

**Rotary**



&



Cordially invites you to  
**2 hours Training**

on

# **Food As Medicine**

**Hypertension/Diabetes Reversal in 72 Hrs**

**Training by: Dr. Biswaroop Roy Chowdhury**

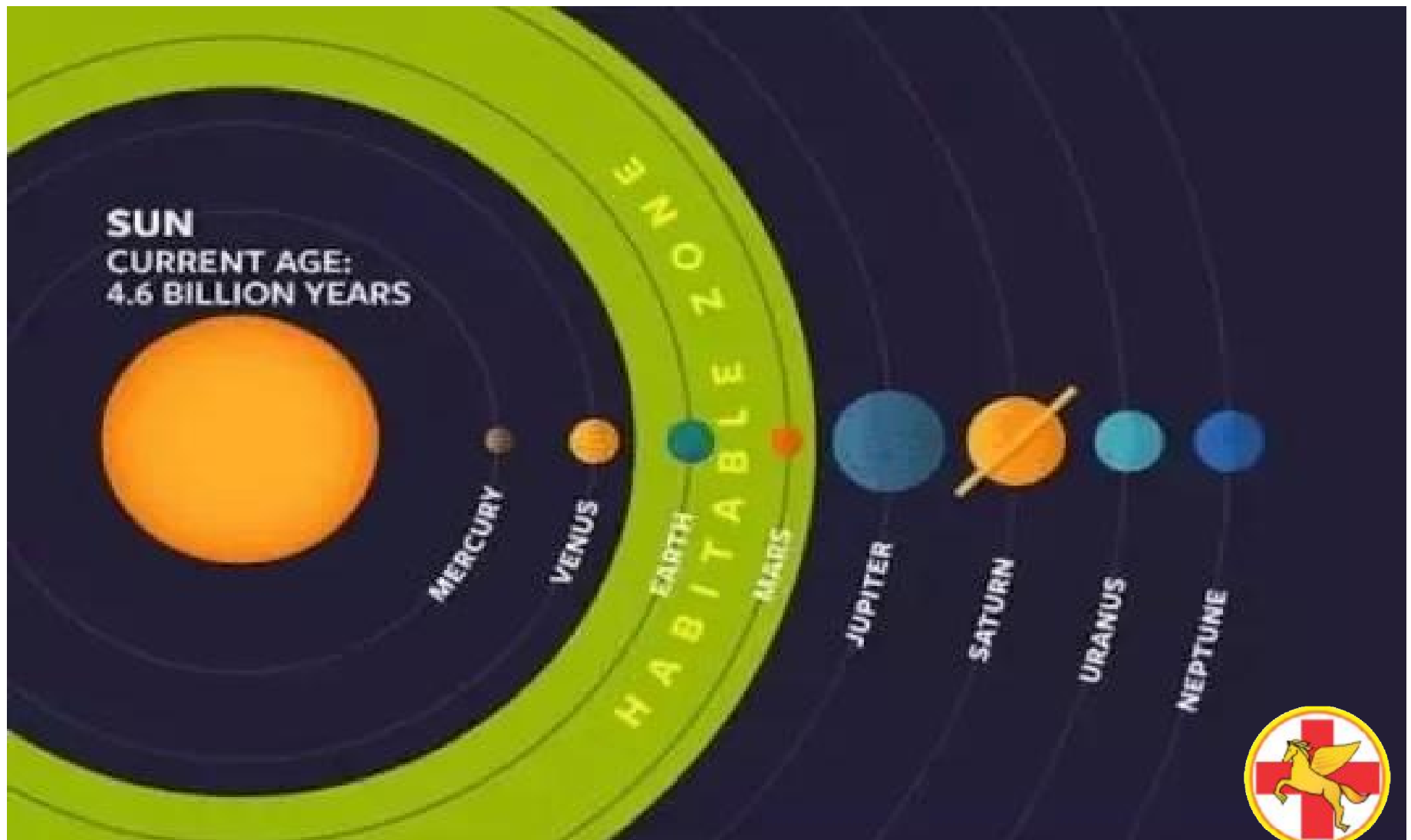
In Association with:



