



Billion People, Can't Be Wrong

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After spending four days in the Capital city of Beijing China, I noticed as an American doctor, something very evident in the population. All the local Chinese were just plain skinny. I looked long and hard for an obese person while traveling there but was unable to find any. It was so obvious. Was it the gross domestic product, economy, poverty, or a lack of resources?

I visited the city of Xian. Same results. Li Jaing, another city in the southwest corner of the country, still produced no obese citizens at all. Shanghai was another confirmation. All these populous cities, but I could find any citizens that were overweight. Just tourists. Yes, the Chinese citizens have money, and business was booming everywhere. Yes, they can afford refrigerators. The only difference I could see was their local diets and lack of fast food.

There are no mega grocery stores like we have, no convenience gas stations, and very few fast-food restaurants. The consensus, with the other 350 people I traveled there with, we all concluded, it was the diet. Not a study of calories in and calories out, it became a study of "we are what we eat, what we absorb, and what our microbes eat". Everything they ate was fresh and alive the day of. The joke became, Chinese populations will eat anything with four legs, except a table.

The first thing that struck me, to do once I got home, was to invest in some good chopsticks and ditch my silverware. You can't shovel food in your mouth with chopsticks. You are forced into slowing down and eating smaller portions. The second was how every food source there, was served on round tables with lazy Su-

sans. You had to take smaller portions to ensure all present had enough to share. Make no mistake about it, it wasn't due to a lack of food. It was the speed and the manner at which Americans tend to engulf their meals and portions.

While there, I ate every day plenty of food including snake, eel, turtle, pigeon, and maw (fish stomach). No, it wasn't to do with eating what we feel is disgusting (but when in Rome) it was a realization of "variety and fresh".

Third thing noticed were the amounts of fruits and veggies they issue out at mealtime. Soups and salads abounded and were encompassed with very little carbs. Rice was not always a staple. But soy was more evident (funny but up to 50% of the diet is soy based and came with no warnings of what the U.S. dairy industry may have us believe).

These people eat like Kings but use only what the land provides. The food was never processed, canned, boxed, or micro waved.

A trip to the Xian food market in downtown showed everything is fresh. You, as a citizen of China, always buy your groceries fresh everyday. No supermarkets were to be found anywhere. Everything is brought into the city market that day! You may observe that they only eat foods that rot or spoil quickly. No additives, preservatives in this country. They choose not to refrigerate and preserve any foods. Again, if it "moves" in that country, it is considered food, and that takes a little getting used to. What an eye-opening experience.

In North America, we can learn a thing or two from these observations. Natural, organic, non-GMO, etc. doesn't have to be advertised. It is a given in China. The Cancer rates in China (a 3rd world powerhouse?) don't even make the top 59 countries rated. The U.S. is 7th. This according to the World Cancer Research Fund. Chinese Taipei is 29th and Singapore is 59th. Even though their air and water quality are not what we have.

The addition of herbs, spices, and sauces made even the most unpalatable food, palatable. I ate a large amount of food while I was there but lost 10 pounds in two weeks. I lost 5 more pounds when I returned home. To my dismay, I gained it all back within 2 weeks of being back on a Standard American Diet (S.A.D.)

I now know this; 1.4 billion people can't be wrong. What more proof do you need to get back to what the Lord provides and less of what Man provides?

Consider that Americans spend \$65 Billion a year on weight loss (U.S. News). But what about New Year's resolutions, gym fees, medical bills, and so forth? Do we need more studies to tell us what keen observation already shows?

If Americans could just learn to eat differently, would it result in losing pounds or maintaining their respective weights? The Chinese society shows yes. But the answer is not clearly easy, especially when you consider what our microbiomes (probiotics) are used to processing. Too much of the bad like added salt, processed sugar, and wrong fats. Not enough plants, fiber, fermentation, live food, etc.

The Chinese also ride bikes more than Americans do, they have over 3 billion bicycles in that country. It is tradition - not necessity as I found out. They do own cars. Tradition encourages them to pedal. Even the modern business Chinese who do not pedal, were still not obese. The diet must be the key. Raw, fresh, and natural.

I most definitely believe that food and nutrition are the primary options for self-help in our health. The Asians know the importance of the right foods. Food is even their medicine. Just as the ancient physician Hippocrates predicted.

They also use Herbs as frontline defense and medicine. The Pharmacy I visited, next to famous Tiananmen Square in Beijing for example, was 3 stories high. It contained only one small counter;

6 feet long on the first floor, with recognizable prescriptions and over the counter pharmacy remedies. The other 99% of the space and floors were all herbal medicine. We as a culture are sadly misinformed on how to stay healthy.

Surveys show that affluent populations like ours, obtain too little of many essential substances. This leads to deteriorating health which leads to degeneration, malnutrition and will kill two thirds of the population before their time. Just look at Metabolic Syndrome. North America is becoming diabetic by default. Industrialized but we are ignorant on what our food is doing to us.

Estimates range in America that 60% of us get too much of a single essential fatty acid as example (omega 6), and 95% get too little of another (omega 3). We eat too much chemically altered, toxic food. We are eating ourselves to degeneration and death.

The Surgeon General on Nutrition and Health concluded that 16 of every 21 deaths here in America involve nutrition. 300,000+ Americans will die this year from obesity.

Look at history of America, in 1900, 1 in 7 deaths was cardiovascular. 1 in 30 was Cancer.

Today, 51% us here in the U.S. die of cardiovascular disease, 26% die from Cancer, and Diabetes is now the 4th leading cause of death.

Our diets are a major contributor in the last 100 years and getting worse. Too much period but of the wrong fats, refined carbohydrates, and wheat flour that is enriched synthetically.

A trip to another country is just the ticket to help one identify the problem we have here. It helps one understand that you reading this are sorely needed to help educate Americans on proper diet/lifestyle and supplementation a one avenue of hope. Just look at another country the next time you travel abroad. Notice what are "they" are eating, that we are not.

It is always more effective to look at what to do, than what not to do. The Chinese eat a lot of fresh fish like salmon, mackerel, eel, and trout. They adorn the meals with seaweed and shellfish. Not things like processed "fish sticks" or "fish nuggets (or chicken nuggets)" and head lettuce. They are supplying themselves with ample essential fatty acids which are heart healthy. Their intake of fresh

proteins, fruits, and veggies give them a better supply of minerals, vitamins, and fiber. They also spend a lot more time outdoors. They thrive on exercise. Not because they can't afford a car, only because they were raised that way. You walk or bike first unless you are in a hurry. We, as Americans, take a car to the mailbox and fight for the closest space in the parking lot near a door entrance. They (Chinese) like the Mexicans, take a Siesta (rest) when appropriate. They enjoy each other's company very much. They tolerate and get along with a large population. They take time to relax. They are very self-aware of their actions.

There are 1.41 billion Chinese. I didn't meet them all. But when you consider that 1-6 people is Chinese on this planet (and I couldn't find an obese one or bald in that country), it is a wakeup call for North Americans.