

LIP 129

Topic: The World is Sick and Getting Sicker (Part II: Food)

Three-star Michelin Chef Dani Chavez-Belo talks about the impact of poor nutrition and the industrialization of food and medicine. Both are major contributors to chronic inflammation – the world's leading cause of death. In Dani's words, "We are not living longer, we are dying longer." His unique background and challenges are discussed, leading to the story of what would become a life defining decision. With his daughter facing lymphoma, Chavez-Belo eschewed traditional medicines and instead used a diet that dumped everything processed and introduced more fermented foods to help save her life. His ultimate success sent him on a life-long pursuit proving food is medicine.

Timeline

0:00 – What is coming up

2:40 – Understanding the problem

3:45 – The Human Performance Solutions Team

7:15 – Introducing Chef Dani: Food or Fuel

8:25 – Chasing the truth with food > Dani's journey

12:00 – A little more on El Bulli

17:15 – Better me, better you > chefs

22:00 – Dani goes to NY

25:45 – Mac and Cheese and Mariah

27:00 – Camila got sick, Lymphoma

35:30 – Holy Crap We Did It!

38:00 – Wubba Lubba Dub Dub

41:00 – Productivity, Fuel and the story of pasteurized milk

46:30 – Fermented food habits, pre-digesting and nutritional value

51:50 – Sugar

59:30 – The lesson on all this; the point of the conversation

107:55 – How do you make people change their habits?

111:15 – Fermented food and balance

116:15 – Your choice

119:30 – What I avoid

126:30 – We're not living longer, we're dying longer

Notables

El Bulli: [Best of the Best | El Bulli \(theworlds50best.com\)](http://theworlds50best.com)

Molecular Cooking: [Molecular Cooking Guide: What Is It? – AttivoCulinary](#)

Mugaritz: [Mugaritz, culinary creativity and innovation](#)

Gelatin from flaxseed: [The BEST DIY Flax Seed Hair Gel Recipe, Ever | NaturallyCurly.com](#)

Oz Garcia: [Oz Garcia | Nutritionist](#)

Mike Stewart Cornell: [Michael G. Stewart, M.D., M.P.H. | Weill Cornell Medicine - Qatar](#)

Martin Blazer: [Martin J. Blaser | Rutgers University Microbiome Program](#)

Butyrate: [What Is Butyrate? Benefits and Side Effects – Cleveland Clinic](#)

Vagus Nerve: [Vagus Nerve: Function, Stimulation, and More \(healthline.com\)](http://healthline.com)