

Dr. Dennis Clark's  
**Baby Boomers Health Reports**  
BabyBoomersHealthCenter.com  
**Welcome Issue**

Wow. I am gratified that you decided to subscribe to my Baby Boomers Health Reports. In many ways, you've taken a huge step forward for your health. Ironically, in other ways you've taken a step backward in time.

What I mean is that the biology of ancient humans is the guiding light behind our health in modern times. This perspective is behind a relatively new field of medicine called **evolutionary medicine** (aka, "Darwinian medicine").

While that may sound spot on, you will see in my reports that even this field has some big flaws. One of the biggest flaws is that its application is mired in 19<sup>th</sup> century thinking about how evolutionary and genetic theories explain human health.

No worries, though. I'll point out what you should know for your own health as we proceed. I will give this new field a little slack. After all, journal publications about it didn't begin until the early 1990s.

Although the field of evolutionary medicine is still in its infancy, its best underlying concepts go back hundreds of thousands of years.

Your first takeaway is that **ALL** modern diseases, including so-called "diseases of aging," are rooted in environmental mismatches. In other words, the more your lifestyle diverges from Stone Age human biology, the sicker you will become and the sooner you will die.

On the flip side, the more closely your lifestyle choices match our evolutionary adaptations, the longer and healthier your life will be.

The crucial key for you is to find out how your lifestyle is environmentally mismatched, compared with how you should be living for optimal health. Then make the changes necessary for getting and staying healthy well beyond 100 years.

## Going Beyond Biology

Evolutionary medicine is a great concept. Although it represents a good start in the right direction, it falls way short in explaining how our bodies really work. Deeper explanations rely on biochemistry.

I hope "science-y" terms like *biochemistry* don't scare you too much. Like biology, biochemistry is a jargon-laden field that can be intimidating. I'll do my best to explain things in terms that you can grasp. More importantly, that you can use for taking new actions for better health.

(If any English teachers are reading this, note that I sometimes use sentence fragments, as I did just now. I'll just say that E.B. White would point out that effective communication does not depend on mechanically perfect grammar.)

I will rely on biology and biochemistry when needed.

The newest frontier in human health, though, is in **biophysics**. Evolutionary medicine has completely whiffed on this point. Biologists and biochemists don't understand this field.

More specifically, they don't understand one **SUPER CRUCIAL** aspect of biophysics called **quantum physics** (i.e., quantum mechanics and quantum thermodynamics).

Together, these represent the physical phenomena of **light and matter**. I will be telling you a lot about light and matter regarding your health, so buckle up for an entertaining dive into biophysics.

I'm not going to pretend that I fully grasp these fields myself. In fact, I had just one course in quantum physics in graduate school. And I was ecstatic just to get a 'C' in it. The course was a real toughie. So I promise you that I will be extra careful when I explain the key elements of quantum physics that underlie human health.

I've seen a glassy-eyed look in family, friends, and students when I talk about these areas. (Maybe I wasn't as good a teacher as I thought I was! If you are one of the thousands of students in my classes over a 30-year career at Arizona State University - well, I apologize.)

What I recommend is for you to always seek the concrete actions I lay out for you - actions that you can take to make your life better.

## **New Age Meets Einstein**

For now I'll just make two points about how valuable this biophysics thing is. The first is the simplest relationship between light and matter. It is only simple on hindsight. Albert Einstein gets credit for explaining this relationship, in the following famous formula:  **$E = mc^2$** .

This formula represents Einstein's Theory of Special Relativity. It states that energy (E) and mass (m) are interchangeable at the square of the speed of light ( $c^2$ ).

In other words, matter and energy can be changed into each other.

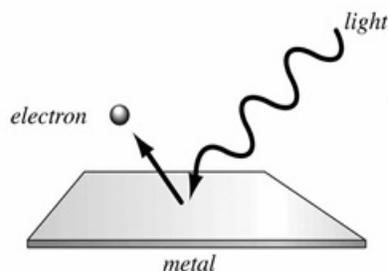
***This is one of the most important concepts of all time as applied to human health.***

Various aspects of this core concept are foundational for how you must live for a long and healthy life.

Isn't it interesting that all those new age-y arm-waving spiritual gurus who claim you are a "light being" are spot on!

My second point is a little more esoteric (if special relativity weren't enough!). It is the actual theory that won Einstein his Nobel Prize in 1921. (It is a popular misconception that he won it for his Theory of Special Relativity. There's some trivia to impress your friends with!)

