

**OUR HOLIDAY LETTER WITH ATTACHMENT, EDITED TO FOCUS ON
LOW-CARB LIFESTYLE, PARKINSON'S, AND PERCEPTUAL CONTROL THEORY (PCT).
ALL INTERCONNECTED AND RELEVANT TO OPTIMUM WELL BEING.**

December 30, 2019

Friends,

Christine and I last wrote you in December 2017. Much has happened since then.

Move (deleted)

Travel (deleted)

Health

Our focus on Christine's recovery following her knee operation in November 2016 continued with therapy and exercise through the spring and summer 2018.

Our Kaiser physician was concerned that Christine kept testing prediabetic, mentioning that Alzheimer's disease is labeled by some as "type 3 diabetes", and doing his best to explain to us about insulin resistance and carbohydrate intolerance. (I, too, tested prediabetic a few years ago, and now I see that the CDC says more than one in three Americans are prediabetic, and 90% of those don't know it.) When, in July 2018, Christine complained that she felt tired much of the time, he said: "You guys read. I recommend this book for you... it is my favorite... on this subject... written for physicians". So began our study of a low carbohydrate, high fat, adequate protein lifestyle, which we have now adopted. A report is included on pages 2 and 3.

Noticing Christine's poor balance and some weakness, a friend recognized symptoms and sounded the alarm. On Christmas eve, Christine tripped and fell. We had a comprehensive meeting with our physician and so she received neurological evaluations, including a brain scan, which showed moderate "small vessel disease". She did not exhibit the typical Parkinson's symptoms, but when the neurologist suggested she take the medication prescribed for Parkinson's as a test, her improvement was obvious. She was diagnosed with Parkinson's Disease. With plenty of exercise and continuing medication, Christine is almost back to her old self. We are connected to support groups and resources. Life is good.

Mission

I have persisted for 30 years as a student and advocate of Perceptual Control Theory (PCT) because I think it an important development for the life sciences. PCT lays a foundation for progress from soft, descriptive science, limited to studying groups using statistics (and applying "findings" to individuals), to hard science that develops an understanding of how individuals function—no exceptions. The Redwood City Senior Center gave me an opportunity to present on November 22. I gave the same presentation to a group where we live. You can read it at www.livingcontrolsystems.com/intro Note the handout, including a remarkable blog post by Tim Carey. Next time (January 22, 10:30 am) at the San Carlos Adult Community Center, I expect to get my message across better by telling the story rather than reading my manuscript. I consider myself fortunate to have something I want to contribute, and am excited that both Elsevier and Palgrave Macmillan will publish substantial works on PCT in 2020.

All in all, Christine and I are in a good place, in good health, and in good company.

Wishing you a HAPPY, HEALTHY 2020

Christine and Dag

By Dag Forssell, December 30, 2019

As noted in our holiday letter, our primary physician at Kaiser recommended we read *The Art and Science of Low Carbohydrate Living* (2011) by Drs Jeff S. Volek and Stephen D. Phinney. We found this work, written for physicians, compelling as the authors discussed the history of nutritional research and advice, with lots of explanations and context of science then and now. Christine and I read it together, discussing it sentence by sentence in some places. This is a *What and Why* book; not a *How To* book. The subsequent *The Art and Science of Low Carbohydrate Performance* (2012), shows that the low carb, high fat approach is superbly good for athletes, just as it is for migratory birds and other animals, as I read years ago in the book *Why We Run: A Natural History* (2002) by Bernd Heinrich.

The authors offer a *How To* book: *The New Atkins for a New You* (2010), but we charged ahead with the minimal instructions in the (2011) book without pausing to digest it. Not recommended!

The authors pointed to *First Do No Harm* (1997) a movie on epilepsy and keto diet, featuring Meryl Streep. This documentary deals with our health care system and reliance on drugs.

Later, we noted *The Magic Pill* (2017), with its message about the promise and persecution of the ketogenic approach.

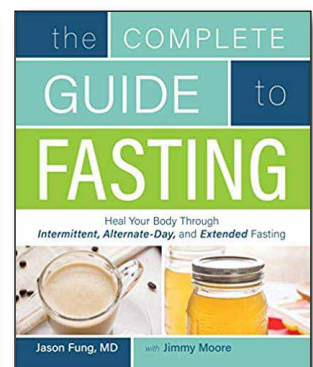
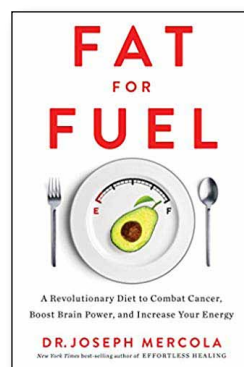
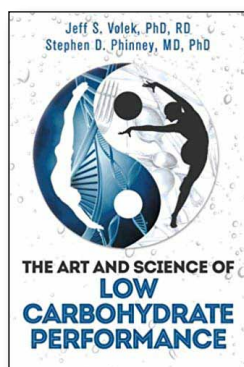
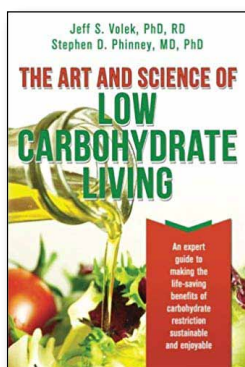
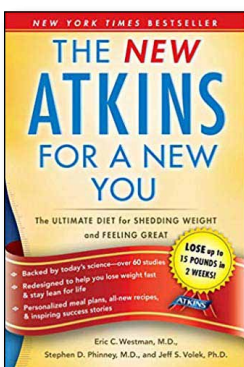
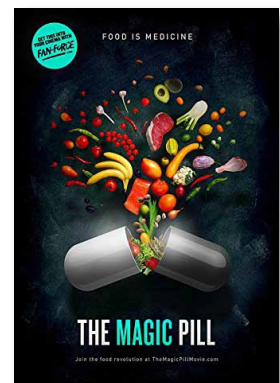
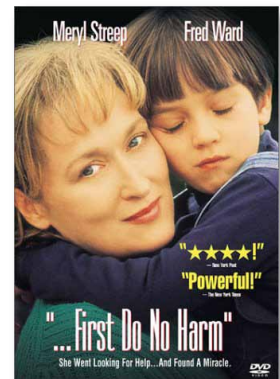
Evaluating keto is a challenge. As it catches on around the world, an avalanche of books are becoming available, and misleading, scaring web sites pop up claiming it is dangerous. Drs Volek and Phinney sort it all out.

