

Yesterday, cooking to win seemed so far away: Now cooking to win makes all day energy stay; oh, why not begin, tomorrow today

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Abstract

Background: The leading cause of morbidity and mortality globally is processed food reliance, not heart disease. Numerous immediate, short-term, and long-term solutions are proposed as the world slowly drifts toward a renaissance in low-cost, high-value, global public health maintenance.

Objective: This article explores the role of processed food consumption to chronic disease, critiques the limitations of prevailing medical approaches, and proposes practical strategies to support a global shift toward preventive, nutrition-centered public health.

Methods: Published evidence from epidemiology, nutrition science, and clinical medicine was reviewed to evaluate the burden of processed food consumption and its impact on overweight prevalence, metabolic disorders, and premature mortality. In addition, community-level interventions such as structured processed food diaries and lifestyle programs (Cooking to Win) are proposed as scalable, low-cost tools to monitor and reduce processed food intake.

Results: Overweight and obesity now affect more than two-thirds of adults in developed nations, and prescription-based symptom management has failed to reverse the trend. Processed food-induced inflammation underlies multiple disease phenotypes, yet current medical practices remain focused on pharmacological and procedural interventions.

Conclusion: Shifting from “sick care” to true preventive health requires integrating dietary assessment into standard medical evaluation, promoting cooking methods that preserve nutritional integrity, and advancing policies that prioritize whole-food-based nutrition. Addressing processed food reliance directly offers the most promising path to reducing the global burden of chronic disease and premature death.

Introduction

Are we in the dark ages of global public health?

Collectively, the dark ages of sick care is the only international business that is not subject to professional liability laws regarding years and decades of diagnostician-facilitated, chronic discomfort and suffering. And unnecessary, earlier lethal outcomes, without primary diagnosis test-retest reliability, treatment plan outcome, test-retest dependability, quality control, and assurance.

The veracity of the notion that most diagnosticians are monetarily rewarded for years and decades of incorrect primary diagnostic practices. And by proxy, ineffective corresponding treatment and maintenance templates are supported by statistically significant data. About 640 million, often chronically tortured, premature deaths occurred over the past decade [1]. In addition, inaccurate primary diagnoses, treatment, and maintenance plans likely contributed to increased worldwide death rates beyond 64 million per year, instead of yearly decreases. Also, incorrect primary diagnostic malpractices explain the escalation of young and younger people prematurely dying from traditionally old people's diseases.

Yet the solution to 175,000 deaths every day, and rising, 64 million early expirations annually, is the same incorrect and ineffective primary diagnosis and treatment templates. Reflexively and conveniently rolled

out like the 10,000-year-old trepanation treatment plan for increased intracranial pressure. Drilling a hole in the head to relieve pressure in the skull and the 16th-century practice of applying maggots for healing wounds. These and other outdated medical relics had better outcomes regarding the restoration of vigor and stamina than today's essentially exclusive, exorbitantly priced, laboratory, pharmaceutical, procedural, and prescriber-based primary diagnosis, treatment, and maintenance plans. Plans that lack incentivized, prescriber-guided, and facilitated lifestyle changes. Most current templates are not treatment maintenance plans. Most are band-aid plans, designed, signed into law, and launched by self-serving lawyers, politicians, and other government officials worldwide. Most, if not all, are unlawfully practicing medicine without having decades of clinical research experience and practice in Processed Food Reliance, Overweight, and Global Public Health.

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Why a processed food diary is needed regardless of specialty

Why are such audacious statements being made regarding the United States of America's and the European Globalists' smug, self-satisfied, complacent, misguiding, and misdirecting World Sick Care System? How can it be that the most significant economic power in the World, the USA, with so-called cutting-edge medical technology, has been surpassed by many countries around the world for the last 50 years in terms of life expectancy and death rate [2]?

Most, if not all, diagnostician-generated treatment plans incorrectly test, evaluate, and diagnose by ignoring the primary diagnostic criteria Processed Food Reliance [3]. Processed Food Reliance is also not included as a substance use disorder in the Merck Manual and the Diagnostic and Statistical Manual of Mental Disorders. Instead, diagnosticians and top textbooks focus exclusively on a secondary phenotypic expression of processed food-induced mind, brain, and body oxidative stress [4], inflammatory cytokines [5], and inflammation-based diagnoses [6].

