

## OUR JOURNEY OF DISCOVERY AND ADAPTATION CONTINUES

By Dag Forssell, Feb 10, 2021

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### **Friends,**

When I broadcast my reports at <http://www.forssell.com/keto/> in July 2020, my friend Michael Acree responded. Mike's career as a statistician at the Osher Center for Integrative Medicine, UCSF, forms the backdrop for his major work *The Myth of Statistical Inference*, to be published by Springer later this year.

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Dear Dag:

Thanks for this, and I am extremely sorry to hear about Christine's Parkinsonism. Bravo to you both for endeavoring to understand it. I hadn't heard about keto in relation to Parkinson's, but I'm persuaded of its value in general. May I mention one interesting resource that you don't: Paul Saladino's *The Carnivore Code*, which was recommended by Mercola. Of all the popular health books I've read, this one strikes me as being the most solidly researched. It also makes the most startling claim: that we should be eating a plant-free diet! That's actually the most unappetizing diet I ever heard of, but Saladino claims you can get enough Vitamin C by eating enough kidney, and so on for all the rest. He has a chapter on Parkinson, in which he suggests that some people are especially susceptible to the lectins in beans, peanuts, tomatoes, and other foods, and these are behind Parkinson's symptoms. It's a very interesting book, and might be worth your time. Best of luck in your research project!

Mike

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August: We are reading Paul Saladino's *The Carnivore Code*. Exciting and encouraging to us. I try to read one chapter aloud each day, but the reality is just 12 or so pages. Knowing that our understandings determine our wants, we resisted the temptation to skip 200 pages of detailed information to the how-to chapter near the end. We discuss every sentence or paragraph, as required. Dr. Saladino turns our understanding around with abundant references to scientific reports. We become very clear about what and why as we set out to adopt a carnivore lifestyle.

Mike told me the book was self-published before Houghton Mifflin Harcourt picked it up. That's how he could tell me about it two months before it became available on Amazon. So I googled it, paid someone on Ebay USD 2.50 and downloaded .pdf, .epub, and .mobi files. The book is now available on Amazon. We bought that one too. The same content. This version has an index, but of course, the pdf is searchable.

Paul Saladino provides explanations all the way through, with careful distinction between epidemiological studies and interventional studies. Impressive and convincing to us.

### So now we do three things to halt and reverse Parkinson's:

- 1) Exercise. We strive for the most vigorous exercise. The entire Parkinson's community promotes exercise.
- 2) Keto metabolism. Our brain's preferred fuel, ketones nourish and help regenerate neurons. The Parkinson's community (and medical too) appears oblivious. This is not part of the medical curriculum.
- 3) Stop eating plant toxins that disrupt our digestion and poison our brains. The Parkinson's community (and medical too) appears oblivious. This does not appear to be part of the medical curriculum either. See <http://www.forssell.com/WhatCausesPD.pdf>

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Mid-November: We just finished the book.

We quit vegetables (lots of broccoli) in mid-October.

Christine's system works better already. We feel good!

Turns out YouTube has numerous videos with Paul Saladino.

Late in our reading we paid attention to this passage in Saladino's book:

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To wrap up our discussion of lectins, let's take a look at the work of Dr. Steven Gundry, author of *The Plant Paradox*. Though he and I don't see eye to eye about animal foods, we agree on the importance of avoiding lectins. Dr. Gundry has published an impressive case series describing significant improvements in a large group of patients with autoimmune disease who were treated with a very low-lectin diet that involved the removal of all grains, beans, legumes, peanuts, cashews, nightshades, squashes, and dairy products.

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Christine and I have now moved on to reading *The Plant Paradox* and find more detailed info on just how we defend ourselves from lectins, and how lectins can break through our defenses, especially as we age. Just starting. We expect to stay nearly 100% carnivore for at least six months, then use what we learn from Dr. Gundry to be flexible when traveling and such, and to re-introduce benign plant foods (those with low or no lectins). We have also purchased and started reading the *The Plant Paradox Cookbook*. We find that the intro chapters are very informative. Dr. Gundry advises that 60 to 80 percent of our daily calories come from healthy fats. That tells me he advocates a ketogenic metabolism without saying so ☺.

Chapter 7 in the *Carnivore Code* book is all about Parkinson's. The index in *The Plant Paradox* references Parkinson's, with similar but less info.

*The Plant Paradox* focuses on lectins, while the *Carnivore Code* explores a broad spectrum of plant poisons. It seems to us that Christine's Parkinson's is most likely caused by constipation/leaky gut and lectins, but we will eliminate all plant poisons to start. Four months so far.

We want meats with plenty of fat and connective tissue. Those can be hard to chew. A friend told us about Sous Vide, a way of cooking slowly, at low temperature. Turns out even the cheapest cuts can melt in your mouth ☺. With carnivore-ish additions such as avocado and other berries suggested by Saladino, sour cream and gravy made from the nutritious juices collected in the sous vide vacuum bags, this regimen works well for us.

And... we have cut back on Swedish coffee ☹.

## Musings

We now exercise using Zoom with Theresa Najjar, <https://synapticpt.com/>, Mon, Tue, Thur, and with Step up for Parkinson's on the island of Malta, <https://stepupforparkinsons.com/> Wed and Fri. Each group has become family. Zoom is great—we don't drive anywhere.

