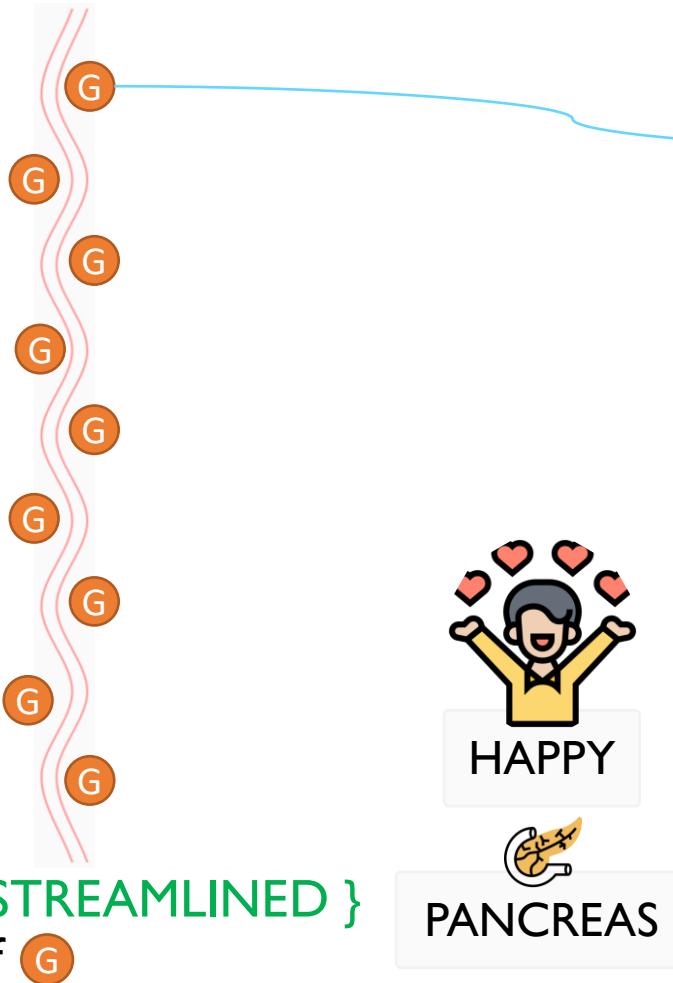


GAME of FIBER

on the 22 feet playground



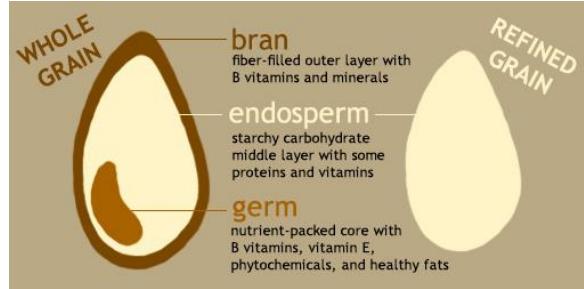
**FIBER INTACT
GLUCOSE Distribution System
– TOP NOTCH condition**



- FIBER**
 - 22 feet SI**
 - BACTERIA**
- TOP NOTCH condition!!!**

GAME of FIBER

on the 22 feet playground



FIBER

22 feet SI

BACTERIA

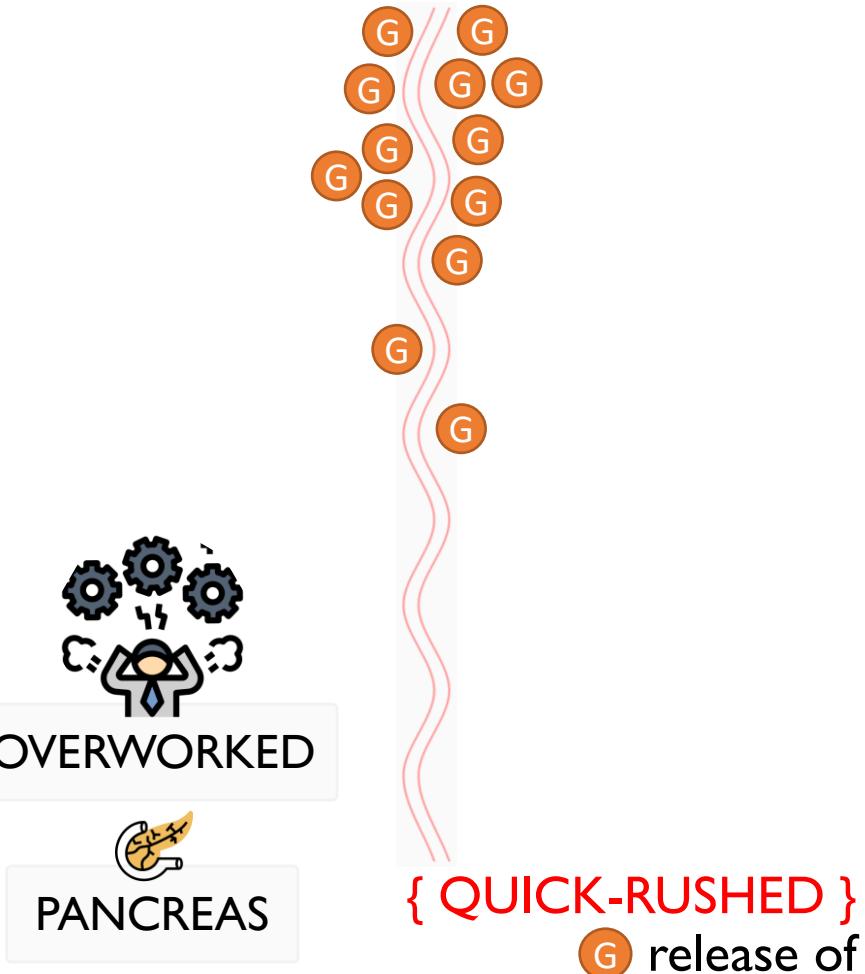
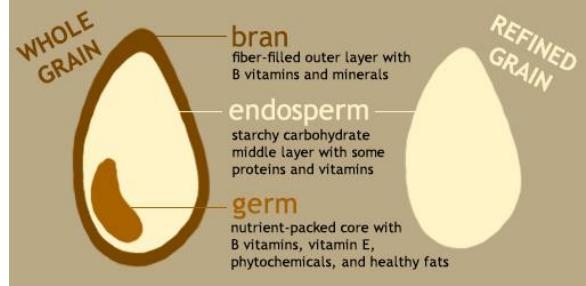
HACKED!!!

GAME of FIBER

on the 22 feet playground



FIBER DESTROYED
GLUCOSE Distribution System
- HACKED!!!



FIBER



22 feet SI



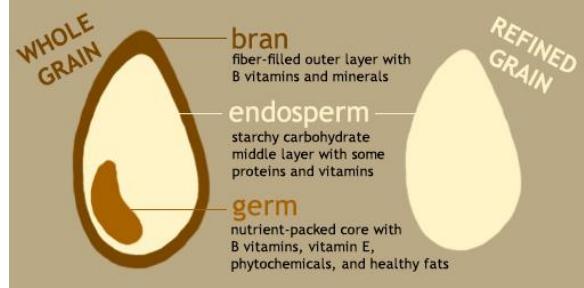
HACKED!!!

GAME of FIBER

on the 22 feet playground



FIBER DESTROYED
GLUCOSE Distribution System
- HACKED!!!



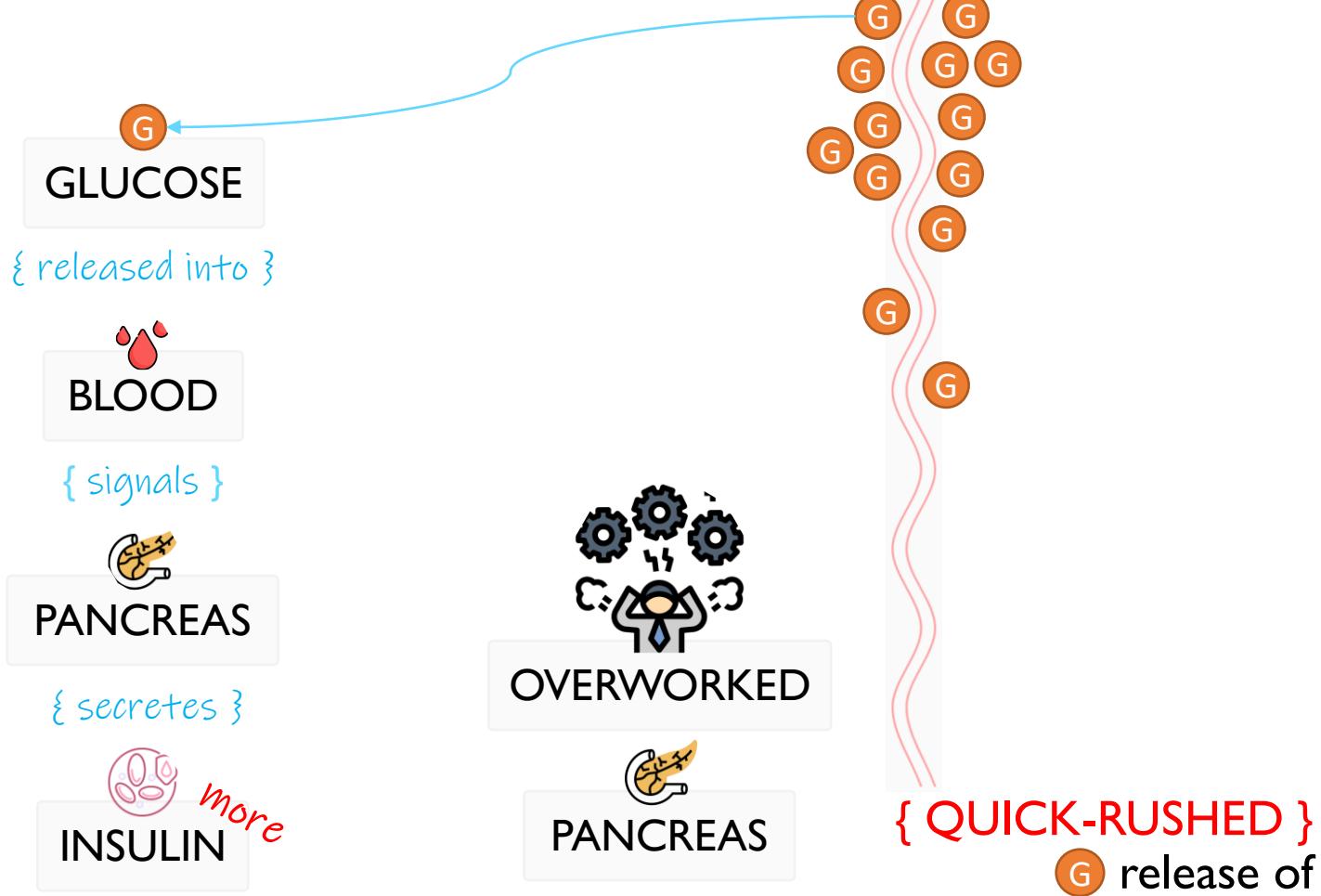
FIBER



22 feet SI



HACKED!!!





GAME of FIBER

on the 22 feet playground



Warning: Another illusive one!

Bias: Its from my culture



WELCOME
THE FIBER DESTROYERS



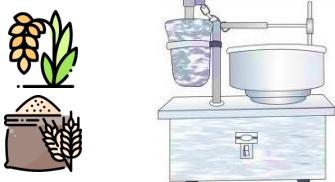
aka.
Processed food



Polished
Rice
MILL



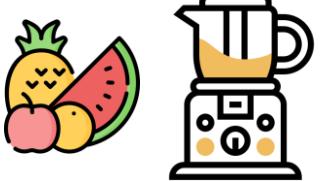
Flour
MILL



Flour
Wet
GRINDER



Sugar
MILL



Juice
Mixer
GRINDER

GAME of FIBER

on the 22 feet playground



WELCOME
THE FIBER DESTROYERS

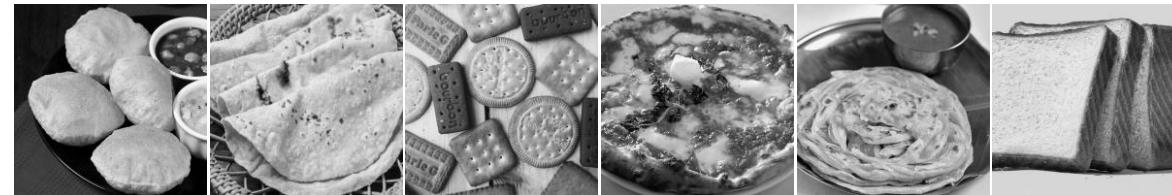
aka.
Processed food



Polished
Rice
MILL



Flour
MILL



Flour
Wet
GRINDER



Sugar
MILL



Juice
Mixer
GRINDER



Naturally
processed



GAME of FIBER

on the 22 feet playground

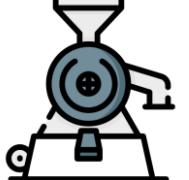


WELCOME
THE FIBER DESTROYERS

 aka.
Processed food



Polished
Rice
MILL



Flour
MILL



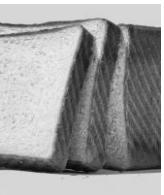
Flour
Wet
GRINDER



Sugar
MILL



Juice
Mixer
GRINDER



Naturally
processed



GAME of FIBER

on the 22 feet playground

OVERWHELMING
LIST!!!

