Anthropological Research Reveals Human Dietary Requirements for Optimal Health

News You Can Use

Click here to read the "Medical Disclaimer."

This website will prove that eating red meat and animal natural fats while restricting carbohydrates is not only healthy but will prevent and cure many diseases.

Vegetarians have been brainwashed into thinking vegetarianism is a healthy way of eating. You will find on any osteoporosis, Crohn's disease, ulcerative colitis or other inflammatory bowel disease forum that 80% of the sufferers are vegetarians or ex-vegans. Yet, only 6% of the population are vegetarians. The protein deficient vegan diet will blow your guts out, cause degenerative disc disease and kill you with cancer or a hemorrhagic stroke, guaranteed.

Inflammatory Bowel Diseases, IBD, IBS, Crohn’s, Ulcerative Colitis, Candida, and Others.

Preventing Osteoporosis, Bone Loss, Hip Fractures, and Degenerative Disc Disease.

Recent Testimonies From Ex-Vegetarians with Degenerative Disc Disease, Ulcerative Colitis, Crohn's Disease and Candida

Note: The ex-vegetarian below switched to a high-fat, red meat diet with awesome health improvements. The vegetarian diet caused degenerative disc disease and intestinal diseases.

"Dear Mr. Rieske,

How can I ever thank you? Your knowledge, insight, honesty, and courage contained in your articles have significantly improved the quality of my life!

I am now 37 years old. From the ages of 25 to 36 I had adopted a predominantly vegetarian lifestyle. Over the years I have developed a mild case of degenerative disc disease, constant headaches, and a severe case of Candida (and perhaps leaky gut). I started to figure out that something was definitely wrong. The mainstream nutritional advice had definitely steered me in the wrong direction.

I have been eating a “clean” and “natural” diet for several months now on red meat, fish, fowl, a small amount of veggies and berries (I can’t help it, I love berries). My headaches have disappeared! I went from 172 lbs (at 5'8'' tall) to 158 lbs! I have no constipation nor diarrhea (which was at one time constant)! I think clearly, my mood is better, and I feel great!

You have made a huge impact on my life, and I am grateful. I have discussed your information and website with every person in my social circle as it is all I can seem to do to help others as you’ve helped me.

Thanks again, and God Bless,
Stuart"

"I thought I would sign in for a progress report! I am doing very well. So far, so good. I am down to 2 BM’s a day, and bleeding has disappeared. I am eating a very balanced diet (from the “Starting Diet” below) and it seems as if I am able to tolerate a lot of the red meat now. Thank you for all your advice, and I hope all is well with you."

Inflammatory Bowel Diseases, IBD, IBS, Crohn's, Ulcerative Colitis, Candida & Others.

Note: The report below from Sweden is typical of the denial by doctors. Don’t expect your doctor to agree with this diet program. Most likely your doctor will object strongly. Neither will he give the diet any credit for your healing.

"I have been following your diet for a couple of months. I eat mostly moose meat with coconut fat. I had a colonoscopy three days ago and guess what? No inflammation! My colon looked so good my doctor said the previous inflammation could not have been from a flare. Yeah, right! I know it was a bad flare, but I am
fine now. Your page was the first site to open my eyes to the dangers of eating carbs. Keep up the good work."

Three month update from the above person.

"Just wanted to give you another update. My asthma is all gone. I'm eating 4 lbs of red meat every day, and I'm growing like a weed! Shredding fat, adding muscle and being healthy is the best thing that has ever happened to me!"

Note: The report below tell how this diet program works where other diets have failed.

"Thanks for your information, it's been very helpful. I've taken your advice, and I've eliminated many of the offending foods that were allowed on another type of IBD diet that I thought were alright. That diet includes yogurt, melon, goat's cheese and surprisingly, the most helpful of all carrots! I've gone almost a year thinking that I couldn't tolerate butter and fatty meat, and suddenly they cause me no problem. I was having a flare for three weeks, and just beginning with the principals of your diet (not including the supplements and minerals) has gotten me back to normality in less than a week. It's a wonder!

Low-Carb Diet Plan Prevents Diabetes, Cancer, Alzheimer's and Heart Disease.

