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Uric acid, sugar and dark cherries: The astonishing genetic origin of the current obesity epidemic and a natural solution

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The Metabolic Syndrome also referred to as the Obesity epidemic affects 1 in 3 adults and 1 in 5 children in North America. In addition, the Metabolic syndrome is now also highly correlated to Non-Alcoholic Steatohepatitis (NASH), the leading cause of cirrhosis today. Overwhelming epidemiological and physiological evidence exists that correlate an elevated serum uric acid to every aspect of the Metabolic Syndrome (Blood pressure, glucose intolerance, dyslipidemia, and abdominal obesity). The mechanism of how uric acid induces fatty liver, insulin resistance, and all the metabolic sequelae is biochemically related to sugar consumption. Historically the rise of the obesity rates parallels the rise in the consumption of sugar and has accelerated with the addition of high fructose corn syrup. Humans and primates are the only mammals that suffer from metabolic syndrome and also have 5- 10 times higher uric acid levels than other mammals. The genetic origin of this difference originated 15 million years ago in the Miocene period astonishingly as a genetic mutation that during that period was the survival advantage for our biological ancestors. Dark cherries have been used to treat gout for decades. There is now abundant evidence using dark cherry extract, from specific cultivars, that significantly normalize blood pressure, lipids and glucose. Dark cherries show great promise as a natural alternative for treating these common conditions. We will review the current evidence including dosage and pharmacokinetics.

Biography

Danny Petrasek completed his medical training in Internal Medicine and Endocrinology at the UCLA School of Medicine. During his fellowship, he also received a PhD in applied and computational science from the California Institute of Technology's (Caltech). As director of the Global Virtual Hospital, a multi-university telehealth program, he led a team of physicians, technologists and health care providers in creating a wellness and general health service via the Internet. He is the faculty in Biology and Medical Engineering at Caltech. He is the author of numerous research and review articles and also serves as an Editor for the journal Diabetes, Science and Technology.

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