Restore Gut Homeostasis and Healthy Weight for an Anorexia Nervosa Patient by

the Luigi Cornaro Diet

-- A Case Report --

By:

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Cover photo: Dr Yu Ligen with his grandfather. His grandfather knows nothing about diet and nutrition. Nevertheless, his consistent calm, peaceful and undisturbed mind ensures him still actively living on himself at his current age of 103.

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Abstract

Anorexia nervosa (AN) is a serious health problem. Despite the highly destructive consequences of AN, the etiology of AN is still unclear. Here we report a case of adult male patient who developed AN by eating irregularly and fasting for weight loss, and recovered from AN by adopting the Luigi Cornaro diet. Since then, he has followed this diet for almost two years up to now, and he becomes healthier than ever. For this special case, we suspect that illness/injury induced anorexia may play a decisive role in triggering and developing AN. And AN is not purely a mental illness, the atrophy and dysfunction in gut mucosa, and the injury to the dysfunctional mucosa induced by improper food intake may also contribute to the triggering and developing of AN by repeatedly triggering illness/injury induced anorexia.

Although our patient recovered from AN by adopting to Luigi Cornaro diet, the diet itself is not a magic remedy. Instead, we suspect that the self-healing capacity of our body played an important role in the recovering process. Here we propose that the upregulated autophagy is the most eminent component of our body’s self-healing capacity, and illness induced anorexia is a manifestation of this upregulated autophagy. Autophagy is a highly regulated process in eukaryotes to maintain homeoeostasis and deal with stress stimuli such as starvation and pathogen invasion. Illness induced anorexia as manifestation of upregulated autophagy will be triggered when there is acute illness (like infection, injury or cancer) inside the human body. Illness induced anorexia is beneficial to the host only when 1) the acute illness is not of genetic origin, and can be rectified by upregulated autophagy in short time; 2) the host maintains a healthy body weight, so that the health of host is not sacrificed. In the case of anorexia nervosa reported in this book, as the acute illness is in the gut due to starvation, the situation becomes complicated. Gut injury induced anorexia is efficient in stopping part of the gut injury like bleeding, but the dysfunction in gut remains, as nutrition generated by upregulated autophagy cannot reach gut mucosa, due to the strong barrier nature of gut mucosa. So eating is essential for the maintenance of gut homeostasis, yet eat normally is harmful to the gut when there is dysfunction in it, and also harmful to the main body, as the nutrition supply from food will stop the upregulated autophagy, thus will stop the self-healing process in the main body. The maintenance of upregulated autophagy state requires that the host follows the Luigi Cornaro diet in alleviating or curing the gut mucosa dysfunction and restoring the gut homeostasis and the healthy weight of the host. This means that the Luigi Cornaro diet is not a stimulus strong enough to trigger upregulated autophagy. Instead, the Luigi Cornaro diet requires the triggering of upregulated autophagy as a prerequisite, and it helps our body to remain in the upregulated autophagy state, and keep away most of the common diseases.

Keywords: Luigi Cornaro diet, Gut mucosa, Homeostasis, Healthy weight, Illness induced anorexia, Upregulated autophagy, Anorexia nervosa, dysfunction.
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Preface

We all think that scientific research is seeking truth. Nevertheless, based on my limited experience and research work, I can say that we are far away from truth, and in this context, it is safer to say that there is no truth in contemporary science. Science is only our interpretation about the phenomena we observed, and these interpretations (or scientific theories) are not truth at all and may be full of mistakes. This also applies to the interpretation or theory presented in this book. But we have to present these theories or interpretations, as this is the only way we can exchange and communicate our ideas.

