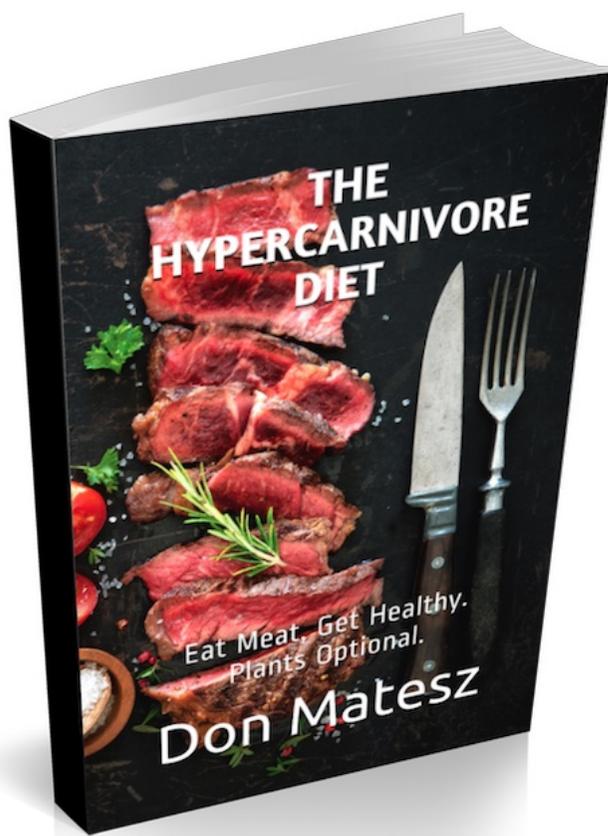


THE HYPERCARNIVORE DIET

**EAT MEAT, GET HEALTHY. PLANTS OPTIONAL.
First Edition**

DON MATESZ



THE HYPERCARNIVORE DIET

Eat Meat, Get Healthy. Plants Optional.

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INTEGRITY PRESS

2018

THE HYPERCARNIVORE DIET

First Edition

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ISBN-13: 978-1985619883

ISBN-10: 1985619881

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NOTICE

Diet has a powerful effect on health and fitness. If you are seriously ill or on medications, consult a health care provider knowledgeable about nutrition and its health effects and about your medications before you make any changes to your diet or exercise program. You remain always responsible for your choices, actions, and their consequences. This book serves as educational information only and does not substitute for the guidance of a health care professional familiar with your unique situation. Nothing herein is to be construed as a diagnosis or treatment plan for any individual's unique physical condition.

ACKNOWLEDGEMENTS

Thanks to my wife Tracy for encouragement, support and help editing this book.

Thanks to Ted Naiman, M.D. and Shawn Baker, M.D. for sharing information on social media that helped me do research for this book.

Thanks to Ray Audette for writing *Neanderthin* and sharing knowledge resources with me.

Many others too numerous to mention have played a role in my education leading up to completion of this project. I am grateful to all.

Any errors that appear in this book despite my best effort to exclude them are my responsibility alone.

Don Matesz, Aug 19, 2018.

PREFACE

Before there is truth there must be a true human.

Chuang Tzu

I have had deep doubts about writing this book. I have made my dietary experiments public, and endured a lot of ridicule for having changed my mind and my practices back and forth between plant- and animal-based diets a few times. I don't have any reason to think anyone will want to read this or have any confidence in what I have to say. Nevertheless, I feel compelled by Nature to write, so I do.

People have vilified me for changing positions, yet it is very clear that our culture as a whole holds contradictory and confusing attitudes towards and approaches to foods and diets. My journey has just re-presented the most basic conflict between plant-based and animal-based approaches to eating, but we also have cooked vs. raw and a plethora of supposedly ideal diets represented by hundreds of books published every year.

What passes for science today has offered no real help in clearing this confusion. You can find 'scientific' papers ostensibly providing evidence supporting both plant-based and animal-based, high- and low- carbohydrate diets. You can find vociferous 'authorities' with high-ranking conventional credentials on either side.

However, one critically thinking scientist, John Ioannidis has studied research and mathematically proven that most published research findings are false.¹ He notes that published research findings are

¹ Ioannidis JPA (2005) Why Most Published Research Findings Are False. PLoS Med 2(8): e124. <https://doi.org/10.1371/journal.pmed.0020124>

often declared conclusive based on “statistical significance” teased out of the data by what exercise scientist Dr. Ralph Carpinelli has called “numerological abracadabra,”² but these findings are rarely if ever confirmed by other independent teams.

Science is supposed to involve competing laboratories exactly repeating experiments of one another in order to confirm or refute claimed findings. However, this rarely happens. Physicist Richard Feynman recounted an interaction with a student that illustrates why scientists avoid replication experiments, in spite of replication being one of the supposed cornerstones of science:

“Other kinds of errors are more characteristic of poor science. When I was at Cornell, I often talked to the people in the psychology department. One of the students told me she wanted to do an experiment that went something like this—I don’t remember it in detail, but it had been found by others that under certain circumstances, X, rats did something, A. She was curious as to whether, if she changed the circumstances to Y, they would still do, A. So her proposal was to do the experiment under circumstances Y and see if they still did A.