The edible oil industry produces omega-6 polyunsaturated vegetable, seed and grain oils such as corn oil, soybean oil, Canola oil, safflower oil, sunflower oil, and cottonseed oil. These oils are highly suspect as one of the leading causes of heart disease and cancer, both of which increased in concert with increases of omega-6 fatty acids in the diet. Omega-6 fatty acids are pro-inflammatory and proven to cause or contribute to a long list of autoimmune diseases such as rheumatoid arthritis, lupus, multiple sclerosis, Crohn's disease, fibromyalgia, irritable bowel syndrome, inflammatory bowel disease and many others.

"RESULTS: Saturated fat and the omega3-omega6 fatty acid ratio were not related to increased risks, but positive trends were seen for total (p = 0.031), monounsaturated (p = 0.002), and polyunsaturated fat (p = 0.0009), especially omega6 fatty acids and the polyunsaturated-saturated fat ratio (p = 0.004). With mutual adjustment for different types of fat, an elevated risk remained significant in the highest omega6 fatty acid quintile (RR= 2.08, 95% CI 1.08-4.01)."

The above study proves that saturated fats and omega-3 fats as found in red meat and fish was not associated with an elevated risk for breast cancer in postmenopausal women, but monounsaturated omega-9 fats as found in olive oil and polyunsaturated omega-6 fats as found in grains, seeds and nuts increases the risk of breast cancer, especially omega-6 fats as found in grains, seeds and nuts. These excellent results are just the opposite to the myths, distortions and lies promoted by vegetarians and manufacturers of high-carbohydrate foods. Beef, lamb and pork with saturated fats are very healthy foods.

Natural saturated fats don't cause heart disease or cancer and never did. It has all been a big fat lie.

The edible oil industry also produces hydrogenated forms of these oils which make them more saturated. These hydrogenated oils are known by their opponents as the "deadly trans fats."

Secrets of the Edible Oil Industry.

Vegan Acid - Alkaline Theory is Nonsense

Vegetarians falsely claim that eating meat increases the body acid level. This is nonsense. Vegetarians typically suffer from acid reflux because they do not eat meat. Simply breathing properly can change the blood pH drastically within minutes. Deep breathing discharges carbon dioxide from the blood which reduces the blood acid and increases the pH level. The body normally controls the acid - alkaline balance within a very narrow range. A diet devoid of meat is unhealthy because the stomach normally excretes a large amount of hydrochloric acid during a meal in preparation for the digestion of meat.


Meat does not "putrify" in the digestive tract as claimed by vegetarians. Don't believe their nonsense and lies.

Anthropological Research Reveals Human Dietary Requirements for Optimal Health

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Many claims are set forth stating what the “natural” diet of humans is or should be, but in order to ascertain what constitutes the basic dietary
requirements for optimal health, the problem must be approached from an anthropological perspective which encompasses the total dietary evolution and history of mankind, a scrutinization and syntheses of human diets from the earliest times to the present, the diets of mankind's nearest relatives, the primates, and cross-cultural dietary comparisons of primitive and modern societies.

There are one hundred and ninety-two living higher species of primates in addition to humans. (30) Until recently, it was taken for granted that all monkeys and apes were vegetarians, but ethological studies (1, 2, 12) revealed that all primates, in their natural habitat, also eat small animals. The National Zoo in Washington attempted to breed the Amazon Golden Marmoset monkey in captivity, but failed until animal protein was added to their diet. (5) It had been erroneously assumed that they were complete vegetarians, but apparently they must have some animal protein in order to be fertile. With the addition of animal protein, they reproduce rapidly in captivity. (5)

Until the research of Goodall (16, 52) it was assumed that Chimpanzees eat only plant foods, but she discovered that they kill and eat monkeys, baby baboons, and other small animals and concluded that there was a small but fairly regular number of them captured and eaten throughout the year. Gibbons, orangutans, and baboons also kill and eat small animals regularly. (35, 44) The simplest of all primates, the tree shrew, which resembles the supposed ancestor of today's primates most closely, lives entirely on small animals. Ethological studies have necessitated the reclassification of monkeys and apes from herbivores to omnivores, and indicate that all primates have a basic need for some animal protein in their diet if health is to be maintained. (1)