Medical research and healthcare study are at a crossroads. Without the modern medical technologies, Hippocrates lived to the age of 90, and Luigi Cornaro was quite sure that he could live to the age of 100 without any illness or loss of any of his senses long before he was in his 80s. Hardly any contemporary medical experts have such confidence about their own health. After I successfully cured my anorexia nervosa (AN) by adopting Luigi Cornaro’s diet, and have been following this diet for some time (about two years up to now), I can fully understand why Luigi Cornaro had such firm confidence. So regardless the astronomically enormous medial knowledge we have nowadays, which is quite useful in treating certain diseases, our knowledge on how to maintain our health has progressed very little from the time of Luigi Cornaro 500 years ago. In some circumstance, all the current medical theories about health lose their effectiveness, especially when one had been trapped by a special dreadful illness of anorexia nervosa. It is a well-accepted theory that our genes determined our body weight. It is quite true when we compare the body weight of different species. Genes determine that we have the weight of human being, not that of an elephant. When we are obese or overweight, it is very hard to lose our weight because our genes enable our body to conserve energy. However, when a person is sick, especially when he is trapped by anorexia nervosa (AN), he will find this “genes determine body weight” a nonsense. A person trapped in AN is able to lose weight very comfortably to any dangerous low point. As a person experienced from overweight to anorexia nervosa, and then to the recovery from anorexia nervosa, I really feel that it is not the theory, but the practice of Luigi Cornaro saved me. Luigi Cornaro set up a model for me and build up my confidence, so that I can have a calm and peaceful mind to face all the uncertainties in combating with anorexia nervosa. Without him as a model, I really didn’t have anything to follow, and I could have been died because of this dreadful illness. But Luigi Cornaro’s theory in interpreting his experience and practice is actually completely out of date and wrong. Based on my personal experience, I can confirm that his diet is not a universal diet which can be used for anybody. It is a diet only for persons who has triggered upregulated autophagy, and it could be a poison to people who can eat normally. Also, what I can write down here in this book is only a very small portion of my experience on anorexia nervosa. I experienced a lot of paradoxical situations in combating anorexia nervosa that cannot be expressed in any words, and we cannot simply advice the anorexia nervosa patients that “you should eat this” or “you should avoid doing that”. The situation is much more complicated, and it’s only the patient who builds up his own confidence and has a peaceful mind, can cope with all the difficulties he encounter and does not make any mistakes to further hurt his health. What I can say from my experience is that anorexia nervosa is recoverable, as our body has a powerful capacity of healing itself.

This self-healing ability is encoded in our gene, so every one of us deserves an illness-free life to the great longevity. It is reported that most of the non-
communicable chronic disease may be prevented by lifestyle therapeutic approaches [1]. This does not mean that medical assistance is not important. Yet, without the self-healing capacity of our body, no medical assistance can work for our illness. When we fall ill, medical support is necessary; and in some cases, we need surgery to fix a broken bone. Yet, our body is the only healing organism that can bring us back to homeostasis from an illness. No artificial glue could fix a broken bone, if our bone did not have the self-healing capacity. This self-healing ability is independent of our awareness. No matter we have the knowledge of it or not, or if we are willing to have this ability to work or not, it will surely work for us. Yet, the most eminent part of this self-healing ability, the upregulated autophagy, does not come naturally. It has to be triggered by certain stimuli. As laymen on this subject, we don’t know how this self-healing process really works, what we can say is, our human body has far more unexplored latent potentials than anyone of us can imagine. Yet, just as it is not necessary to be computer experts before we can use computer, as long as we have faith in this self-healing ability of our body, and know how this self-healing mechanism is triggered and maintained, that’s enough. For the rest, no matter whatever conditions currently we are in, don’t worry and don’t be panic and upset, just keep a calm and peaceful mind, fully relax ourselves mentally, eat the right amount of the right food at the right time frame in the day, so that our body is able to do the job in its best.

Luigi Cornaro was not a medical doctor. However, he observed his own health and wellbeing in relation to his diet and drew general conclusions from it. The authors are not medical doctors either and do not want to make medical recommendations. Instead, this book should be regarded as a thought-provoking impulse for future research.

YU Ligen

Dec 2018 in Singapore
1. Introduction

According to the DSM-5 criteria [2], Anorexia nervosa (AN) is featured by: A) Restriction of energy intake relative to requirements, leading to a significantly low body weight; B) Intense fear of gaining weight or of becoming fat, or persistent behavior that interferes with weight gain; and C) Disturbance in the way in which one’s body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight. Despite the highly destructive consequences of AN, the etiology is still unclear [3]. It has hypothesized that multiple factors including biological, psychological, developmental, and sociocultural factors contribute to the causes of AN [4]. A serious problem encountered by clinicians is the egosyntonic nature of AN, wherein individuals with anorexia nervosa value their disorder, and are reluctant to recover from anorexia [5, 6]. Some of the medical conditions associated with AN are found in uncomplicated starvation, and a gradual return to normal healthy diet and weight is a widely used approach in the treatment of patients with anorexia nervosa [7], but the denial feature of restrictive AN make the recovery very difficult [5-7]. On the other hand, the ‘appreciating the benefits’ of AN implies that there are positive aspects of living with AN [6]. Here we report a special case of an adult male patient developed anorexia nervosa by starvation induced gut illness, and recovered from AN simply by curing the gut illness with the Luigi Cornaro diet [8] of “eat but little”. From this case, we suggest that the acute illness in the dysfunctional gut mucosa could be the trigger of illness induced anorexia, and the repeated triggering of illness induced anorexia leads to anorexia nervosa. Illness induced anorexia itself is not an illness, but rather an active host defensive strategy in response to acute illness [9]. Illness induced anorexia is the manifestation of upregulated autophagy triggered in the body to restore health. However, triggering upregulated autophagy (illness induced anorexia) to create a more severe starvation state in the body to restore starvation induced acute gut illness is only a partial solution for the gut illness, and is not sustainable. The situation can only be fully resolved by adopting the healthy diet of ‘eating but little’, the Luigi Cornaro diet.