**INDO-VIETNAM  
MEDICAL BOARD**



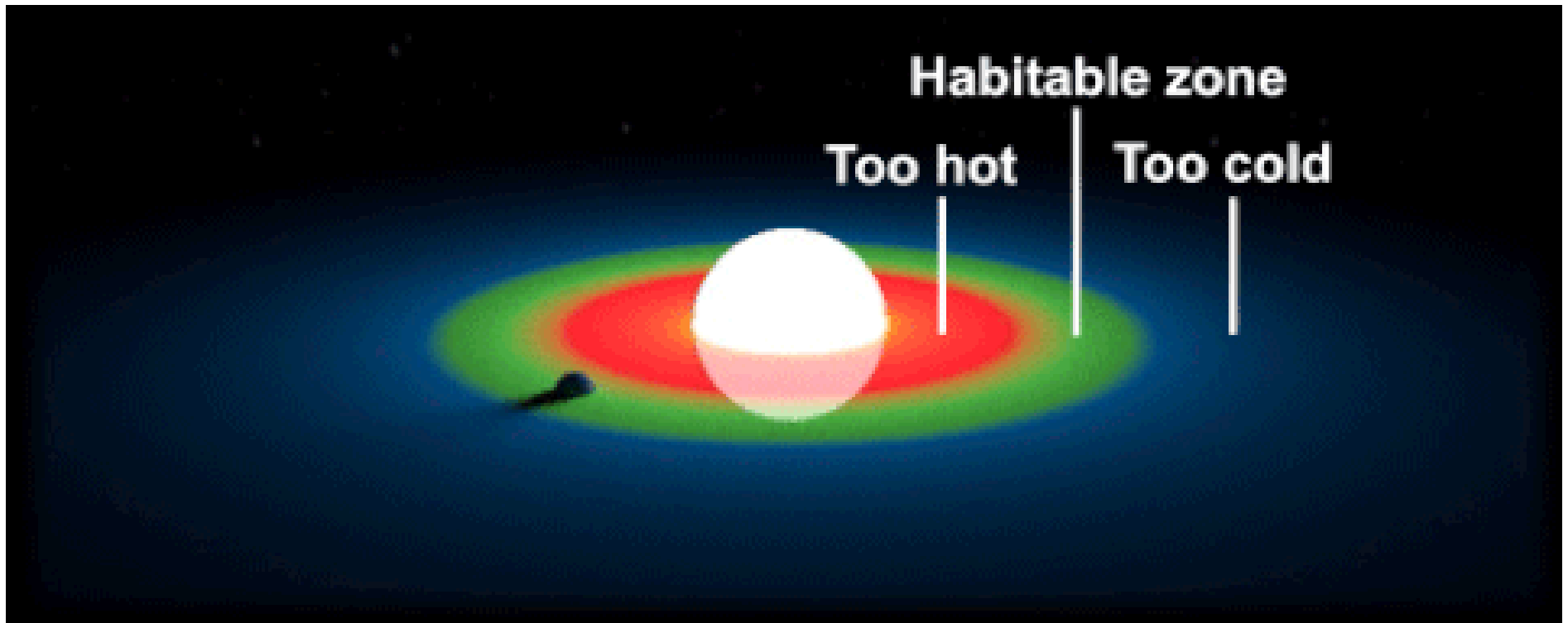
# GoldiLocks Zone



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# GoldiLocks Zone

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Planet



Human



Angiogenesis

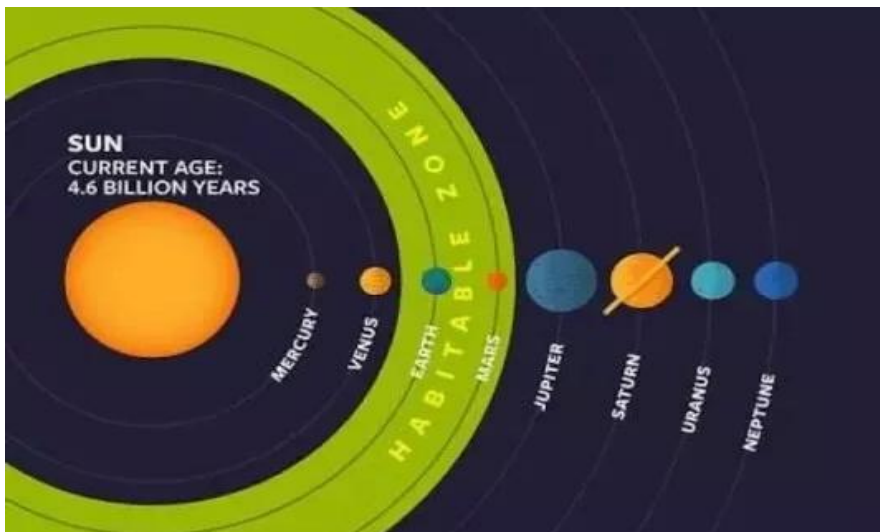
Noble Prize - 2019



INDO-VIETNAM  
MEDICAL BOARD

# Planet

# Human



## Angiogenesis

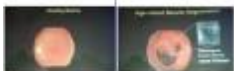
**Noble Prize - 2019**



## Cancers hijack angiogenesis



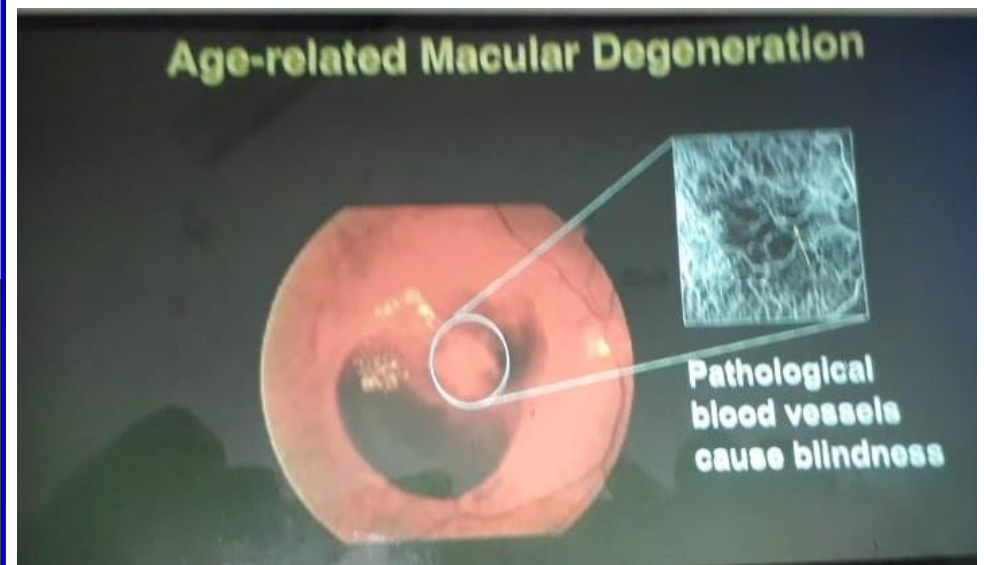
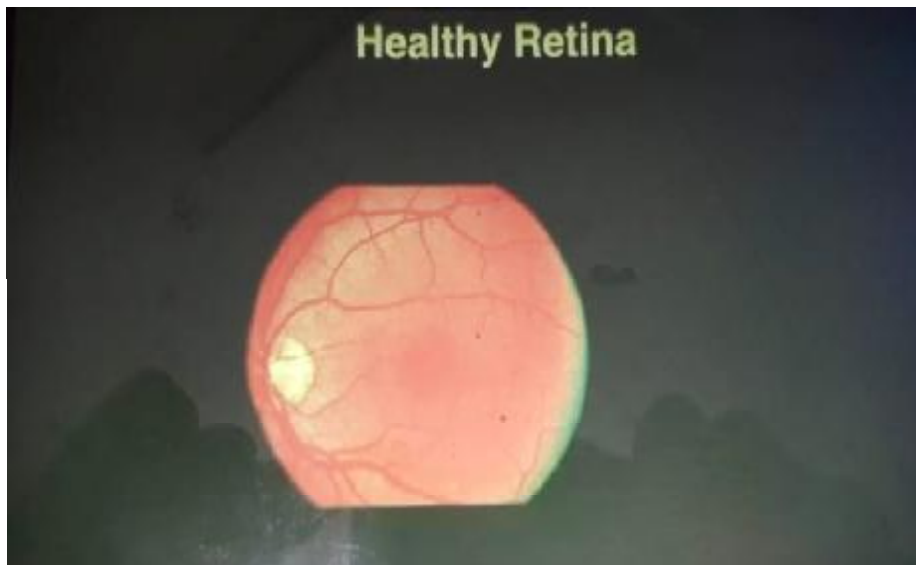
Healthy Eye    Retinopathy



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# Healthy Eye

# Retinopathy



**EXCESSIVE**

**INSUFFICIENT**  
**Chronic wounds**

- **Cancer**
- **Blinding diseases**
- **Obesity**



- **Heart Disease**
- **Stroke**
- **Hair Loss**
- **Erectile dysfunction**

**ANGIOGENESIS  
DEFENSE  
(Microcirculation)**

**Diabetic Retinopathy**

**Diabetic foot**

**All Diabetes drugs**

# **All Diabetes drugs increase the mortality**

**University Group Diabetes Program,  
Diabetes 1975;24: 65-184**

**FDA decided  
to put warning  
on all Diabetes  
medication in 1975**



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MEDICAL BOARD**



# **FDA decided to put warning on all Diabetes medication in 1975**

## **Diabetes : The biography**

**1975**

**40 Diabetologist hired a  
lawyer to prevent FDA  
from labeling warning**

**Diabetes : The biography**



# 1975

---

**40 Diabetologist hired a lawyer to prevent FDA from labeling warning**

**Diabetes : The biography**

2018

- 1) ACCORD
- 2) ADVANCE
- 3) UKPDS
- 4) VAOT

ACP Guidelines



# 2018

---

- 1) ACCORD**
- 2) ADVANCE**
- 3) UKPDS**
- 4) VADT**

## **ACP Guidelines**

# 2018

---

# IMA protested ACP guidelines



## Indian doctors question new global norms for diabetes

Rupali Mukherjee | TNN | Updated: Mar 20, 2018, 9:24 IST



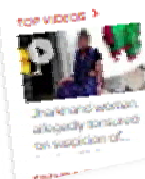
### HIGHLIGHTS

- A new set of global guidelines on managing diabetes has stirred up a controversy within the medical community.
- The new norms recommend relaxing blood sugar targets and aim to replace those followed for over three decades.

### TRENDING TOPICS

- Ben Stokes
- England West Indies
- CPL Championship
- Joan Jeremy funeral
- GST Refund

### LATEST VIDEOS



for videos >

Shark and woman allegedly conspired on suspicion of...

Shark and woman allegedly conspired on suspicion of...

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Shark and woman allegedly conspired on suspicion of...

## New diabetes management guidelines issued: Doctors warn of serious impact in India

Health

Updated Mar 20, 2018 | 1:05 PM | Times Now Digital

The new norms recommend relaxing blood sugar targets for people with type 2 diabetes.



New guidelines on diabetes management released. | Photo Credit: Shutterstock

New Delhi: The American College of Physicians (ACP), an organisation of internal medicine physicians, has issued new guidance on diabetes management, including relaxing the long-term blood sugar target called hemoglobin A1C for people with type 2 diabetes. The new global guidelines have not gone down well within the Indian medical fraternity. The new norms, which recommend relaxing blood sugar targets for people with type 2 diabetes, have been opposed by medical practitioners in India who feel that such rules will only worsen the diabetes epidemic in India. According to Indian medical practitioners, the new guidelines will lead to a serious impact on the health of people with diabetes in India.

### DOCTORS IN INDIA SAY

HbA1C 7% and below is criterion of good control for last 30 years. Previous studies provide robust data that maintenance of good diabetes control (HbA1C 7% or below) prevents and retards nerve, eye and kidney problems. The ACP guidelines suggest that upper limit of blood sugar control should be relaxed.