The leading primary cause of systemic oxidative stress, augmented inflammatory cytokines, and inflammation is Processed Food Reliance [3-6], verified by the fact that 73.6% of Americans were overweight between 2017 and 2020, according to the Centers for Disease Control. And approximately 48% have heart disease according to the American Heart Association. Heart disease is not the leading cause of morbidity and mortality worldwide. Processed Food Reliance, Overweight Type, is the leading cause of sickness and premature death worldwide. Processed Food Reliance, Ischemic Heart Disease Type, is the second most common cause of morbidity and mortality worldwide.

The diagnosis and management of processed food reliance, and all its phenotypic expressions, have conveniently been ignored for decades, more than a billion early expirations ago. Instead of yearly continuing medical education courses in the diagnosis and treatment of processed food reliance. Most all-specialty diagnosticians have based their incorrect primary diagnosis and treatment plans almost exclusively on one or more phenotypic manifestations of Processed Food Reliance. In this way, most cardiovascular diagnosticians in the United States missed the primary diagnosis 1.6 billion times over the past year—the number of heart medication prescriptions written, according to Consumer Reports in Definitive Healthcare.

Most diagnosticians in most specialties follow the same, never questioned, scrutinized, or critiqued, usual and customary Clinical Playbook. For example, most cardiologists ignore the primary cause of cardiovascular oxidative stress, proinflammatory cytokines, and inflammation while running victory laps around their multimillion-dollar homes. Instead of addressing the primary cause of cardiovascular oxidative stress, proinflammatory cytokines, and inflammation, they conveniently, speedily, and reflexively apply the template treatment for a secondary phenotype, a life-long band-aid of antihypertensives, blood thinners, heart procedures, surgeries, and their equivalents. Why?

Prescribers have become accustomed to the financial profitability of a packed waiting room in place of hiring office-affiliated lifestyle counselors. In this way, guests seeking initial evaluations and refills also have a 15 to 60-minute session with their lifestyle counselor. Self-help-friendly counselors monitor and document progress and make referrals to corresponding free self-help groups when stagnation, heedlessness, arrogance, and complacency persist. Regardless of medical specialty, office staff can incentivize lifestyle-change-resistant guests by reminding them. Given a signed and witnessed consent form, healthcare staff have a civic duty to inform each non-compliant guest's healthcare, disability, life, and auto insurance carriers that their inflexible insured person is

excuse-making, hesitating, slow-walking, talking the talk, not walking the walk, or refusing to follow their treatment and maintenance plan.

Until World and regional health agencies and organizations sober up, specialists, their staff, guests, associates, friends, and family are encouraged to stay current with Cooking to Win: To Serve and Protect the World's People, videos, and publications posted on LinkedIn and ResearchGate. After studying, practicing, and verifying the matter, consider establishing a pickup and delivery catering service for your practice. Guests can order tomorrow's slow simmered food and beverages *via* your practices app. Cleaned mason jars are cashed in at dine-in, pick-up or delivery.

In time, a grant, donation, partner, or sponsor can facilitate the filing of Cooking to Win as a nonprofit organization with the Internal Revenue Service. Then, a webpage can be established with a tab for diagnosticians to download standardized food diary, intake, processed food history, and evaluation forms. Until then, have guests fill out a 24-hour consumption diary. Have a staff member or affiliated lifestyle counselor ask specifics about each diary entry and calculate the approximate percentage of daily calories consumed from processed food, as defined here. Heated above, slowly simmered. Processed foods and drinks include previously dried, pasteurized above 212°F, homogenized above 212°F, pressure cooked, sautéed, baked, grilled, air-fried, and fried. Encourage associates not to be overwhelmed.