“I explained to her that it was necessary first to repeat in her laboratory the experiment of the other person—to do it under condition X to see if she could also get result A—and then change to Y and see if A changed. Then she would know that the real difference was the thing she thought she had under control.

“She was very delighted with this new idea, and went to her professor. And his reply was, no, you cannot do that, because the experiment has already been done and you would be

² Carpinelli RN. Critical review of a meta-analysis for the effect of single and multiple sets of resistance training on strength gains. *Med Sport* 2012;16(3): 122-130.

wasting time. This was in about 1935 or so, and it seems to have been the general policy then to not try to repeat psychological experiments, but only to change the conditions and see what happens.”³

Thus, since a premium is placed on publishing “original research” and “new” data, results of previous research reports are accepted without question or confirmation. The result is that the scientific literature is filled with reports of findings taken to be true, but never confirmed to be true.

Ioannidis notes that the vast majority of published studies suffer from bias consisting of “various design, data, analysis, and presentation factors that tend to produce research findings when they should not be produced.” He shows that “the majority of modern biomedical research is operating in areas with very low pre- and post- study probability for true findings,” so common research findings “may often be simply accurate measures of the prevailing bias.” In his words:

“For example, let us suppose that no nutrients or dietary patterns are actually important determinants for the risk of developing a specific tumor. Let us also suppose that the scientific literature has examined 60 nutrients and claims all of them to be related to the risk of developing this tumor with relative risks in the range of 1.2 to 1.4 for the comparison of the upper to lower intake tertiles. Then the claimed effect sizes are simply measuring nothing else but the net bias that has been involved in the generation of this scientific literature. Claimed effect sizes are in fact the most accurate estimates of the net bias. It even follows that between ‘null fields,’ the fields that claim stronger effects (often with accompanying claims of medical or public

³ Feynman RP. Cargo Cult Science. Some remarks o science, pseudoscience, and learning how to not fool yourself. Caltech’s 1974 commencement address. <<http://calteches.library.caltech.edu/51/2/CargoCult.htm>>

health importance) are simply those that sustained the worst biases.”

Ioannidis and Schoenfeld⁴ have shown that in 80% of epidemiological studies linking 40 different foods to cancer risk (increased or decreased), the statistical support was weak or nonnominally significant. In 75% of studies that claimed an increased risk related to a food, and 76% of studies that claimed a decreased risk related to a food, the statistical support for the claims was weak or nonnominally significant. Also, there was no standardized, consistent selection for evaluating exposure to the foods, making it difficult to combine data from multiple studies to generate conclusions. Although it is statistically most likely that no relationship would be found and such relationships are spurious, the data from these studies did not fall into the expected Bell curve with a large peak of null results. Ioannidis and Schoenfeld remarked:

“The credibility of studies in this and other fields is subject to publication and other selective outcome and analysis reporting biases, whenever the pressure to publish fosters a climate in which ‘negative’ results are undervalued and not reported. Ingredients viewed as ‘unhealthy’ may be demonized, leading to subsequent biases in the design, execution and reporting of studies. Some studies that narrowly meet criteria for statistical significance may represent spurious results, especially when there is large flexibility in analyses, selection of contrasts, and reporting. When results are overinterpreted, the emerging literature can skew perspectives and potentially obfuscate other truly significant findings. This issue may be especially problematic in areas such as cancer epidemiology, where randomized trials may be exceedingly difficult and expensive to conduct; therefore, more reliance is placed on

⁴ Schoenfeld JD, Ioannidis JPA. Is everything we eat associated with cancer? A systematic cookbook review. *Am J Clin Nutr* 2013 January 1;97(1):127-134. <<https://academic.oup.com/ajcn/article/97/1/127/4576988>>

observational studies, but with a considerable risk of trusting false-positive or inflated results.”²

Simply put, most research reports claiming to have found evidence that some food or nutrient promotes or causes a common disease have not found such evidence, but are simply reports of what the authors and reviewers of the report believe, regardless of the actual lack of evidence for their beliefs. This applies to findings in exercise science as well. Research reports claiming to have found strong evidence that some complicated or time-consuming exercise method produces much better results (“large effect sizes”) compared to simpler and briefer methods are probably reports of what the authors and reviewers of the report want to believe (i.e. their bias). And, the more certainty they claim for their findings, the less likely the findings are true.

Ioannidis has also noted:

“Nutritional intake is notoriously difficult to capture with the questionnaire methods used by most studies. A recent analysis showed that in the National Health and Nutrition Examination Survey, an otherwise superb study, for two thirds of the participants the energy intake measures inferred from the questionnaire are incompatible with life. More sophisticated measurements based on biochemical, web, camera, mobile, or sensor tools may not necessarily reduce bias. Caution about the reliability of measurements should extend to inferences that depend on them.”⁵

Ioannidis goes on to remark that many findings are entirely implausible. We can find in many peer-reviewed epidemiological studies the suggestion that we can cut our risk of cancer in half with just a couple of servings a day of a single nutrient or food. However, Ioannidis notes that dozens of randomized trials have shown single

⁵ Ioannidis JPA. Implausible results in human nutrition research. Definitive solutions won't come from another million observational papers or small randomized trials. *BMJ* 2013;347:f6698 doi: 10.1136/bmj.f6698

nutrients or foods are unlikely to either reduce or elevate *relative* risk by more than 10 percent, and most show the *relative* risk reduction or increase to be less than 5 percent if not zero.³ He also adds that the respective absolute risk differences “would be trivial.”