The first humans, the Australopithecines (9, 11, 54) (and Homo habilis), who appeared around four million years ago, included food plants in their diets, but they apparently ate a large number of small animals and were scavengers; they ate the remains of any large animals they could find, and therefore were able to secure a large amount of meat. (43) Around one million years ago, man had evolved into Homo Erectus (Peking and Java Man), and had greatly increased his ability to hunt large game. His life centered entirely around the hunt for game (4, 20, 50). Following in the evolutionary sequence was Neanderthal man (early Homo Sapiens), followed by Cro-Magnon Man. (36) Again, there has been a progressive increase in the hunting technology especially for large game. The driving force that compelled Cro-Magnon man to all unpopulated parts of the inhabitable world was his quest for game. Actually, the disappearance of many game species, such as the wild horse, mammoth, et. al., was not due to climatic change, but to man hunting them to extinction in his quest for meat. (7, 28) From the very beginning, the diet of humans has been meat oriented, therefore the evidence seems to warrant the conclusion that our human progenitors, from the very beginning around four million years ago, have relied heavily upon meat as a major source of food; they were omnivorous, but the emphasis was on meat, not on plant foods. (7) Man turned only to agriculture, which began around 10,000 years ago, when he had largely exhausted the seemingly endless supply of game due to his ever increasing population. (7)

Of humans some four million years on earth, 99% of this time has been that of hunting game and gathering wild plants. (21) And, when the animals had been hunted to either extinction or near extinction, then and only then did humans turn to agriculture and animal domestication. (7) However, when humans turned to agriculture, a large percentage of the crops was devoted to rearing domesticated animals for meat. Meat has been, and remains so when available, the choice food of mankind because it supplies all the nutrients, amino acids, minerals, vitamins, and essential elements necessary to sustain sound health. For example, the surest source of vitamin B-12 is animal protein. (2)

No cultures or people in the world have ever been 100% vegetarians; however, a number, such as the Masai of Africa (25, 26), Plains Indians (7), the Eskimo (29, 42, 47, 48, 49) and the Lapps (34), in their traditional culture, subsist almost entirely on meat and have been very healthy. When they adapted to our modern diet which is high in refined carbohydrates, their health deteriorated rapidly; they developed a high incidence of degenerative diseases characteristic of our modern civilization, especially heart disease. (2)

In 1957, several hypotheses maintained that there is a direct relationship between diet, especially animal fats, and coronary heart disease and cancer of the colon. (19) All of these studies are controversial because a large percentage of the supporting data has been epidemiological in nature, and many studies contradictory to these findings have been made (13, 14, 15, 22, 24, 25, 26, 27, 31, 32, 51).

The publicity given these studies implicating foods containing cholesterol and saturated fats, such as “red meat,” in causing heart disease and cancer, has prompted many people to adopt, erroneously, a total or partial vegetarian diet in the hope of maintaining or restoring sound health and thus avoiding heart disease and cancer. (2)

For example, Puerto Ricans eat a large amount of animal fat, but have a very low rate of colon cancer and breast cancer. (13) A comparative study on the incidence of colon and breast cancer was carried out in Finland and the Netherlands because both peoples consume about the same amount of animal fat per capita per day. Even though the animal fat consumption was the same, breast and colon cancer rates in the Netherlands was discovered to be almost double that of Finland although vegetable oil consumption in the Netherlands in much higher than in Finland. (13)

Weidman and his colleagues (53) carried our a cross-cultural study, with a follow-up, centered on specific adult risk factors for atherosclerosis in 103 white school children ranging in age from six to sixteen; and concluded that diet is not of major importance in having an impact on serum cholesterol levels. (53) Although Americans have been recommended to eat a diet moderate in cholesterol and calories, if carried too far it may result in some high risk factors for children and especially for those who show low serum cholesterol levels. (53)