2. Case Description and Treatment

In a letter to the BMJ, We (BW and BX) have reported that natural weight loss by eating less and fasting can greatly relieve the plantar fasciitis of one of the authors (LG, hereafter refers as the patient) [10]. As the benefit is so big and obvious, also in order to prevent the recurrence of plantar fasciitis, and prevent the remaining body fat from causing other illness, our patient had continued the fasting and eating less process, even though a normal BMI (BMI = 23) had already been reached. His stomach is quite weak at this stage, as he occasionally have sever dizziness after a normal meal, and followed with black stool in the next 2 to 3 days, indicating that there is acute illness like bleeding in the upper part of the GI tract, especially in the stomach. Therefore, he was in extreme fear of eating normally, and only when he ate very less or without any food in his stomach in a day, he felt relieved and quite energetic. His mind felt so clear, calm and peaceful, and the whole body was in a harmonic state filled with happiness when he was in a fasting state. His body weight lost quite rapidly, with an average daily weight loss of 200 – 300 grams. Within two months, his BMI dropped from 23 to 20, and he had a body mass less than 50 kg. While our patient was very satisfied with his weight loss success, thought that he had reached a special
biological state, the hibernation of human being, we were extremely worried, as this medical condition resembles anorexia nervosa, which is quite common for some of our classmates. We urged him to have a health check. The health check results showed that he had moderate anemia, which indicates that he had really developed anorexia nervosa. At this stage, our patient realized that his weight loss progressed too far, and he decided to stop the weight loss to avoid any damage to his health, as he knows that a healthy body and mind and a joyful life are far more important. Since then, he has been following the Luigi Cornaro diet, resumed to eat three or four meals a day, but as less as possible (around 100-200 grams cooked food) in each meal, and only eats foods that are very easily to be digested to help the restoring of his weak stomach. The health check after half a year of this incident shows that his anemia is greatly alleviated, and all other symptoms of anorexia nervosa is resolved after the recovery of his gut function. Our patient is now able to maintain a relative healthy body weight of around 50 to 52 kg by continuing the “eat but little” diet. We are relieved. After adopting the Luigi Cornaro diet for almost two years from then up to now, our patient finds that he is extremely healthier than ever. The good virtues reported by Luigi Cornaro is also gradually shown on our patient now.

In the following chapters, we will try our best to interpret these special phenomena on our patient before and after he adopted the Luigi Cornaro diet.

3. Terminologies used in this Book

3.1 Autophagy

Autophagy is the degradation of intracellular components in lysosomes to remove altered or dysfunctional proteins and organelles [11, 12]. In normal physiological conditions, a low level of basal or constitutive autophagy occurs to maintain cellular homeostasis by controlling the turnover of damaged proteins and organelles [13]. When autophagy is upregulated, it functions as an adaptive cellular mechanism to deal with stress stimuli such as starvation, oxidation, and pathogen invasion [11, 12].

3.2 Illness Induced Anorexia and Upregulated Autophagy

Decreased food consumption (anorexia) is the most common sign of infection and sever injury [14]. It is an active host defense strategy for pathogen elimination and enhancing healing of injury [9, 15, 16]. Unlike the starvation invokes regulatory mechanisms aimed at conservation of protein mass in healthy subjects, patients with illness induced anorexia have increased energy expenditure and protein catabolism, associated with profound neuroendocrine alterations [16]. In pathological conditions (like infection, injury or cancer), upregulated autophagy will be triggered to eliminate pathogens and recycle damaged macromolecules and organelles to reinstall health [17, 18]. As starvation is a strong stimulus for autophagy [19], it is natural to suspect that illness induced anorexia is the manifestation of upregulated autophagy. By losing appetite (anorexia), our body imposes an extremely severe starvation state and trigger the upregulated autophagy to deal with a wide range of cellular stresses including cell starvation, hypoxia, nutrient and growth-factor deprivation, oxidant injury, genotoxic agents, and other damaging insults. At the initial stage, upregulated autophagy has to be triggered by sever pathological conditions like infection, injury, or cancer, and accompanied with anorexia (loss of appetite). After repeated triggering, the human body may remember this upregulated
autophagy state, and upregulated autophagy can be triggered by simple starvation like eat less or fasting.