Almost all studies report *relative* risk reduction or increase, and this always dramatically inflates the actual risk. For example, the Cochrane Review reported that in 11 epidemiological studies of 53,300 people comparing low saturated fat consumption (less than 10% of calories from saturated fat) to “usual” saturated fat consumption (more than 10% of calories), the relative risk reduction was 17%, but in every 10,000 individuals, there were only 138 fewer “combined cardiovascular events” in 52 months of follow-up,⁶ which is an absolute event reduction of only 1.4%. The relative risk reduction for cardiovascular death was 5%, but the absolute event reduction was only 10 fewer per 10,000, which is only 0.1% absolute event reduction. The relative coronary heart disease event reduction was reported as 13%, but the absolute reduction was only 80 fewer per 10,000, which is an absolute event reduction of only 0.8%. These are essentially null results, i.e. there was no absolute benefit to restricting saturated fat consumption to less than 10% of calories.

Hence, Ioannidis wrote that most nutritional research shows that:

“Observational studies and even randomized trials of single nutrients seem hopeless, with rare exceptions. Even nominal confounding or other biases create noise that exceeds any genuine effect. Big datasets just confer spurious precision status to noise.”³

Ioannidis went on to explain that to identify nutrition interventions that produce a mere 5-10% *relative* risk reduction in overall mortality in the general population (not just high risk patients), we

⁶ Hooper L, Martin N, Abdelhamid A, Davey Smith G. Reduction in saturated fat intake for cardiovascular disease. Cochrane Database of Systematic Reviews 2015. <<http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD011737/pdf>>

would need randomized trials including about 75,000 subjects, with long-term follow-up, linkage to death registries, careful efforts to ensure adherence, and freedom from conflicts of interest and allegiance bias in sponsors and conductors of the study. It is unlikely that any such study will ever be conducted and given that it would only identify a 5-10% *relative* risk reduction, which would be a trivial *absolute* risk reduction, it is difficult to justify the enormous expense of time and resources it would involve.

In short, current science is not a reliable guide to the optimal dietary choices, and future science is very unlikely to be any greater help.

In his books *Against Method* and *Science in a Free Society*, philosopher Paul Feyerabend has shown that, contrary to the *fairytale* we are told about science, history shows that scientists do not have a magic method for discovering the truth about Nature, and that science does not necessarily produce results superior to or more desirable than non-scientific methods of inquiry.⁷

“According to the fairytale the success of science is the result of a subtle but carefully balanced combination of inventiveness and control. Scientists have *ideas*. And they have special *methods* for improving ideas. The theories of science have passed the test of method. They give a better account of the world than ideas which have not passed the test.”⁸

“But the fairytale is false. There is no special method that guarantees success or makes it probable. Scientists don’t solve problems because they possess a magic wand – methodology – but because they have studied a problem for a long time, because they know the situation fairly well,

⁷ For a concise introduction to Feyerabend’s arguments, read his essay: “‘Science.’ The Myth and its Role in Society. *Inquiry*;18:167-81. You can download it from my website: <http://www.fullrangestrength.com/support-files/feyerabendmyth.pdf>

⁸ Ibid.

because they are not too unintelligent, and because the excesses of one scientific school are almost always balanced by the excesses of some other school. (Besides, scientists only rarely solve their problems, they make lots of mistakes, and many of their solutions are quite useless.) Basically there is hardly any difference between the process preceding that which leads to the announcement of a new scientific law and the process preceding passage of a new law in society: one informs either all citizens, or those immediately concerned, one collects ‘facts’ and prejudices, one discusses the matter, and one finally votes.”⁹

That’s why we often hear scientists talking about the “consensus” in their discipline. Most will agree to the “consensus” because not doing so puts them at odds with their colleagues, who determine whether they get funding or employment, or not.

For example, if a majority of highly indoctrinated, biased scientists ridden with conflicts of interest (e.g. stock holdings in corporations that produce cholesterol-reducing drugs) agrees with the statement “High blood cholesterol promotes cardiovascular disease,” then everyone is supposed to genuflect to their supreme wisdom and refrain from questioning their authority.

Unfortunately, career scientists have a perverse motivation to fail to solve problems. Solving a practical problem – e.g. curing cancer – will eliminate the need for research, and thus put the researcher out of his job. Failure to solve the problem produces job security: “More research is needed.”

My cognitive and dietary reversals – which so disturbed some of my audience – only reflected my attempts to reconcile the conflicting and contradictory science of nutrition. Some ‘authorities’ including T. Colin Campbell and Michael Greger claim the science proves that humans need no animal foods, and any intake of cholesterol-containing animal products is detrimental to health, increasing one’s

⁹ Ibid.

risk for cardiovascular disease, cancer, arthritis and a myriad of other conditions; a position which resonates with the official dietary guidelines from the USDA and other national advisory bodies (which unbeknownst to many, receive financial support from industries that pedal plant products). A few renegades claim the science proves otherwise, that cholesterol intake has little or no bearing on one's risk for any common disease.