Think about it for a week or two. Start with an infrequent, slow-simmered, anti-inflammatory meal and beverage occasionally or one full day on and one full day off. Ask family, friends, associates, and guests to see if they feel a difference between anti-inflammatory, slow simmered fresh ingredients, and inflammatory food heated above slow simmered. Converting from inflammatory high-temperature cooking to slow-simmered, anti-inflammatory cooking can be fast, moderately progressive, or a process that can take many months to years. Regardless, metamorphosing from an inflammatory struggle to an anti-inflamed dance is more valuable than any MPH, PhD, or MD degree.

Confirm with insurers that Food Diary Testing can be billed as a diagnostic test related to your specialty. When the focus of your treatment is medication prescription or procedures, confirm with insurers that your processed food reliance counselor can bill adjustment disorder with mixed emotional features, as lifestyle counselors try to engage struggling or resistant guests towards daily slow-simmered foods and beverages. And if necessary, integrate guests into frequent online or face-to-face self-help groups such as Overeaters Anonymous or Families Anonymous.

Why 'cooking to win' should be #1 in most treatment plans

Leading primary causes of Processed Food-sponsored, oxidative stress-based, suffering, continue to be incorrectly diagnosed based on their secondary phenotypic expressions of metabolic syndrome [7], cardiovascular disease [8], ischemic brain disease or stroke [9], cancers [10], respiratory disease [11], the Overweight-to-Type-2 Diabetes spectrum [12,13], dementia [14], neonatal and pediatric disease [15,16], intestinal illness [17], liver disease [18], kidney anomalies [19], child, teen, and adult psychiatric maladies [20], and a much longer litany of others. Fifty-year-old, usual and customary treatment failures are directly responsible for 64 million unnecessary deaths annually [1-20]. Precisely accountable because most medical specialists neglected to evaluate and treat the primary cause, Processed Food Reliance. Instead, they incorrectly placed a multi-trillion-dollar band-aid, month after month, year after year, decade after decade, to one or more primary phenotypic expressions associated with Processed Food Reliance.

Processed Food Reliance is the leading primary cause of the Oxidative Stress-Inflammatory Cytokines-Systemic Inflammation cascade, leading to the most prevalent phenotypic expression of overweight, second, ischemic heart disease, for example, third, atrial fibrillation, fourth, stroke, or ischemic brain disease, fifth, cancers, and the plethora that follows. Secondary phenotypic expressions, such as stroke, are inaccurately tabulated and tracked as primary-cause epidemiological data. This lethal disguise paradoxically prides itself on evidence documenting the blatant failure of modern medicine. Deaf, dumb, and blind to the primary cause of the top-ranked incidences of morbidity and mortality worldwide, including, Processed Food Reliance, Stroke Type.

Hopefully, soon, after a favorable 2026 U.S. midterm election tally and at least one Grand Jury trial, global data collected from a standardized Processed Food Reliance Evaluation form is hypothesized to indicate which specific foods and beverages statistically correlate with all the phenotypic possibilities in The Merck Manual and the Diagnostic and Statistical Manual of Mental Disorders.

For now, the primary focus of Processed Food: Evaluation, Diagnosis, and Treatment Planning education starts by each person, household, business, and government watching, studying, and discussing the first three episodes of Cooking to Win, posted on LinkedIn and YouTube. Discussions among diagnosticians and their associates can lead to a second step of guests beginning to consume more anti-inflammatory, slow-simmered foods and beverages, and less inflammatory, processed food and beverages. Then, discussions can occur about considering the tapering or adjustment of pharmaceuticals accordingly. The more everyday people begin practicing Cooking to Win at home, the faster businesses, healthcare facilities, and government officials will follow the lead of the people who pay their salaries. The built-in incentive and perseverance for each viewer of Cooking to Win becomes the empirically proven fact of a lower cost of living and an abundantly richer quality of life.

The following transcripts for the preliminary audio/visual productions of Cooking to Win: Episodes 1, 2, 3, are posted on LinkedIn. Their final versions will be posted on LinkedIn and YouTube by the end of August 2025.

