

The Tuesday Minute

M E T A B O L I C M A N A G E M E N T

Nutritional Information...One Byte At A Time

Transcript from the Tuesday Minute

This Week's Topic

The Mysterious Ingredient Often Missing In Our Recipe For Wellness

Today I'd like for you to consider what may be to some, a "mysterious" ingredient that's often missing in many people's recipe for wellness. To me, it's one of the greatest factors in health or wellness care, and that's "the biology of your beliefs."

Many of you are familiar with a cell biologist Dr. Bruce Lipton. This medical school professor was able to clone or grow stem cells and prove that the environment not genetics was the deciding or determining factor as to how these stem cells would replicate. He took stem cells and divided them in 3 separate petri dishes and then by altering the environment via changing gases, temperature, etc., was astonished to find one group grew muscle cells and one group grew bone cells and another grew fat cells.

He maintains to this day that we have all the stems cells we need to replace damaged cells and maintain optimal health far beyond current trends. He was one of the first scientists back in 1977 to point out the environment not genetics has the main influence on stem cell growth. This so called "heresy" flew in the face of the establishment as the genomic project was gaining steam in the academic and private business sector. Money and reputations were at stake as he announced... the emperor has no clothes.

In his book, "The Biology of Belief," he discusses that genes are only responsible for 12-14% of our cellular function but that leaves 86-88% of the function is determined by our environment. So what. SO WHAT? Think about it, what we bath our cells in determines how our stem cells reproduce and the level of function of each cell.

If you break that down, we are not individual entities but rather a conglomeration of up to 50 trillion cells operating in harmony and unison. Remember our bodies represent a constant flux of life and death. Namely, cells are dying daily and must be replaced. In the gut for example 3 billion cells die every day so when we stop replacing those cells, it isn't too long before dysfunction occurs and ultimately, what we call disease. So when our cells under perform so do we.

When I was first introduced to Dr. Lipton's work, my first thoughts gravitated to whether our cells are bathed in toxins or healthy fluids. But he goes much farther as he discusses that thoughts and more important, underlying belief systems radically change our cellular environment. Consider this basic experiment. If cells are placed in petri dishes and supplied with food, they move toward the food, they multiply in a healthy manner with cell membranes open, dilated and optimized for

growth. Put cells in a petri dish in with toxins and the cells move away from the toxins, they shut down cell membranes for protection and growth or replication is stopped. “Cells move to environmental stimuli that encourage growth.” If cells find stimuli that are not conducive to growth, they move away from that stimuli and close themselves down.

So cells respond to stimuli in one of two ways, either 1) they move toward stimuli and open up and grow in environments that support life or 2) cells move away and shut themselves down for protection from stimuli that does not support life. As you shut down for protection you shut off all the growth mechanisms. What this really means is that cells can't move in both directions, simultaneously. They are moving toward life and replication or towards death and stagnation. In the case of the cell, it is the cell membrane that receives signals from our environment.

But in our bodies with trillions of cells they must rely on the nervous system to alert them to danger. So our brain is constantly bathing our cells with signals, and ultimately hormones and neurotransmitters etc. that are providing stimuli for each cell. We must always factor in this truly amazing reality, if the environment supports life, cells reproduce; if the environment does not support life, cells stagnate and do not reproduce to maintain health.

Taking it to another level, we all know that stress increases cortisol; cortisol when secreted short term is a blessing and needed for survival. But cortisol secreted excessively slows down the immune system, impairs di-

gestion and reduces the body's ability to unload or detoxify the internal and external toxins we are exposed to. So if we are living in a state of chronic stress we are bathing our cells in an environment that is not conducive to growth.

Dr. Lipton defines scientifically that perceptions and ultimately our beliefs determine gene function. Of course, in this brief commentary, I am grossly undervaluing the thought process Dr. Lipton provides in his book, “The Biology of Belief” but I am excited as I rediscover for myself the power of choice. We choose what we dwell on and think about. Are we dwelling on things that create life and peace? Or do we dwell on fear and anxiety? We have the choice to live in peace or be thrown about by the tides.

Dr. Lipton's book, although I don't agree with his form of spirituality, reinforces a biblical principle that is in the book of Deuteronomy; “behold I set before you blessings and curses, life and death, therefore choose life.” That's the take home message for me, choose life.

Life in the food we eat. Life in the relationships we are engaged in. Life in the thoughts we think. Life in what we choose to believe in. Life brings life, to our cells and ultimately to our whole bodies. Try this mysterious ingredient in your recipe for wellness, and I believe you'll see difference in your own countenance and that of your patient's as well. Thanks for checking in this week... I'll see you next Tuesday.