3.3 Gut mucosa atrophy and dysfunction

The gut mucosa is a strong barrier between our main body and the contents of our stomach [20, 21]. It also stops any nutrition in our main body from being transported to itself (the gut mucosa). Nutrition for our stomach mucosa solely relies on the food we eat. Short duration (< 18 hours) fasting is good for resting gut mucosa and recovering it from any minor injury during food digestion. Yet, long duration (>24 hours) fasting will result in gut mucosa atrophy and dysfunction [22, 23], which makes our main body prone to bacteria translocation from gut and leads to sepsis [23].

3.4 Anorexia nervosa (AN)

When illness induced anorexia is triggered by starvation induced gut illness (like bleeding in a dysfunctional gut after improper food intake), the situation will be quite complicated. Imposing a much severe starvation state (anorexia) and triggering upregulated autophagy can resolve the gut bleeding effectively, but is not sustainable, as the nutrition from upregulated autophagy cannot reach gut mucosa, and dysfunction in gut persists. The repeated cycles of gut illness → triggering illness induced anorexia → illness cure → non-regular or excessive eating → gut illness makes illness induced anorexia to be chronic and leads to anorexia nervosa.

After repeated triggering of illness induced anorexia, the body remembers the upregulated autophagy state, and can easily resume this state even without anorexia, i.e. loss of appetite. So patients with anorexia nervosa normally have powerful regulation of appetite.

3.5 Food Phobia

Food phobia is the extreme fear of food intake as a result of: (1) the uncomfortable feeling when upregulated autophagy is stopped, and (2) the injury to the atrophied GIT mucosa by improper food intake. Food phobia might be the main cause of DSM-5 diagnostic criteria Feature A of anorexia nervosa: “Restriction of energy intake relative to requirements, leading to a significantly low body weight” [2].

3.6 Atypical Anorexia Nervosa (AAN)

Atypical anorexia nervosa (AAN) is state of anorexia nervosa (AN) with normal healthy body weight. Like AN, AAN is no longer anorexia (loss of appetite). Yet, the upregulated autophagy state can be easily triggered and maintained in AN and AAN patients by simple starvation like eat less or fasting.

4. Gut protection as the most important issue for health

We all think that our stomach is inside of our body. Yet, the most important part of our stomach, the gut mucosa, is actually separating itself and the content of our stomach (the eaten food) from our main body [20, 21]. The gut mucosa forms a strong barrier between itself and our main body. Because of this barrier, the nutrition for our stomach mucosa cannot be transported from our main body, and is solely relying on the food we eat. As stated earlier, fasting longer than 24
hours will result in stomach mucosa atrophy, which may lead to gut mucosa dysfunction, bacteria translocation and sepsis. So fasting longer than 24 hours is bad to our gut health. To maintain the homeostasis of the gut mucosa, frequent food intake during the day is necessary.

5. Autophagy as the main component of our body's self-healing capacity

As stated in Introduction, our body has a strong self-healing ability, and autophagy is a main component of this self-healing capacity. It is a highly regulated process in eukaryotes to maintain homeostasis and manage stress responses. It has multiple physiological functions including cellular quality control, energetic balance maintenance, and pathogen cleaning [24]. Serum starvation is a strong stimulus of autophagy. So, in order to trigger the self-healing process, we need to keep serum starvation from time to time.

Here is a paradox on food and nutrition: we need the serum starvation to perform the self-healing, we also need nutrition from food to maintain an ideal body mass for the proper performance of this self-healing process. In the meantime, minimum regular intake of food is essential for the maintenance of the homeostasis of our gut mucosa and the overall health of our body, as a strong gut ensures the proper food digestion and the subsequent absorption by small intestine, as well as prevents bacteria translocation and sepsis.

