



# Together we can begin fixing public health globally

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## Abstract

It is irrefutable that most convenience and favored foods and beverages are the leading cause of morbidity and mortality worldwide. Government and private health agencies and organizations and cardiologists specifically, and clinicians in general, have failed and should be held liable for malpractice for pushing procedures and pills above longevity-lifestyle redirection for Maillard, alcohol, nicotine, and other drug abuse disorders.

Particular lifestyle transitioning training for specific Maillard, alcohol, nicotine, fentanyl, and other drug misuse lifestyle transitioning programs have proven the most successful. And medical publishers and medical school deans to front-line medical clinicians and technicians are either unwilling or unable to conceptualize the basics of how lifestyle transitioning for substance misuse works. A must when trying to sell a joyous longevity lifestyle to themselves, their students, and their overweight residential and ambulatory guests.

A detailed understanding of recovery lifestyle training programs is privy to a small number of experts globally, RL DuPont, NS Miller, and JA Cocores, for example. Specifics surrounding why Maillard foods are powerful opiate and dopaminergic agonists are clear to the author. Falsely arrested and silenced by the Florida Board of Medicine in February 2013 for putting lifestyle changes above the pharmaceutical industry and prescription cardiology and other pill-pushing by Hillary Clinton's Florida-based Drug Czar Dave Aronberg.

The purpose of this article is to supply clinicians and healers with information surrounding why and how Maillard-coated favorite foods and beverages within each country behave like fentanyl and methamphetamine. And how to sell the unwanted proposition of helping unhappy browned-food compelled people slowly begin moving towards a joyous longevity lifestyle.

These steps and much more should have been worldwide headlines over the past few decades. Instead, the world was distracted away from vital, joyous longevity lifestyle information by corporatocracies and autocratic governments posing as democracies that feed off their wealth and power.

The world is perpetually distracted from what the average person is most concerned about by the so-called elite with a self-serving agenda. The elite-funded news of February 23, 2022, is no exception.

Healers and everyday people need to begin fending for their joyous longevity lifestyle. These are the first baby steps and formulas to outlive the elites to once again form governments by and for the people.

## Introduction

It is irrefutable that most convenience and favored foods and beverages are the leading cause of morbidity and mortality worldwide [1-16]. Government and private health agencies and organizations and cardiologists specifically, and clinicians in general, have failed and should be held liable for malpractice for pushing procedures and pills above longevity-lifestyle redirection for Maillard, alcohol, nicotine, and other drug abuse disorders.

Particular lifestyle transitioning training for specific Maillard, alcohol, nicotine, fentanyl, and other drug misuse lifestyle transitioning programs have proven to be the most successful [17-25]. And medical publishers and medical school deans, front-line medical clinicians to technicians are either unwilling or unable to conceptualize the basics of how lifestyle transitioning for substance misuse works. A must when trying to sell a joyous longevity lifestyle to themselves, their students, and their overweight residential and ambulatory guests.

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### Step One

Few people are more challenging to sell a more joyous lifestyle than overweight Maillard-dependent people. Step number one says I am not here to take your favorite foods and beverages away from you. I am only here to give you the latest background check on your favorite foods and drinks.

Remember always, even when trying to sell it to yourself, those favorite foods have given people much pleasure. Favorite fare has become their companions and friends, often their leading friends. Beings have their wish list and are often unpredictable, inconsistent, and disappointing. Browned foods and drinks dependably and consistently deliver relief from emotional, mindful, and physical discomfort and pain, beginning with the conscious intention of possible acquisitions. Friends and pets are not always available in times of stress or celebration. Friends and pets die or move on while Maillard-coated foods and drinks are everywhere all the time.

Step One is I am not here to take your best friend away. I am here for you to begin to think about a better friend down the road and not today.

### Step Two

I am here not to judge you but only to help you understand the relationship between your favorite foods and beverages and the achievement of new freedom and a new happiness. Friends can be verbally and nonverbally judgemental, while Maillard-fare instantly delivers relief and comfort without discrimination or adjudication surrounding presumed matters of self-control and weight.

The following new information helps overweight people see themselves as victims of self-serving entities dishing-out misinformation and disinformation regarding human nutrition for monetary gain. The move toward adding live food to dead dog food has put veterinary medicine well above world and U.S. human health organizations and agencies.

### Step Three

Many people have grown to depend on browned foods and beverages as a more dependable intimate partner, reviewing secrets and private moments, good and not so good.

Realize these, and you will realize that asking people, or yourself, to listen to a recent background check about one of their best friends is something they are not likely to want to hear. After all, many people can not handle the truth.