It might mean that more people will be put to danger of complications. In those with limited life expectancy, HbA1C should be maintained above 7%, sometimes around 8%. Same for those who are elderly and suffer from advanced complications. For younger people, the target of HbA1C should be <6.5%

## Indian doctors unhappy with new global norms for diabetes

March 20, 2018

Share on Facebook

Twitter on Twitter

Google+

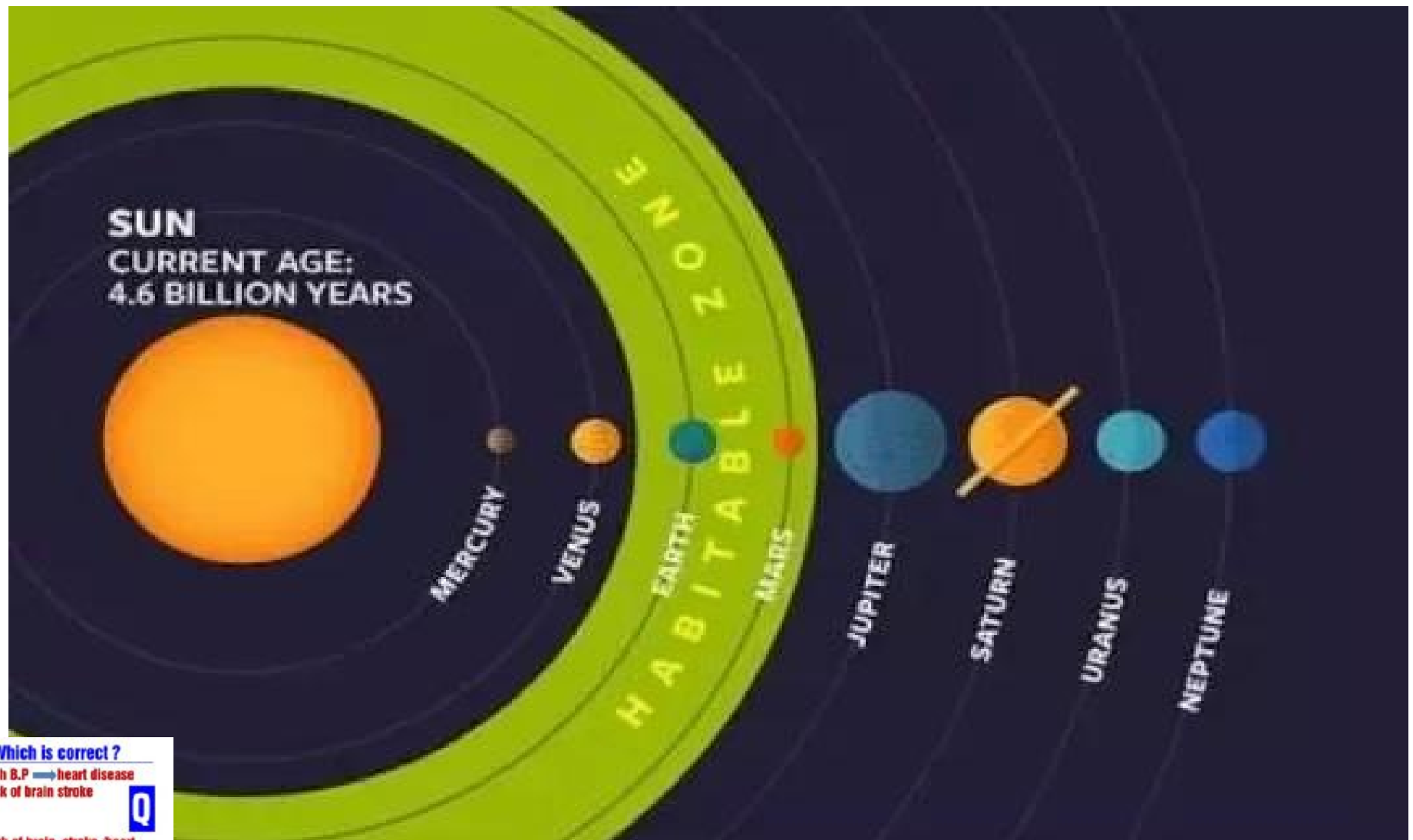


The medical community in India are displeased at the introduction of a new set of global guidelines on managing diabetes. Medical practitioners in the country feel that aim to replace those followed for three decades will lead to serious complications in managing diabetes as...





# GoldiLocks Zone



Which is correct ?

1) high B.P → heart disease  
/risk of brain stroke

Q

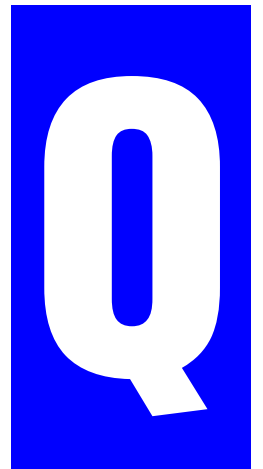
2) Risk of brain - stroke /heart  
disease → high B.P



# Which is correct ?

---

**1) high B.P → heart disease  
/risk of brain stroke**



**2) Risk of brain stroke /heart  
disease → high B.P**

## WHITE COAT SYNDROME

80% of the patients have  
Higher Readings'  
in Doctor's office!

American Journal of



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# **WHITE COAT SYNDROME**

---

**80% of the patients have  
Higher Readings'  
in Doctor's office!**

**American Journal of  
Cardiology - 1987**

Half of all Clinical  
Trials never Published

[alltrials.net](http://alltrials.net)



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# Half of all Clinical Trials never Published

---

**alltrials.net**

India	Vietnam
0.8%	9.9%
Diabetes	Diabetes
Mostly Fat	Mostly Thin
High % of Type-I	Less Type-I



<b>India</b>	<b>Vietnam</b>
<b>8.8%</b> <b>Diabetes</b>	<b>5.5%</b> <b>Diabetes</b>
<b>Mostly Fat</b>	<b>Mostly Thin</b>
<b>High % of Type-I</b>	<b>Less Type-I</b>

India	Vietnam
8.8%	5.5%
Diabetes	Diabetes
Mostly Fat	Mostly Thin
High % of Type-I	Less Type-I



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<b>India</b>		<b>Vietnam</b>
<b>8.8%</b>	<b>Malaysia</b>	<b>5.5%</b>
<b>Diabetes</b>		<b>Diabetes</b>
<b>Mostly Fat</b>		<b>Mostly Thin</b>
<b>High % of Type-I</b>		<b>Less Type-I</b>



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# Health spending pushed 55 million Indians into poverty in a year

**Times of India, June 13, 2018**



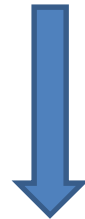
# Excess Angiogenesis

---

**DIABETES**



**Kidney  
Failure**



**Death**

**Life Span**

Poor Angiogenesis

**DIABETES**

Medicine/Insulin

Kidney Failure

**Death**

Life Span

# Poor Angiogenesis

---

**DIABETES**



**Medicine/Insulin**



**Kidney Failure**



**Death**

Life Span

Glipizide, an Antidiabetic drug, suppresses tumor growth and metastasis by inhibiting angiogenesis  
Oncotarget, 2014, 5:20: 9966.



**Glipizide, an Antidiabetic  
drug, suppresses tumor  
growth and metastasis by  
inhibiting angiogenesis  
Oncotarget, 2014, 5.20: 9966.**

**Hypoglycemia  
causes more death  
than hyperglycemia**

Diabetes Care 2012  
Sep; 35(9): 1814-1816



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# **Hypoglycemia causes more death than hyperglycemia**

**Diabetes Care 2012**

**Sep; 35(9): 1814-1816**



# DIABETES



## Medicine/Insulin



## Kidney Failure



## Kidney Transplant



## Death

Life Span

Angiogenesis:  
implication  
for diabetic retinopathy

Cardiovascular  
diabetology, 2016, 15.1: 18.



# **Angiogenesis: implication for diabetic retinopathy**

**Cardiovascular  
diabetology, 2016, 15.1: 18.**

Heart and Diabetes

**Collateral  
Circulation**

Circulation, 1999;99:2224-  
2226



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# Heart and Diabetes

---

## Collateral Circulation

**Circulation, 1999;99:2224-  
2226**

Start/Bypass Surgery

**Collateral  
Regression**

Microcirculation 2010;17:3-20



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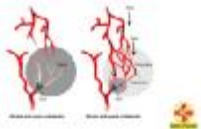
# Stent/Bypass Surgery