The prize was for his work explaining the **photoelectric effect**. The simplest description of this effect is: *the emission of electrons or other carriers when light hits a material*. Basically it looks like this:



Why is this important? For starters, your metabolism depends on electric current (i.e., flow of electrons) in every single cell in your body. Cells and tissues act just like the "metal" in this image. When light hits them, they give off electrons - i.e., generate **bioelectricity**.

As I will often point out in my health reports, the best external source of light for generating bioelectricity is sunshine. That should always be your main source of light for inducing the photoelectric effect that your health depends on.

In addition, you also create light internally, in your cells. This is a fascinating topic that most biologists are completely in the dark about (sorry, couldn't resist that one).

Regardless of the source, when you get electrons in the right places, at the right times, you are guaranteed to be healthy. Always.

Besides sunshine and internal light, your best sources of electrons are the Earth itself and food. Future health reports will explain how these work and how you can get the most out of all of Nature's sources of electrons for your health.

## **The Neurosurgeon Who Healed Himself**

The perspectives that I have about health stem from many influences. Among them are my professional training in plant biochemistry, my experience in learning and teaching university courses in herbal medicine, my research and writing about natural approaches to health for my health blog (HerbScients.com), and my interactions with other, like-minded researchers who publish sensible commentary about human health.

I will cite my fellow researchers as I go along. However, one particular person stands out enough for me to mention him in this welcome letter.

He is the neurosurgeon, Dr. Jack Kruse. When I first found Dr. Kruse's website (JackKruse.com) in 2015, what he had to say about achieving optimal health at first seemed shocking. Then his explanations started making more and more sense to me.

His story about how he healed himself from morbid obesity and bad joints started his true health journey at 357 lbs. The final straw, though, was when he tore the meniscus (knee cartilage) simply by standing up.

At that point most people would start thinking about a knee replacement. Instead, Dr. Kruse launched a career in reevaluating everything he learned in medical school. The reason? Nothing in his extensive medical arsenal helped him lose weight or heal his joints.

What Dr. Kruse discovered was that his medical education was grossly flawed. And that every flaw in his training could be corrected using an evolutionary paradigm for human health.

His results speak for themselves. He dropped all his excess weight AND his knee seemed to heal miraculously. He never did have that surgery.

Perhaps even more remarkably, what he learned led to reducing prescriptions for his patients by a whopping 95%! Instead he had his patients adopt as much of a Stone Age lifestyle as they could. His results have been every bit as spectacular for his patients as his own lifestyle changes were for healing himself.

Ultimately, what this means for you is that human evolution has provided all the resources you need for achieving optimal health. These resources reside within you and your lifestyle choices, not in modern medicine.

### **Are You Up for It?**

Life in the 21<sup>st</sup> century will never duplicate how people lived in the Stone Age. Nevertheless, the closer you get to prehistoric living, the better off you will be.

You will be able to prevent and even reverse nearly every Disease of Civilization. This means avoiding 9 out of the top 10 annual causes of death in the U.S., which are, in order:

#1) Heart disease; #2) Cancer; #3) Stroke; #4) Respiratory disorders; #5) All accidents; #6) Diabetes; #7) Alzheimer's disease; #8) Influenza and pneumonia; #9) Kidney failure; #10) Blood poisoning.

Number 5 may seem like the outlier regarding health. However, it does not include medical errors. Indeed, if deaths due to medical errors were included in this list, they would rank third, ahead of stroke.

Estimates for deaths by medical error put the total near 250,000 in the U.S. **every year!** Some researchers call this a very conservative estimate. That number, they say, may be 3-4 times greater than the original estimate.

This list is, of course, the tip of the iceberg since it is only about causes of death. The total sickness load of our population comprises the rest of the iceberg. And it is HUGE.

The fact is, all of the Diseases of Civilization are rising. Odds are that you will be struck by one or more of the above - unless you make lifestyle changes that will enable you to be healthy in spite of modern medicine.

If you are up for that, when welcome to my *Baby Boomers Health Reports*. Consider the information I provide as a new beginning.

### **Why is This for Baby Boomers?**

My "golden years" (current age: 71) have become even more golden due to what I have learned and applied to my own health. As an inveterate teacher, I simply have the urge to spread the word about what I have learned.

Thus, my health equals Baby Boomers health. Meaning **YOURS**, too.

Besides, all of the major causes of death listed above, outside of #5, are referred to as "Age-Related Diseases." Pshaw! This is pure BS. In reality, they are **lifestyle diseases**. We don't have to succumb to them just because we are getting older.

Now let's get to it. You can expect your first report in the mail shortly after the first of the coming month. Then every month thereafter for the full year of your subscription.

Let's get and stay healthy, my fellow Baby Boomer!

Cheers,

**Dennis**