Methods

As Florida, the United States of America, the non-Globalist members of the EU, and many aligned countries stand at the tangible threshold of the New Age of Education. They remain fiscally paralyzed until they see a favorable shift toward truth in public health after the soon-to-arrive midterm elections and at least one Grand Jury trial decision. They are likely unwilling to issue grants or funds for public service announcements and videos such as Cooking to Win, Episode 1, 2, 3. World government officials must first see the 2026 midterm election results and at least one Grand Jury decision before they can purge the World and regional health agencies and organizations of probable corruption. Regardless, we cannot wait one year. It is in our best interest to take charge of this vital solution for our loved ones, associates, guests, and the greater good.

With a favorable majority sweep of the midterms, and at least one Grand Jury decision, RFK Jr, Governor Ron DeSantis, new World Health Organization leadership, or others, can appropriate funds for Anti-Inflammatory Cooking, public service announcements and commercials. Anti-inflammatory cooking videos, shows, and caterers are abundantly key to reducing the magnitude of the Global Processed Food Pandemic, its risks for acute and chronic inflammatory diseases, and their corresponding tortuous courses and premature expirations.

Again, with a favorable midterm election outcome and one Grand Jury verdict, another viable way of bringing Cooking to Win to the World is by interfacing with AM Radio and TV stations such as 1290 WJNO, 850 WFTL, RUMBLE, and Blaze TV. Hosts, co-hosts, producers, call screeners, and auxiliary staff can consider integrating Cooking to Win into their advertising, programming, and productions.

Frame-by-frame transcripts: videos on LinkedIn and Youtube

Cooking to Win, Episode 1

To serve and protect the world's people

Yesterday, Cooking to Win seemed so far away.

Now Cooking to Win makes all-day energy stay.

Oh, why not begin, tomorrow today.

When a finger gets smashed in a doorway, it feels sick, swells up, and is overweight.

The body's cleaning and rebuilding system rapidly injects the bruised and fractured area with repairing liquids and cells.

Liquids and cells disinfect, fix, and replace hairline fractures and tissue damage.

An injured finger can double or triple its weight in minutes due to the healing process brought about by inflammation.

Cell trauma causes a finger to swell and become puffy.

Too many anti-inflammatory calories do not cause a finger to swell.

Lack of exercise does not cause finger cells to bloat with fix and replace liquids and cells.

The trauma that occurred within a few seconds takes days, weeks, or months before it is slim, trim, and 100% functional.

The time it takes for a door-jammed finger to heal depends on the strength of each person's Disinfect, Clean, Fix, and Replace System.

More than 30 years of processed food research and 67,000 professionally reviewed and published articles confirm.

People who consume predominantly processed foods and beverages have a banged-up Disinfect, Clean, Fix, and Replace System.

Inflammatory processed foods derange the disinfect, clean, fix, and replace system.

Inflammatory processed foods swell the mind, brain, and body cells like a traumatized finger.

Inflammatory processed foods and beverages cause overweight.

According to Statista, approximately 42% of the world's adults are overweight.

The World Health Organization reports that 20% of children aged 5 to 19 years are overweight.

The Centers for Disease Control state that 73.6% of American adults are overweight.

Statista, the WHO, and the CDC are oblivious to the fact that overweight follows the consumption of inflammatory processed food.

Statista, the WHO, and the CDC make no mention of the fact that inflammatory processed foods weaken the Disinfect, Clean, Fix, and Replace System [21].

Statista, the WHO, and the CDC make no mention of the decades-old fact that inflammatory processed food causes overweight in all age groups.

Inflamed processed foodies have handicapped immune systems.

Impaired immune systems take longer to lose weight, heal bruises, fractures, and diseases.

People who consume anti-inflammatory foods, beverages, and fresh ingredients that are never heated above a slow simmer lose weight faster and heal injuries, fractures, and disease more rapidly.

Becoming an anti-inflammatory foodie helps you win everything that matters to you.

Physical and emotional cell trauma is not the only thing that sounds the body's alarm to disinfect, clean, fix, and replace.

Inhaling viruses and air pollution, toxic bacteria, chemicals, and dirt in food, drinks, water, cuts, and wounds.

Instantly mobilizes the same Disinfect, Clean, Fix, and Replace Systems as trauma.

People who mainly consume inflammatory processed foods and beverages have defeated Disinfect, Clean, Fix, and Replace Systems.

