

DJ HEALTH TALK

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Reliv; Lunasin; Dr. Galvez; LunaRich; heart health; cancer; inflammation

Your Body – by Deepak Chopra

Published March 16, 2014 | By [Daveadmin](#)

Deepak Chopra has talked about a lot of different things. He speaks about the human body and what we **MUST** do to ensure our long-term existence! This is his message. I take no credit for it, but wanted to share the value he intended for all of us. We desperately need a new model of the human body. Compliance with the standard model of prevention (moderate exercise, abstinence from alcohol and tobacco, a Mediterranean diet, and stress management) remains fitful and haphazard. Why? It's not for lack of information but lack of motivation. A positive lifestyle requires that you comply day in and day out for decades if you want to receive the full benefit, which arrives fairly late in life. **We pay for early mistakes by a decline that generally doesn't show overt symptoms until around late middle age. It's hard to deprive yourself today in order to reward yourself twenty or thirty years from now.** So what would it take to improve people's motivation? I can find only one answer: *reinvent the human body*. The way you think about your body leads to the way you treat it. For people to shift their behavior toward self-care and heightened well-being, we don't need just compliance with standard prevention. There also has to be a drop in our addiction to drugs and surgery as the main approaches of medicine. Over the course of history, there have been four major models of the body:

- “ The body as a collection of Nature's basic elements (the medieval conception of the four humors is an example).
- The body as the temple of the soul.
- The body as an expression of the life force (the Chinese concept of Chi is an example).
- The body as a machine.

Depending on which model your culture accepted, you approached illness and wellness in different ways. A doctor might advise a patient to pray to God as opposed to taking a pill, strengthening his Chi, or correcting imbalances in the four humors. Today the body-as-machine model prevails thanks to the reductionist method of science. Machines are repaired by mechanics who tinker with its defective parts, and that's basically what doctors do in their practice. But it's obvious that your body isn't a machine. Your body is alive, for one thing. It can heal itself. It's self-organizing and self-regulating. Exercise makes it stronger, whereas a machine, if used more often, begins to wear out. Yet the biggest flaw in the machine model, as I see it, is its rejection of the mind-body connection. When I was in medical school, no such thing existed. At most we learned about psychosomatic disorders, with the clear implication that they weren't real, being the result of the patient's imagination. This situation hasn't changed much in medical school, sad to say, but the surge in alternative and integrated medicine has brought the mind-body connection to the fore. This development is so important that a fourth model of the body is being formulated as we speak: a systems model.

In the systems model, every cell is intelligent. The body holds together through a constant stream of information that reaches every cell. Homeostasis – a state of dynamic balance – represents health. Inflammation, as yet not fully understood, represents the state of imbalance, leading to many if not most diseases. A person's habits, attitudes, beliefs, and behavior are the key to well-being, since messages from the brain affect the whole body. The brain plays a critical role in the feedback loops that maintain homeostasis, yet at every level, down to the expression of your genes, feedback repeats the same pattern of input and output. Positive input promotes well-being; negative input impairs well-being.

-The advantages of a systems model can be summarized in a few key points:

- **Self-care becomes primary care, not reliance on drugs and surgery from a doctor.**
- **Beliefs and attitudes assume the same status as physical input, such as food and exercise.**
- **Improving genetic expression is now possible, extending the benefits of positive lifestyle changes.**
- **Positive lifestyle changes don't need years to show benefits but start immediately.**
- **Most chronic disorders become preventable through routine maintenance of the whole system. This includes heart disease and probably the vast majority of cancers.**
- **Mind-oriented practices like meditation improve well-being throughout the system, all the way down to the genetic level.**

There is abundant and mounting evidence that all of these things are true, which means that a systems model has reality on its side, more so than the machine model. In reality your body is a process, not a thing. Well-being depends on finding your flow, in terms of a relaxed but alert mental state, a steady positive mood about your life, following the natural rhythm of rest and activity, taking realistic, practical steps to reduce stress, respecting the need for a good night's sleep, avoiding toxins, and relying on your body's intelligence.

