



Denis Burkitt, MD Opened McDougall's Eyes to Diet and Disease

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Plant Positive Video Series Speaks Out Against Low-Carb Diet Advocates

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On a cold Michigan winter day in 1971, Dr. Denis Burkitt changed my life and my medical career. During a noontime doctors conference held at Blodgett Hospital in Grand Rapids he provided convincing evidence that the rich Western diet was the underlying cause of almost all of the chronic illnesses I was learning about during my medical school training at Michigan State University.



As an impressionable senior medical student, I listened to him describe observations he had made as a surgeon in Uganda. “In Africa, treating people who live largely off the land on vegetables they grow, I hardly ever saw cases of many of the most common diseases in the United States and England, including coronary heart disease, adult-onset diabetes, varicose veins, obesity, diverticulitis, appendicitis, gallstones, dental cavities, hemorrhoids, hiatus hernias, and constipation. In 20 years of surgery in Africa, I had to remove exactly one gallstone.” While serving as head of the governmental health services of Uganda, he witnessed more than 10 million people flourish on grains and tubers, eating almost no meats, dairy products, or processed foods.

The purpose of Dr. Burkitt’s trip to western Michigan in 1971 was to visit Kellogg’s, the cereal company, in Battle Creek. Adding more dietary fiber to the American diet was his goal. However, his greatest accomplishment was to transform my thinking. That afternoon I remember announcing to my soon-to-be wife, Mary, “We are no longer eating white bread! It has no fiber. We are eating only whole grains from now on.” It was a start for us, even though I had apparently missed the part in his lecture about reducing meat, milk, and fried foods; and about adding much more starch to our diet. The reason for this oversight was likely because a “vegetarian diet” was a foreign concept for me; plus I could not see beyond my own dinner plate.

Dietary fiber is indigestible carbohydrate that is only present in plants. Although Dr. Burkitt was referred to as “The Fiber Man,” he fully understood (as you can see in the interview) the broader concept that the proper diet for people is based on unrefined starches, along with green and yellow vegetables, fruits, and severely limited amounts of meat and dairy products.

Prior to hearing Dr. Burkitt’s revolutionary ideas, I believed that the common chronic diseases I was learning about were all unsolvable mysteries, perhaps due to viral infections or genetic mishaps. After his presentation, I realized, for the first time, that being a doctor might mean more than treating the signs and symptoms of my suffering patients with pills and surgeries. Common diseases could be prevented, possibly cured, by eating simple, inexpensive foods. However, I did not fully understand the practical implica-

tions of his lessons until I had made similar firsthand observations as a [sugar plantation doctor](#) on the Big Island of Hawaii between 1973 and 1976.

Denis Parsons Burkitt (1911 – 1993)

One of the [Greatest Physicians](#) of the Twentieth Century

Dr. Burkitt was able to change the course of medical thinking twice in his career by observing, and then reporting on, the people he cared for in rural Africa. First he discovered that one of the most common cancers in African children was due to a viral infection (Epstein-Barr virus). In recognition of his finding, this fatal condition became known as [Burkitt's lymphoma](#). Effective chemotherapies followed his discovery.

His second major contribution came after observing that diseases widespread in Western countries are absent in the Third World. On the basis of his convictions, he launched a worldwide crusade to change the diet in developed countries by recommending that Westerners mimic the food habits of his rural African patients. He wrote an internationally best-selling book, *Don't Forget Fibre in Your Diet to Help Avoid Many of Our Commonest Diseases* (1979). An enormous body of scientific research has validated Dr. Burkitt's ideas, and the list of dietary diseases has expanded to include strokes, hypertension, osteoporosis, breast and prostate cancers, and autoimmune diseases, such as rheumatoid arthritis, lupus, and multiple sclerosis. The world, and I, owes much to this pioneer.

Famous Quotes by Denis Burkitt, MD

The health of a country's people could be determined by the size of their stools and whether they floated or sank, not by their technology.

Diseases can rarely be eliminated through early diagnosis or good treatment, but prevention can eliminate disease.

If people are constantly falling off a cliff, you could place ambulances under the cliff or build a fence on the top of the cliff. We are placing all too many ambulances under the cliff.

The frying pan you should give to your enemy. Food should not be prepared in fat. Our bodies are adapted to a stoneage diet of roots and vegetables.

The only way we are going to reduce disease, is to go backward to the diets and lifestyles of our ancestors.

Western doctors are like poor plumbers. They treat a splashing tub by cleaning up the water. These plumbers are extremely apt at drying up the water, constantly inventing new, expensive, and refined methods of drying up water. Somebody should teach them how to close the tap.

America is a constipated nation.... If you pass small stools, you have to have large hospitals.

Western diets are so low on bulk and so dense in calories, that our intestines just don't pass enough volume to remain

Plant Positive Video Series Speaks Out Against Low-Carb Diet Advocates

In June of 2010 a friend told me about the Paleo diet. What she said felt like a revelation. The idea that I was meant to eat like my ancient ancestors seemed to make perfect sense and the timing of our conversation was perfect. The preceding months had felt like the beginning of some sort of decline for me. Through Paleo I believed I could realize a fresh new version of myself that was fitter, stronger, and more “primal.”