Battered immune systems are destined for chronic mind, brain, and body swelling, overweight, discomfort, pain, worry, and unhappiness.

Inflammatory processed food also slows performance and increases the risk of severe and fatal respiratory infections and chronic inflammatory diseases.

Immune-weakening processed foods cause high blood pressure, heart disease, cancer, and other top causes of pain, suffering, and early expiration.

Why have you not heard about the more than 30 years of processed food research and 67,000 published articles that link processed foods to acute and chronic disease?

It's the same reason that Hulk Hogan died of cardiac arrest.

And Ozzy Osbourne died of a series of health problems and was diagnosed with Parkinson's.

Why were Hulk Hogan and Ozzy Osbourne never taught about the main reason why they had chronic inflammatory diseases?

Why were Hulk Hogan and Ozzy Osbourne never taught about the more than 30 years of processed food research and 67,000 related published articles?

Why did they never learn that fresh ingredients heated to temperatures above slowly simmered, cause cardiac arrest?

Why did they not learn that inflammatory processed foods cause a series of health problems, including Parkinson's disease?

Why did they never learn that ingesting food cooked at higher temperatures than slowly simmered causes chronic inflammation?

Why did they not learn that inflammatory foods form the foundation upon which cardiac arrest is built?

Why did they not learn that anti-inflammatory foods can reverse a series of health problems, including Parkinson's disease?

Why have a tiny handful of processed food researchers been overshadowed by bullying geopolitical news over the past 30 years?

The answer is not as valuable for you today as the gradual resurgence of free speech and truth in news appears to be unfolding.

If truth in governance wins a large majority in the United States in the 2026 midterm elections.

If at least one Grand Jury verdict determines guilt.

Then infected and contaminated U.S. and World public health agencies and organizations can be decontaminated, disinfected, and purged.

Outing self-serving lawyers, politicians, and government officials in the US, the UK, the EU, Switzerland, and the rest of the world.

Sets the stage for truth in global public health maintenance.

If freedom of speech and truth in public health lose in the 2026 midterms, and a Grand Jury determines not guilty.

Then we remain able to quietly and secretly practice Cooking to Win a long, happy, and accomplished life.

Then, the predominantly overweight tyrants prematurely die of processed food-induced acute and chronic inflammatory disease.

So, while we have free speech, we await the midterm elections and a grand jury to decide if humanitarianism or tyranny will govern the World.

Let's begin where one of those clinical researchers left off 33 years ago.

Cooking to Win, Episode 2

To serve and protect the world's people

What we know today about the way food and beverages are heated and cooked is life-changing in many profitable ways.

More of your earned money will remain in your pocket, not in the pockets of proinflammatory shamans and wizards.

The way you feel about yourself will be improved as body, brain, and mind inflammation subsides.

The way you interact with others will be more witty and graceful as sickening inflammatory cytokines start disappearing in your bloodstream.

Your daily accomplishments and achievements will be propelled by anti-inflammatory food and beverages.

Anti-inflammatory cuisine leads to sustained calm, focused ambition, from dawn to dusk.

Anti-inflammatory, slowly simmered, fresh ingredients instill calm, focused, and relaxed from evening to morning.

The amount of heat used to cook fresh, living, and lifelike ingredients determines which will be inflammation-causing foods and drinks.

The amount of heat used to cook fresh, living, and lifelike ingredients determines which will be anti-inflammatory.

Inflammation-causing foods and drinks vandalize the immune system with every bite and gulp.

Inflaming foods include dried ingredients, pasteurized above 212°F, homogenized above 212°F, pressure-cooked, sautéed, grilled, baked, roasted, and air-fried.

Immune-weakening foods include fried, processed vegetable oil, processed flour, and processed sugar.

No worries, progress, not perfection, is the guideline. Truth in healthcare does not happen overnight.

Inflammation caused by processed foods creates so much damage across all body organs.

That at-first-bite or sip, the brain immediately releases high doses of powerful stimulants and pain killers as potent as cocaine and oxycodone.