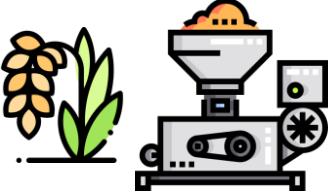
This covers almost all
the food we take!

HOLD on for a BIT!

We will touch on the
food aspect at the
end!

 WELCOME
THE FIBER DESTROYERS

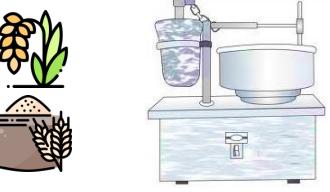
 aka.
Processed food



Polished
Rice
MILL



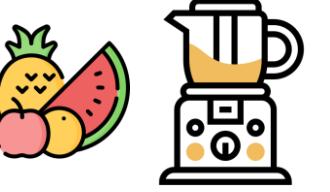
Flour
MILL



Flour
Wet
GRINDER



Sugar
MILL



Juice
Mixer
GRINDER



GAME of FIBER

on the 22 feet playground

not
hunger
^{1st}
CRAVING



Naturally
processed



You are a Junkie!

<https://www.youtube.com/watch?v=nDJHQz2JHeA&t=489s>



WELCOME
THE FIBER DESTROYERS

aka.
Processed food



Polished
Rice
MILL



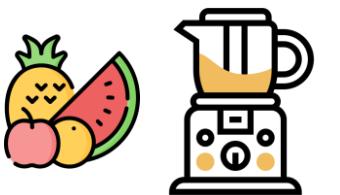
Flour
MILL



Flour
Wet
GRINDER



Sugar
MILL



Juice
Mixer
GRINDER

GAME of FIBER

on the 22 feet playground



Naturally
processed



not
hunger
^{1st}
CRAVING



Happy hormone
^{2nd}
DOPAMINE

Crave
Get Happy
Repeat



GAME of FIBER

on the 22 feet playground



OVERWORKED



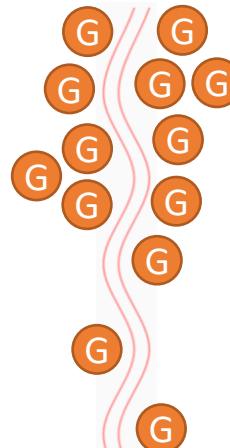
PANCREAS

II

III



FIBER DESTROYED
GLUCOSE Distribution System
- HACKED!!!



OVERWORKED



PANCREAS

{ QUICK-RUSHED }
G release of

GAME of FIBER

on the 22 feet playground



OVERWORKED



Weight gain { esp. } Abdominal



Elevation in Blood Pressure



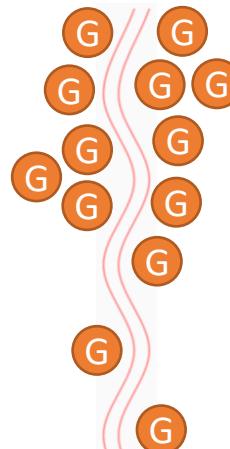
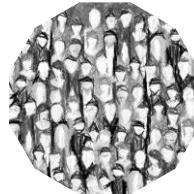
PANCREAS

II

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FIBER DESTROYED
GLUCOSE Distribution System
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OVERWORKED



PANCREAS

{ QUICK-RUSHED }
G release of

GAME of FIBER

on the 22 feet playground



OVERWORKED



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Elevation in Blood Pressure



PANCREAS

II

Pre-Diabetes { top identifier } KRAFT TEST



Diabetes

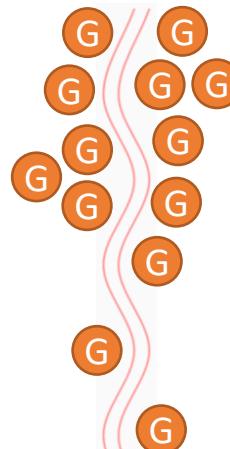
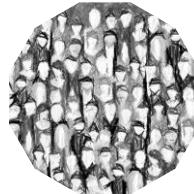


Fatty Liver

III



FIBER DESTROYED
GLUCOSE Distribution System
- HACKED!!!



OVERWORKED



PANCREAS

{ QUICK-RUSHED }
G release of

GAME of FIBER

on the 22 feet playground



OVERWORKED



Weight gain { esp. } Abdominal



Elevation in Blood Pressure



PANCREAS

II

Pre-Diabetes { top identifier } KRAFT TEST



Diabetes



Fatty Liver

III



Calcification / Vascular Complication

{ top identifier }

Coronary Calcium Scoring



Heart Failure



Nephropathy



Stroke



Retinopathy



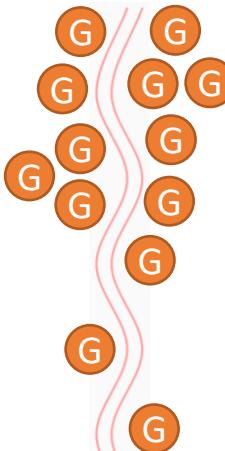
Neuropathy



PCOS/E.Dys



FIBER DESTROYED
GLUCOSE Distribution System
- HACKED!!!



OVERWORKED



PANCREAS

{ QUICK-RUSHED }
G release of

GAME of FIBER

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OVERWORKED



PANCREAS



Weight gain { esp. } Abdominal



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Diabetes



Fatty Liver



Calcification / Vascular Complication



{ top identifier }
Coronary Calcium Scoring



Heart Failure



Nephropathy



Stroke



Retinopathy



Neuropathy



PCOS/E.Dys



FIBER DESTROYED



5-day field trip

(reality check - as patient attender)

• 7:30 am:

- Cardio OP - thronged by 100s
- Same situation for CKDs

• All day:

- Chest Pain ED - queued by ambulances



GAME of FIBER



FIBER INTACT
GLUCOSE Distribution System
- **TOP NOTCH** condition



{ SLOW-STREAMLINED }
release of G

on the 22 feet playground

{ measurable }

KRAFT TEST

7 reading of GTT + Insulin Assay
every 30 min for 3 hours

GLUCOSE

{ released into }



BLOOD

{ signals }



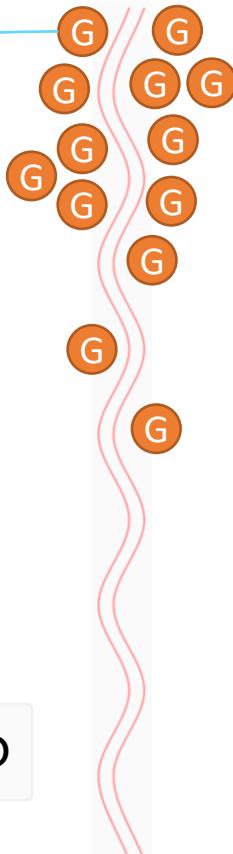
PANCREAS

{ secretes }

less more
INSULIN



FIBER DESTROYED
GLUCOSE Distribution System
- **HACKED!!!**



OVERWORKED



PANCREAS

{ QUICK-RUSHED }
G release of

GAME of FIBER

on the 22 feet playground

{ measurable }

KRAFT TEST

7 reading of GTT + Insulin Assay
every 30 min for 3 hours

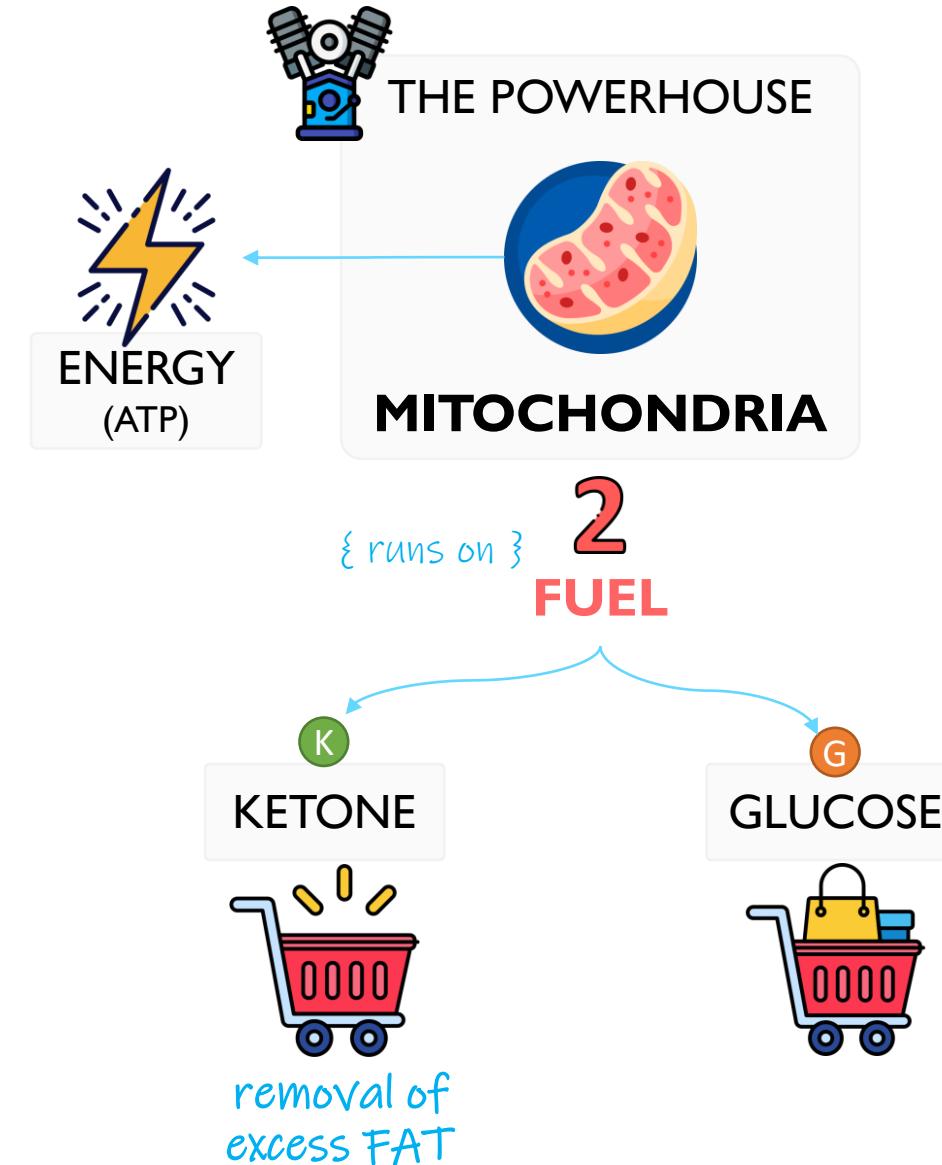


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OUR HYBRID ENGINE

& the role of INSULIN



OUR HYBRID ENGINE

& the role of INSULIN



GLUCOSE

{ released into }



BLOOD

{ signals }



PANCREAS

{ secretes }

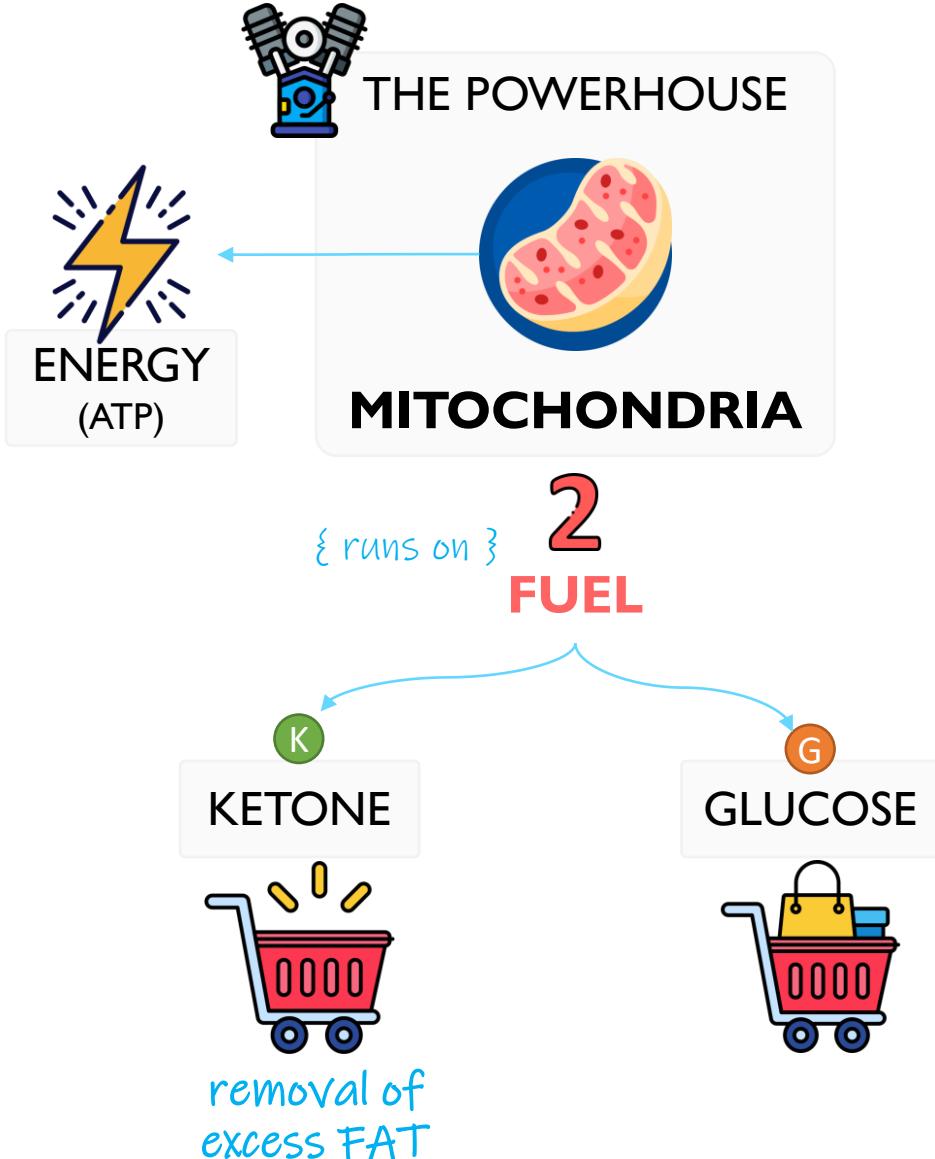


INSULIN

{ has }

2
role

less



OUR HYBRID ENGINE

& the role of INSULIN



GLUCOSE

{ released into }



BLOOD

{ signals }



PANCREAS

{ secretes }



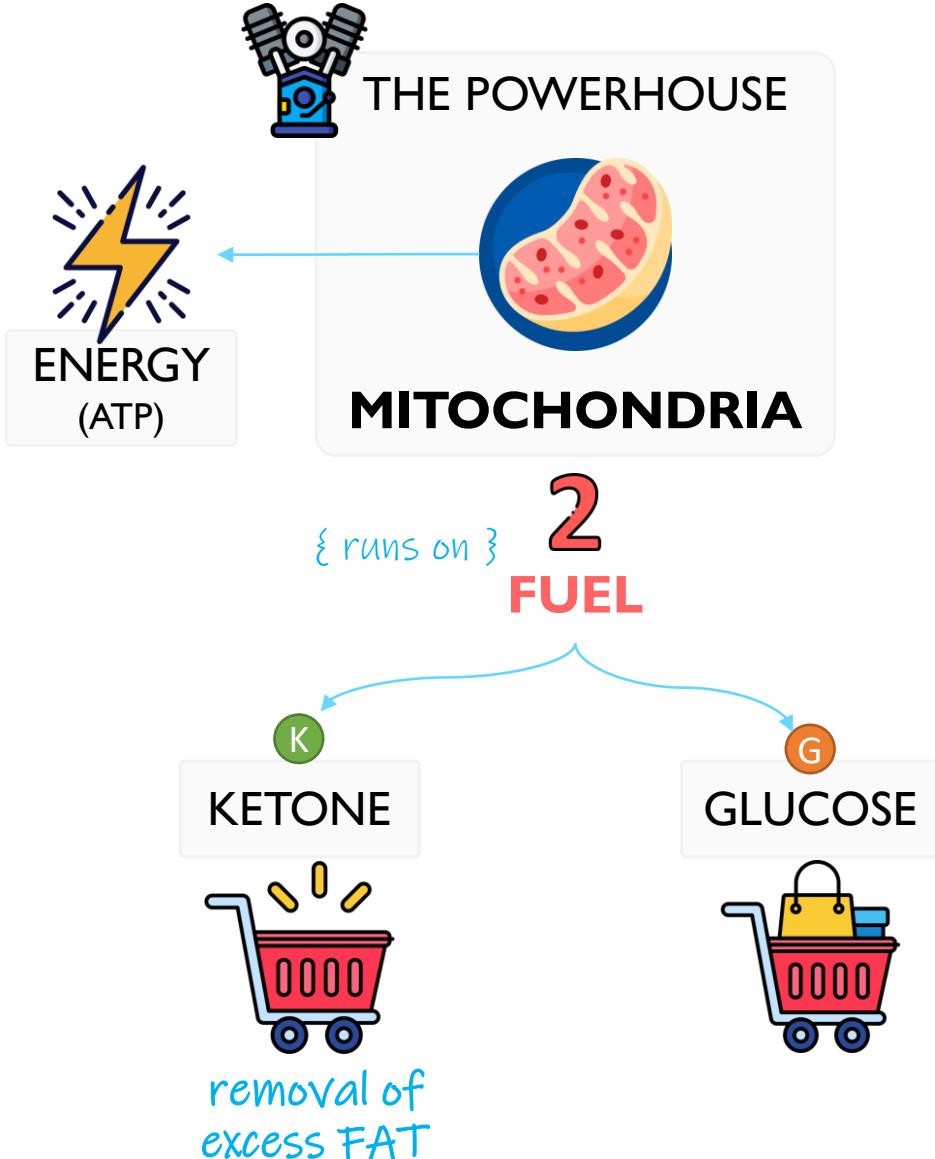
INSULIN

{ has }

2
role

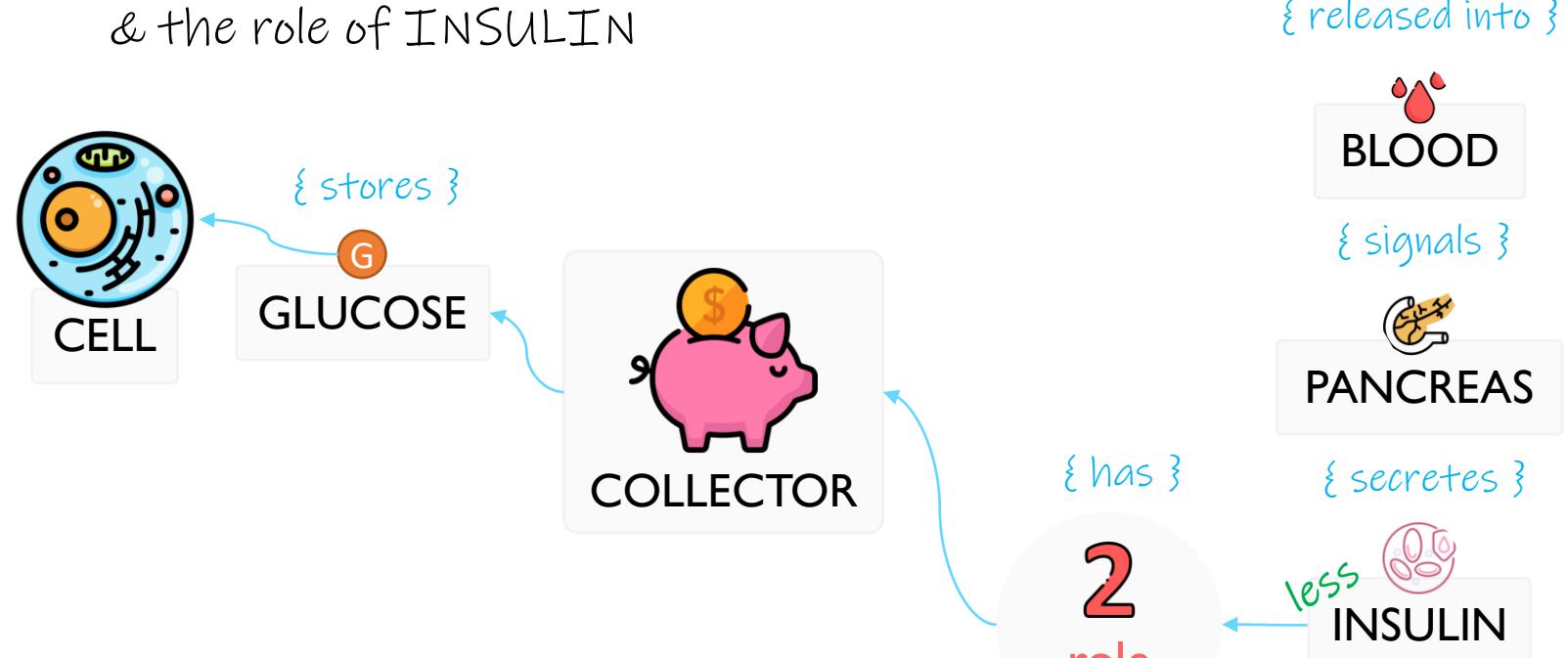
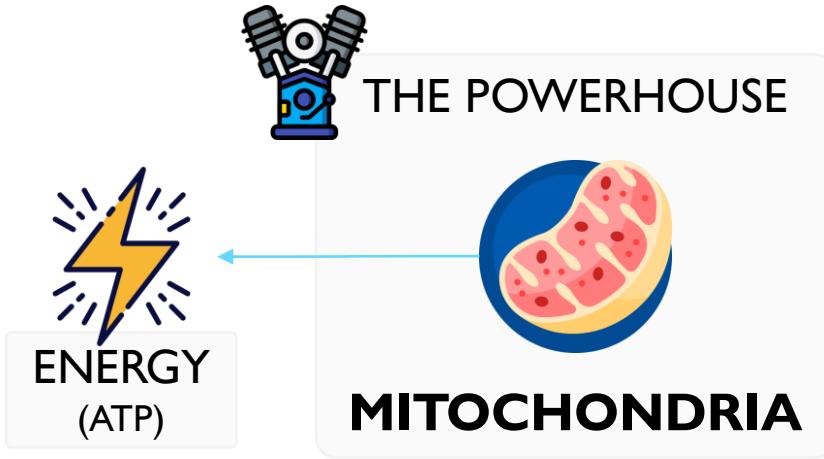


