

True Health Initiative September 2023 Newsletter

Our September newsletter is filled with introspection, discoveries, and urgent initiatives that are pertinent in our ever-evolving world.

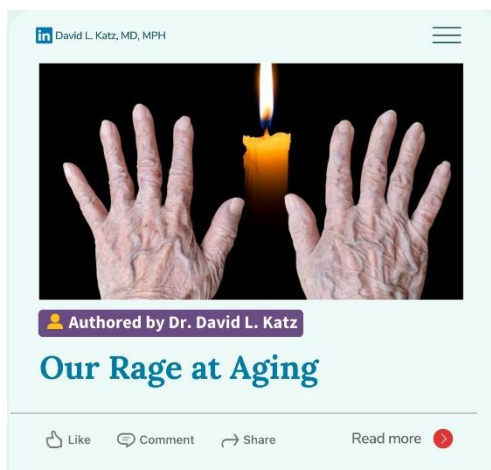
Here's a big-picture view of what's in store for you:

- Catch Dr. David Katz's take on the journey of aging
- Explore a rich library of Focus Webinars to watch and learn
- Dive into research papers by our esteemed Council Members

Start reading now 

Food for Thought

From the Founder's Desk



Dr. David Katz delves deep into the heart of our society's fixation on 'anti-aging' and the comparative lens through which we often view our past and present selves.

Drawing inspiration from Dylan Thomas, evolutionary biology, and his own personal experiences, Dr. Katz challenges us to shift our perspective.

Can we find contentment and vitality not in turning back the clock but in embracing our present selves with grace and wisdom? Explore this introspective reflection on aging, disparity, and the true nature of vitality.

[Read the article here →](#)

"My concerns with the anti-aging rubric, and the Sisyphean enterprise it connotes, in no way obviate the virtues and value of efforts directed toward vitality; vitality is a blessing at any age.

But it invites a better perspective, one that asks us to compare ourselves to the best version of our current selves that we might be, rather than the mercurial views of who we once were and others may be now."

- Dr. David Katz

MD, MPH, FACPM, FACP, FACLM, Founder and Strategic Director, True Health Initiative

Explore the Focus Webinars Library

Have you caught up on the Focus Replays so far?

With over 14 hours of content available, and more insightful trainings being added weekly, The Health Sciences Academy's library is a treasure trove of knowledge on a wide range of topics like opportunities in health and nutrition, overcoming impostor syndrome, intermittent fasting, diet trends and controversies, etc...

And all spearheaded by foremost industry experts like:

**FOCUS REPLAYS**



Dr David Katz

Founder of True Health Initiative and Diet ID, board-certified specialist in Preventive Medicine/Public Health



Dr Michael Mosley

The doctor behind the iconic 5:2 diet, awe-inspiring BBC documentaries, and multiple international bestsellers



Marie Forleo

Well-known entrepreneur, business coach, New York Times bestselling author, and Founder of B-School



Maurice Castelijn

CEO and Co-Founder of The Health Sciences Academy, MBA, London Business School




Alex Ruani

Co-Founder and Chief Science Educator of THSA, Doctoral Researcher, NBC-HWC credentialed coach



Carolyn Gish

Founder of Empower Wellness Inc, Certified Nutritional Therapist and Certified BANK™ Coach and Trainer

 Remember to download the slides and transcripts for each to follow along.

[Register for free and start watching →](#)

THI Council Spotlight

Prof. François Mariotti, PhD, Professor of Nutrition at AgroParisTech, the Paris Institute of Technology for Life, Food and Environmental Sciences



Research Paper

How to best reshape diets to be healthier with lower or no ruminant meat, and implications for environmental pressures

New research by Prof. François Mariotti provides compelling evidence that leaning towards a plant-based diet can yield multi-faceted benefits for both individual health and environmental sustainability.

His study on French adult diets highlights the significant gains from substituting beef and other ruminant meats with poultry. Such a switch promotes healthier dietary choices, reduces greenhouse gas emissions by nearly 29%, and improves land utilization by about 36%. Explore the comprehensive findings for a roadmap to a sustainable and healthy lifestyle.

[Read the full paper here →](#)

“Reducing beef in western diets is important for the planet. Less red meat is important for human health too.

This study shows how easily western diets could be reshaped to be more healthy with less or no beef and what would be the benefits on environmental pressures.”

Prof. François Mariotti

Professor of Nutrition

AgroParisTech, Paris, France

Head of the PROSPECT group at INRAE-AgroParisTech UMR PNCA

Dr. Steve Osofsky, the Jay Hyman Professor of Wildlife Health & Health Policy at
Cornell University's College of Veterinary Medicine



Recent publication

An immediate way to lower pandemic risk: (not) seizing the low-hanging fruit (bat)

Instead of merely preparing for the next pandemic, what if we could avert it altogether?

Professor Steve Osofsky of Cornell Wildlife Health Center, alongside experts from the Wildlife Conservation Society, underscores the need for a global shift in our approach to bats as they could be our best frontline defense against future outbreaks.

Not only do bats offer invaluable ecosystem services, from pest control to pollination, but respecting their habitats and ensuring their undisturbed existence might be the lowest-hanging fruit in genuine upstream pandemic prevention. As we mark the third year of COVID-19, this publication beckons us to reevaluate our interactions with these nocturnal guardians.

[Read the article here →](#)

Team True Health Initiative