Yet our culture has put science on a pedestal. Everyone is required to worship science as the only human enterprise capable of providing the 'final solution' to all human problems. Philosophy, logic and common sense have fallen by the wayside. As Feyerabend notes:

“Even human relations are dealt with in a scientific manner, as is shown by education programs, proposals for prison reform, army training, and so on. Almost all scientific subjects are compulsory in our schools. While the parents of a six-year-old child can decide to have him instructed in the rudiments of Protestantism, or in the rudiments of the Jewish faith, or to omit religious instruction altogether, they do not have a similar freedom in the case of the sciences. Physics, astronomy, history *must* be learned. They cannot be replaced by magic, astrology, or by a study of legends.”¹⁰

Highly intelligent people who receive high degrees of indoctrination in conventional educational institutions are particularly susceptible to putting faith in science, simply because they receive the most indoctrination and reinforcement. One simply cannot graduate without accepting and 'mastering' the claims of science. Disputing 'science' will result in loss of face, ridicule, and failure to graduate to the next level of indoctrination. In contrast, as Feyerabend points out, accepting the *scientific faith* will make one a member of the 'club of intelligents,' and possibly even a *bigshot* with special privileges:

¹⁰ Ibid.

“*This is where the fairytale assumes its decisive function. It conceals, by a recitation of ‘objective’ criteria, the freedom of decision which creative scientists and the general public have, even inside the most rigid and advanced parts of science, and thus protects the bigshots (Nobel prize winners, heads of laboratories, educators, etc.) from the masses (laymen, experts in non-scientific fields, experts in other fields): only those citizens count who were subjected to the pressures of scientific institutions (they have undergone a long process of education), who succumbed to these pressures (they have passed their examinations), and who are now firmly convinced of the truth of the fairytale. This is how scientists have deceived themselves and everyone else about their business, but without any real disadvantage; they have more money, more authority, more sex appeal than they deserve, and even the most stupid procedures and the most laughable results in their domain are surrounded with an aura of excellence. It is time to cut them down to size, to give them a more modest position in society.*”¹¹

I first had the benefit of Feyerabend’s perspective more than 30 years ago, when I was earning my undergraduate and Master’s degrees in philosophy (I had a minor concentration in philosophy of science). Yet after graduation with honors, this perspective had little impact on my relationship to science. As a testament to the power of the science-based education/indoctrination I received, like any other student attending public schools, from the age of 5 years on, I continued to have some *faith* in science, particularly the ‘science of nutrition’ until early 2017, when in late February, I had an experience that released me from any remaining *faith* I had in science as an independently reliable source of diet and nutrition guidance.

Over the course of some 36 years I had studied human nutrition and experimented with diets ranging from 100 percent plant-based to

¹¹ Ibid.

(very briefly) 100 percent animal-based. My main personal goal was to find a way of eating that would cure me of eczema and psoriasis lesions that started in childhood and got worse as I became an adult. No one else in my family had this supposedly genetic condition.

My first wife Rachel Albert and I experimented with plant-based diets, mostly macrobiotic vegetarian and vegan at times, for many years. Over our years together, we had gone back and forth between including and excluding animal products multiple times, but always continued to eat large amounts of vegetables and/or fruits because we believed that they were good for us. It seemed that all the ‘authorities’ agreed on this, whether they espoused a plant-based diet, or a meat-based diet.

The dominant ideology maintained that if one had any diet-related illness, it could not be caused by fruits or vegetables, and probably was caused by eating animal foods. After all, according to this ideology, we are just ‘slightly modified’ chimpanzees, so must be, like chimps, adapted to a plant-based diet (a claim I will in this book demonstrate to be false).

If I was eating animal products when my skin conditions worsened or some other undesired condition appeared, I always suspected but was not sure that the animal products caused the problem. I suspected because in the ‘scientific’ nutrition paradigm widely accepted around me, and heavily promoted by the mass media, animal products are the most likely toxic foods, the cause of heart disease, cancer and other ailments, because of their (supposedly) toxic contents of protein, cholesterol, and saturated fats.

In contrast, some conditions I experienced during my many experiments never occurred except when I was restricting animal products and eating large amounts of fibrous plant foods. For example, I always got gas, bloating, flatulence and loose acidic stools on plant-based diets. I also lost libido, muscle mass and tolerance for hard exercise, and my skin and hair were very dry and flakey all over, not just where I had psoriatic lesions. This was a direct and immediate experience, not a hypothetical “well, maybe

this blood lipid level will cause you to have a heart attack 40 years from now.”

After years of eating plant based diets and suffering with the digestive discomfort and weakness, Rachel and I got to a point where we thought we had had enough. Over the years I had read several books that convinced me that a paleolithic diet rich in animal products *and* abundant in fruits and vegetables was the best alternative to a strictly plant-based diet. Rachel and I embarked on what we thought was a practically paleolithic diet path and eventually published *The Garden of Eating: A Produce-Dominated Diet & Cookbook*.