COLLECTOR



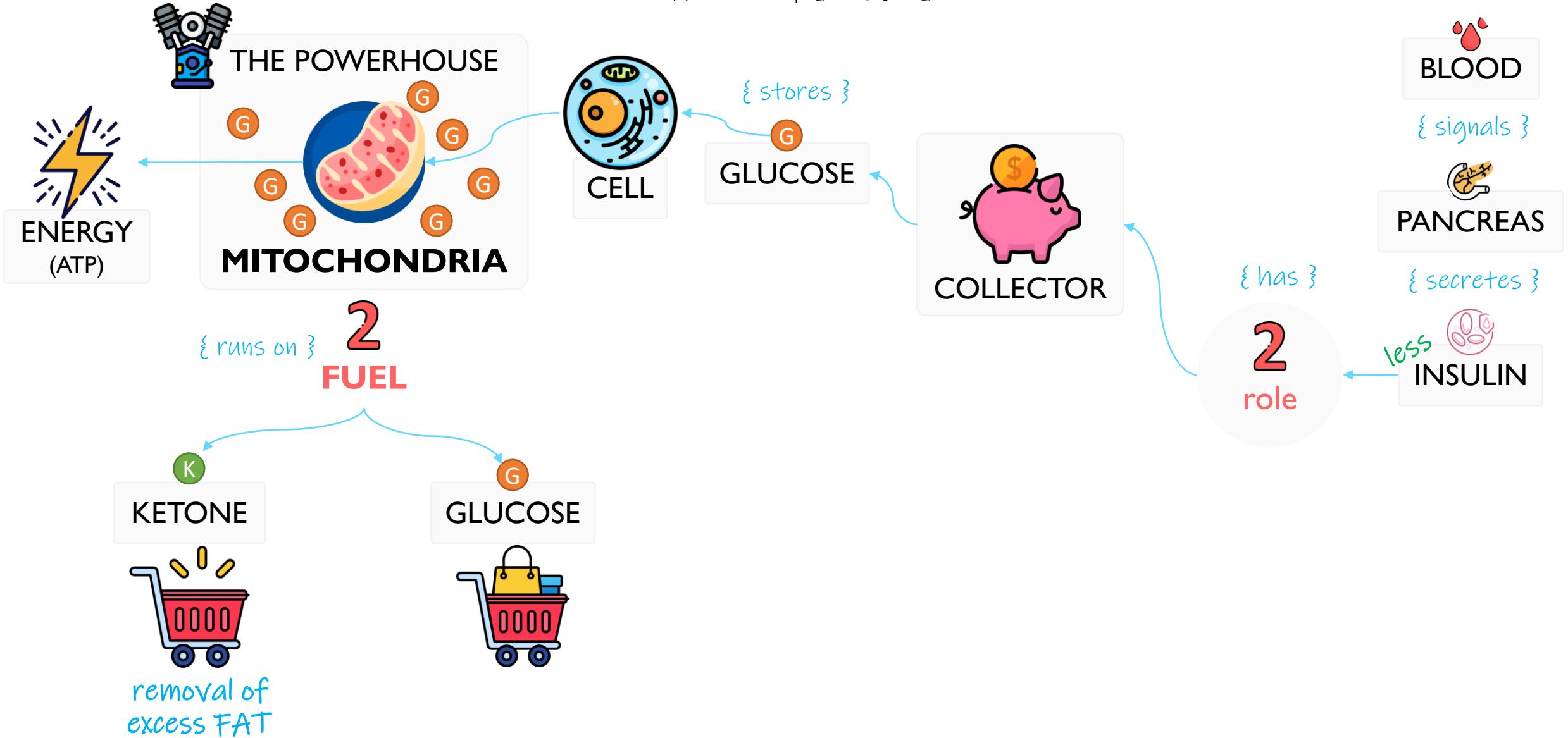
OUR HYBRID ENGINE

& the role of INSULIN



OUR HYBRID ENGINE

& the role of INSULIN



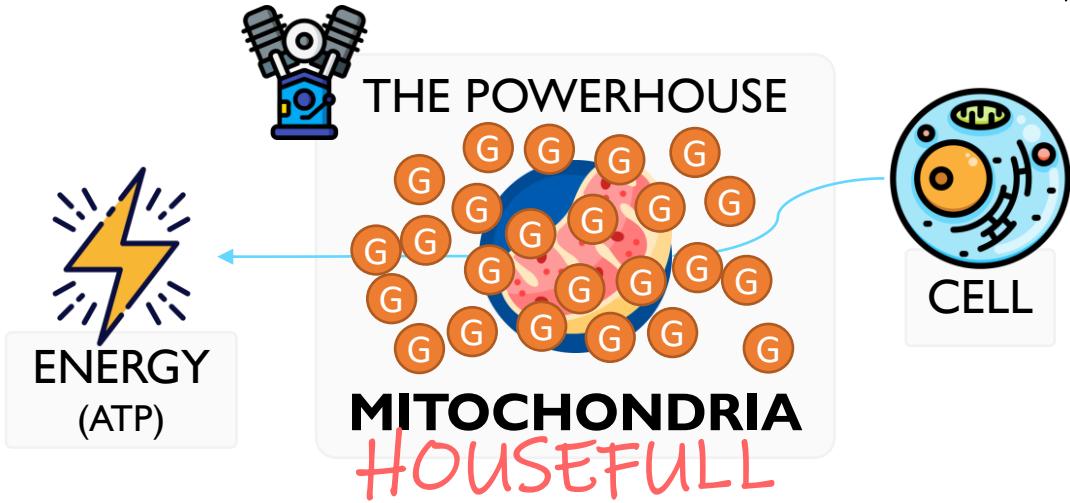
OUR HYBRID ENGINE

& the role of INSULIN



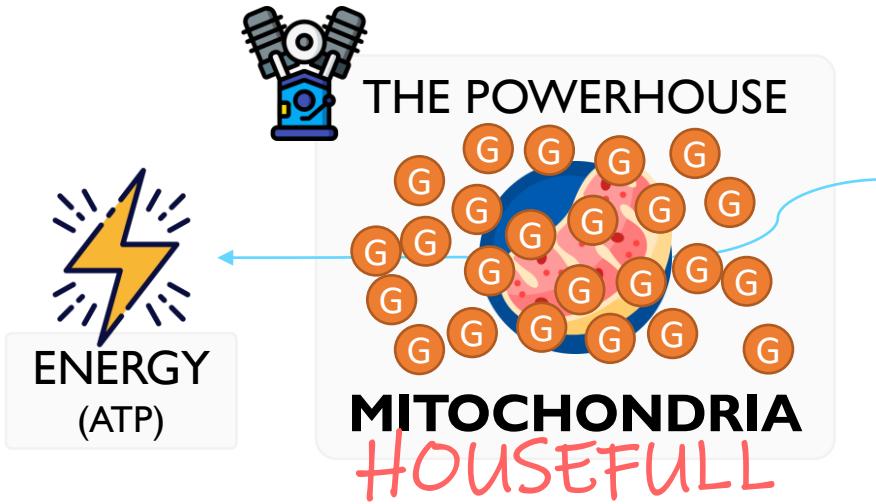
OUR HYBRID ENGINE

& the role of INSULIN



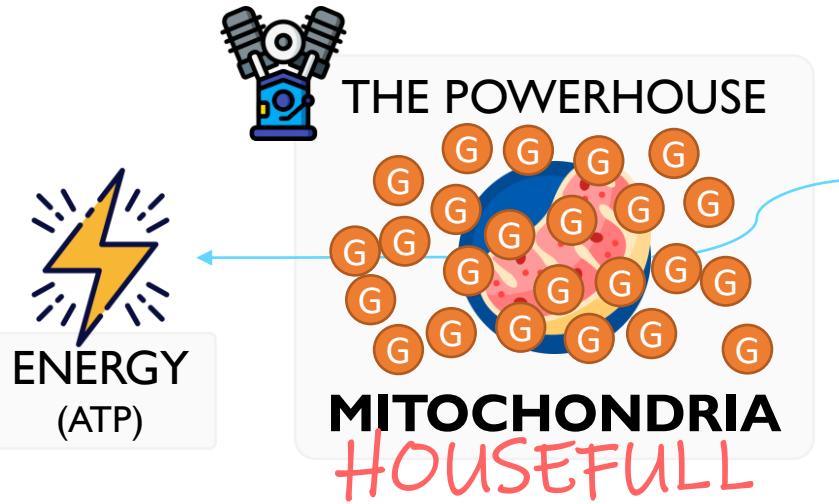
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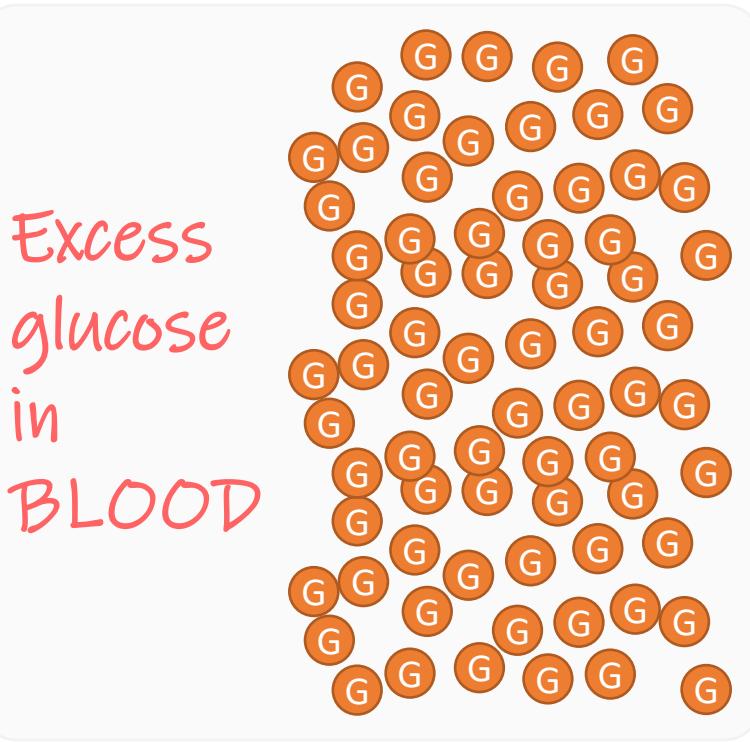
OUR HYBRID ENGINE

& the role of INSULIN



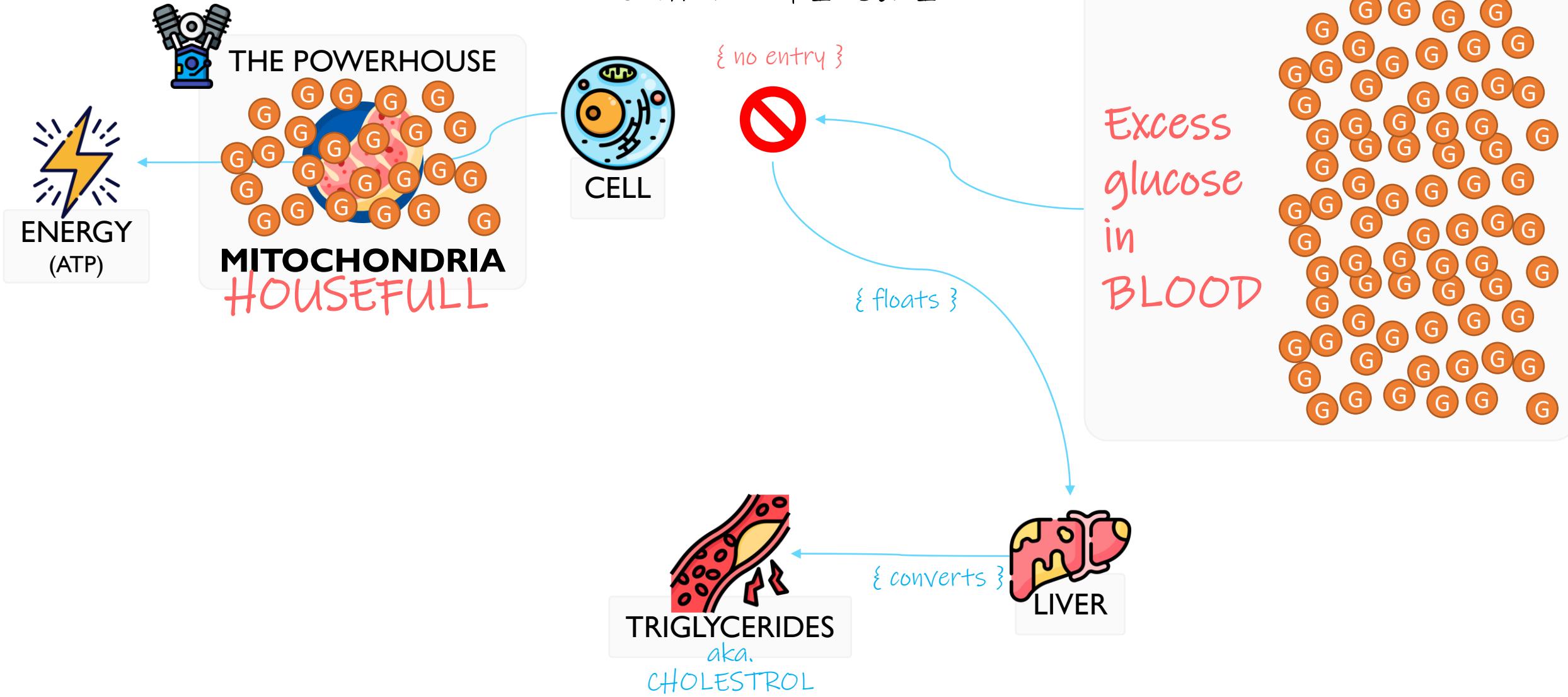
{ no entry }

{ floats }



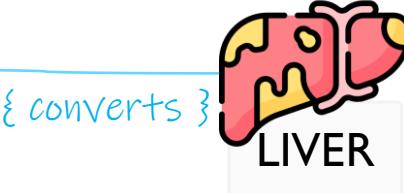
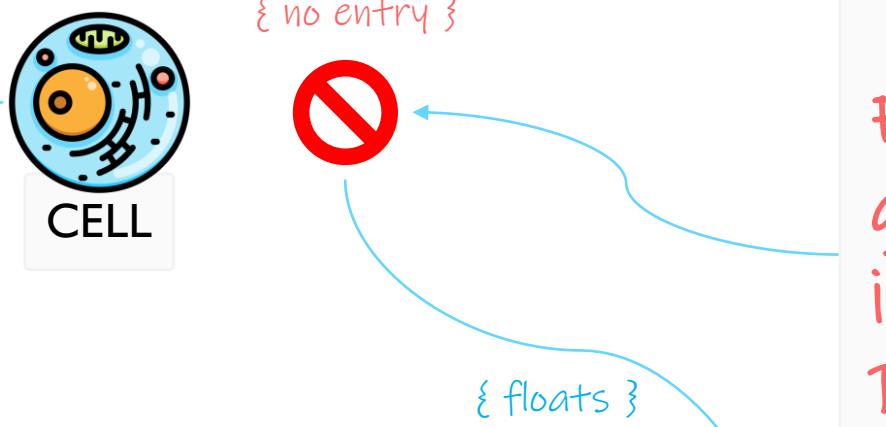
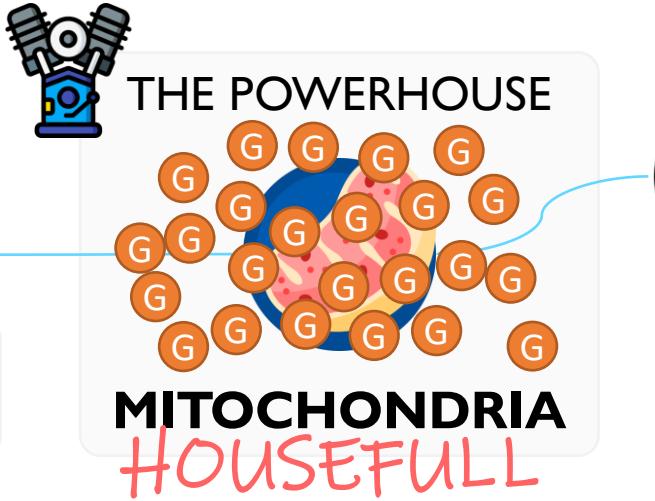
OUR HYBRID ENGINE