---

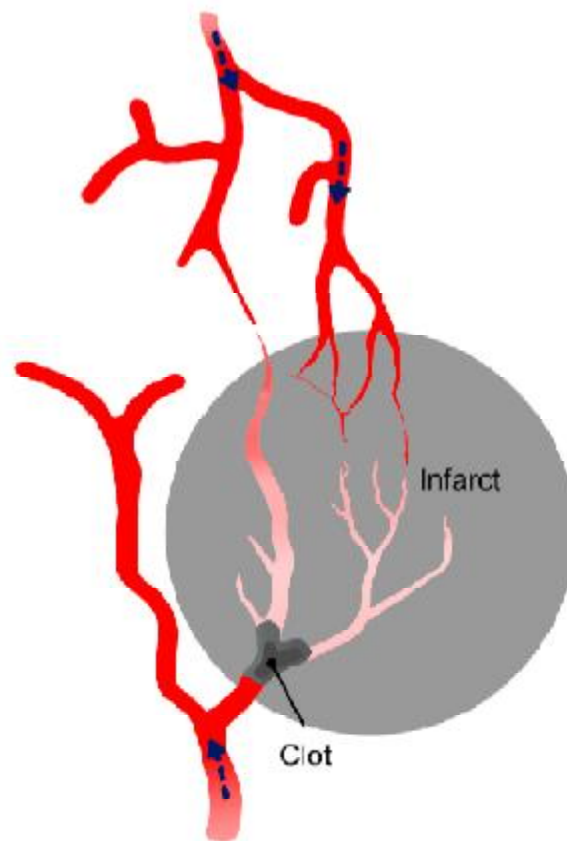
## Collateral Regression

**Microcirculation 2010;17:3-20**

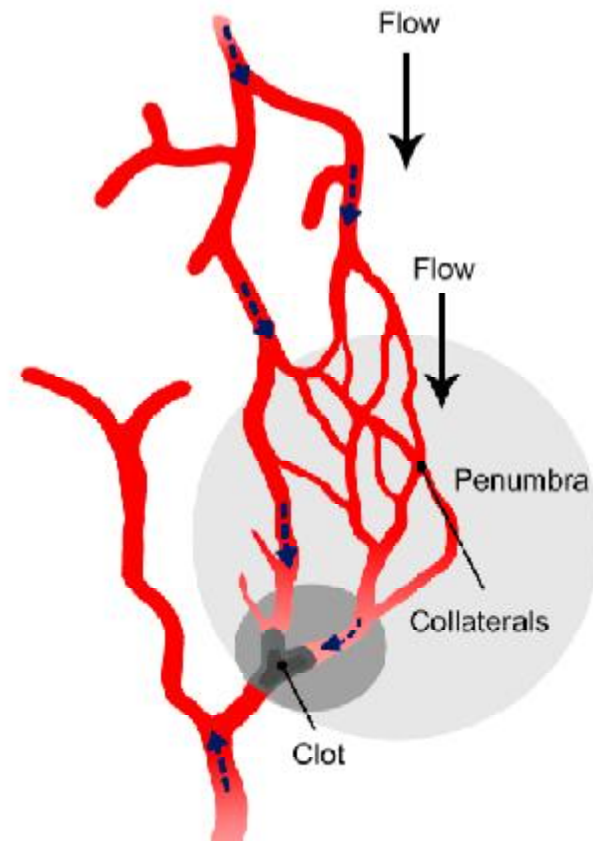
International journal of molecular  
sciences, 2017, 18,12: 2669.



# International journal of molecular sciences, 2017, 18.12: 2669.



Stroke with poor collaterals

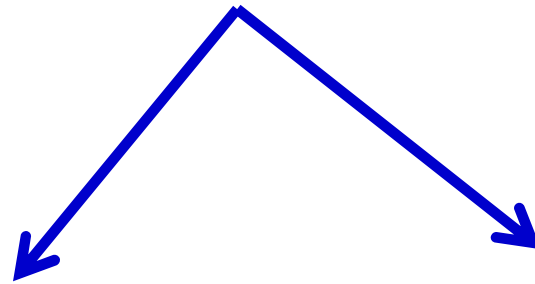


Stroke with good collaterals



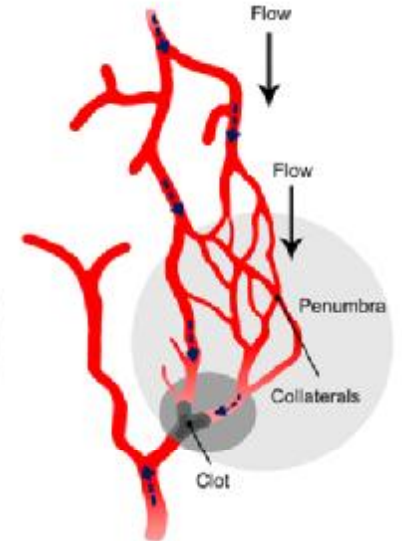
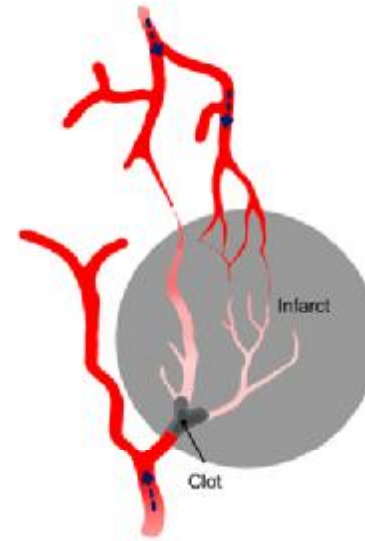
# Angiogenesis

**Engine**



**Accelerator**

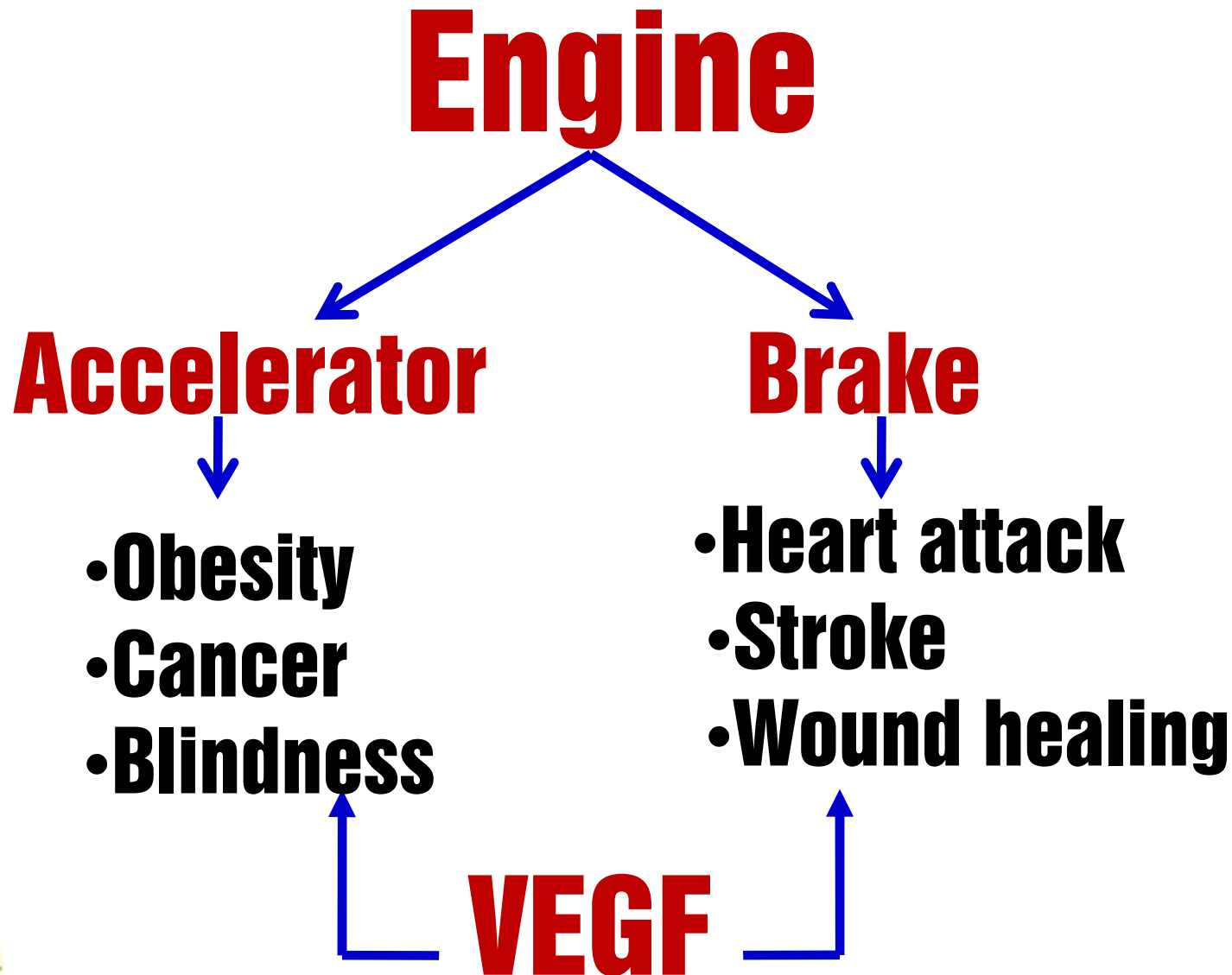
**Brake**



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# Angiogenesis

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Angiogenesis in the  
metabolic syndrome

SORRES, Raquel; COSTA, Carla  
(ed.), Heidelberg, Germany:  
Springer, 2009.