Cutting out grains and beans definitely helped my digestion and eating animal protein enabled me to regain lost muscle mass and exercise tolerance. However, this pseudo-paleo diet approach did not improve my most stubborn psoriatic lesions, and sometimes it seemed they were even worse. Also, after some time I developed some more alarming issues: skin tags, lipomas, and intermittent urinary difficulties consistent with prostatitis (I was in my 40s).

During this time my father was diagnosed with prostate cancer, and Rachel started noticing fibrocystic changes in her breasts. I became concerned with these issues. Because of my previous indoctrination, particularly my familiarity with the clinical work of John McDougall, M.D. and the research work of T. Colin Campbell, Ph.D., author of *The China Study*, part of me still believed that prostatitis, fibrocystic breast changes, and prostate cancer are caused by eating animal protein and fat. My belief was strong enough to cause me to try to convince Rachel that we needed to once again remove animal products from our diet.

She wasn't interested in that and friction between us on this issue exacerbated tensions that already existed between us. Eventually we got a divorce.

After the divorce I tried eating a plant-based diet again for a short period, but the return of the digestive discomfort dissuaded me from

continuing for more than a few months. I returned to *The Garden of Eating Diet*: a meat-based practically paleo diet with large amounts of fruits, vegetables and nuts.

Sometime around 2009-2010, I came across some websites and online forums – mainly, ZeroingInOnHealth.com, by Charles Washington – where people were reporting their positive experiences with a completely carnivorous diet. These reports convinced me to try eliminating plants from my diet 6 out of every 7 days (I reserved Saturdays for eating some plants for pleasure and socializing). On the other days I ate meat and animal fats, but got most of my fat from cheese.

However, I abandoned this after a month because I had constipation and cramps and strongly believed that I needed fruits and vegetables in my diet for digestive health. I didn't eat enough fat and consumed very little salt, since I still believed the story (lie) that our paleolithic ancestors ate a low sodium diet. I still believed that our paleolithic ancestors ate lots of fruits and vegetables, and that one of the 'mistakes' of my parents' generation was its relatively limited inclusion of vegetables and fruits in their diet. I had great difficulty entertaining the hypothesis that my daily indulgence in carbohydrate-rich fruits and roots might be causing some of the issues I was experiencing on my practically paleo diet. After all, advocates of the paleolithic diet argued that as primates allegedly closely related to the frugivorous, folivorous chimps, we are naturally adapted to a diet rich in fruits and vegetables. Although my chronic skin conditions persisted whether I ate animal products or not – and therefore persisted as long as I ate a plant based diet – I just was unable to take the carnivorous diet seriously. I believed that science including evolutionary considerations had proven that we should eat as much fruits and vegetables as practical.

However, my devotion to vegetables was not Natural. When I was a child, like most children, I was not a spontaneous vegetable lover. However, like most people, I was cajoled, bribed and coerced into eating vegetables. "Finish your vegetables or you don't get dessert." Adults told me how important it was for me to eat vegetables. They

even produced Popeye cartoons which convinced my immature mind that eating spinach will turn anyone into a superhero. How could vegetables and fruits be harmful?

Early in 2010, I met my current wife Tracy, and she adopted my pseudo-paleo diet habits, which included a fair amount of heavy cream and butter along with daily consumption of carbohydrate-rich fruits and starchy vegetables (dates, bananas, sweet potatoes, white potatoes, etc.). As the year progressed Tracy progressively gained body fat, and started having premenstrual breast tenderness and lumps, and overall her breasts became unnaturally large and uneven in size.

Then, one day in 2010, Rachel called to tell me that she had received a diagnosis of breast cancer. I was floored. She wanted me to help her decide how to eat to increase her chances of reversing this condition, to provide acupuncture and herbal medicine, and to help her deal with oncologists and other health care providers and understand and evaluate her treatment options, both conventional and ‘alternative.’

At the time, I knew of some, very little, preliminary research supporting use of a low carbohydrate, high protein or ketogenic diet to treat cancer or support cancer treatment. Initially I thought that a high protein ketogenic diet might be the best path for her.¹² However, at the time research support for that approach was very limited.

On the other hand, a part of me still believed that the preponderance of research linked breast and prostate cancer risk with diets rich in meat and animal fat. That was in fact the dominant view at the time.

Moreover, I had studied the natural history of cancer, and learned

12 Ho VW, Leung K, Hsu A, Luk B, et al., “A Low Carbohydrate, High Protein Diet Slows Tumor Growth and Prevents Cancer Initiation,” *Cancer Research* 2011 July;71(13): DOI: 10.1158/0008-5472.CAN-10-3973 <<http://cancerres.aacrjournals.org/content/71/13/4484.full-text.pdf>>

that by the time any malignant tumor becomes detectable by current techniques, it has been actively growing for about 10 years since the first cells went rogue, and has already metastasized. Doing the math I figured that Rachel's cancer had started as a single rogue cell when we were married and after we had been eating a meat-rich paleo diet for several years.