& the role of INSULIN



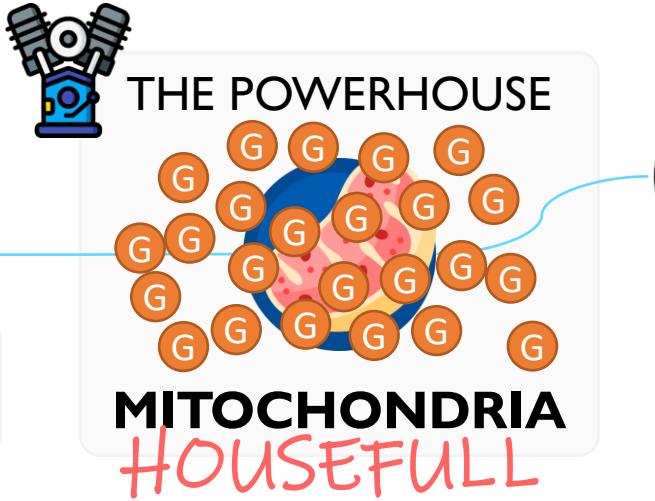
OUR HYBRID ENGINE

& the role of INSULIN



OUR HYBRID ENGINE

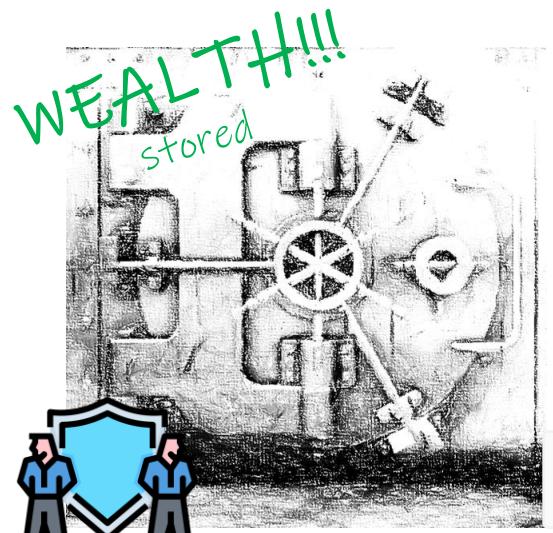
& the role of INSULIN



{ no entry }

{ floats }

Excess glucose in BLOOD



{ stores }

TRIGLYCERIDES
aka.
CHOLESTROL

{ converts }



OUR HYBRID ENGINE

& the role of INSULIN



{ released into }



BLOOD

{ signals }

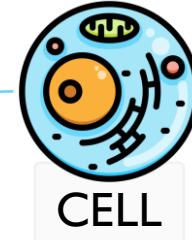
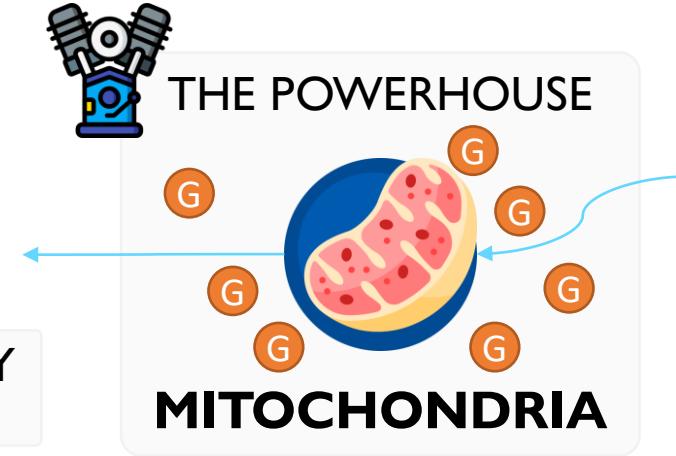


PANCREAS

{ secretes }



INSULIN



{ stores }

GLUCOSE

CELL



COLLECTOR

{ has }

2
role



GUARD

{ runs on }
2
FUEL

K

KETONE



removal of
excess FAT

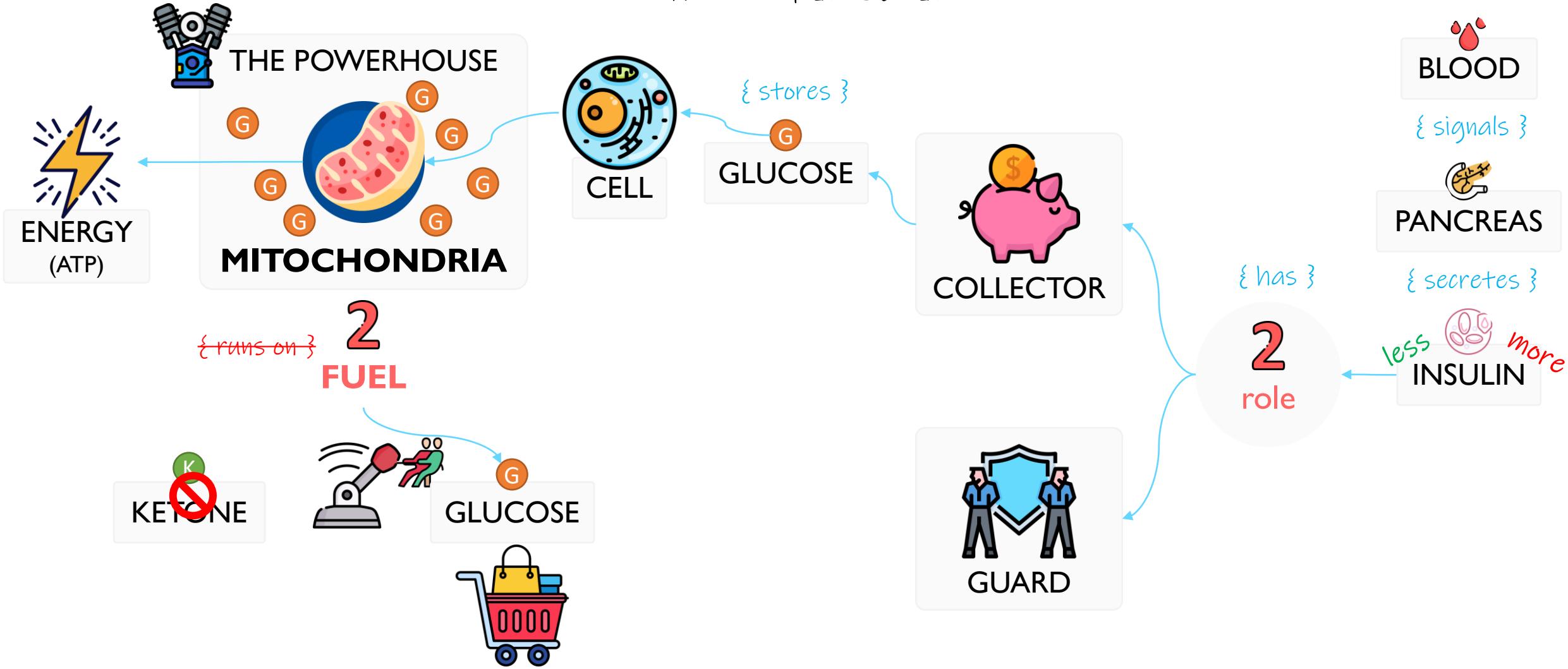
G

GLUCOSE



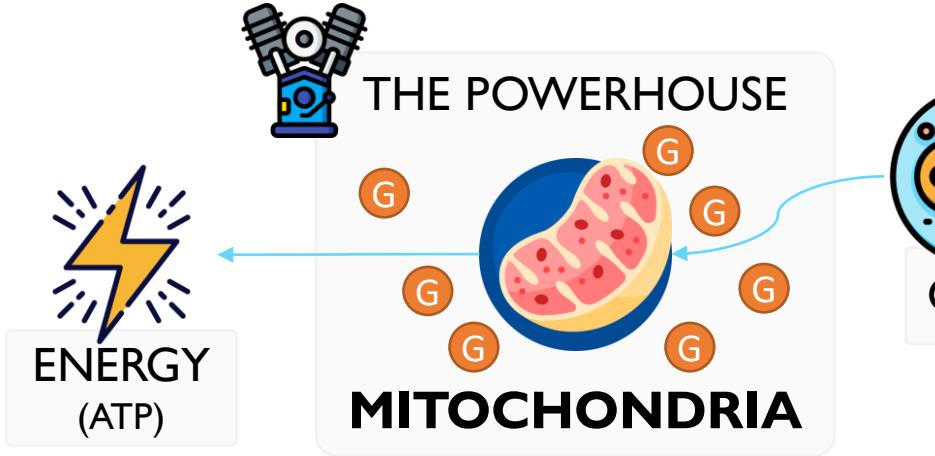
OUR HYBRID ENGINE

& the role of INSULIN



OUR HYBRID ENGINE

& the role of INSULIN

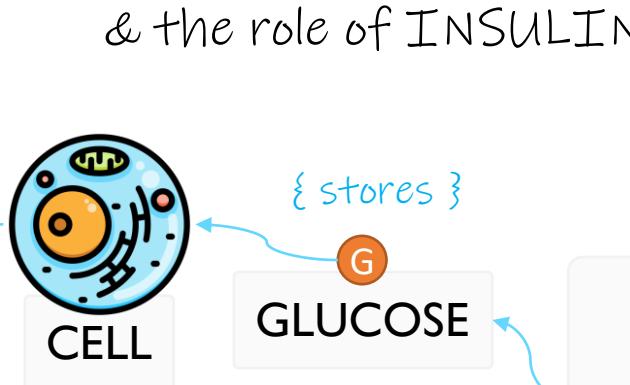


2
FUEL

KETONE



GLUCOSE



{ stores }

GLUCOSE



{ has }

2
role



G
GLUCOSE

{ released into }



BLOOD

{ signals }



PANCREAS

{ secretes }



INSULIN

works
WELL

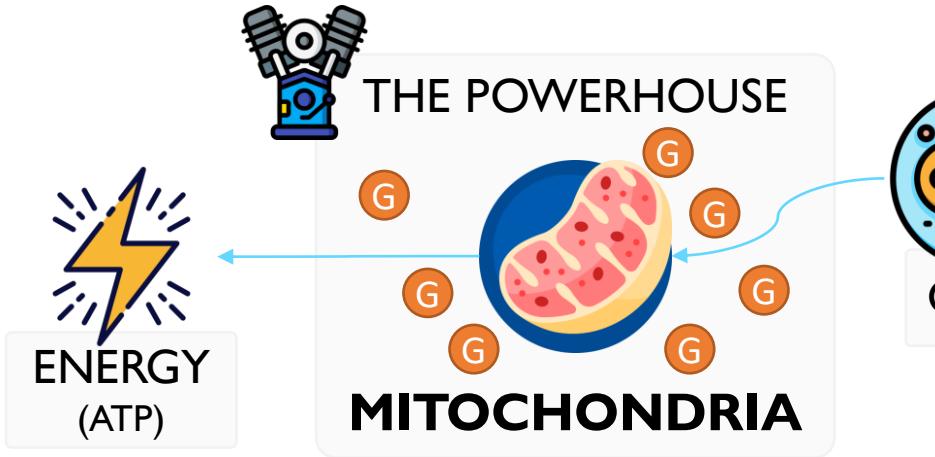


Follows NATURE's DESIGN

- FIBER only Carbs
- Seasonal Fruits
- Dopamine - Survival & Procreation
- Fasting

OUR HYBRID ENGINE

& the role of INSULIN



{ released into }



{ signals }



{ secretes }

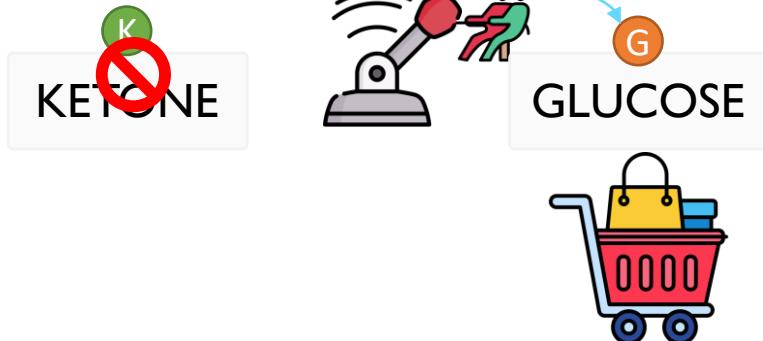


more

creates
HAVOC



{ runs on }
2 FUEL



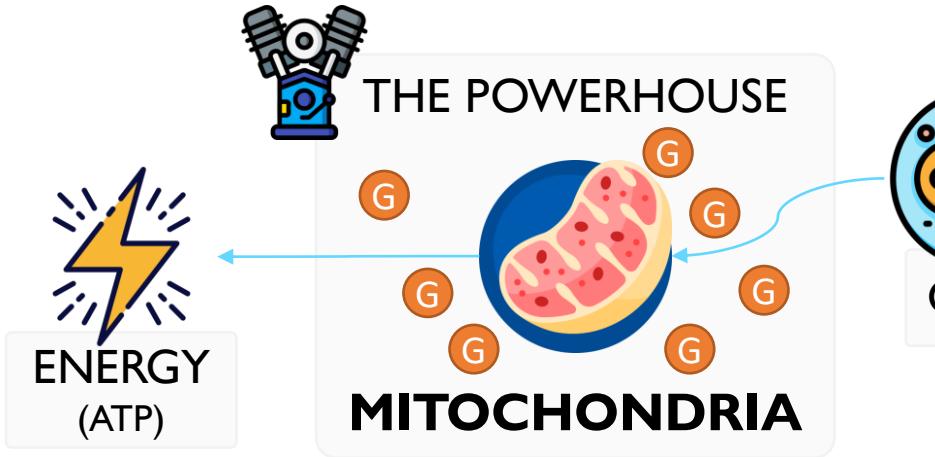
{ mono fuel storage mode }
{ Cholesterol driven high inflammation }