A study conducted by N.E. Hitchcock and M. Bracey in the town of Busselton, Western Australia, contradicts the orthodox view that diet is closely correlated with the body’s level of serum cholesterol content indicating a high risk for heart attack. (17) They studied three groups of mothers and children at Busselton; one with high cholesterol, one with medium and one with low cholesterol levels. They studied the diet patterns of each group and found no significant difference among them in the percentage of daily energy contribution of protein, fat or carbohydrates. They also noted that obesity was not a factor in the cholesterol level since the levels or the obese did not differ from the non-obese. They concluded that the result of their study strongly indicates that diet does not account for the differences in cholesterol levels of culturally homogenous groups. They further state that the “correlation between habitual diet and average serum cholesterol levels is good between contrasting populations (for example, people of Japan and Finland),” and note that “within a given culture, people eating the same kind of food can have different serum lipids. Those who develop coronary heart disease do not necessarily eat differently from those who do not.” (17)

As a result of the widespread publicity and promotion of vegetable oils, millions of Americans are convinced that by not eating meat, eggs, and dairy products and by consuming only plant fats (polyunsaturated fats), that they will greatly reduce their chances of suffering from heart disease that affects and kills a million or more Americans every year. Scrutinization of the facts shows that they have been lulled into a sense of false security. (23) They fail to know or understand the following facts that are never carried in the advertisements:

1. There is no positive or direct scientific proof that eating foods high in cholesterol raises serum cholesterol levels. (23)
2. There is no positive or direct proof that high cholesterol levels result in heart disease. (23)
3. There is no positive or direct proof that lowering cholesterol levels will reduce one’s susceptibility to heart disease. (23)
4. Consuming great quantities of polyunsaturated fats or oils may be detrimental to health. (23)

The present state of knowledge in the cholesterol diet controversy has been evaluated by Reiser, who stated that the assumption that serum cholesterol
1. That each person is at equal risk of heart disease in proportion to how much animal fat and cholesterol is included in the diet.

2. One's risk of coronary heart disease will increase with the rise of serum cholesterol.

3. One can control the rise in serum cholesterol by eliminating animal fats and cholesterol containing foods.

He categorically sets forth clinical data that the above assumptions are invalid when subjected to strict scientific investigation and do not provide justification for people eliminating all animal fats and meat from their diet. (38, 39, 40)

Michael DeBakey, world renowned heart surgeon from Houston, who has devoted extensive research into the cholesterol coronary disease state, states that out of every ten people in the United States who have atherosclerotic heart disease, only three or four of these ten have high cholesterol levels; this is approximately the identical rate of elevated cholesterol found in the general population. (10) His comment: "If you say cholesterol is the cause, how do you explain the other 60 percent to 70 percent with heart disease who don’t have a high cholesterol?" In 1964 DeBakey made an analysis of cholesterol levels from usual hospital laboratory testing of 1,700 patients with atherosclerotic disease and found there was no positive or definitive relationship or correlation between serum cholesterol levels and the extent or nature of atherosclerotic disease. (10)

A comparative study of men in Crete and the village of Crevacore, Italy, indicates that there is probably no relationship between serum cholesterol and coronary heart disease when the level is 245 mg of cholesterol per 100ml. (38, 39, 40) The men in Crete show serum cholesterol levels of 200mg/dl and have an incidence of less than one coronary heart disease per 100 men in five years. In contrast, the men in Crevacore with similar serum cholesterol levels suffer an incidence of approximately six cases of coronary heart disease in five years. (38, 39, 40)

Many questions are being asked about the generally accepted and greatly advertised theory that consumption of saturated fatty acids (beef, lamb, mutton, butter, and pork) are major factors contributing to hypercholesterolemia and heart disease, while the consumption of polyunsaturated fatty acids (vegetable oils) will prevent coronary heart disease. Rivers states that the trend toward eating so much margarine and other vegetable oil products may be "exactly the wrong thing," and explains that because polyunsaturates are very unstable, extra polyunsaturated fatty acids are added by substituting soft margarines and stabilized vegetable oils for animal fats and butter. The difficulty is, he continued, that the two changes lead to a dramatic increase in the eating of trans-fatty acids that results in hypercholesterolemic effects that far outweigh the reported benefits of polyunsaturated fats. (41)

It seems that the human body requires some essential polyunsaturated fatty acids such as linoleic and arachidonic acid, but the established requirement seems to be only approximately 1% of calories. (18) Studies strongly indicate that large consumption of margarine, and other polyunsaturated vegetable fats, may be conducive to cancer. (37) Animal experiments found that rats fed a chemical carcinogen in addition to 20% vegetable polyunsaturated fat and a much higher incidence of tumors than when fed a carcinogenic with animal fat. (37) In a similar experiment, rats treated with a carcinogen and given 5% corn oil had a 3.5 times higher incidence of colon tumors that did rats who were maintained on 5% lard. (37)