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# Angiogenesis in the metabolic syndrome

**SOARES, Raquel; COSTA, Carla (ed.). Heidelberg, Germany: Springer, 2009.**



# Man made

---

## Accelerator

**Becaplermin  
(Wound)**

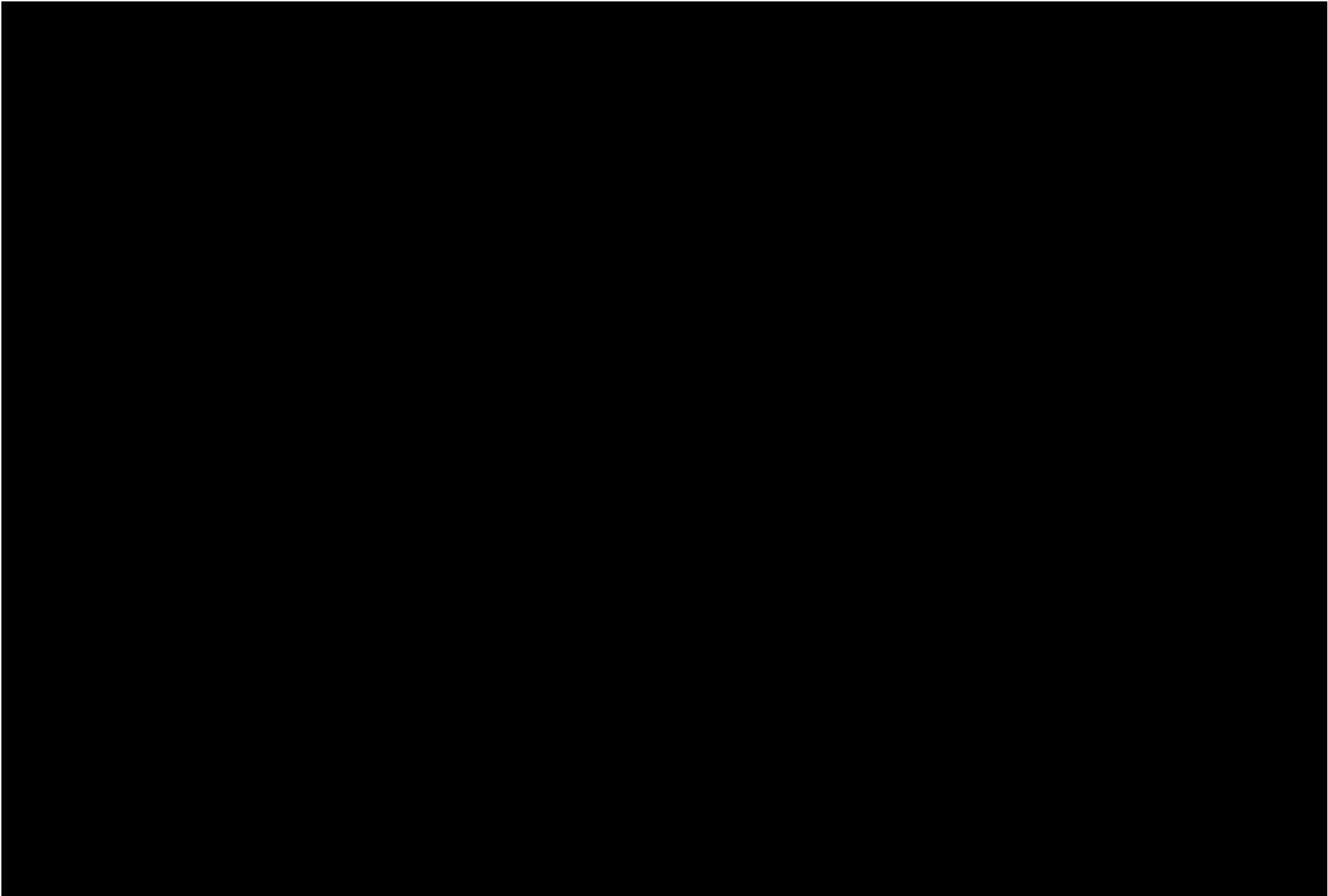


## Brake

**Bevacizumab  
(Cancer)**

**Pegaptanib  
(Blindness)**





# Man made

---

## Accelerator

**Becaplermin  
(Wound)**

## Brake

**Bevacizumab  
(Cancer)**

**Pegaptanib  
(Blindness)**

God made  
Accelerator/Brake

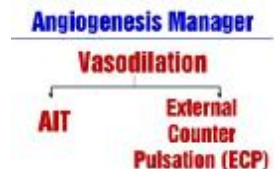
1. Vasodilation
2. Food



# God made Accelerator/Brake

---

1. Vasodilation
2. Plant Bioactives



# God made Accelerator/Brake --- Vasodilation

**AIT**

**External  
Counter  
Pulsation (ECP)**

**MUST – ECP  
Trial (1999)**

J. Am. Coll. Cardiol.  
33(7):1833-40



# **MUST – ECP Trial (1999)**

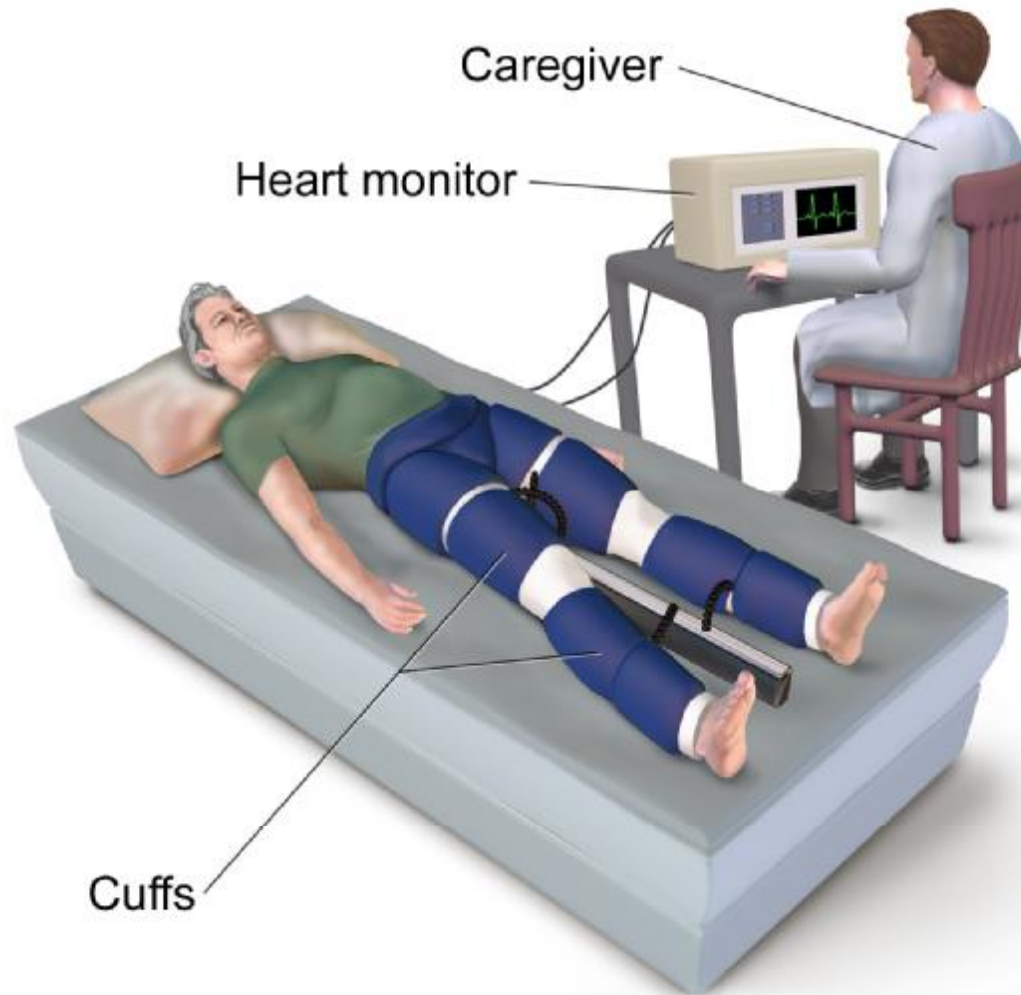
**J. Am. Coll. Cardiol.  
33(7):1833-40**