~~Follows NATURE's DESIGN~~

- NAKED Carbs
- All year Fruits
- Dopamine – for FUN
- Time driven

OUR HYBRID ENGINE

& the role of INSULIN



{ runs on } **2 FUEL**

KETONE



GLUCOSE



{ Cholesterol driven high inflammation }



*aka.
FEELING FULL
WHEN
EATING*



*cuts off
LEPTIN
signaling*



*bonus +
2 role*

*creates
HAVOC*



Follows NATURE's DESIGN

- NAKED Carbs
- All year Fruits
- Dopamine – for FUN
- Time driven

G
GLUCOSE

{ released into }

BLOOD

{ signals }



PANCREAS

{ secretes }



INSULIN

more

AGENDA:

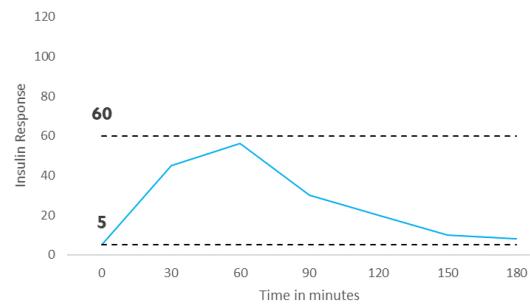
- Nature {meets} Human Body
- Game of FIBER on the 22 feet playground
- Our Hybrid Engine & the role of Insulin
- **Insulin Response Patterns** Kraft Patterns
- 3-part Solution