6. Illness Induced Anorexia as Manifestation of Upregulated Autophagy Plays an Important Role in Self-Healing

Many studies show that infection-induced anorexia (IIA) as an active host defense strategy promotes health recovery during an infection [9, 25, 26]. Also, many research show that autophagy is a highly regulated process in eukaryotes to maintain homeostasis and manage stress responses, and it can be stimulated by multiple forms of cellular stress, like starvation and intracellular pathogens. Here we propose that, autophagy is the central component of the self-healing system of our body. We suspect that the most eminent part of this self-healing process happens when the autophagy is upregulated, and illness induced anorexia is a manifestation of this upregulated autophagy in response to various sever stress or acute illness, as shown in Figure 1 [27].

![Diagram](image-url)

**Figure 1.** Triggers of upregulated autophagy (illness induced anorexia)
It is reported in [17] that upregulated autophagy is critical during the early neonatal period and can be found in various tissues, including the liver, heart, lung, diaphragm, pancreas, and the gastrocnemius muscle after birth, due to the sudden interruption of trans-placental nutrient supply, when neonates face life threatening severe starvation. It seems that upregulated autophagy (illness induced anorexia) is not coming naturally. It has to be triggered by some acute illness, or extreme stress. And it is enhanced by repeated triggering, so that our body is able to remain in this upregulated autophagy state after the elimination of the triggering illness or severe stress.

Here is another paradox on health maintenance. We all thought that good health is a state of complete physical, mental and social well-being without any disorder in one’s body. Yet, such state never exists in reality. As living creature, we face all kinds of stresses, which are changing from time to time, from day to day. So mild physical, mental and social disorder is our norm, and good health implies that our body is applying its powerful self-healing ability to heal from these mild disorders from time to time. Moreover, to trigger the self-healing ability and remain in this state, we need some manageable but acute illness, and the repetitions of this illness. Health is the activation of the healing power from time to time to cope with the various physiological stresses we encounter in our daily life to maintain the dynamic homeostasis of our body. When the most eminent part of the self-healing ability of our bodies, the upregulated autophagy state, is running in our body from time to time, these mild disorders will be eliminated, preventing them from being developed to sever illness that beyond the ability of our self-healing capacity.

7. Anorexia Nervosa as an Abuse of Upregulated Autophagy

Illness induced anorexia is beneficial to the host only when 1) the acute illness is not of genetic origin, and can be rectified by upregulated autophagy in short time; 2) the host maintains a healthy body weight, so that the health of host is not sacrificed. For common individuals who eat normally, he may encounter acute illness that triggered upregulated autophagy (illness induced anorexia) occasionally, but as there is no repeated triggering, upregulated autophagy (illness induced anorexia) is transient, and is hardly being noticed. Only for those who have anorexia nervosa, our body can easily maintain in the upregulated autophagy state by serum starvation. The problem now for us is, because of the repeated triggering of upregulated autophagy by certain acute illness or extreme stress, the acute illness or extreme stress becomes part of us chronically, which put our health in danger. For our own health, we need to take a step back: recover our health and get rid of that illness. Specifically, because of the long time fasting or gut starvation, we have developed mucosa atrophy and dysfunction in our gut. Now we need to cure this dysfunction in our gut.

Anorexia nervosa (AN) is a serious health problem. Here we suggest that illness induced anorexia triggered repeatedly by starvation induced gut illness (like gut bleeding) is the main cause of anorexia nervosa, and food phobia is the main feature of AN.

There are two factors contributing food phobia. When one is overeating so that upregulated autophagy is stopped in the main body. The loss of protection from upregulated autophagy creates a quiet uncomfortable feeling in the body, contributing to the food phobia. The second factor is the injury like gut bleeding to the dysfunctional gut by overeating which also contributes to the food phobia.

Food Phobia was first described by Luigi Cornaro in his Discourses on the Sober Life [8]: “On the contrary, I conclude, especially from the late trial I have had, that excesses in eating and drinking are often fatal. Four years ago, I
consented to increase the quantity of my food by two ounces, ... This increase, had, in eight days’ time, such an effect upon me, that, from being cheerful and brisk, I began to be peevish and melancholy, so that nothing could please me. On the twelfth day, I was attacked with a violent pain in my side, which lasted twenty-two hours and was followed by a fever, which continued thirty-five days without any respite, in so much that all looked upon me as a dead man.”

The above description on food phobia also indicated that, Luigi Cornaro is the first recorded anorexia nervosa case in history, much earlier than Sir William Gull [28] who termed the condition as anorexia nervosa and described the symptoms of the condition. In addition, Luigi Cornaro’s food phobia was not cured throughout his lifetime.