Leading paleo diet promoters recommended eating a large amount of fruits and vegetables because a large number of epidemiological studies purported to find that this produce had anti-cancer effects, but no paleo diet promoters I was aware of believed that meat had anti-cancer effects. In *The Garden of Eating*, I had written:

“When 150 scientists reviewed 4500 research studies of the influence of dietary variables on 18 different cancers, vegetables were found to provide a convincing protective effect for 5 cancers, a probable preventive effect for 4 others, and a possible preventive effect for another 7. For fruits the analysis revealed 4 convincing, probable, and possible preventive relationships. For cereal grains there were no convincing or probable preventive relationships, and only 1 possible preventive effect (that for cancer of the esophagus).¹³

“The World Cancer Research Fund and American Institute for Cancer Research recommend 400 grams (nearly 1 pound) of fruits and vegetables daily, providing at least 10 percent of daily calories, to prevent cancer.¹⁴ If you follow our plan you will consume more than 1200 grams of fruits and vegetables daily, providing more than 30 percent of your daily energy intake, and gain a substantial cancer-preventive effect.”

13 World Cancer Research Fund & American Institute for Cancer Research, 1997.

14 Munoz de Chavez M, Chavez A. Diet that prevents cancer: recommendations from the American Institute for Cancer Research. *Int J Cancer Suppl (United States)*1998;11:85-9.

Thus, I had accepted the opinion of these authorities, that fruits and vegetables had only strong anti-cancer properties, and no cancer-promoting properties, so the plants in our palaeoid diet could not have been responsible for promoting Rachel's breast cancer. Since her cancer most likely began as a single rogue cell when we were eating a produce-rich paleo diet, and supposedly cancer-promoting animal meat and fat were major components of that diet, I was led by my premises to the conclusion that the meat portion of the palaeoid diet must have been the culprit.

I had studied writings of John McDougall, M.D., and T. Colin Campbell, Ph.D., wherein they claimed that cancer could be reversed by a plant-based diet devoid of animal protein, and I found that idea hard to shake. McDougall boasts that he published the first ever study accepted in a scientific journal regarding the treatment of breast cancer with diet.¹⁵ He argues that excess calories, animal fats, vegetable fats, and cholesterol all promote cancer, while fiber and various phytonutrients inhibit it. One of McDougall's patients, Ruth Heidrich, claims to have reversed aggressive, metastatic breast cancer with a lumpectomy and a 100% plant-based diet.¹⁶

Campbell agrees on all those points and also claims to have proven in animal studies that restricting animal protein intake will reverse cancer¹⁷ (he doesn't draw attention to the fact that his research team also proved that this only happens if the diet is deficient in one or more essential amino acids¹⁸).

¹⁵ McDougall J. Preliminary study of diet as an adjunct therapy for breast cancer. *Breast* 1984;10:18.

¹⁶ Heidrich R. *A Race for Life: From Cancer to the Ironman*. Heidrich & Assoc, 1990.

¹⁷ Campbell TC. *The China Study*. Benbella Books, 2006.

¹⁸ Schulsinger DA, Root MM, Campbell TC. Effect of dietary protein quality on development of aflatoxin B1-induced hepatic preneoplastic lesions. *J Natl Cancer Inst.* 1989 Aug 16;81(16):1241-5. PubMed PMID: 2569044.

In addition, one of my friends, Gordon Saxe, M.D., Ph.D., had by that time conducted multiple intervention studies suggesting that a whole foods plant based diet can stall or even reverse prostate cancer.^{19, 20, 21, 22}

So, I had my father with prostate cancer, myself with intermittent prostatitis symptoms, Rachel with breast cancer, and Tracy with weight gain and pre-menstrual breast cysts and tenderness similar to what Rachel had developed during our years together eating the pseudo-paleo diet. I was afraid I was going to develop prostate cancer, and Tracy was going to develop breast cancer. I lacked evidence and hence conviction that an animal-based diet could prevent and treat cancer, but believed I had evidence – including some from studies conducted by a friend of mine – that animal fat and protein promote cancer, whereas a whole foods plant-based diet can reverse or support reversal of breast and prostate cancer.

As a consequence of this line of reasoning, I chose to publish my “Farewell to Paleo” post on June 14, 2011 on my Primal Wisdom

¹⁹ Saxe GA, Major JM, Nguyen JY, Freeman KM, Downs TM, Salem CE. Potential attenuation of disease progression in recurrent prostate cancer with plant-based diet and stress reduction. *Integr Cancer Ther.* 2006 Sep;5(3):206-13. PubMed PMID:16880425.

²⁰ Berkow SE, Barnard ND, Saxe GA, Ankerberg-Nobis T. Diet and survival after prostate cancer diagnosis. *Nutr Rev.* 2007 Sep;65(9):391-403. Review. PubMed PMID:17958206.

²¹ Saxe GA, Hébert JR, Carmody JF, Kabat-Zinn J, Rosenzweig PH, Jarzowski D, Reed GW, Blute RD. Can diet in conjunction with stress reduction affect the rate of increase in prostate specific antigen after biochemical recurrence of prostate cancer? *J Urol.* 2001 Dec;166(6):2202-7. PubMed PMID: 11696736.

²² Saxe GA, Major JM, Westerberg L, Khandrika S, Downs TM. BIOLOGICAL MEDIATORS OF EFFECT OF DIET AND STRESS REDUCTION ON PROSTATE CANCER. *Integrative cancer therapies.* 2008;7(3):130-138. doi: 10.1177/1534735408322849.

blog.²³ I returned to a whole foods strictly plant based diet, in spite of my repeated previous experience that such a diet would give me much digestive distress and cause me to lose a lot of muscle and exercise tolerance. I chose to trust in authorities and to eat to lower my cholesterol, rather than to trust my body signals and direct experience.