INSULIN RESPONSE PATTERNS

Diabetes Epidemic & You, by Dr.Kraft

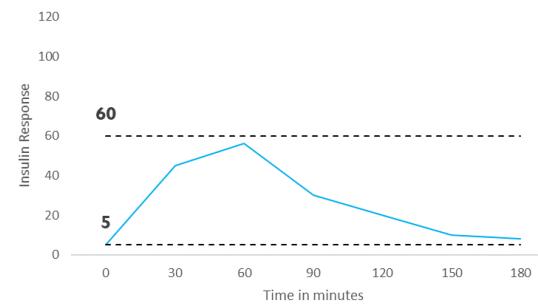


Feeding on FIBER INTACT food – for Decades



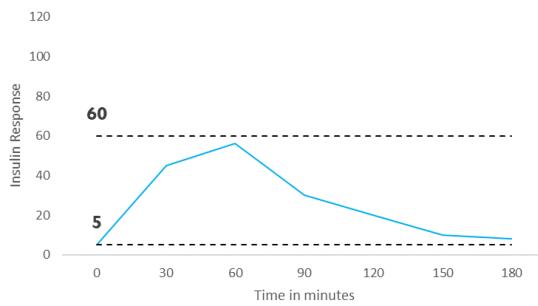
G
GLUCOSE

less
INSULIN



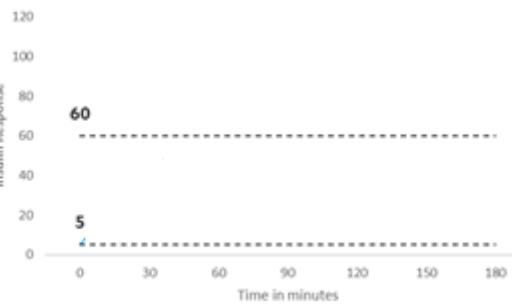
G
GLUCOSE

less
INSULIN



G
GLUCOSE

less
INSULIN



less
INSULIN

K
KETONE

removal of excess FAT

INSULIN RESPONSE PATTERNS

Meal



8am

Kraft patterns



1pm



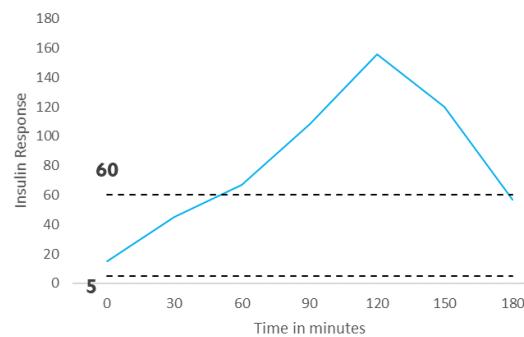
7pm



3am

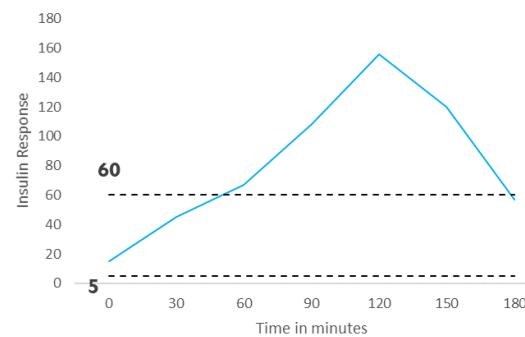


Feeding on FIBER DESTROYED food – for Decades



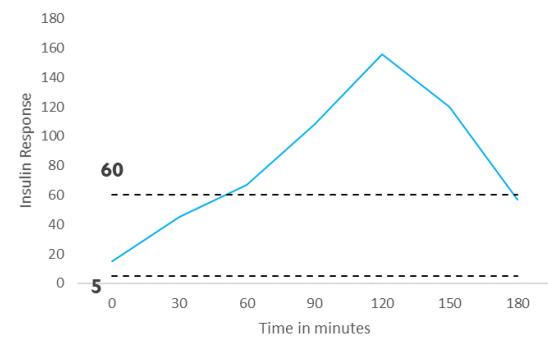
G
GLUCOSE

INSULIN *more*



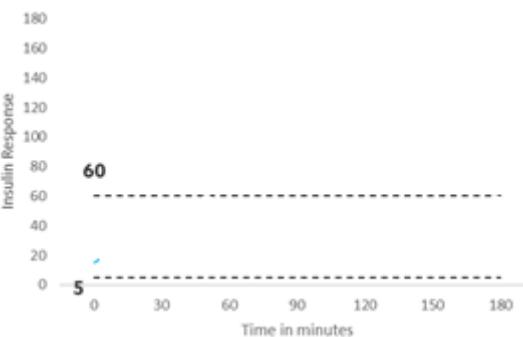
G
GLUCOSE

INSULIN *more*



G
GLUCOSE

INSULIN *more*



INSULIN *more*

INSULIN RESPONSE PATTERNS

Meal



8am

Kraft patterns



1pm

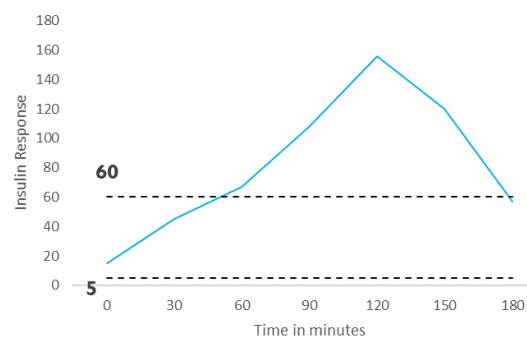
7pm



3am

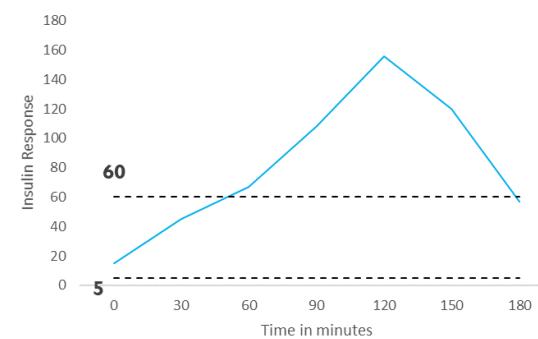


Feeding on FIBER DESTROYED food – for Decades



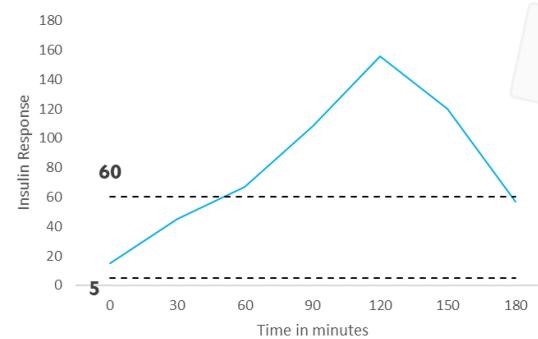
G
GLUCOSE

INSULIN
more



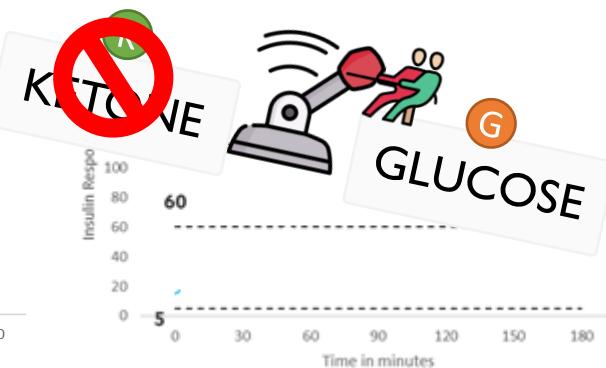
G
GLUCOSE

INSULIN
more



G
GLUCOSE

INSULIN
more



KAT TO E



G
GLUCOSE

{ mono fuel storage mode }



INSULIN
more

GUARD

INSULIN RESPONSE PATTERNS

Kraft patterns



OVERWORKED



OVERWORKED



PANCREAS



PANCREAS



OVERWORKED



PANCREAS



OVERWORKED



OVERWORKED



PANCREAS



OVERWORKED



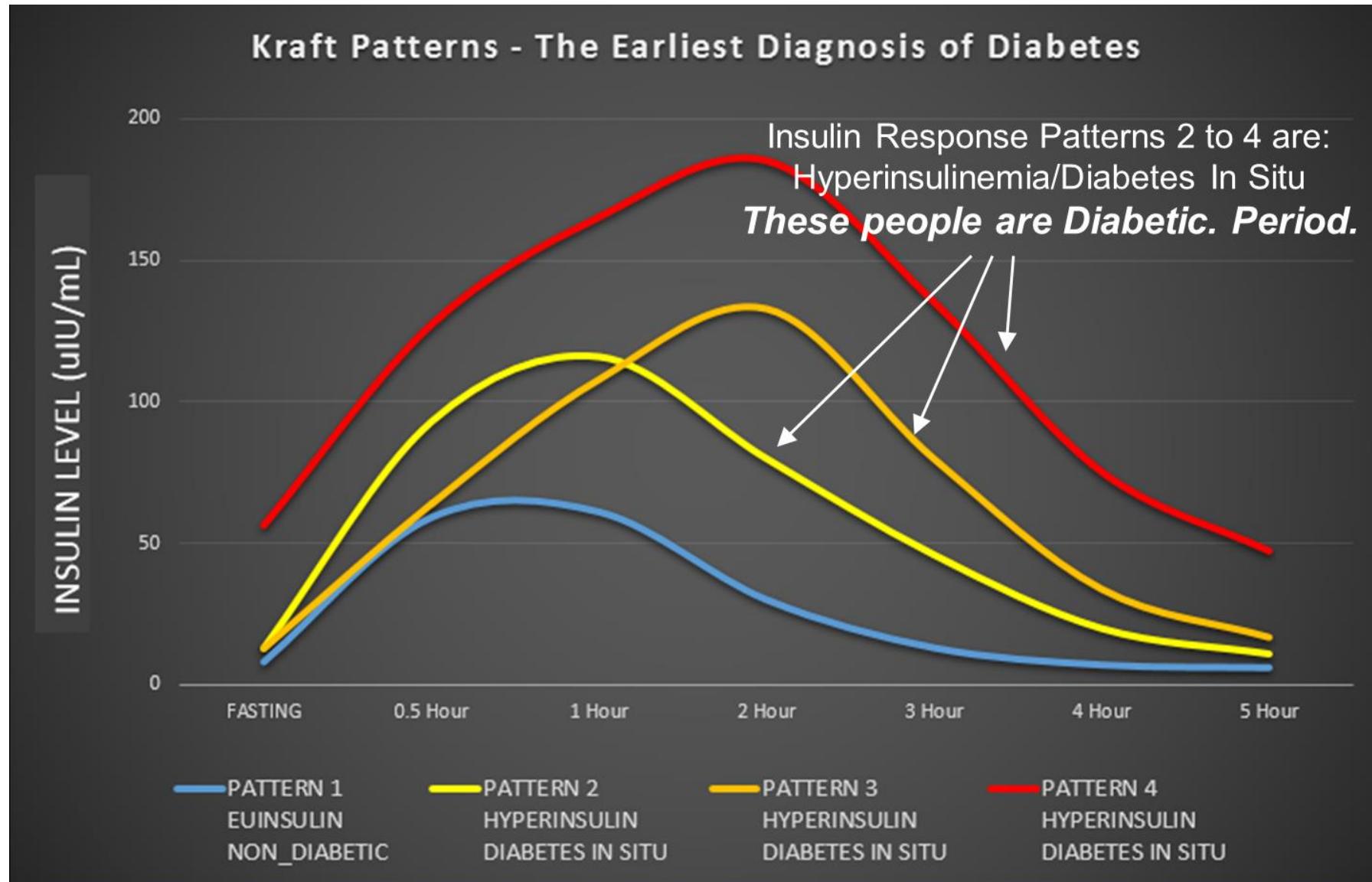
PANCREAS



PANCREAS

INSULIN RESPONSE PATTERNS

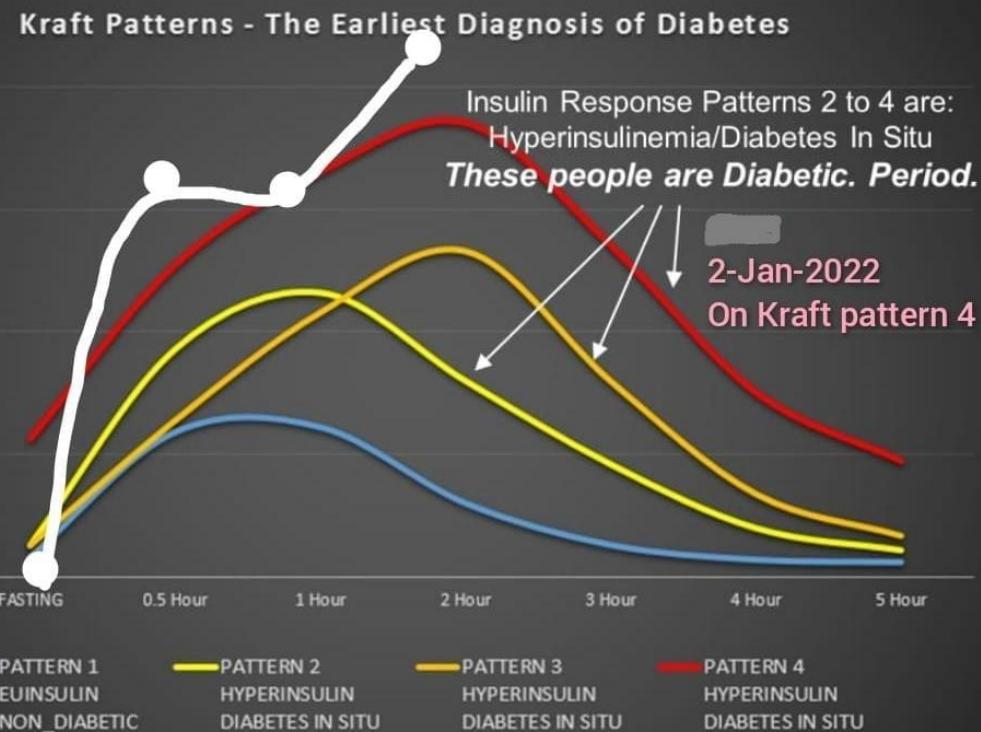
Kraft patterns



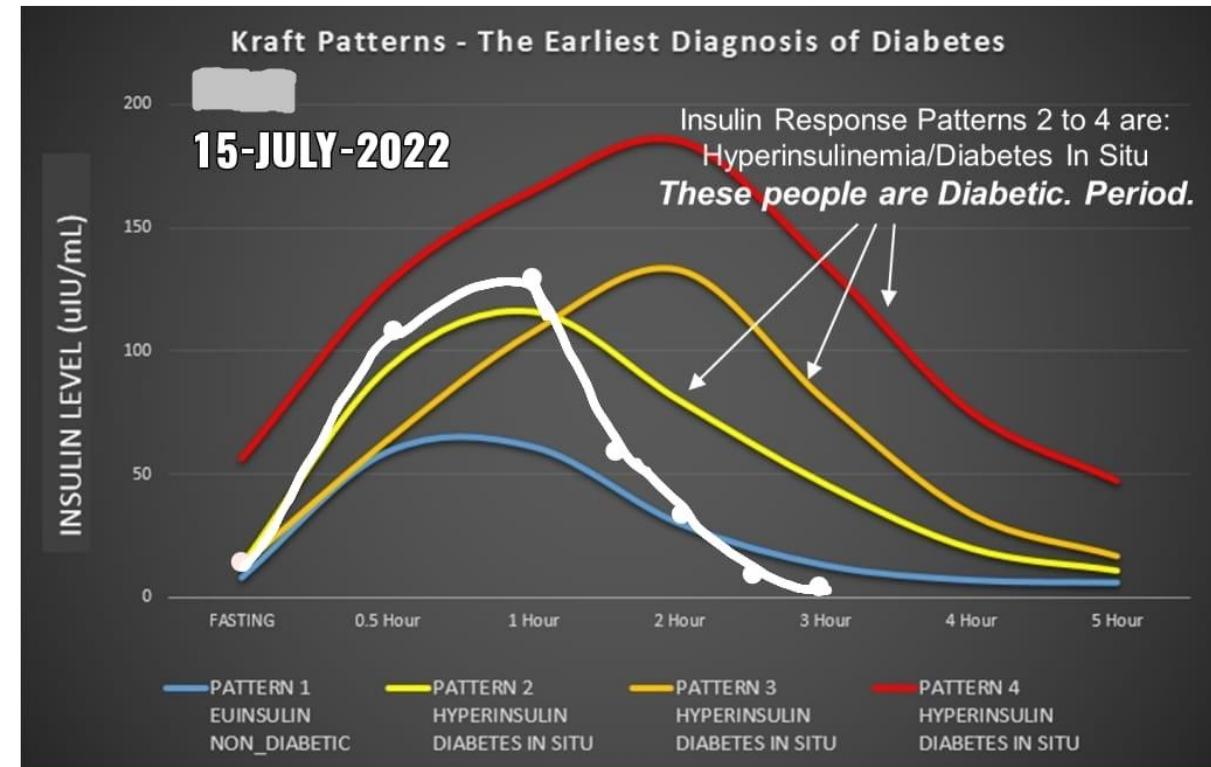
INSULIN RESPONSE PATTERNS

Kraft patterns

Sample Readings: Jan



Sample Readings: June



INSULIN RESPONSE PATTERNS

Kraft patterns

REDUCING CAD RISK IN ASIANS

*Detection, treatment, and reversal of metabolic syndrome

*Early detection of CAD

- Using CT coronary calcium score

*Early blood tests

- KRAFT TEST for insulin level and glucose
- CRP level [<1.0]
- Homocysteine level [<10 mcmol/L]
- HgA1c level [<5.7%]
- TRIG/HDL Ratio [<2.0]



ARTERY DISEASE IN ASIANS -- PRADIP JAMNADAS, MD, MBBS, FACC,
FSCAI, FCCP, FACP

Comparative history between

- Stents &
- CAC Scan



<https://www.youtube.com/watch?v=NSPcuGjstN4>

AGENDA:

- **Nature {meets} Human Body**
- **Game of FIBER** on the 22 feet playground
- **Our Hybrid Engine** & the role of Insulin
- **Insulin Response Patterns** Kraft Patterns
- **3-part Solution**

3-part SOLUTION

GOLD

SILVER

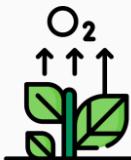
BRONZE



3-part SOLUTION



HEALTHY HEART
Top-notch pumping machine for the O₂ (oxygen) to reach MITOCHONDRIA

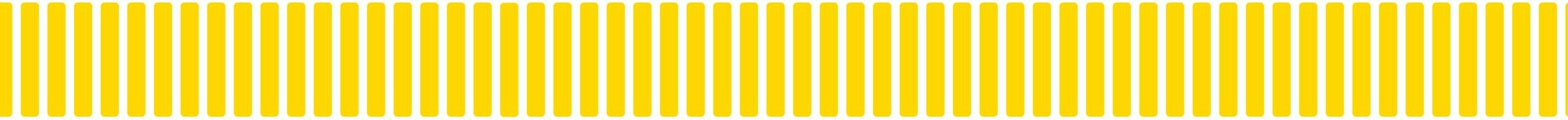


CARDIO/ MOBILITY
- Walk
- Run
- Cycle
- Swim
- Yoga

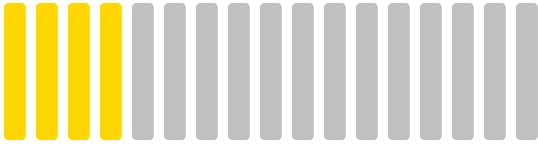


3-part SOLUTION

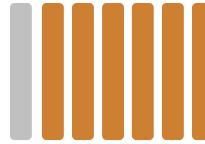
GOLD



SILVER



BRONZE



INCREASE # OF MITOCHONDRIA

Don't let Healthy
MITOCHONDRIA cells,
replaced by
FAT Cells



Do STRENGTH

Training

LEVEL I: (Sr. Citizen)

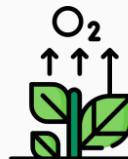
(Progressive Load)

LEG: Quad/Hams, Glute, Calves
- Chair SQUATS

PUSH: Triceps, Chest, Shoulder
- Wall/Inclined PUSHUPS

PULL: Back, Biceps, Traps
- Inclined PULLUPS

CORE: Core, Lats
- Leg Raise



CARDIO/ MOBILITY

- Walk

- Run

- Cycle

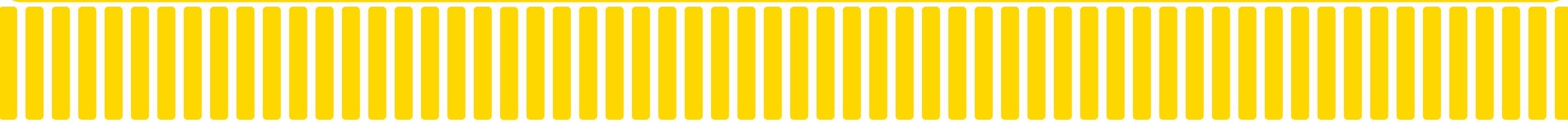
- Swim

- Yoga



3-part SOLUTION

GOLD



SILVER

BRONZE

ALL CARB INTAKE FIBER INTACT



HAPPY PANCREAS

STOP AUTOMATING the DIGESTIVE process using FIBER DESTROYERS

let the BACTERIA in the SMALL INTESTINE do its job!



STOP HACKING the D-REWARD system (Dopamine) using FIBER DESTROYERS

let the D-REWARD system play its role, only to satisfy NATURE's DESIGN!



Crave
Get Happy
Repeat



INCREASE # OF MITOCHONDRIA

Don't let Healthy MITOCHONDRIA cells, replaced by FAT Cells



Do STRENGTH Training

LEVEL I: (Sr. Citizen)

(Progressive Load)

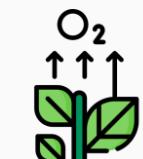
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HEALTHY HEART
Top-notch pumping machine for the O₂ (oxygen) to reach MITOCHONDRIA



CARDIO/ MOBILITY

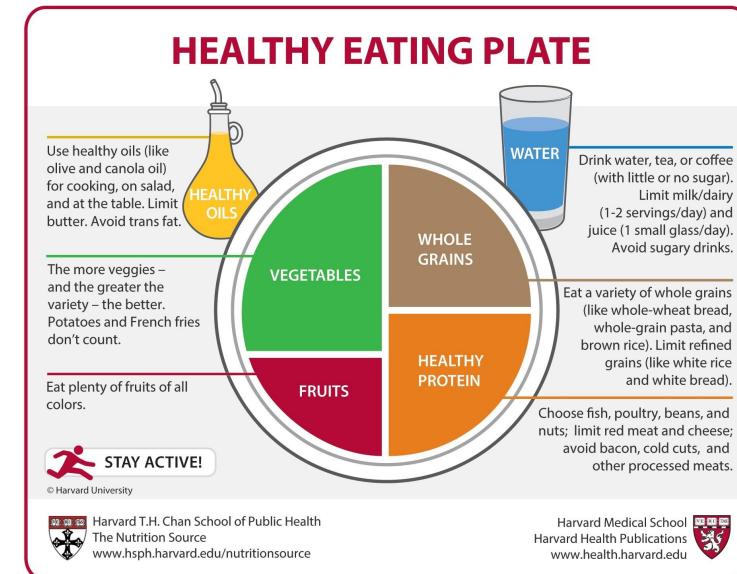
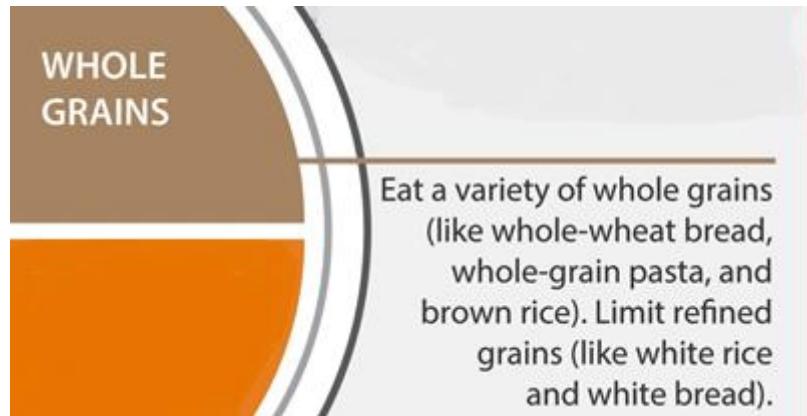
- Walk
- Run
- Cycle
- Swim
- Yoga



What to expect?

