Why is ketosis critical for humans at infancy and when their brain is suboptimal?

Post by “Inger” of Aug 5th 2013, 7:33 am

Augeneröffnend wie schädlich es sein kann Vegan zu sein und ein Kind zu welt zu bringen. ☹
Und was unsere Gehirn braucht um sich optimal zu entwickeln.

http://www.jackkruse.com/energ...-is-unique/#idc-container

-> ein paar quoten von der Blog oben;

> Quote
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> The human placenta is under the control of two major hormones. Those two hormones are progesterone and leptin. Progesterone is pro-gestation. Leptin powers the energy to the placenta in pregnancy. The goal of the human placenta is simple. Its job is to steal the DHA, iodine, and Vitamin D stores in the pregnant women’s buttocks and hips where it is stored and it transfers it slowly over the 9 months to the infants forming neural circuits. This action depeletes the woman’s stores as time elapses. If she starts of the journey depleted, the child’s brain will pay that toll in diminished neurologic function. A woman’s normal hip to waist ratio is ideally at 0.7. This too is controlled by optimal levels of DHA and the brain specific nutrients in her body. Her natural curves are present as an evolutionary signal to males that she is a good candidate for mating because she has the correct amount of brain specific nutrients to make an optimal human brain. This is how evolution helps us select mates ideally using epigenetics. The hip to waist ratio in women is a key symbol to males that DHA is present in abundance, while inflammation is low, and her hormones are optimal to support gestation and successful reproduction of a progeny. Modern life, culture and socialization has destroyed many of these ancient evolutionary signals in our species. Women who are infertile usually are leptin resistant and do not have the correct hip to waist ratio because they are either lacking DHA or have too much omega 6 fat in their bodies to support placental function.

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> When we are energy deficient we gain masses and increase the amount of fat we have. We do this to minimize our loss of energy efficiency. Being larger makes us more able to handle a lower energy state. This is why an elephant is large and has a slow metabolic rate and why a mouse is small and has a very fast metabolic rate. Compare a human genome to a mouse genome and saying because the two show so much homology they are good models for one another shows a distinct lack of insight to the the mass equivalence equation of energy. This is a law of nature. It also belies why you can never equate a rodent with a human. They do not use energy in the same fashion. This law is called the quarter power scaling law. Obesity researchers make this error every day of their life in their work. Ultimately, it is not what we don't know that hurts us…….it is what we "know" that just ain't so that does.

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> human infants are the only primate born with close to 13% of their body weight as subcutaneous fat! Chimps are born razor thin and have no subcutaneous fat. Chimps are also born with almost completed adult neural development, yet a human infant has close to 25 more years of neural development ahead of itself. Observationally you know that infants can not fend for themselves for the first few years of life. Why would evolution design a child this way? Connecting any dots yet?

> It has been well established that evolution uses fractal design as a fundamental law of phylogeny. Being born energy deficient has another hidden benefit for human infants. The likely reason for this is to deliver their massive heads through a small vaginal canal. The female human pelvis is small to account for a big brained baby. Moreover, human heads emerge from the vagina face down. Chimps arrive face up. The reason? Chimps brains are smaller, and if our brain's were fully developed like a chimpanzee brain, there would be no way a women could deliver that child with the size of her pelvic outlet. Survival is all about successful reproduction as the first step. Modern human birth differs from modern non-human primate birth in three fundamental ways: (1) the neonatal head and body generally pass through a series of rotations during birth in response to the close correspondence between neonatal head and shoulder dimensions and maternal pelvic dimensions; (2) the neonate usually exits the birth canal in an occiput anterior position; and (3) human birth occurs in a social context with others in attendance. Now ask yourself, why might caesarean sections really rising in the modern world? Why are babies being born fatter and larger everyday? It

> means the mother is more energy inefficient or deficient prior to pregnancy and the effect is seen in how her offspring has to enter this world in order to live. This observation has deep implications of how the field we currently live in has dramatically altered our species already. It also is a huge clue why we get fat as adults.

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> **Humans are born into and should live in ketosis while they are myelinating. Rarely is this the case any longer in modern humans. Ketone bodies are made from the subcutaneous fat and form the brains favorite fuel source during neural development. A little known fact outside of neurosurgery and neurology, is that ketones are the main substrate for synthesis of brain lipids that are vital for optimal brain function as a child develops.**
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> This is how the infant brain makes cholesterol and many fatty acids to build out its neural network blueprint. Ketones are not stored in the body, but formed from the fatty acids released from this subcutaneous fat in infants. This is precisely why a human child actively puts on massive subcutaneous fat in the third trimester of pregnancy under the direction of placental progesterone and leptin. This is why humans have subcutaneous fat under their skins and chimps do not. Chimps are born with a nervous system that is fully functional at birth. In fact most mammals neural development is quite ahead of humans. This implies another deep secret of our evolution. It means that human brain evolution required a nutrient dense enriched habitat loaded with the brain specific nutrients I laid out in Brain Gut 5 to be constantly present in order to facilitate enough energy transfers from mother to child in reproduction. Our brain development is vulnerable when these nutrients are not plentiful in our environment.

Eine gesunde Frau hat einen hip to waist ratio vom 0,7. Intressant. Habe mein gemessen und es ist genau das.. ohne Sport oder Diät zu machen, ich esse viel Fett und zähle nie Kalorien... vielleicht mache ich doch was richtig...:)