One way you know you are eating inflammation and disease-causing foods and drinks is that they are irresistible and complex to stop.

Inflaming foods are as compelling, if not more persuasive, than inflaming nicotine, alcohol, and methamphetamine.

We were never taught about the published fact that taste does not exist [3]. Taste is a shared delusion as insane as psychosis.

Processed foods don't taste better than slow-simmered. Processed food gets people nearly as doped out as street junkies.

Processed food makes people as dysfunctional as vape-reliant, alcoholic dependent, and other drug addicted people.

Processed food brings a new meaning to Karma is a beach in Bali, just like nicotine, alcohol, and other less commonly abused inflammatory drugs.

Inflammatory processed food kills 175,000 people daily, more than nicotine, alcohol, and other addictive inflammatory drugs combined.

Slowly simmered, anti-inflammatory foods and drinks strengthen and fortify the immune system [22].

Immune strengthening, anti-inflammatory foods and drinks include uncooked, steamed, and slow-simmered, living, lifelike, and fresh ingredients. Sashimi is professionally decontaminated; otherwise, never consume raw fish. Rare steak is safe.

Lifelike, anti-inflammatory foods cause so much immune strengthening that the brain releases relatively smaller doses of stimulants and pain killers [3].

More moderate doses of powerful stimulants, sedatives, and pain killers keep the consumer interested.

Anticipated smaller doses of feel-good drugs decrease the seeking of larger portions, grabbing second portions, or thirds.

One way you know you are eating lifelike, anti-inflammatory foods and drinks is that they are not habit-forming like inflammatory processed foods.

Anti-inflammatory food and beverage rarely lead to a larger initial portion, seconds, or thirds.

Looking for a snack or drink other than Stimulade or Relax Ade does not happen every hour or two. Relax Ade is lightly sea or pink salted, fresh organic sage, tarragon, or turmeric broth.

We eat lifelike anti-inflammatory foods every 4 to 24 hours because we should refuel.

Not because of mind fog, tired, or other processed food withdrawal arriving every hour or two.

We consume anti-inflammatory food every 4 to 24 hours because we can maintain calm, focused ambition or calm, focused relaxation at those frequencies.

Processed, inflammatory foods and drinks are like having a leaky beverage mug.

Time, money, and performance-wasting processed foods, snacks, and drinks mandate frequent refills.

More than 30 years of processed food research and 67,000 articles clearly show that dozens of laboratory tests range from thousands of dollars to free.

Before and after holding a beverage or food in the mouth for 60 seconds.

Instantly predicts the amount of inflammation or anti-inflammation that will occur in each of our trillions of cells for several hours to days.

For example, an inexpensive, at-home blood glucose glucometer was used to measure inflammation or anti-inflammation levels.

Blood glucose levels were determined before and after retaining the Berry Gatorade Zero in the mouth for 60 seconds.

The Gatorade instantly increased blood glucose by 5%, from 97 to 102, even though it contains no sugar. Why?

The brain instantly released powerful, habit-forming stimulants, which demand more glucose to fuel oxidative stress.

The inflammatory ingredients in Gatorade Zero released powerful pain killers to endure increased cell sickness, damage, and death.

Inflaming sports and energy drinks act just like inflammatory stimulant drugs.

Like cocaine, inflammatory foods and drinks rapidly burn valuable glucose, changing high nervous energy to feeling down and out.

Inflammatory Gatorade Zero instantly messaged trillions of cells a level 2 on an anxiety scale of 0 to 10.

Evidence of an instant 5% rise in glucose, and that feel-sick, inflammatory cytokines instantly message trillions of cells.

Before swallowing, brain receptors in the mouth [3] warned trillions of cells that the incoming Gatorade Zero was probably immune weakening.

Stimulade is stainless steel boiled in filtered tap water, decanted into a coffee press, and the sediment is put in the garbage or garden soil, forming sediment-free, organic black coffee without microplastics.

Coffee sediment is inflammatory, and sediment-free organic black coffee, in a porcelain mug, is anti-inflammatory.

Add fresh organic potato broth. People concerned with leaky gut should go with sweet potato broth.

Add fresh organic ginger root broth.