Sure enough, I promptly lost about 15-20 pounds, mostly muscle mass, and the gas, bloating, loose stools, and anal itching returned. In 2007, on *The Garden of Eating Diet*, my total cholesterol, LDL, HDL and triglycerides were 231, 138, 85 and 47 mg/dL respectively. At the time, I was unaware of the importance of having a low remnant cholesterol, but it was only 8 mg/dL, a value indicating very low cardiovascular disease risk (I discuss remnant cholesterol in Chapter 4). On the whole foods strictly plant based diet my total and LDL cholesterol dropped, but so did my HDL, and my triglycerides went up; in 2012 they were 180, 105, 53, and 105 respectively, and the remnant cholesterol increased by 2.6 times to 21. The reversal of the triglyceride/HDL ratio and the increase in remnant cholesterol indicated the whole foods plant based diet was not improving my health, but I was doggedly pursuing a total cholesterol under 150 because all the doctors advocating the whole foods plant based diet claim that such a cholesterol level makes one “heart attack proof.”

On November 25, 2016, after 5 years on a strictly plant-based diet I had my last vegan blood test. I received the results in December. My total cholesterol had finally dropped to 154 mg/dL. According to promoters of plant-based diets, I should have been as healthy as possible, no longer burdened with supposedly toxic high cholesterol, now virtually heart attack and cancer proof.

In fact my health and fitness were suffering. Every day I was plagued with the digestive discomfort – bloating, cramping and loose stools – that I had always had with any diet high in plant foods. Although physician advocates of plant-based diets had explained that this gas is just the price one pays for eating a healthy, fiber-rich

²³ By July 2018 the post had 165,000 views.

plant-based diet that promotes abundant growth of supposedly beneficial gut flora, I was tired of it. In addition, I had started experiencing acid reflux after my starchy bean and grain meals.

My skin was drier than ever and flaking all over (especially elbows). New psoriasis lesions were emerging, and old ones were re-emerging or getting worse. In five years my eyesight had gone from better than 20/20 to worse. My waist had increased by several inches in circumference even though I was lighter than when on the meat-rich *Garden of Eating Diet*. In other words, I had gained fat and lost muscle, in spite of doing intense bodyweight strength training several times weekly. My progress in the training was painfully slow.

In August of 2015 I injured my knee doing bodyweight strength training; in February of 2017 it was still not healed. I had also strained my back a couple of times during the 5 vegan years, and it just did not fully heal either. I was limping around like an invalid for 18 months. People were remarking that I seemed to have aged beyond my years. Later I learned that during these 5 years of eating a “nutrient-dense” whole foods plant-based vegan diet, I also developed caries in two teeth, despite regularly taking vitamin D supplements and getting plenty of sun exposure.

Moreover, the lab report showing my cholesterol was only 154 mg/dL also found that I was suffering from deficiencies. My blood phosphorus and globulin protein levels were significantly below the normal range. The cereals and legumes upon which I had based my diet for several years are poor sources of phosphorus because in these foods it is bound by by phytates. The low globulin level suggested I was not getting enough protein, in spite of the fact that I was eating legumes and soy products providing much more than recommended levels of protein. Both Tracy and I took a zinc taste challenge test, and we both tested probably deficient. Zinc deficiency is a well-established issue for plant-based dieters.

In addition, my LDL, HDL, and triglycerides were 78, 60, and 78 mg/dL respectively, so my remnant cholesterol was 16, twice the

level found when I was eating the high fat, high protein and also too high carbohydrate *Garden of Eating Diet* in 2007.

And for a couple of months, I had been craving meat.

During 2016, I also became aware of other strong evidence, discussed in Chapter 2, that humans do in fact have an evolved innate drive to eat meat, specific biological adaptations to meat-eating, and requirements for nutrients either exclusively supplied by animal products or so poorly supplied by plants or endogenous synthesis that we must eat meat to obtain adequate amounts (e.g. taurine, choline, arachidonic acid, and docosahexaenoic acid).

After I received those lab test results, from December 2016 and into February of 2017, I initially tried to correct the developed deficiencies and reverse my declining health and fitness by tweaking my plant-based diet, eating more high protein plant foods and taking some supplements.

However, one afternoon in February 2017, Tracy and I were sitting in our Chinese medicine and acupuncture office eating a whole foods plant based lunch. I was contemplating all I knew about human nutrition and all I had experienced up to that point, when suddenly my perspective shifted away from lab values, supposedly scientific research, and the opinions of authorities like McDougall and Campbell, and towards my direct, immediate experience.

I paid attention to how the food I was eating tasted to me, I thought about how it made my gut feel, and I remembered a Truth recorded by Ray Audette in his book *Neanderthin*:

A creature can't require what in Nature it can't acquire.

And then, while finishing that vegan meal consisting largely of legumes and cereals, the following question arose in my mind:

“Why did I eat that?”