When a patient with dysfunctional gut mucosa doesn’t know how much he should eat, he will often choose not to eat, or eat very less, leading to the excessive use of upregulated autophagy, and results in Anorexia Nervosa.

AN is the aftermath of gut illness induced anorexia, it is no longer anorexia (loss of appetite).

8. Introduction to the Luigi Cornaro Diet [8]

“Let thy food be medicine and thy medicine be food.”
– Hippocrates, (460 BC – 370 BC)

Luigi Cornaro was a Venetian nobleman in the 15th century. When he was around 35 to 40 years’ age, he had a near-death experience, which he ascribed to the intemperance living of too freely eating and drinking. Under the advice of some doctors, he adopted a strictly restrictive diet using food only to cure his complaints. For some time he restricted himself to a daily allowance of 12 ounces of solid food and 14 ounces of wine. According Luigi Cornaro, the 12 ounces of solid foods were bread, panado, eggs (the yolk), and soups; and the 14 ounces of wine was new wine. There were two general rules set by Luigi Cornaro: quality and quantity. Quality means avoiding food or drinks, which are found to disagree with the stomach. Quantity is to avoid taking more than the stomach can easily digest. As long as one follows these two rules of eating and drinking, he can be regarded following Luigi Cornaro’s Diet. When one eats quite less like Luigi Cornaro, any food will be nutritious. So in principal, one can eat and drink anything that can be easily digested by one’s stomach. Yet, the incorporate of salt in diet will be a big issue when one eat very less. Insufficient salt intake will result in electrolyte imbalance in our body in long term [29, 30]. In case of Luigi Cornaro, the soup provide a course for adding salt.

The Luigi Cornaro diet is a diet specially for people developed anorexia nervosa, or atypical anorexia nervosa, and it is not a diet for ordinary persons. This diet has nothing to do with calorie restriction or fasting. The Luigi Cornaro diet sets triggering and maintenance of upregulated autophagy in body as a prerequisite, while the diet itself is not a stimulus strong enough to trigger upregulated autophagy. On this point, Friedrich Nietzsche [31] is correct by saying that Luigi Cornaro “mistaking the consequence for the cause”. In his book [31], Nietzsche said: “The worthy Italian saw in his diet the cause of his long life: while the prerequisite of long life, an extraordinarily slow metabolism, a small consumption, was the cause of his meagre diet. He was not free to eat much or little as he chose, his frugality was not an act of ‘free will’: he became ill when he ate more.” However, we need to point out that the mechanism behind the Luigi Cornaro diet is the upregulated autophagy, not the extraordinary slow metabolism. By recycling and reusing the dysfunctional body components, upregulated autophagy enables a person to be sustainably relaying on a very
small consumption. On the contrary, the metabolism in AN patient is actually quite high [16]. In addition, the food phobia as the result of dysfunctional gut mucosa forced Luigi Cornaro to only eat 12 ounces of cooked food, and 14 ounces of new wine, no more no less.

Postface

As mentioned in Section 8 that the Luigi Cornaro diet is only fit for people who have already triggered and maintained upregulated autophagy in the body without anorexia, i.e. for people has already developed anorexia nervosa or atypical anorexia nervosa, and is not for ordinary people. Luigi Cornaro had repeatedly mentioned in his discloses [8] that it was extremely hard for ordinary people to follow his diet, although he didn’t know the reason. For example he said: “Now, I am often at a loss to understand why men of fine parts and understanding, who have attained middle age, do not, when they find themselves attacked by disorders and sickness, betake themselves to a regular life, and that constantly.”; “One of the younger of them said that I appeared to enjoy the special grace of being able to relinquish, with ease, one kind of life, and embrace another, a thing which he knew from theory to be feasible, but in practice to be difficult, for it had proved as hard to him, as easy to me.”; “There are some sensualists, my Lord, who say that I have thrown away my time and trouble, in writing a treatise upon temperance, and other discourses on the same subject; alleging, that it is impossible to conform to it,”

For ordinary people who cannot eat less in each meal, they may eat three meals a day normally, but stop eating 5 hours before going to bed, so that one’s stomach is empty during the whole bed time, to trigger the starvation induced passive autophagy in the body every day. By doing this, they will also be protected by the passive autophagy, and enjoy good health throughout their life.

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Conflict of Interests

On behalf of all authors, the corresponding author states that there is no conflict of interest.

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