And fresh organic basil, mint, oregano, rosemary, or thyme broth.

Mint Stimulade was retained in the mouth for 60 seconds.

Stimulade, without swallowing, instantly increased blood glucose by 4%, from 102 to 106, with a relief level of 3 on a scale of 0 to 15.

The brain instantly released lower-dose dopamine and glucose stimulants.

Low-dose stimulants help strengthen the immune system and maintain ongoing calm, focused ambition, and drive.

Stimulade also instantly transmitted a level 3 on the Relief Scale, evidence that trillions of cells were instant messaged, expect to feel calmly energized for hours.

Anti-inflammatory cytokines, in-mouth instant messaged, sustained calm focused ambition has entered the body.

How can we be certain that instant messages from the first sip or bite predict inflammation or anti-inflammation over time?

Cooking to Win, Episode 3

To serve and protect the world's people

More than 30 years of research and 67,000 articles clearly show that dozens of laboratory tests range from thousands of dollars to free.

Testing before eating, after consumption, every 15 minutes, and every hour shows the amount of inflammatory or anti-inflammatory results.

Results reflecting what occurred in each of our trillions of cells and facial expressions during the seconds, minutes, and hours tested.

Anti-Inflammatory, pasture-raised lamb, beef, wild game, and low-toxin wild fish stew is slowly simmered in filtered water, diced, pre-boiled, drained, and trimmed of excess fat, if desired.

Inflaming grain-fed poultry, pork, ground meat, and frozen fish are less inflammatory after being slowly simmered in filtered water, drained, and then slowly simmered and drained at least twice before adding the remaining stew ingredients.

For egg drop stew, scrambled, or poached eggs on a bed of vegetables, add eggs after the vegan stew has thoroughly simmered. Salmonella and Listeria die at 175°F in raw egg, dairy, and produce.

For vegan stew, slowly simmered, 4.5 cups of fresh frozen gandules or 4.5 cups of fresh frozen lima beans provide about 50 grams of quality, bioavailable, and bioabsorbable protein. Both are rare examples of produce containing all nine essential amino acids.

Fresh organic herb broth, fresh organic or fresh frozen organic vegetables are added to the protein and slow-simmered. Eggs and fish are added after the vegan base is thoroughly simmered, and modest amounts of dairy are added after the heat is off.

If you are having difficulty losing inflammation weight, try eliminating tomatoes, tomatillos, white potatoes, eggplant, Goji berries, and peppers.

One of the most medicinal of all ingredients, Organic first-pressed olive oil, in tinted glass, and iodized salt are added, and slowly simmered.

Pasture-raised lamb, beef, bison, and wild game fat can be left in because, like organic first-pressed olive oil, their fat contains winning amounts of omega-3 anti-inflammatory agents.

Organic first-pressed olive oil in tinted glass is the only source of highly anti-inflammatory, organic cis-omega-3 fatty acids.

Intimacy is boosted in XX and XY people by the adrenal gland, the ovary, and the testicle, which make testosterone.

Organic cis-omega 3s from first-pressed olive oil, pasture-raised meat, dairy, and eggs make freshly brewed testosterone in all three organs.

Processed vegetable oils have zero cis-omega 3; instead, canola and its shelf mates have highly inflammatory, non-cis-omega 3s.

This fact makes processed vegetable oils one of the most highly inflammatory agents on Earth.

Anti-inflammatory lamb stew instantly increased blood glucose by 8% from 97 to 106, with a relief score of 4, after being held in the mouth for 60 seconds.

Lamb stew's instant results predicted hours to days of mind, brain, and body anti-inflammation.

Highly inflammatory, store-bought fried chicken on a baked bun, and fries instantly acted like cocaine.

One bite of a chicken sandwich and fries decreased blood glucose by 3% from 93 to 90, with a powerful stimulant relief score of 13, on a relief scale of 0 to 15, after being retained in the mouth for 60 seconds.

Chicken and fries, instant test results signaled trillions of mind, brain, and body cells that the equivalent of cocaine and heroin has entered the body.

In preparation for chicken and fries, millions to billions of mind, brain, and body cells are about to be damaged and slaughtered.