It's the last point that will radically change people's behavior, I believe. Our basic attitude should be a reliance on the intelligence that is innate in every cell. Instead of seeing the body as a machine that, like a new car, must deteriorate over time, we should see it as a system that learns, adapts, and improves over time. In short, we need to let the body take care of us, for that is what it's actually doing. The one thing this amazingly self-sufficient system needs from you is better input. A host of things constitute better input:

- **Whatever makes you happier.**
- **Being more relaxed and accepting.**
- **Strong self-esteem, a sense of worth.**
- **Being of service to others, giving.**
- **Showing generosity of spirit.**
- **Loving, nurturing relationships.**
- **Any activity that makes you feel light in mind and body.**
- **Taking time to play, and having a playful attitude.**
- **Not stressing out other people.**
- **Devoting yourself to projects that have real meaning and purpose.**
- **Being self-aware.**
- **Expanding our awareness. Growing and maturing from the inside.**
- **Being comfortable with your inner world.**
- **Working through negative emotions like anger, envy, and fear.**
- **Self-acceptance.**
- **Reverence for Nature.**
- **Faith and a belief in a higher power, whatever that may be.**

As you can see, almost none of this is advice you will hear in a doctor's office, and much of it goes far beyond standard prevention, which is based on risks. Of course it's good to avoid risks, but thinking in terms of what can go wrong induces fear, and fear is a very poor motivator over the long run. Becoming happier and more fulfilled day by day is a much better motivator, and as you can see, a systems approach expands our conception of the body to include everything that is mentally, psychologically, emotionally, and spiritually fulfilling. That's the ultimate reason to embrace the new systems model as far as I'm concerned. Do you agree?



Everything Deepak is talking about can be accomplished with these products!

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[Tagged apoptosis, cancer, classic, Dr. Galvez, heart health, lifestyle, lunarin x, lunasin, now, Reliv, Reliv; Lunasin; Dr. Galvez; LunaRich; heart health; cancer; inflammation](#)

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Dr. Galvez Makes International Recognition

Published February 28, 2014 | by Davidadmin



This gallery contains 1 photo.

Lunasin has anti-inflammatory and anti-cancer properties, can reduce cholesterol, control diabetes, bolster weight loss, and promote the heart's cellular health.

MANILA, Philippines – A US-based Filipino doctor has urged the Department of Agriculture to promote *soya* as an alternative crop to traditional farming because of its medical benefits.

Research scientist Dr. Alfredo Galvez said *soya* is fast becoming in demand both here and abroad.

It contains peptides, a compound that links amino acids with other elements in the body, preventing diseases, he said.

In 1996, Galvez discovered the many properties of *soya* at the University of California Berkeley and formulated super food lunasin.

Lunasin has since become one of the most heavily researched and scientifically supported nutritional compounds, with over 50 published papers from more than 25 research institutions.

It has anti-inflammatory and anti-cancer properties, can reduce cholesterol, control diabetes, bolster weight loss, and promote the heart's cellular health.

Galvez was recently in the country for a "medical-scientific road show" to share his discovery and promote developments in epigenetics and cancer research.

He capped his road show with his presentation at the Bureau of Agricultural Research last Jan. 29 where he not only highlighted the medical benefits of extracts from *soya* beans but also encouraged *soya* farming.

Reliv is the first company selected by the Missouri Plant Science Center and its managing tenant, Soy Labs, for a joint research-and-development partnership.

This gave Reliv greater access to *soy* and plant biotechnology research and benefit from exclusive ingredient innovations like lunasin.

The partnership resulted in its first product called lunarch, a *soy* powder containing five to 10 times more lunasin. Lunasin has gained popularity in the US and was named winner of the Peoples Choice Stevie Award for Favorite New Consumer Product in the 2013 Annual American Business Awards.

Galvez, who received the award, finished his undergraduate and Master's degree at the University of the Philippines Los Baños and got his doctorate at the University of California Davis.

He is a recipient of the 2010 PhilDev Award, given to outstanding Filipino-Americans in science and technology.

Posted in Bioconfection | Tagged Reliv, Lunasin, Dr. Galvez, Lunarch, heart health, cancer, inflammation |

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Epigenetics – You Are What You Eat!

Published February 14, 2014 | By Davidadmin



Years ago when nutrition was mentioned in science or biology class, it referred to protein, carbohydrates and fat. This was the first phase of nutrition. These are called macro-nutrients.

Later, came vitamin A, vitamin C, magnesium and others as they were presented in the second phase of nutrition. This was called micronutrients. Each vitamin or mineral performance and health benefits were acknowledged.