Cardiac Enhanced External Counterpulsation



# ECP Machine



Aerobic Interval Training



Cardiac Enhanced External Counterpulsation





# Aerobic Interval Training

---



Aerobic Interval Training

**EXCITE Trial**

Circulation. 2016;133:1438-1448



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# Aerobic Interval Training

---

## EXCITE Trial

**Circulation. 2016;133:1438-1448**

### Sudden Cardiac Death in Sports



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# Sudden Cardiac Death in Sports

---

**Michael Goolaerts**  
**2018**



**Belgian  
Cyclist**

**Neil Fingleton**  
**2017**



**Actor and  
basketball player**

**David Faramola Oniya**  
**2015**



**Nigerian  
footballer**

# Sudden Cardiac Death in Sports

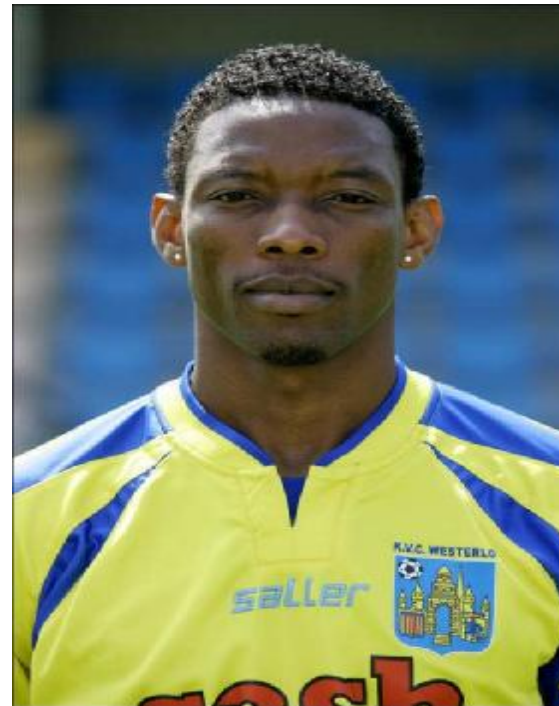
---

**Cristian César Gómez**  
**2015**



**Argentine  
footballer**

**Bobsam 'Bob' Elejiko**  
**2011**



**Nigerian  
footballer**

Aerobic Interval Training

**STEP -I**

Safety check

**STEP -II**

Target heart rate 🏃



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# Aerobic Interval Training

---

## STEP -I

### Safety check

---

## STEP -II

### Target heart rate

Step -II Aerobic Interval Training

Age (in yrs)	Target heart rate (in beats)
20	120-160
30	114-152
35	111-149
40	108-146
45	105-143



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# **Step –II Aerobic Interval Training**

---

<b>Age (in yrs)</b>	<b>Target heart rate (in bpm)</b>
<b>20</b>	<b>120-160</b>
<b>30</b>	<b>114-152</b>
<b>35</b>	<b>111-148</b>
<b>40</b>	<b>108-144</b>
<b>45</b>	<b>105-140</b>

# **Step –II Aerobic Interval Training**

---

<b>Age (in yrs)</b>	<b>Target heart rate (in bpm)</b>
<b>50</b>	<b>102-136</b>
<b>55</b>	<b>99-132</b>
<b>60</b>	<b>96-128</b>
<b>65</b>	<b>93-124</b>
<b>70</b>	<b>90-120</b>











**Step - I**

**Heart rate recovery**  
**> 12 bpm**  
**in first 1 min**

N Engl J Med 1999;341:1351-7



# Step - I

---

**Heart rate recovery**  
**12 bpm**  
**>**  
**in first 1 min**

**N Engl J Med 1999;341:1351-7**

# **God made Accelerator/Brake**

---

## **Food - Plant Bioactive**

- **Lycopene**
- **Anthocyanin**
- **Quercetin**
- **Ursolic acid**

**Red Raspberry Phenols  
Inhibit Angiogenesis**

**Journal of Cellular Biochemistry  
2016.117: 1604-1612**



# **Red Raspberry Phenols Inhibit Angiogenesis**

**Journal of Cellular Biochemistry  
2016.117: 1604-1612**

Inhibitory effects of quercetin  
on angiogenesis in larval  
zebrafish and human umbilical  
vein endothelial cells.

European journal of pharmacology.  
2014, 723: 360-367.

 Elsevier



# **Inhibitory effects of quercetin on angiogenesis in larval zebrafish and human umbilical vein endothelial cells.**

**European journal of pharmacology,  
2014, 723: 360-367.**

**Antiangiogenic properties of  
carotenoids: a potential role of  
maize as functional food**

Journal of Functional Foods, 2009,  
1.3: 284-290.



# **Antiangiogenic properties of carotenoids: a potential role of maize as functional food**

**Journal of Functional Foods, 2009,  
1.3: 284-290.**

Effects of lycopene and apigenin on human umbilical vein endothelial cells in vitro under angiogenic stimulation.

Acta histochemica,  
2012, 114.2: 94-100



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# **Effects of lycopene and apigenin on human umbilical vein endothelial cells in vitro under angiogenic stimulation.**

**Acta histochemica,  
2012, 114.2: 94-100**

**A prospective study of tomato products, lycopene, and prostate cancer risk.**

**Journal of the National Cancer Institute, 2002, 94.5: 391-398.**



# **A prospective study of tomato products, lycopene, and prostate cancer risk.**

**Journal of the National Cancer Institute, 2002, 94.5: 391-398.**





# **Quercetin glucosides promote ischemia-induced angiogenesis, but do not promote tumor growth**

**Life sciences, 2013, 93.22: 814-819.**

Quercetin attenuates cell  
survival, inflammation, and  
angiogenesis via modulation  
of AKT signaling in murine T-  
cell lymphoma.

Nutrition and cancer, 2017, 66.3:  
476-480.



**INDO-VIETNAM  
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# **Quercetin attenuates cell survival, inflammation, and angiogenesis via modulation of AKT signaling in murine T-cell lymphoma.**

**Nutrition and cancer, 2017, 69.3:  
470-480.**

Quercetin inhibits  
angiogenesis by targeting  
calcineurin in the xenograft  
model of human breast cancer.

European journal of pharmacology,  
2016, 781: 60-68.



**INDO-VIETNAM  
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# **Quercetin inhibits angiogenesis by targeting calcineurin in the xenograft model of human breast cancer.**

**European journal of pharmacology,  
2016, 781: 60-68.**

Flavonoid intake and mortality  
from cardiovascular disease and  
all causes: A meta-analysis of  
prospective cohort studies.

Clinical nutrition ESPEN, 2017, 29:  
68-77.



**INDO-VIETNAM  
MEDICAL BOARD**

# **Flavonoid intake and mortality from cardiovascular disease and all causes: A meta-analysis of prospective cohort studies.**

**Clinical nutrition ESPEN, 2017, 20:  
68-77.**



**Improvement of endothelial function with dietary flavanols is associated with mobilization of circulating angiogenic cells in patients with coronary artery disease.**

**Journal of the American College of Cardiology, 2010, 56.3: 218-224.**



**Ursolic acid induces allograft  
inflammatory factor-1 expression  
via a nitric oxide-related  
mechanism and increases  
neovascularization.**

**Journal of agricultural and food  
chemistry, 2010, 58.24: 12941-  
12949.**



# **Ursolic acid inhibits colorectal cancer angiogenesis through suppression of multiple signaling pathways.**

**International journal of oncology,  
2013, 43.5: 1666-1674.**

# **195 Countries -Study**

---

## **Global Burden of Diseases Study 1990 -2017**

**The Lancet, 2019, 393.10184:  
1958-1972.**

**72hrs Diabetes/B.P Reversal**

**Impact of DIP Diet  
in 1st 72hrs**

Chandrasekhar BM. Diabetes Reversal by Plant Based  
Diet. Journal of Metabolic Syndromes, 2017; 6(4):