Corresponding with Natalie Muschamp of the Step up for Parkinson's program, I have tried to explain and provide some context for what Christine and I are doing, as well as where my convictions are coming from. Excuse the soap box; family and PCT is what I live for.

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Dear Natalie,

I discuss *Obstacles to adopting a low carb, high fat, adequate protein lifestyle* in Report #3. The same obstacles apply in spades to carnivore, which is still keto. Actually more so than how we have been eating, with some of our beloved Swedish crisp bread and lots of veggies. Certainly, making the changes Christine and I are making is not easy. We got started with keto as reported 2½ years ago. Some of our close relatives told us we were nuts. Now we change again, or rather refine our keto metabolism by excluding plant poisons. But already keto, this transition is relatively easy for us. We don't have to be 100% true to the program. When visiting others, we eat what is served.

Making these changes has not been easy for Christine, a super cook and health nut her entire life. She really, really, wants to get well, so she is willing to rethink our menu, timing, and division of labor. To make sure we are on the same page, I read out loud and we discuss what each new statement/idea/fact means to us. Without discussion and agreement, we could not do this. As they change, our understandings and wants must stay aligned.

Living control systems, such as ourselves, resist disturbances to things we control, such as satisfaction with what we already think we know. That's why you cannot tell someone else they need to learn something. That becomes a disturbance to be resisted.

Desire for learning has to come from within, because of dissatisfaction with how things are. Things may be bad, and what you think you know may be wrong, but unless you are dissatisfied, you won't want to change or learn. There is a saying that necessity is the mother of invention. Wrong! Dissatisfaction is the mother of invention.

I am dissatisfied with the message that Parkinson's progresses downhill. I know PD patients who are severely affected and care givers at their wit's end. So I strive to find and implement ways to stop and reverse Christine's decline. For her and me both.

For my thinking, I rely on insight I have internalized during the 30+ years I have been involved with Perceptual Control Theory (PCT). I think I told you I now offer the ten books I publish as free PDF downloads at my resource site [www.livingcontrolsystems.com](http://www.livingcontrolsystems.com).

Perhaps you will understand my skepticism regarding the curriculum and herd mentality in the "science" of psychology if you download <https://b-ok.cc/book/5595200/5ccc5f> (the 2020 Elsevier volume on PCT), and read Chapter 1, *The World According to PCT* (a mere six pages). I have observed what Bill Powers writes about here since I got involved in 1989. He passed on two months after he wrote this chapter. His legacy will endure.

Chapter 3, *The Crisis in Neurology*, will suggest to you that neurology scientists don't understand as much as they might think, either.

Chapter 16, *Ten vital elements of perceptual control theory, tracing the pathway from implicit influence to scientific advance*, provides an overview of how PCT got started, what it is, and how it is already influencing scientists of all stripes, in many fields.

## Our Journey of Discovery and Adaptation Continues.

PCT shows us that we all control our input perceptions—not our output actions, and explains how this works. This insight may sound simple—and it is—but prevailing beliefs suggests the reverse. This insight makes all the difference once you get it. Christine and I understand each other better than ever, and that is a good thing for us.

PCT itself explains why widespread adoption of fundamentally new ideas takes time. Just like the idea of the solar system once challenged established, earth-centered ideas about our universe by providing a fundamentally different alternative (and was met by fierce resistance), PCT challenges established ideas in the social and life sciences by providing a compelling, functional alternative.

Most practices in the life sciences are based on observations and probable outcomes *without* in-depth functional explanations, such as I once learned in the physical sciences. Christine and I are fortunate indeed to have a health care team with much more education and experience than we have, and they are all incredibly dedicated. But nobody can know it all. Everyone is specialized. So we do what we can to research and think for ourselves where it is of crucial importance to us.

Here is hoping that some of the Parkinson's patients and care givers in your universe will be able to digest, evaluate, and take advantage of what we think we have found.

Best, Dag

June 19: As we read about Carnivore, I ordered *The Carnivore Diet* by Shawn Baker, MD and managed to put it aside. Discovering it a month ago, We find it an excellent, beautifully illustrated complement to Saladino's book. Highly recommended.

Another response in June 2020 came from Frans Plooij. He recommended Raubenheimer, D., & Simpson, S. J. *Eat Like the Animals — What Nature Teaches Us About the Science of Healthy Eating*. Frans wrote: “An eye opener for me was the notion that we have different appetites for proteins, fat, carbs, and 2 more things and that when restricted to imbalanced foods (such as the ultra-processed foods that fill our supermarkets nowadays), the appetite for protein always is dominant. Eating will go on until the protein target has been reached. They have interesting things to say about the keto diet. “ I ordered it right away, but that one, too, got set aside at the time. Now that we have read it, we understand even better how to be satisfied and what “adequate protein” means in the context of any diet.

### **Excerpts and more from Saladino's book**

As Christine and I read *The Carnivore Code*, we discussed it sentence by sentence, paragraph by paragraph. Some aspects seem more relevant to us than others.

For these, I have prepared excerpts and checked references.

Available now:

<http://www.forssell.com/WhatCausesPD.pdf>

<http://www.forssell.com/Constipation.pdf>

<http://www.forssell.com/Salicylates.pdf>

Coming soon

<http://www.forssell.com/LDL.pdf>

<http://www.forssell.com/Salt.pdf>