Herein lies the difficulty of planting seeds for the future gradual growth of a more joyous lifestyle.

### Useful attention maintenance methods

1. I am not asking you to cut back or change your favorite foods
2. I am asking you to give me a chance to inform you about new details surrounding your favorite foods.
3. Then you decide what you want to do with the information.
4. Clinicians who wish to have the author present a related online series contact Glenn Beck at Blaze TV.

### Step Four

Alpert, Brown, Cambridge, Columbia, Cornell, Geisel, Harvard, John Hopkins, Imperial College, Karolinska Institutet, Oxford, University of California San Francisco and Los Angeles, University of Pennsylvania, Stanford, Yale, and other top medical schools failed nutrition and public health. They propagate misinformation and disinformation that results in more than forty million premature deaths annually or over four-hundred million deaths over the past decade. More than four times the number of people prematurely died at the hands of medical misinformation (more than 400 million) than Mao, Stalin, and Hitler combined (a maximum of 117 million). Nutrition must be re-taught from Alpha to Omega.

### Step Five

Browned food and drink share common pathways of heavenly-reward with fentanyl and methamphetamine [32]. Taste buds do not modulate taste. Maillard-fare stimulates oral-mesolimbic opiate and dopamine pleasure receptors on the tongue and palate. Maillard foods do not taste great. They feel great, just like a tiny amount of opiate and stimulant, calm and focused. The more Maillard-coated food people consume, the more they need to finish to feel better or regular. The diagnostic criteria for Maillard Abuse Disorder are in Tables 4 and 5 of Reference 32.

Browned foods include vegetable oil except for organic first press olive oil in tinted glass, flour (gluten-free and not), sugar and sugar substitutes, and botanical and zoological-based food browned with dry-heat above 100 Celsius and 212 Fahrenheit.

Culinary medicine provides countless alternatives to international favorites after deciding to trial alternatives for one day or one week.

Clinicians can develop their 48-hour food and drink diary, culinary medicine intake form, and initial trial or treatment plan.

Clinicians who wish to have the author present diary and intake form links in a related online series contact Glenn Beck at Blaze TV.

### Step Six

Intense fear [33] and physical exertion [34] increases endogenous opiate/dopaminergic release. Nature has prepared the body for getting shredded by the sabertooth tiger outside a cave—anti-inflammatory cortisol surges in preparation for torn tissue repair. Similarly, adrenaline peripherally and dopamine-centrally increases to maintain alertness during bankruptcy. And opioid/dopamine surges occur in preparation for anticipated emotional and physical pain surges.

Maillard-coated food-induced stress increases brain and body opioid and dopamine levels. Browned food also triggers Type I, II, III, and IV hypersensitivity immune responses [3,4]. The vehicle to any given immune response is inflammation and swelling with healing liquid.

Maillard abuse leads to weight gain not because calories from excess food convert to fat. But dead browned food acts

like an invading splinter or virus that animates the immune system to destroy and remove browned food via systemic brain and body swelling. Therefore, weight gain from Maillard-coated and containing foods is an immune system method of eliminating consumed favorite delights.

Grain-fed animal-based meals stimulate the immune system more than grass-fed animals because highly-heated grain forms acrylamides which enter the grain-fed winged, land, fin, and shellfish meat consumed.

Dairy products are doubly toxic; eggs are not dairy. Dairy contains opioids called casomorphin and casein. Opioids, casomorphin, and casein decrease peristalsis, digestion, and absorption of wholesome life-saving nutrients. Dairy decreases the movement of undigested food through the intestine. Dairy increases the pooling and unhealthy decomposition of undigested food within the intestine. Like this, dairy leads to more intraluminal, somatic, and brain swelling and inflammation. Again, grain-fed dairy causes more body swelling than grass-fed, and not pasteurized is less immune-activating than pasteurized. One suggestion is that dairy is avoided entirely or eaten with no other food group hours before and after other meals or snacks [35].

## Discussion

These steps and much more should have been worldwide headlines over the past few decades. Instead, the world was distracted away from vital, joyous longevity lifestyle information by corporatocracies and autocratic governments posing as democracies that feed off their wealth and power.

The world is perpetually distracted from what the average person is most concerned about by the so-called elite with a self-serving agenda. The elite-funded news of February 23, 2022, is no exception.

## Conclusion

Healers and everyday people need to begin fending for their joyous longevity lifestyle. These are the first baby steps and formulas to outlive the elites and reform governments by and for the people..

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