**INDO-VIETNAM  
MEDICAL BOARD**



# 72hrs Diabetes/B.P Reversal

---

## Impact of DIP Diet in 1st 72hrs

**Chowdhury BR, Diabetes Reversal by Plant-Based Diet, Journal of Metabolic Syndrome, 2017; 6:4'.**

### 1st 72hrs DIP Diet Response

#### Complete Reversal

Diabetes → 80% of Patients

Hypertension → 70% of Patients

Average weight reduction → 1.5kg



# 1st 72hrs DIP Diet Response

---

## Complete Reversal

**Diabetes → 80% of Patients**

**Hypertension → 70% of Patients**

**Average weight reduction → 1.5kg**



# DIP Diet

## Step -I

---

**Breakfast (till 12noon)**

**4 types of fruit**

**Weight in kg x 10 = \_\_ gm**



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# DIP Diet

## Step -II

### Lunch/Dinner

**Plate-1**  
**4 types of**  
**raw**  
**vegetables**

**Plate-2**  
**Std. meal**

**Weight in kg x 5 = \_gm**



# DIP Diet

## Step -III

### To Avoid

1. **Packed food**
2. **Dairy/Animal food**
3. **Nutritional supplements**

### To Take

1. **Soaked nuts/Sprouts:**  
**your wt(kg) = ..gm**
2. **Fruits: Plenty**
3. **Sunshine: 45min**

**VIP Diet → DIP Diet**  
(Based on The China Study)

Stays in Zone	Diabetes
3 days to 1 week	High Blood Pressure, High Cholesterol, Intestinal disorder
1 month	Obesity, Heart Diseases
2 months	Various Allergies
6 months	Cancer, Arthritis, Asthma
8 months	Eye Diseases, Kidney dysfunction, Liver diseases

# DIP Diet

<b>24hrs to 72hrs</b>	<b>Diabetes</b>
<b>3 days to 1 week</b>	<b>High Blood Pressure, High Cholesterol, Intestinal disorder</b>
<b>1 month</b>	<b>Obesity, Heart Diseases</b>
<b>2 month</b>	<b>Thyroid Disease</b>
<b>6 month</b>	<b>Cancer, Asthma, Arthritis</b>
<b>8 month</b>	<b>Skin Disorder, Kidney dysfunction, Liver disorder</b>