Anti-inflammatory lamb stew increased blood glucose by 14%, from 97 to 113, after 30 minutes. The relief score was a sunny 5.

These favorable 30-minute results harmonize with the instant, initial prediction of sustained anti-inflammatory lamb stew results for hours to days.

Highly inflammatory chicken sandwich and fries decreased blood glucose by 7%, from 100 to 93, after 30 minutes.

The chicken sandwich and fries' highly addictive instant relief score of 13 was rapidly eclipsed by a sick score of 3 on the Sick Scale of 0 to 10. Forcing nicotine people to hit a vape or a cigarette after eating.

The increased inflammation 30 minutes after consuming the chicken sandwich and fries matched the initial instant forecast of mind, brain, and body pain, suffering, and destruction.

The initial mind, brain, and body buzz from the chicken sandwich and fries crashed and burned within 30 minutes.

Lamb stew increased blood glucose by 5%, from 97 to 102, after one hour, and the relief score was a calm, focused, and ambitious 4.

Lamb stew's initial prediction of sustained anti-inflammatory activity was accurate.

A chicken sandwich and fries increased blood glucose to pre-diabetes levels after 1 hour, by 32% from 93 to 137.

Chicken sandwich and fries produced the inflammatory cytokine-induced, sick feeling of 4 on a sick scale of 0 to 10, 1 hour later, which increased the risk of dying from a respiratory infection.

In this case, the early warning, instant messaging, regarding the incoming chicken sandwich and fries' devastation proved to be accurate an hour later.

Decades of clinical research and hundreds of thousands of published articles show that emotional stress and worry influence the mind, brain, and body inflammation [23-27].

One laboratory did just that during early COVID-19 lockdowns regarding wearing a properly fitted N95 mask, a surgical mask, and no mask.

One-hundred-and-fifty-dollar blood and urine tests totaling \$900 were spent to perform blood and urine tests before and after wearing an N95 mask, a surgical mask, and no mask for one hour.

Food and water consumption, relaxed environment, and activity were equal during all six blood draws and urine samples.

The results were presented at an international health conference in Paris, France.

Wearing a surgical mask for one hour caused more mind, brain, and body inflammation than wearing an N95 mask.

Both masks weakened the immune system, increased systemic inflammation, and increased the risk of getting COVID-19 septicemia compared to the Control, less anxious, no mask scenario.

At the time, the study was considered misinformation and disinformation by the American public health and social media standards.

Also, at the time, similar findings and beliefs sometimes led to prosecution, loss of license, and loss of employment.

Foods heated above slow simmering are viewed by the mind, brain, and body defense system as inflammatory disease threats.

Foods heated at or below slow simmer are viewed by the mind, brain, and body armed forces and construction workers as billions of new illness-fighting recruits.

Slow-Simmered Science takes the guessing out of living long and prospering.

We hope to see you at the next episode of Cooking to Win.

Thank you for your time, this time, until next time.

Conclusion

Prescribing costly laboratory tests, prescriptions, and procedures with complete disregard for lifestyle change in each guest's treatment plan. Has resulted in the largest, most widespread pandemic of processed food-induced, oxidative stress-propelled, acute and chronic inflammatory morbidity and mortality in World History. We, the World's people, should no longer wait for global politicians and government officials to stop playing King of the Hill like self-centered children. More than 175,000 people die unnecessary premature deaths each day while government officials and politicians annoyingly chant slogans: We will do more for the people than our lying opponents. The World's people should not wait for the U.S. midterms and Grand Jury outcomes to vote for Global governance, by and for the people, or more Global governance by and for its rulers. The sample transcripts presented here, publications on ResearchGate and LinkedIn, and cooking to win videos posted on LinkedIn and YouTube can begin to be disseminated so that we can better regain a semblance of life, liberty, and the pursuit of happiness.

Conflicts of interest

The author declares no conflict of interest.

Ethics committee approval

A research ethics committee was not needed because consenting adult and pediatric populations are allowed to use glucometers and permitted to choose among anti-inflammatory and inflammatory foods and beverages.

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