Holistic treatment of diabetes and obesity: Where are we now

Charles Darwin has shown that all living species have to pass through evolutionary survival in nature and print to next generations the best genes for that. As a typical Darwinian biologic system, the endocrine-paracrine-autocrine, ubiquitous and generally pro-defense and pro-survival renin-angiotensin-aldosterone system (RAAS) every now and then becomes autonomous in certain conditions such as obesity, type 2 diabetes, hypertension, the metabolic syndrome; cancer, Alzheimer disease, so-called non-communicable diseases (NCDs). The RAAS is one of the main responsible for migration of cartilage & bony fish and reptiles’ life from the sea to the land surface and started to spread its DNA pieces about 400 million years ago. A few hundred years BC a Hindu physician reported the sweetness of his patient’s urine, but type 2 diabetes with insulin resistance was not clearly described until 1936 by Harold Percival Himsworth; and allostasis, the innate drive for energy storage, clashes with the modern invention of easily accessible carbohydrates. his drive for increased calorie consumption and reduced caloric output introduces noise into the metabolic control loops resulting in obesity and inflammation from excess fat.

Biography
Jose Mario F De Oliveira is a former post-doctorate fellow at the Brigham&Women’s hospital in Harvard Medical School and a deputy editor for diabetes in the global community forum of the British Medical Journal. He is a reviewer for a number of high impact peer review journals and has been an author or co-author for a number of peer review journals.

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