Today, the third phase of nutrition is Epigenetics. According to Wikipedia, Epigenetics is the study of heritable changes in gene activity that are not caused by changes in the DNA sequence; it also can be used to describe the study of stable, long-term alterations in the transcriptional potential of a cell that are not necessarily heritable. Unlike simple genetics based on changes to the DNA sequence (the genotype), the changes in gene expression or cellular phenotype of epigenetics have other causes. In other words Epigenetics is a term which is used to describe situations in which genes express themselves differently, although the underlying DNA is the same.

The *soy* peptide lunasin is the first dietary ingredient identified to affect gene expression and promote optimal health at the epigenetic level.

This remarkable natural ingredient has been found to help the body in a variety of different ways, and it's safe for anyone to consume. Notable improvements range from cholesterol management, inflammation reduction, antioxidant benefits, improved immunity and overall cellular health.

Here's a brief summary to understand what lunasin can do.

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Posted in Science of Health |

Tagged Epigenetics, lunarch, lunasin, Reliv, Lunasin, Dr. Galvez, Lunarch, heart health, cancer, inflammation |

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Recent Discovery Leads to Improved Heart Health & Fights Cancer

Published April 27, 2012 | By Davidblog

Soy Peptide Lunasin Has Anti-Cancer, Anti-Inflammatory Properties ScienceDaily (Dec. 2, 2009) — Two new University of Illinois studies report that lunasin, a soy peptide often discarded in the waste streams of soy-processing plants, may have important health benefits that include fighting leukemia and blocking the inflammation that accompanies such chronic health conditions as diabetes, heart disease, and stroke.

"We confirmed lunasin's bioavailability in the human body by doing a third study in which men consumed 50 grams of soy protein—*as soy milk shake* and a serving of soy chili—*for five days*. Significant levels of the peptide in the participants' blood give us confidence that lunasin-rich soy foods can be important in providing these health benefits," said Erika de Mejia, a U of I professor of food science and human nutrition.

In the cancer study, de Mejia's group identified a key sequence of amino acids—arginine, glycine, and aspartic acid (the RGD motif)—that triggered the death of leukemia cells by activating a protein called caspase-3.

"Other scientists have noted the cancer-preventive effects of the RGD sequence of amino acids so it's important to find proteins that have this sequence," she said.

The scientists also verified lunasin's ability to inhibit telomerase 2, an enzyme that marks the development of cancer, and they were able to quantify the number of leukemia cells that were killed after treatment with lunasin in laboratory experiments.

In another study, the first to report lunasin's potential anti-inflammatory activity, they showed that lunasin blocked or reduced the activation of an important marker called NF-kappa-B, a link in the chain of biochemical events that cause inflammation.

They also found statistically significant reductions in interleukin-1 and interleukin-6, both important players in the inflammatory process. The reduction in interleukin-6 was particularly strong, she said.

Although inflammation is linked in the public mind with chronic health problems such as heart disease, diabetes, and rheumatoid arthritis, de Mejia said it also plays a role in the development of cancer. "We know that chronic inflammation is associated with an increased risk of malignancies, that it's a critical factor in tumor progression," she said.

"And we can see that daily consumption of lunasin-rich soy protein may help to reduce chronic inflammation. Future studies should help us to make dietary recommendations," she added.

Although the high cost of obtaining lunasin from soy waste limits its use for nutritional interventions, soy flour does contain high concentrations of the peptide, she said.

And de Mejia utilized the USDA soybean germplasm collection housed at the U of I, studying 144 soy genotypes to learn which varieties contain the most lunasin.

"Some genotypes contain very high concentrations of lunasin, others contain no lunasin, and some localities yield more lunasin-rich beans than others," she said.

De Mejia spoke recently about this work at the Latin American Congress of Food Science and Technology in Brazil, the Latin American Congress of Nutrition in Chile, and the Institute of Food Science and Technology at National Taiwan University.

The leukemia study was published in Molecular Nutrition and Food Research. Wenyi Wang and Vermont Dia are co-authors. Lunasin's anti-inflammatory effects were described in Food Chemistry. V. P. Dia, W. Wang, and V. L. Oh of the U of I and B. O. de Lumen of the University of California, Berkeley, were co-authors. Both studies were funded by the USDA Future Food Initiative.

Posted in Science of Health |

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