Studies have also linked a high intake of polyunsaturates, which is probably over 10% of the average American’s diet, with vitamin deficiencies, liver damage, premature aging, nutritional muscular dystrophy, cancer, and severe blood disease in infants. (23) Polyunsaturated fatty acids are believed to be highly reactive chemical compounds that render them possibly harmful; they can be oxidized by ordinary cooking in one’s body when they react with nitrous oxide in smog, from X-rays and sunlight and some trace metals such as iron. (23) Passwater states that of fourteen tests conducted, all showed a high correlation between eating high amounts of polyunsaturates in the form of corn oil, peanut oil, margarines, soybean oil, et al., and notes that presently Americans eat two to three more vegetable oils than were consumed sixty years ago. He stresses that only from two to four percent of one’s diet should consist of vegetable fats. (33)

Most hunting and gathering societies eat a large amount of meat. The classical example is the Eskimo who lived almost entirely on land and sea mammals, fish and birds. Anthropologist Vilhjalmur Steffansson, who spent many years living with the Eskimo around the turn of the century, found that they were in excellent health and remained so as long as they maintained their traditional diet. (47) It was discovered that as long as they ate fresh meat, they obtained an ample supply of vitamin C which was previously thought to come only from plant sources. However, cooking at high temperatures destroys vitamin C in both meat and plant foods.

Although it was accepted that the Eskimo thrived in a high state of good health on an almost complete meat diet, authorities stated that the diet would probably be harmful for Europeans. To prove the thesis that a 100% meat diet is sufficient for sound health, Vilhjalmur Steffansson and Karsten Anderson submitted themselves to an experiment conducted by The Russell Sage Institute of Pathology at Bellevue Hospital, an affiliate of the Medical College of Cornell University. For a period of one year, they ate only fresh meat in the ratio of two pounds of fresh lean meat to one-half pound of fat per day. Steffansson, who had been on the Eskimo diet for years, remained in good health, while Anderson was found to be in much better physical condition than when he began the experiment. (47) Steffansson continued to live on the Eskimo diet for many decades, in very good health, until his death at the age of 83.

Otto Schaeffer, a specialist in internal medicine and director of the Northern Medical Research Unit at Charles Campbell Hospital, Arctic Canada, found that as long as the Eskimo lived on his native diet in the traditional manner, he remained in sound health and was practically free from degenerative diseases, especially those that afflict Americans. (42) He reports that with the adoption of the white man’s diet, which consists largely of refined carbohydrates (sugar, white flour), processed polyunsaturated fats, and other processed foods, the Eskimo is widely afflicted with all the degenerative diseases common to our modern society. (42)

There is a relationship between diet and degenerative diseases, but the total history of mankind strongly indicates that the relationship is not one of consuming meat and animal fats. Anthropological data strongly suggest that as human societies developed a greater dependence on cereal grain crops and other carbohydrate foods, such was accompanied by undermining the health adaptations of food-producing populations unless they were successfully able to maintain a balance between meat and animal protein and their relatively low content protein plant crops such as rice, wheat, barley, potatoes, and corn. (6, 34) Since the last century, this deterioration has been accelerated to a very high level due to the ever increasing use of sugar (55, 56, 57, 58), refined white flour, coffee and other caffeinated beverages, excessive consumption of salt, alcohol, chemical preservatives, synthetic, processed and junk foods. (2)

It is in investigating the relationship of the effects that these foods have upon the body, including smoking, that will probably be most fruitful in providing answers to the ever increasing rate of degenerative diseases.

Anthropological research proves that humans are both animal and plant eaters, but of the two, animal foods are essential in human nutrition. (2) The wisest diet is no doubt the one humans have followed for millions of years, a diet that emphasizes fresh meat or animal protein supplemented with wholesome plant foods augmented by ample exercise.