Read between Lines!

Are you able to catch it now?



Closing notes – References, Topics not touched

Topics not touched (for Individual to research & explore)

Cooking and History

Sample plate LCHF

Closing notes – References, Topics not touched

Topics not touched (for Individual to research & explore)

- Intermittent Fasting
- Effects of frequent Feeding

Cooking and History

Sample plate LCHF

Why Intermittent Fasting!
<https://www.youtube.com/watch?v=nDJHQz2JHeA&t=2s>

Closing notes – References, Topics not touched

Topics not touched (for Individual to research & explore)

- Intermittent Fasting
- Effects of frequent Feeding
- Glycemic Load
- Traditional Oils vs Modern Oils (Omega-6 inflammation causing)
- Cancer!
 - Sudden vs Chronic
 - All our cells can become cancerous!
 - Cellular evolution is lost due to become primitive cell, due chronic exposure of irritants.

Cooking and History

Sample plate LCHF

Closing notes – References, Topics not touched

Topics not touched (for Individual to research & explore)

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Cooking and History

Sample plate LCHF

SETTING UP THE PLATE LCHF DIET (Low Carb High Fiber & Fat)

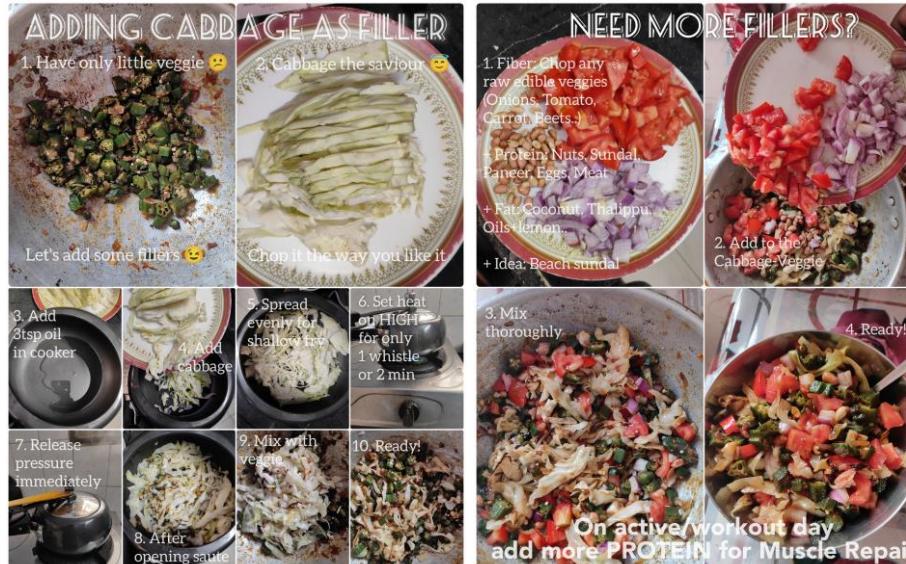
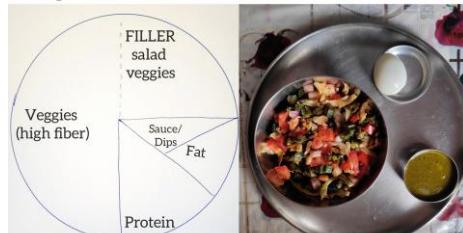
- VEGGIES: Any cooked or uncooked high fiber vegetables. Native or English, your choice.

- FILLER VEGGIES: Onion, tomato, Coconut, Mango raw, Cabbage, Carrots, Beets...

- PROTEIN: Nuts, Paneer, Mushroom, Sundal/Beans, Eggs, Fish, Meat...

- FAT: Seasoning, Thalippu, Oils, Salad dressing

- SAUCE/DIPS: Sambar, Soup, Rasam, Thokku, Curry, Curd, Salad dressing...



Closing notes – References, Topics not touched

Topics not touched (for Individual to research & explore)

- Intermittent Fasting
- Effects of frequent Feeding
- Glycemic Load
- Traditional Oils vs Modern Oils (Omega-6 inflammation causing)
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Sample plate LCHF

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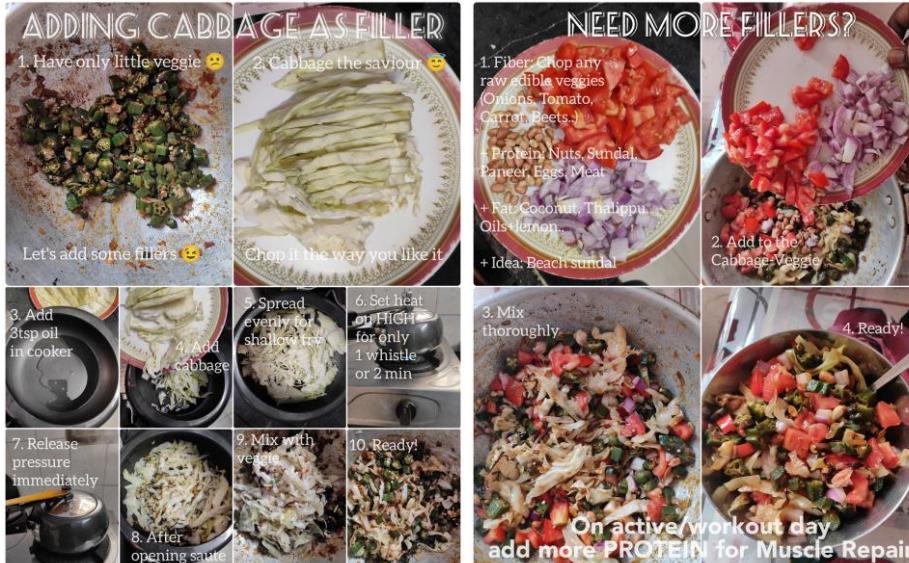
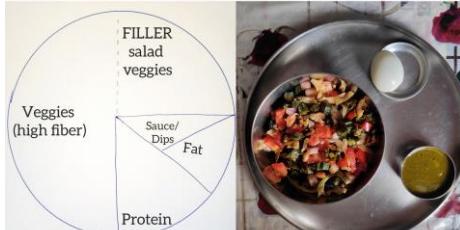
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Cooking and History

Even in 90's we had a mix of many grains!



Predominantly porridge-based food culture overtaken by machines

- Poha/Aval
- Porridge - Pongal, Kootanchoru, Kichidi
- Fermented grain (Neer aagaram/ Pakhala bath/ Panta Bhat)

Poor mindset

- 3rd meal is a wealthy family!
 - Predominantly 2 meal a day, replaced by frequent meals
- White means wealthy!
 - Even when medical community reads about, polished white rice 100 years studies point to VitaminB1 and Beriberi, it is supplemented.

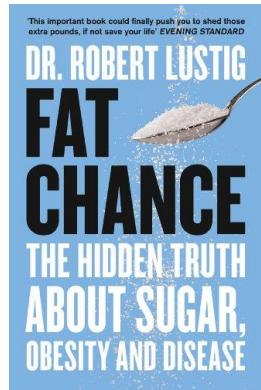
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REFERENCES

Dr. Pradip Jamnadas



Dr. Robert Lustig

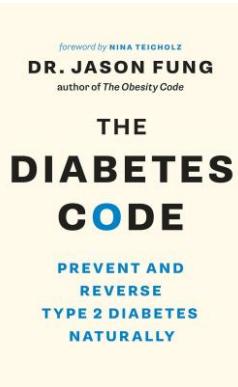
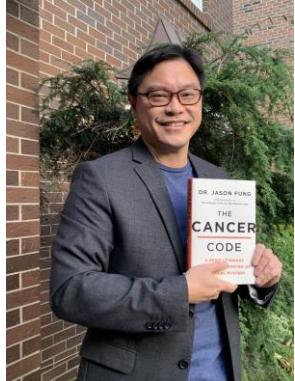


- YT channel:
 - ✓ The Galen Foundation
 - ✓ Dr. Pradip Jamnadas, MD
- Video Lectures:
 - ✓ The Fat Lies
 - ✓ The Bittersweet Truth
 - ✓ Amazing Fasting Benefits
 - ✓ Addiction: Why we can't fast or keep a diet
 - ✓ South Asians and Coronary Artery Disease
 - ✓ Understand this and Prevent Heart Disease

- Book:
 - ✓ Fat Chance – The hidden truth about sugar, obesity and disease

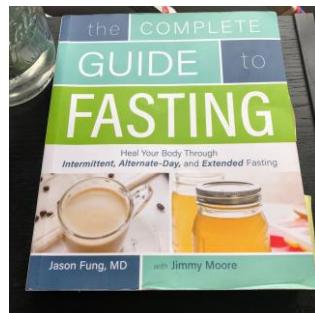
Closing notes – References, Topics not touched

Dr. Jason Fung

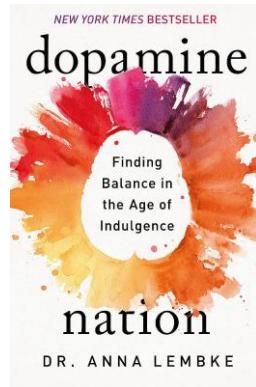


- Book:

- ✓ The Diabetes Code
- ✓ The Complete Guide to Fasting - Heal your body through Intermittent, Alternate-Day and Extended Fasting



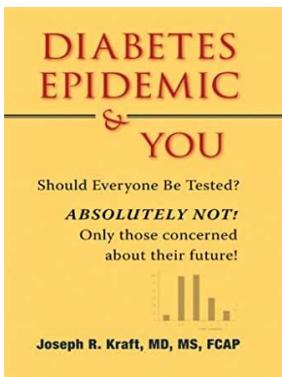
Dr. Anna Lembke



- Book:

- ✓ Dopamine Nation - Finding Balance in the Age of Indulgence

Dr. Joseph R. Kraft



- Book:

- ✓ Diabetes Epidemic & You - Should everyone be tested? Absolutely Not! Only those concerned about their future!

Closing notes – References, Topics not touched

Dr. Andrew Huberman



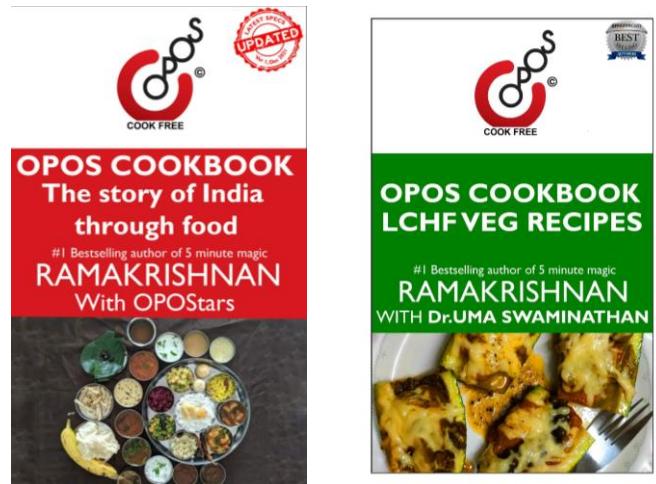
- YT channel:
 - ✓ Andrew Huberman
- Spotify/Stitcher:
 - ✓ Huberman Lab Podcast

Dr. Satchin Panda

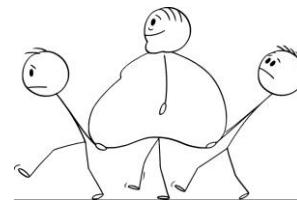


- Research Paper:
 - ✓ Time-restricted Eating for the Prevention and Management of Metabolic Diseases
 - Published on Sept 22, 2021
 - Endocrine Reviews, Volume 43, Issue 2, April 2022, Pages 405–436
 - <https://doi.org/10.1210/endrev/bnab027>

Cooking ideas from



Icons from
www.flaticon.com



Hope we all get rid of the
Metabolic Syndrome



**Thank you for your
Patience!**