# DIP Diet



**DIET Formula**→Age of child (years)

**Diet for 4 to 10 → DIP diet × 2**

**Diet for 11 to 17 →DIP diet×1.5**



# **DIET Formula → Age of child (years)**

---

**Diet for 4 to 10 → DIP diet × 2**

**Diet for 11 to 17 → DIP diet × 1.5**





# **AHA -2019 Guidelines**

**Circulation 2019; 140:e596 – e646**



# Canadian Food Guide -2019

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# Virginia Living





# Fresh Food FARMACY



# Fresh Food Farmacy™

Geisinger

World's Strongest Man

Patrick  
Baboumian





# World's Strongest Man

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**Patrich  
Baboumian**



# World's Fastest Woman

---

**Fiona  
Oakes**



# Iron Man at 83 years

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**Dr. Ruth  
Heidrich**



**DIP Diet**  
↓  
**Relieves pain**  
↓  
Your pain    Animal pain    Global pain  
   (warming)



# DIP Diet



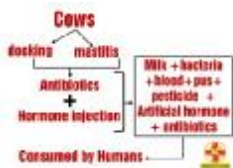
## Relieves pain



**Your pain**

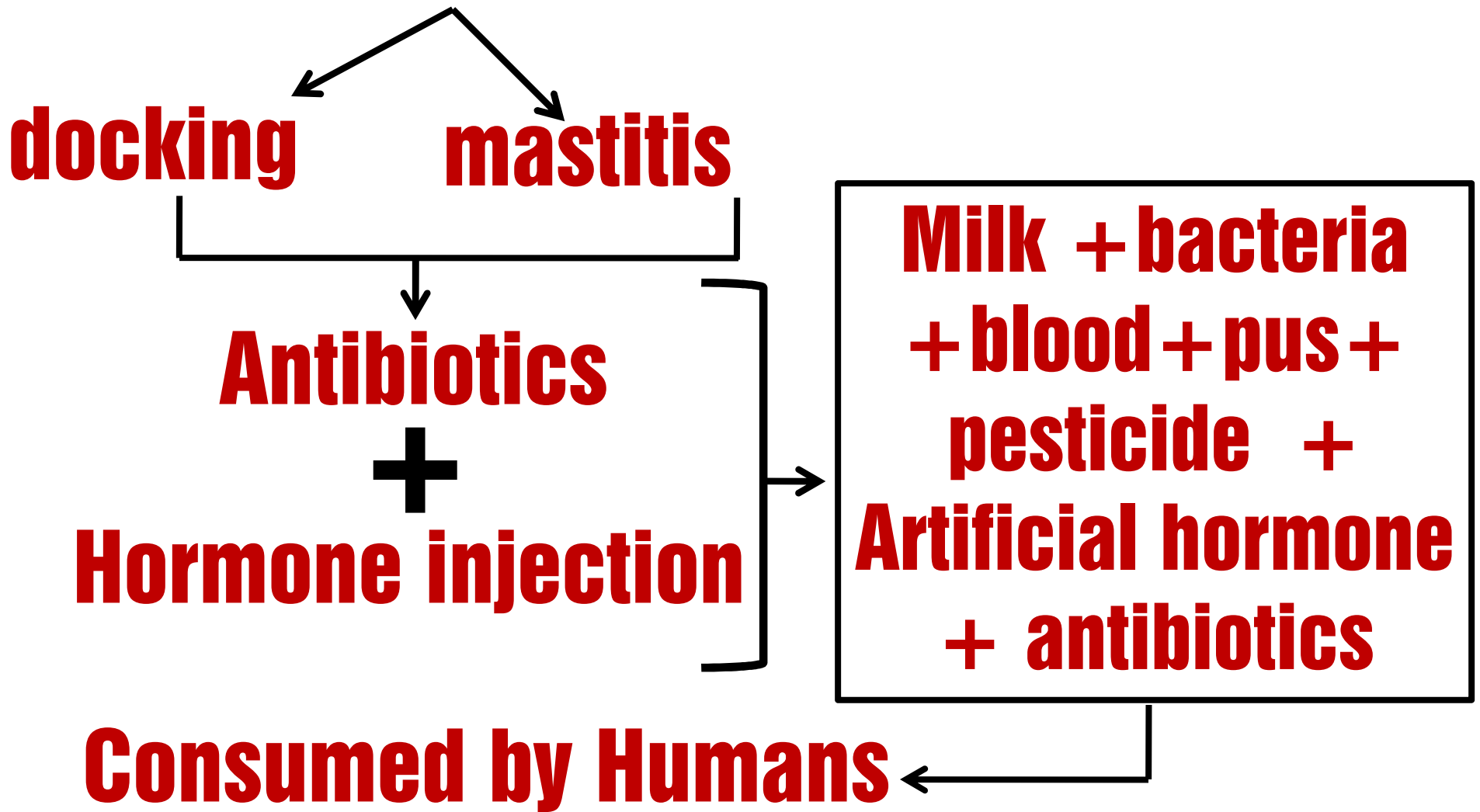
**Animal pain**

**Global pain  
(warming)**



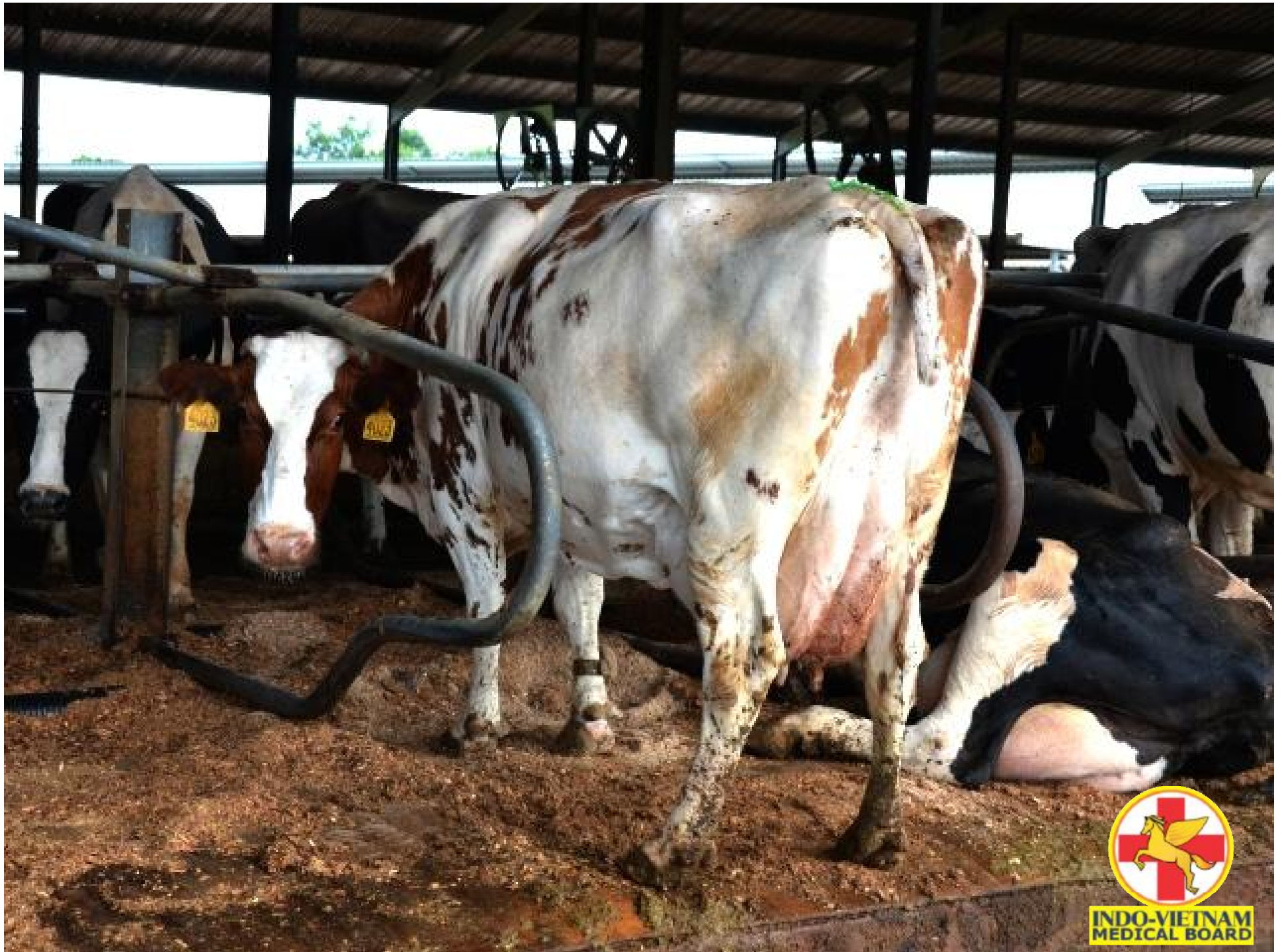
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# **COWS**



**Ventola, C Lee Pharmacy and therapeutics 2015**







**Dr. Pimentel's findings**

• Every kilogram of beef requires  
100,000 litres of water to produce

• 1 kilogram of potato needs 500  
litres of water to grow

Science 267,  
no 5201 (1995) : 1117-23



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# Dr. Pimentel's findings

---

- **Every kilogram of meat requires 100,000 litres of water to produce**
  - **1 kilogram of potato needs 500 litres of water to grow**
- 



Double Global Crop  
production needed by 2050  
PLOS ONE, 2013, 8(6): e66426.

**Science 267,  
no 5201 (1995) : 1117-23**



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**Double Global Crop  
production needed by 2050**  
**PLoS ONE, 2013, 8(6): e66428.**

# Global hungry Index

---

**India ranks 103<sup>rd</sup>  
among  
119 countries**

150 crore Cows  
100 crore Sheeps  
100 crore Pigs

<https://www.unhcr.org/refugees/2011/02/what-if-the-cow-dies-to-how-many-animals-eat-eat-eat-year/>



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**150 crore Cows**

**100 crore Sheep**

**100 crore Pigs**

**<https://www.weforum.org/agenda/2019/02/chart-of-the-day-this-is-how-many-animals-we-eat-each-year/>**

**Every year human  
eat 5000 crore  
Chicken**

Source: [www.weforum.org/agenda/2019/02/chart-of-the-day-this-is-how-many-animals-we-eat-each-year/](https://www.weforum.org/agenda/2019/02/chart-of-the-day-this-is-how-many-animals-we-eat-each-year/)



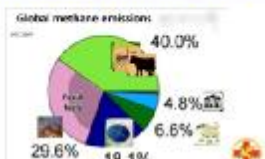
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# Every year human eat 5000 crore Chicken

<https://www.weforum.org/agenda/2019/02/chart-of-the-day-this-is-how-many-animals-we-eat-each-year/>

## Global Warming

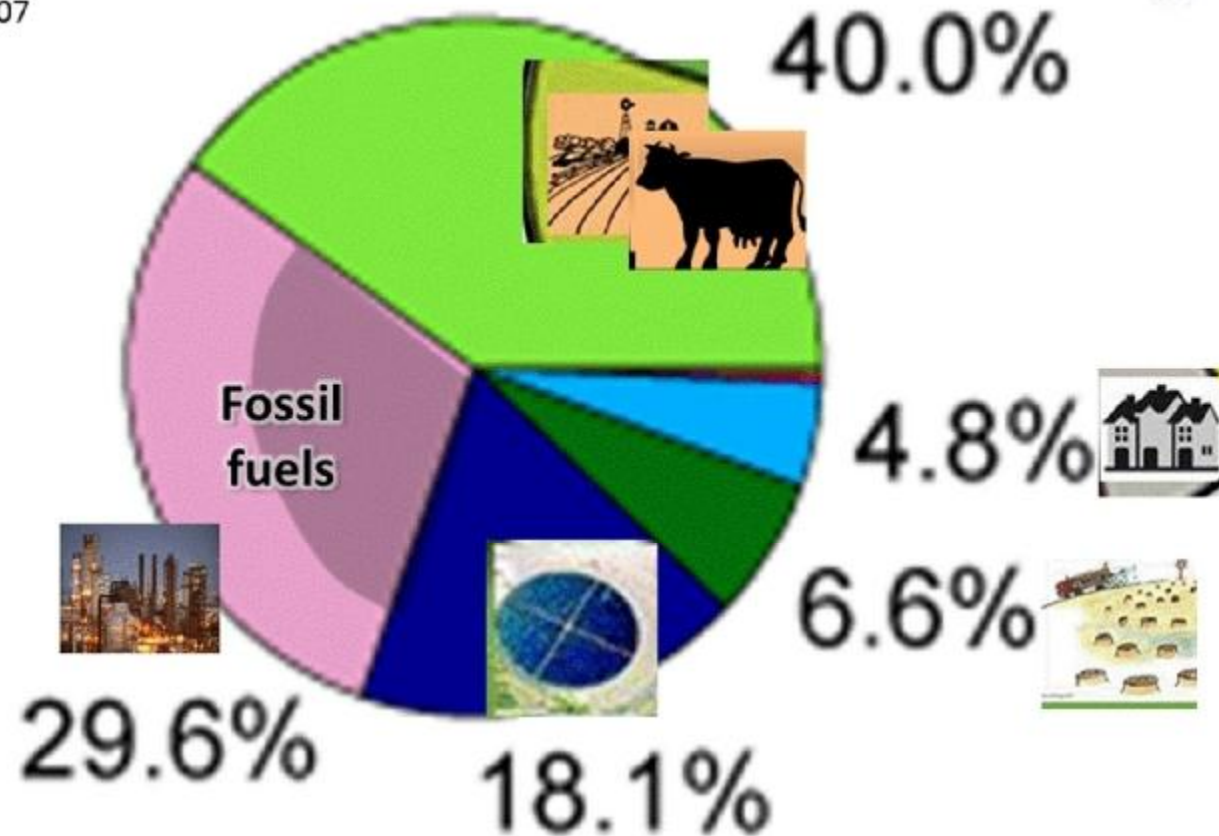


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# Global Warming

## Global methane emissions

IPCC 2007



25% of Green house gas emission is from animal food

PNAS, 2016, 113 (15) 4146-4151



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**25% of Green house  
gas emission is  
from animal food**

**PNAS , 2016, 113 (15) 4146-  
4151**

What is good for you  
is  
Good for Earth also



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**What is good for you  
is  
Good for Earth also**

**[biswaroop.com/fam](http://biswaroop.com/fam)**



# **biswaroop.com/fam**





**Available at**



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**[biswaroop.com/december](http://biswaroop.com/december)**

**Cardiac Arrest or Heart Attack**

**Better Outcome at home than Hospital**

**Date:** 27 December, 2019 **Time:** 6pm

**Venue:** Siri Fort Auditorium-II,  
August Kranti Marg, New Delhi

# **ISCHEMIA TRIAL**

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## **International Study of Comparative Health Effectiveness With Medical and Invasive Approaches - ISCHEMIA**

**<https://www.acc.org/latest-in-cardiology/clinical-trials/2019/11/15/17/27/ischemia>**



**Rotary**



&



Cordially invites you to  
**2 hours Training**

on

# **Food As Medicine**

**Hypertension/Diabetes Reversal in 72 Hrs**

**Training by: Dr. Biswaroop Roy Chowdhury**

In Association with:



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