References

16. Goodall, Jane, Miss Goodall and the Wild Chimpanzees, A documentary film of Jane Goodall's studies of wild chimpanzees in their natural habitat in a rain forest in Tanzania, Africa, National Geographic, (1966).
42. Schaeffer, Otto, "When the Eskimo Comes to Town," Nutr Today, 6:8-16, 1971.
44. Search For the Great Apes, a documentary film on the ethological research on gorillas by Dian Fossey and the ethological research of orangutans by Birute Galdikas-Brindamour, National Geographic, 1975.

Vegetarian Diet Deficiencies Are a Proven Fact.

Vegetarianism: Another View by H. Leon Abrams, Jr.
The Myths of Vegetarianism.

Bone Analysis Suggests Neolithic People Preferred Meat

7,700-Year-Old Bones Prove Early Humans were Highly Carnivorous

Eskimos Prove An All Meat Diet Provides Excellent Health

Australian Aborigines by Sally Fallon and Mary G. Enig, PhD

Reference Books and Online Support Groups:

Good Calories, Bad Calories by Gary Taubes

This is a must-read book. Gary Taubes is an award-winning scientist who has specialized in exposing misleading, incorrect, or fraudulent science. His seven-year research in every science connected with the impact of nutrition on health shows us that almost everything we believe about the nature of a healthy diet is wrong. For decades we have been taught that fat is bad for us, carbohydrates are better, and that the key to a healthy weight is eating less and exercising more. Yet with more and more people acting on the advice, we have seen unprecedented epidemics of obesity and diabetes.

Taubes argues persuasively that the problem lies in refined carbohydrates (white flour, sugar, easily digested starches) via their dramatic effect on insulin -- the hormone that regulates fat accumulation -- and that the key to good health is the kind of calories we take in, not the number. There are good and bad calories. Taubes traces how the common assumption that carbohydrates are fattening was abandoned in the 1960s when fat and cholesterol were blamed for heart disease and then -- wrongly -- were seen as the causes of a host of other maladies, including cancer. He shows us how these unproven hypotheses were emphatically embraced by authorities in nutrition, public health, and clinical medicine in spite of how well-conceived clinical trials have consistently refuted them. He also documents the dietary trials of carbohydrate restriction which consistently show that the fewer carbohydrates we consume the leaner we will be.

With precise references to the most significant existing clinical studies, he convinces us that there is no compelling scientific evidence demonstrating that saturated fat and cholesterol cause heart disease; that salt causes high blood pressure; and that fiber is a necessary part of a healthy diet. Based on the evidence that does exist, he leads us to conclude that the only healthy way to lose weight and remain lean is to eat fewer carbohydrates or to change the type of carbohydrates we do eat and, for some of us, perhaps to eat virtually none at all.

TNT DIET - Targeted Nutrition Tactics
by Jeff Volek, Ph.D., RD and Adam Campbell, Men's Health Magazine
The explosive new plan to blast fat, build muscle and get healthy.

The TNT Diet is a great book for bodybuilders and everyone else who wants to preserve and build lean muscle while controlling body fat. This book is a must read for anyone on the low-carbohydrate diet.

Active Low-Carber Forums - Atkins & low-carbohydrate Diet Support Group
You can talk with others who have bowel diseases or Candida about their experiences. Registration is free but is required before you can post your own message or question. Look for the "Candida Yeast & IBS" topic link.

Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life

Life Without Bread is an important addition to the growing body of literature on the benefits and importance of low-carb diet. Written by Christian Allan, Ph.D., and Wolfgang Lutz, M.D., the book is based on Dr. Lutz's experience using carbohydrate restricted diets with thousands of patients for more than 40 years. It is based on extensive research in the medical and scientific literature and provides ample references. The book presents a unified theory of how high (and even moderate) levels of dietary carbohydrate cause or exacerbate various health problems and how carbohydrate restriction can help people to recover from those problems.

The book Life Without Bread by Christian Allan, Ph.D. and Wolfgang Lutz, M.D. has a chapter on gastrointestinal diseases. Don't be mislead by the title to believe the cure is the simple elimination of bread. Mr. Lutz's older book is out of print but has essentially the same information. It may even contain more detail than his new book above. Fortunately, Chapter VII: Gastro-Intestinal Tract of the older book can be read online.

