



An Independent Critique of Low-carb Diets: The Diet Wars Continue - Part 2

This is Travis again. In continuation from the September 2012 newsletter, I now present my second critique of the claims of Denise Minger and others in the low-carb camp, documenting many of their very serious inaccuracies and omissions.

In this second critique I present evidence of the dangers of diets rich in "organic" and "pasture raised" animal foods, and describe the ill-health of remote populations free from western influence who were sickened by such diets. I provide evidence from over one million individuals demonstrating that consumption of whole grains that the low-carbers typically refer to as "poison" actually significantly reduces the risk of developing chronic and degenerative diseases and improves the chances of overall longevity. I also cover the scientific literature regarding the controversy surrounding blood cholesterol, including the effects that modifying LDL, HDL and triglycerides have on health and longevity. Furthermore, I show how a plant based diet promoted healthy longevity a century ago, just as it does today.

Please consider my findings and conclusions in my second critique. If you judge my writings worthy, please share them with others. Please [e-mail me](#) with any questions you may have.

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I have also posted a two part series of posts regarding blood cholesterol, diet and risk of stroke that tie into this second critique if you are interested in taking a look.

[Part I](#)

[Part II](#)

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