

Biophysics

A Healthy Lifestyle

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How to Be Healthy

Eat fruit, vegetables, nuts, grains, and fish.

- You won't live forever, but it'll seem that way.

Drink beer and wine moderately (< 30 grams of alcohol/day).

Get lots of exercise; watch your blood pressure.

Men over 40 (women > 50) should consider aspirin and statins.

Don't smoke. Don't eat mammals. Avoid saturated fats.

Avoid trans fats (partially hydrogenated vegetable oils).



Dr. Elio Riboli <http://www.iarc.fr/EPIC/>

<http://www.iarc.fr/pageroot/units/ntr.htm>

<http://www.hsph.harvard.edu/reviews/transfats.html>

Some of the Logic

We evolved from apes, who evolved from fish. Fish eat fish. Apes eat bananas. Alcohol is a marvelous solvent.

Natural human life: ‘solitary, poor, nasty, brutish, and short’ (Hobbes). Until 1900, meat was rare and expensive.

The fats in vegetables and fish tend to be unsaturated.

Mammal fat contains cholesterol, saturated fats, and trans fats. They cause heart disease, cancer, and obesity. They form sticky solid lumps on our dishes and in our arteries.

Cholesterol is the starting point in the synthesis of the sex hormones, which, in excess, drive the cancers of the reproductive system. Testosterone levels in American men are 30% too high.

Saturated fats are very fattening. Obesity is a national epidemic. It causes diabetes, heart disease, and cancer.

Adipose tissue (i.e., fat cells) makes estrogen, even in men.