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[www.wccn2010.com](http://www.wccn2010.com) & [www.tsimtsoum.net](http://www.tsimtsoum.net)

## Why TsimTsoum Concept is essential to Human Health?

From an evolutionary perspective, it is no surprise that the human genome contains some 20% clock genes of various periods; chronomes were first. Evolved life systems in general, human in particular, still are to a large extent about rhythms, as most if not all more basic non-accidental phenomena in the universe; the earth revolution-associated 24-hrs period rhythm obviously is the most prominent of all life-related genome-imprinted dynamics. It is an important albeit not recognized as such aspect of medicine that environmental rhythms are imprinted in our genes to an extent that they do influence our behavior and health; synchronization/desynchronization between imprinted and environmental rhythms (the kinetic aspect of health) can make the difference between health and diseases, pending to body resistance to strain, once established at blood serum fatty acids level, ie  $\omega 6:\omega 3$  PUFAs = 1:1 & %  $\omega 6$  HUFAs = 25 (the thermodynamic aspect of health, also referred to as the Columbus Concept, [www.columbus-concept.com](http://www.columbus-concept.com)).

The kinetic or time-structured approach allows evidence-based medicine to assess holistic (body-mind) health for the very first time. Environmental time structures (chronomes) can be identified in vascular rhythms obtained from ambulatory blood pressure monitoring (ABPMing) as demonstrated and exemplified in length by Halberg & Cornelissen and the BIOCOS group (<http://www.msi.umn.edu/~halberg/index.html>); their interpretation as vascular variabilities has led to the development of chronomics and the unveiling of so far ignored independent primary risk factors of mind-related body diseases. Environmental stressors appear to induce mind stress which in turn transforms into body strain and, eventually, uncontrolled inflammatory response and chronic degeneration. In that respect, the double amplitude of the circadian rhythm and its associated risk factor (CHAT for circadian hyper-amplitude tension), when analyzed within the reference limits of healthy peers, provides a mean to access/assess mind stress/body strain, shortly mind strain, a reported fairly stable personality trait yet susceptible to changes once continuously monitored and interpreted within the confinement of its own environment.

This innovative double (mind/kinetic – body/thermodynamic) approach to holistic health has led to the recent development of new tools aimed at assessing human conditions, ie targeting variability, enhancing performance, and detecting pre-metabolic syndrome. Non-invasive non-obtrusive one-week (7/24) ABPMing and fingertip blood drop fatty acid (FAME) analysis provide independent mind and body risk factors (YMS: Your Mind Strain & YBR: Your Body Resistance) whereupon everyone can decide on his/her most appropriate personalized effective approach to sustained performance and lasting health. At management level, it represents a unique tool to monitor/measure individual strain/health and to optimize team performance. At public level, it responds to the urgent need of reducing health costs.



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