

Preview Ivor Cummins

Ivor Cummins: It goes back to 2013, but very briefly, so, I'm an expert problem solver, complex problems and I'm also a manager, but I had some poor blood test results in 2013, I won't go into details, but there are some of the things we'd be familiar with now. And I went to three doctors in sequence over a couple of weeks, to understand what's the mortality implications and what do I do to fix them. And I basically failed on all three.

Dr. Eenfeldt: What kind of blood test? Just to--

Ivor Cummins: Well, it was Gamma-Glutamyl Transferase, a liver enzyme and serum ferritin which is kind of an acute phase, but--

Dr. Eenfeldt: So it's something looking like some sort of liver problem.

Ivor Cummins: Exactly, yeah and I also had a raised cholesterol, but I found out about that pretty quickly. So, I went to three doctors and I... as I doing work, when I lead problem-solving teams I ask, you know, what is the diet and what are the hypothesis you know, what are the implications and what are the solutions to fix the problem measurements or quality issue, but the three doctors in sequence, couldn't really give me anything.

So I realized then, that is similar to in the work situation, when teams actually aren't sure. So, when the experts aren't sure, you have to go yourself and you have to research the data yourself directly.

Dr. Eenfeldt: So, you are an engineer, you have an engineering job and now you're going to nutrition conferences all over and blogging about it and talking to people. Why? Why do you feel like doing that?

Ivor Cummins: Well, I'm not at all altruist but I really hate when there's technical issues and when there are obfuscators or there's clear route cause and good technical solutions and they're not applied because people are muddying the waters. And in this case to be honest, I was very angry myself when I couldn't be told the answers.

And in behalf of millions of people, as they research cholesterol and found out what a farce it has been, the cholesterol focus, I've just realized that millions of people are suffering. And by getting this knowledge out there, you know, the magnitude of the benefit is just enormous. So, I'm not a real bleeding heart kind of charity guy, but the opportunity was so huge, I felt "I got to get this out there."