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Janethy Balakrishnan Bokstrom

Association of Integrative Medicine Malaysia, Malaysia

Ancient fats/oils to reverse metabolic disorders

Fats were the cornerstones of our ancient diet. This is due to fats' high nutrient density that is needed for brain development, general growth and reproduction. Our early ancestors lived before the days of commercial food processing and before the addition of preservatives, coloring agents, synthetic flavoring, trans-fats, GMOs, etc. Hence, their diets have been described as 'simple, basic, pure and safe'. Sadly, for more than six decades we've been misled to believe that saturated fat and cholesterol causes heart disease. It is such a deeply ingrained belief that people neither challenged nor even dared questioned the science behind it. Now, there is overwhelming support and mounting evidence that low carbohydrate, moderate protein and high saturated fat diet is the well-founded formula to prevent and treat metabolic diseases. There are more than 700 published articles including data to prove the health benefits of saturated fats. It had been well elucidated that processed carbohydrates and excess dietary proteins are the root cause of mitochondrial dysfunction, chronic inflammation, glycation as well as fueling cancer cell growth. A common observation in studies is that Insulin resistance causes the metabolic cascade of degenerative disorders. Insulin signaling, mTOR and autophagy control cellular mechanisms and signaling pathways regulating ageing. Dietary fat is the only source of energy that does not trigger insulin spikes which is one of the causes of insulin resistance. We had conducted clinical studies on 670 patients with Palm kernel oil over the past year. PKB is 82% saturated fat, out of which 48% to 50% is lauric acid. In a nutshell, results are strongly positive and impressive with regards to clinical signs and symptoms in this revisited up-and -coming ancient fat.

Biography

Janethy Balakrishnan Bokstrom heads Association of Integrative Medicine Malaysia to integrate allopathic, non-allopathic and related medical professionals into one cohesive unit.

drjanethy@gmail.com