

Transcript Lesson Week 1:

Right before we dive into the dietary program, let's take a short look at what happens to animals who are fed foods that are not inline with their bodies needs so we can have a better understanding of why the Guerrilla Diet works and how we should go about it.

When I began my research into the ideal diet for humans, I decided to take a closer look at our closest ancestors and went on to study gorillas who share 97.8% of our genes. I found that by examining the way these apes live and eat, and by taking a closer look at their health and causes of death, we can conclude many things about human health and lifestyle.

One of the amazing things I came across in my research was that in the early part of the 20th century, when gorillas were first being kept in zoos in Europe and North America, they were fed the same kinds of food that the local people were eating, instead of being fed foods that are natural to them and found in their natural habitat. Gorillas were fed several servings of “nutritional cookies” a day that are made from simple processed “white” grains, sugar, and added vitamins with the good intention of ensuring that these gorillas received all of their nutritional requirements.

Cookies were also given as treats to promote good behavior.

In short, gorillas were basically fed a typical Western world diet based on processed, calorie dense, and nutrient poor foods – which is a far cry from their natural diet in the wild.

As a result of their new lifestyle, gorillas fell prey to the same kinds of illnesses that are the leading causes of human deaths in the Western world today. These illnesses were rare among people from third world countries, especially Asia and Africa, and were unheard of in ape populations.

Gorillas in captivity, fed with the common Western world diet, showed a tendency in both sexes to grow obese. Now, obesity was never observed in wild gorillas.

This change in diet and lifestyle led to the same effects that these foods have on humans, and heart disease became the number one killer of gorillas in North American zoos, and overweight apes were the norm. Even food addictions became commonplace.

In 2005, after a twenty-one-year-old gorilla by the name of Brooks died of heart failure at the Cleveland Metro-parks Zoo, researchers began taking a closer look at gorilla heart health. Captive gorillas were found to have high serum cholesterol levels, ranging from 280 to 310 mg/dl. Researchers examined the possibility of the effect of diet on gorilla health. WOAW, *good idea*... They noticed that gorillas were consuming diets that were very low in fiber and rich in meat and egg products, a diet very different from the gorilla's natural diet. In the wild, gorillas consume foods that are very low in fat and protein, but very rich in fiber. The gorilla's diet in the wild also changes seasonally. They consume less leaves and more fruit during the wet season.

Zoo keepers also noticed strange behaviors among captive gorillas that were never observed in the wild, including regurgitating sugar rich foods and then re-ingesting them. This behavior indicates that the change in their dietary patterns leads to the formation of sugar addictions and eating disorders in captive gorillas.

From these findings, in 2008 the first steps were taken by zoos to begin to wean gorillas off the commercially processed biscuits, and to replace the high-sugar, high simple carbohydrate and high protein diet that zoos had fed gorillas for years, with a diet more in line with their natural diet in the wild. Vegetables and leafy greens became once again their staples. They gorillas food was also scattered around inside their enclosure, so they were compelled to forage. This way gorillas also became more active as they would be in the wild. This reduced the incidence of heart disease and obesity immediately, even though their calorie intake doubled, and now gorillas in zoos are living longer than ever before, till around the age of fifty-five years and more. (5)

Once the gorilla's diet was changed to a diet similar to their natural diet in the wild, the gorillas naturally lost weight and healed from disease even though their calorie content doubled.

By switching the gorillas back to a diet resembling their own natural diet, they restored their health. It may seem like common sense that gorillas should be given their natural foods for consumption even while they are in captivity, just as it is also common sense that we humans should consume the natural foods that we were naturally intended to eat, even if we have the ability to manufacture other foods.

In my research I found that While genetics can predispose an individual to gain excess weight, the environment must be conducive for a person to become obese. There has been an increase in the availability of food, especially high fat, high-calorie unnatural and processed foods, and not enough education about the effects that bad food habits have on our health.

According to the National Institutes of Health, obesity is the second leading cause of preventable death in the United States, close behind to the use of tobacco.

The World Health Organization (WHO) estimates that global cancer diagnoses will rise from 14 million to 22 million people per year over the next two decades. WHO cites tobacco, obesity, physical inactivity, and alcohol use as the main reasons for deaths from cancer.

Heart disease is responsible for one in every four deaths, about 600,000 deaths per year in the United States alone. (12) Heart disease is the leading cause of death for both men and women.

Okay, Now that you know the statistics, please go to this weeks action step where you will begin the process of changing your dietary and lifestyle habits to those that support health longevity and natural weight loss.