As soon as the question was asked, the following inner conversation occurred in only moments:

“Because I think it is the healthiest way to eat.”

“And why do I think that?”

“Because I was told to eat my vegetables, science, experts, etc. blah blah...”

“And what would you eat if there were no ‘experts’ to tell you what you should eat, but you, like your ancient ancestors, had to decide what was healthy without this foreign ideological input. How would you know what was healthy and what was not?”

And at that moment, I finally realized that I didn’t need expert guidance or ‘science’ to choose the right foods. No healthy non-human animal needs a dietitian, physician, blood test, science or ideology to know what to eat. Every creature simply follows Nature, and most importantly, no creature follows a “balanced” diet.

I realized that Nature, the Creator, has given each of us senses of sight, smell, taste, hunger, and satisfaction, and these have no other purpose than to enable us to decide what Natural, unprocessed foods are good for us and what is not.

A True Human would eat in harmony with his True Nature, following his biology, not any ideology.

He would eat whatever he could acquire from Nature using his strength and wit.

He would eat what is by its Nature pleasing to his senses of sight, smell, and taste.

He would eat Natural foods that he can easily digest, with no discomfort, not ‘foods’ that only exist or are edible or digestible only because they have been highly processed by human artifice.

If I were a True Human in abundant Nature, not encumbered by ideology nor lost in the jungle of thought, and not trying to control the food supply, or avoid some hypothetical future fate, I would eat what by Nature I prefer to eat: meat, fat and any other tasty animal product I could acquire.

I wouldn't eat grains or beans, because they are not edible or palatable in their Natural state, and because when I do eat them they give me gut distress (gas, bloating, cramping, loose stools).

I would limit my intake of vegetables to a palatable few, because they don't satisfy my taste or hunger and in large amounts they too give me bloating.

I would have a limited intake of fruits or nuts, because these also gave me trouble, and because Nature provides few that are edible and tasty in any season, and none in some seasons.

I would eat nothing that needs processing, extensive cooking and doctoring to just to become edible or more or less palatable.

I would eat only when hungry and stop eating when I felt satisfied or the food I was eating no longer tasted good to me.

This came to me:

“I am sure Nature, the Creator, gave me these senses to help me make right choices. I know from experience that experts can be lost in ideology and ignorant of Nature, they can lie and mislead. But Nature is what is. Nature is Truth. My job is to align my thoughts and actions with Reality, with Nature, not with ‘authorities.’”

And so, after years of trying to figure things out by consulting experts, I *came to my senses*, had a *gut realization*, and *began to trust my True Nature* – both outer and inner – to guide me to my right diet.

I started cutting unpalatable plant foods out of my diet and based my diet on meat, fat, eggs and selected dairy products, complemented by very small amounts of vegetables, berries and fruits. I had been eating lots of nuts and seeds, but after my realization I quickly learned that most nuts and seeds either irritate my mouth or give me gas (or both), so I started avoiding them.

Within days, I was free of the bloating, flatulence, and loose stools. Within a week, my mood and sleep started to improve. Within a few weeks, I had lost some of the excess fat from around my waist, and I finally saw some improvement in the psoriasis lesions in my ears and on my scalp that had never responded to macrobiotic, vegetarian, vegan, whole foods omnivorous, or paleo diets rich in vegetables, fruits and/or nuts and seeds.

The transition to a hypercarnivorous diet did result in some initial difficulty with defecation. For about 5 months I had a bowel elimination only two or three times a week, which in itself is no cause for alarm, but sometimes would have a little trouble getting stools started. After years of eating a low-fat diet and having loose stools more or less explode out, propelled by gasses and irritating acids produced by fiber fermentation, I had sluggish bile production and flow and wasn't used to having to bear down to move the stool. However, I had seen our carnivorous cat strongly bear down to defecate, so I deduced that bearing down is required by Nature, and my ability to do it was impaired.

The one time previously I had tried a very low plant food diet, I had called this "constipation" and taken it as a sign that I needed to eat more plants. This time I refused that interpretation, because accepting it in the past led me right back into the foods that cause me chronic intestinal distress. I learned from *LIFE WITHOUT BREAD* by Wolfgang Lutz, M.D. that my colon had been damaged and weakened by years of a high fiber diet.

I also knew that bile release after fatty meals stimulates bowel movement, but eating a low fat diet for years had impaired my bile flow and gall bladder function. I refused to go back to eating foods

that always gave me bloating, cramping and flatulence. I knew that I just needed to improve my bile flow and gall bladder function and let my intestines heal. I started taking digestive bitters, artichoke extract, and 300-600 mg of magnesium daily to support normal bile flow and keep things moving in the meantime.

After six months, for the first time in over 40 years, the skin lesions were finally showing some signs of improving. Not only that, my defecation became more comfortable and easy than I could ever remember. Unless I ate types or amounts of plant foods I did not tolerate, I had no more bloating, cramping or farting, no explosive elimination and I had mostly regained the natural ability to bear down to get a stool to move out, despite eating almost no plant foods on a daily basis.

I finally broke free from the nutritional spells cast on me by ‘authorities.’ Now I want to help you break free yourself.

[Click here](#) to order your copy of *The Hypercarnivore Diet* on Amazon. Both Kindle and paperback versions available.