



# What Bob Dylan has to do with the Holistic Therapies of Obesity and Type 2 Diabetes?



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## Commentary

Charles Darwin has shown that, all living species have to pass through evolutionary survival in nature and print to next generations the best genes for that [1].

As a typical Darwinian biologic system, the endocrine-paracrine-autocrine, ubiquitous, and generally pro-defense and pro-survival renin-angiotensin-aldosterone system (RAAS) every now and then, becomes autonomous [2] in certain conditions such as obesity, type 2 diabetes, hypertension, the metabolic syndrome; cancer, Alzheimer disease, so-called non-communicable diseases (NCDs).

The RAAS is one of the main responsible for the successful migration of cartilage & bony fish and reptiles 'life from the sea to the land surface, and started to spread its DNA pieces about 400 million years ago [3].

A few hundred years bc a Hindu physician reported the sweetness of his patient's urine, but type 2 diabetes with insulin resistance was not clearly described until 1936 by Harold Percival Himsworth [4]; and allostasis, the innate drive for energy storage, clashes with the modern invention of easily accessible carbohydrates. His drive for increased calorie consumption and reduced caloric output introduces noise into the metabolic control loops resulting in obesity, and inflammation from excess fat [5].

Without these thoughts, one may be left with just the hopes of Bob Dylan's poetry in his song "Hey, Mr. tambourine man", play a song for me / I'm not sleepy and there ain't no place I'm going to..... Hey, Mr. tambourine man, play a song for me..... In the jingle jangle morning I'll come following you..... "I'm ready for to fade into my own parade, cast your dancing spell my way I promise to go under it.....Hey! Mr. Tambourine Man, play a song for me, In the jingle jangle morning I'll come following you".

## References

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