Dr. Atkins' New Diet Revolution - Revised and Improved

The Atkins' New Diet Revolution is the best book for an initial dietary change and quick weight loss, reduced blood pressure, and reduced cholesterol. Look for the companion book for recipes. It has some very interesting case studies from the doctor's patients. It includes data from past civilizations proving the low-carbohydrate diet is the most healthy.

Robert C. Atkins, M.D. ISBN: 006001203X.

Dr. Atkins' Age-Defying Diet Revolution

This is Dr. Atkins newest book. The main topics are the cause, prevention, and cure for diabetes and heart disease which have become major health concerns in the United States and many other developed countries.


Dr. Atkins' Vita-Nutrient Solution: Nature's Answer To Drugs

This is the best book for determining the correct vitamin and mineral dosage for therapeutic (disease curing) effect, excessive dosage amounts, and normal recommendations. Dr. Atkins' Vita-Nutrient Solution discusses the vital function of vitamins and nutritional supplements and then provides a list of diseases and complaints that the supplements can help cure or alleviate.

Protein Power Lifeplan

This book by Dr. Michael and Dr. Mary Dan Eades has an excellent chapter on "Leaky Gut Syndrome" which describes the cause of bowel diseases and autoimmune diseases.

Why Stomach Acid is Good for You

This groundbreaking book unleashes a brilliant new plan for permanently curing heartburn by relieving the root cause of the problem -- low stomach acid. The fact is that heartburn is caused by too little stomach acid -- not too much, as many doctors profess. Book by Jonathan V. Wright and Lane Lenard.

MEDICAL DISCLAIMER: All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness or nutrition regimen. The information contained in this online site and email is presented in summary form only and intended to provide broad consumer understanding and knowledge of dietary supplements. The information should not be considered complete and should not be used in place of a visit, call, consultation, or advice of your physician or other health care provider. We do not recommend the self-management of health problems. Information obtained by using our services is not exhaustive and does not cover all diseases, ailments, physical conditions, or their treatment. Should you have any health care related questions, please call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here. We strongly suggest you select a physician who is knowledgeable and supportive of the low-carbohydrate diet. Many of the physicians listed on this page have health clinics.

Drugs and Doctors May be the Third Leading Cause of Death in U.S.

Why Most Published Research Findings Are False.

Pharmaceutical firms are inventing diseases to sell more drugs.

The following sites have excellent information on a good diet for healing and health preservation.

The World’s Most Popular Diet & Nutrition Message Board

Reversing Heart Disease, Heart Attack, Coronary Artery Disease, Stent, HDL, and LDL Cholesterol Success Stories
Bible Life Healing Ministries

Our Nutritional Program Has Performed Healing Miracles

The proper diet for healing and health preservation is argued fiercely because this is a spiritual battle. Poor health and disease can be caused by believing the worldly myths, distortions, and lies about nutrition which have deceived most people. The following information should be studied carefully to reduce your risk of obesity, diabetes, heart disease, cancer, and inflammatory bowel diseases. This information is healing people worldwide. You can also be healed. Please let us know about your success.

Jerry S. from Augusta, Georgia writes, "Thank you for such a wonderful website... the nutrition pages opened my eyes to the truth - and saved my life!"

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<td>Vegetarianism: Another View by H. Leon Abrams, Jr.</td>
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<td>The Myths of Vegetarianism.</td>
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<td>The Case Against Milk by Sheila Buff.</td>
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<td>Vegetarian Diet Deficiencies Are a Proven Fact.</td>
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<td>Vitamin Deficiencies and Vitamin Toxicities.</td>
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<td>Atkins' Diet Healthier Than the American Heart Association's Diet.</td>
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<td>Dr. Weston A. Price Foundation.</td>
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<td>Genetically Modified Corn Study Reveals Health Damage and Cover-up.</td>
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<td>The Mediterranean Diet is a Big FAT Lie.</td>
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Pregnant? Pregnancy, Adoption, Abortion, Infertility, and Proper Diet During Pregnancy for a Healthy Baby


Top Ten Exercise Health Myths About Running, Jogging, Biking, Marathons, and Triathlons

Top Ten Embryonic Stem Cell and Human Cloning Research Claims, Promises, Facts, Expectations, Exaggerations, Hype, and Myths