A friend recommended *Fat for Fuel* (2017) by Dr. Joseph Mercola. His presentation, with lots of references, dovetails with Volek and Phinney. Dr Mercola reads widely and puts it all together into consistent recommendations, but some of the advice he recounts near the end strikes me as naïve, as when he says to stir a glass of water to align the water molecules, or walk barefoot in the sand to absorb electrons from the ground. To me, this diminishes his credibility. He points to a free account at www.cronometer.com, which is good.

Nevertheless, we slipped right into intermittent fasting as we read chapter 10. It feels great. Checking with our physician the other day, he recommended that we rely instead on *The Complete Guide to Fasting* (2016) by Dr. Jason Fung and Jimmy Moore, which he tells us is based on solid science, just like Volek and Phinney's work. Our physician also recommended Dr. Fung's blog.

Christine and I have now been students of, and easing into, a ketogenic lifestyle for a year and a half. It works for us. We feel very good. We find that we can be very flexible, with occasional high-carb meals. We look forward to learning more as time goes on and as we exchange information and experiences with like-minded friends.

continued....



Indeed, one longtime, like-minded friend is my PCT colleague Tim Carey, whom I asked to proof the first draft of our holiday letter for PCT accuracy. He did that, and then added:

I was also fascinated to read that you've adopted a keto lifestyle! Last year in December I heard from a friend who I hadn't from in years. I knew her when I was in Canberra. She is super bright and had done a PhD in Cognitive Psychology. She has been obese (in fact morbidly obese) almost her entire life and has tried everything including gastric banding. Nothing had any effect. A couple of years ago she had double knee replacement and was in extreme and chronic pain.

In about May last year she was diagnosed with Type II diabetes and prescribed medication. She took the medication and her blood readings got worse. They wanted to prescribe more medication but she can be a bit contrary (like me!) and she started to look around. She discovered a kidney specialist in Toronto called Jason Fung who has written *The Diabetes Code* and *The Obesity Code* and has a ton of videos on YouTube as well as his own Facebook group etc. She started on the low carb lifestyle in June 2018, went keto in Feb 2019 and then carnivore 1 June 2019. And, there's been no looking back. When I spoke with her in December she had lost 60 kg (132 lbs) and no longer met the criteria for Type 2 Diabetes. She has got more and more into it and discovered a whole community. She attended a low carb conference in Denver earlier this year and is now on twitter and other forums.

Incidentally, Jason Fung describes homeostasis as the "mechanism of life". I've emailed him about PCT and he was very polite and nice but didn't take it any further.

Thea (my friend) found a sports medicine doctor in Sydney who follows this lifestyle (she had been following his YouTube channel and chatted with him in Denver) and he put her and her husband (Ed) on a carnivore diet for 6 months to begin with. Ed had experienced migraines since the age of 12 – that's 52 years. Within 20 days his migraines were gone and he hasn't had one since.

It's been a revelation and, what's more, I love eating this way!! I've been using intermittent fasting and low carb high healthy fat since I spoke with Thea. I really love it!! It's amazing. I routinely only have 1 or 2 meals a day now.

Really great to know you've discovered it too. It's been fascinating to hear Jason Fung talk about diabetes, obesity, and insulin resistance as problems in homeostasis and "regulation"!!

Thea has been a PCT fan since we first began discussing it as well. Now she wants to write a book about obesity and diabetes from a PCT perspective!!

I asked Tim and Thea whether I could pass on this story. Dr. Thea Vanags replied:

... And hell yes, he can use my story. In fact here's a link to Paul's recent lecture built around my story... great lecture too. Lecture is titled:

Dr. Paul Mason – "Evidence based keto: How to lose weight and reverse diabetes"

www.youtube.com/watch?v=LRHir1k9jmE (35 minutes)

Also www.youtube.com/watch?v=mjQZCCiV6iA (44 m) on lectins. Key to Ed's health.

Christine and I look forward to our continuing journey, learning about best possible health.

P.S. *The Complete Guide to Fasting* arrived already. Impressive! We can't wait to read it.

Jan 6: Dr Vanags pointed us to www.diagnosisdiet.com/about-dr-edel/ and Dr Ede's blog www.psychologytoday.com/us/blog/diagnosis-diet with the recent article *Parkinson's, Alzheimer's, and the New Science of Hope... a path to preventing neurodegenerative disorders*.

More for us to explore. We shall have to read up on what Dr Georgia Ede has to share.