But then I began to read about the “science” of Paleo and my personal Paleo dream started to fade. It became apparent that the Paleo gurus don’t really understand evolution, heart disease, or nutrition. They represent their ad hoc conjectures as facts while ignoring or contradicting well-established science. There was no denying it; Paleo is a fad.

My flirtation with caveman dieting introduced me to a strange hypermasculine subculture built upon science denialism and a misguided sense of nostalgia. The Paleo gurus had reimagined and rebranded the Atkins diet, targeting it directly at the male ego. Their sales pitch was so brilliant that even medical doctors and academics were being seduced. Paleo was on the verge of respectability. It was all too dangerous, too dishonest, and frankly, too obnoxious for me to simply stand idly by as the fad spread. I began the [Primitive Nutrition](#) project early in 2011.

My current circumstances dictate that I remain anonymous. Don’t let that deter you from learning from my videos. By providing you this project for free I have tried to distinguish myself from the fad diet promoters whom I criticize. For every claim I make you’ll see a direct image of a scientific reference to support it. Many of the sources you’ll see were selected by the low carb promoters themselves and are quite hard to find. Indeed, I believe many of them were chosen primarily for their obscurity. Perhaps they thought, “Who would ever go to the trouble to verify all those old references?” Well, I did, and therein lies one of the unique assets of this project – many of the old studies that prop up the version of history told by low-carb apologists like Gary Taubes at last see the light of day. [Nutrition Past and Future](#) starts by correcting that history. Their false narrative must now dissolve.

Plant Positive

Nutrition Past and Future Summary

[1 The Journalist Gary Taubes 1: Controlling History](#)

<http://youtu.be/QImWYirFOes>

In this opening video of *Nutrition Past and Future*, you’ll see why Gary Taubes is such a serious threat to public health. This “relentless researcher” argues that nutrition science is but a mere house of cards. To make his case, he appears quite willing to sacrifice the truth, as you will directly witness in this video.

[2 The Journalist Gary Taubes 2: A Parajournalism Paradox](#)

<http://youtu.be/MRuYx-0BXfl>

In the first chapter of *Good Calories, Bad Calories*, Gary Taubes represents the medical history of Dwight Eisenhower as a paradox. Eisenhower succumbed to heart disease despite his earnest attempts to control his cholesterol after his first heart attack. Taubes says his case “raises important questions” about diet-heart. Instead, this section of his book raises important questions about his willingness to adhere to minimal standards of journalistic professionalism.

[3 The Journalist Gary Taubes 3: Ancel Keys Was Very Bad 1](#)

<http://youtu.be/unH-AEDKV8s>

Ansel Keys was one of the most influential scientists in the history of diet-heart. Robert Lustig tells us that Keys, a man "who made us fat," targeted saturated fat as the nutrient responsible for heart disease before he'd done any research on the matter. Gary Taubes says two researchers exposed Keys for the faulty methods he applied in a 1953 paper about diet-heart. In this first video about Keys, you'll see that he actually developed his ideas in response to contemporary research findings, and you'll see that a fair reading of his paper reveals a far different scientist than the bumbling and biased one his critics portray.

[4 The Journalist Gary Taubes 4: Ansel Keys Was Very Bad 2](#)

<http://youtu.be/xm52NOQJRts>

All the cholesterol deniers know the story. Ansel Keys cherry picked data to convince the world that dietary fat contributes to heart disease, and two researchers named Yerushalmy and Hilleboe exposed his biased and amateurish methods. But were their criticisms valid? And what did those two think the data suggested instead? The low carb myth of the 22 countries is deflated in this video. I'll also explore the so-called French Paradox in this one, and I'll assess Gary Taubes' charge that Keys' Seven Countries Study was rigged.

[5 The Journalist Gary Taubes 5: John Yudkin Was Very Good](#)

<http://youtu.be/yj1naW1EkyQ>

Low carb defenders like Gary Taubes and Robert Lustig think John Yudkin unfairly suffered ridicule for being the first to argue that sugar causes heart disease. Yudkin lost his public argument with Ansel Keys about diet-heart even though it was always clear that sugar was at least as problematic as saturated fat. This video recounts the research of Yudkin's day about sugar's role in heart disease. You'll learn the real reason Yudkin lost his debate with Keys – he simply failed to make his case.

[6 The Journalist Gary Taubes 6: Lessons from the Dead](#)

<http://youtu.be/tc8e49j9N68>

Gary Taubes thinks it's been known since 1936 that autopsy studies have indicated that serum cholesterol levels do not relate to the extent of heart disease. Weston Price Foundation founders Sally Fallon and Mary Enig say that vegetarians were known to have as much arterial plaque as even the biggest meat eaters, also thanks to autopsy studies. They are all wrong. This video reveals the true lessons the world learned through autopsies about heart disease.

[7 The Journalist Gary Taubes 7: A Nomaly Hunter 1](#)

<http://youtu.be/28zCcTZ5qV0>

Gary Taubes says the pioneers of diet-heart only cared about the studies that affirmed their convictions about saturated fat and cholesterol. He thinks they ignored other studies that called diet-heart into question, and he provides the reader with several examples of such studies. But were any of those studies compelling? Or were their findings only superficial anomalies that could be easily explained? Even so, some of them should have helped Taubes recognize that carbohydrates protect heart health.

[8 The Journalist Gary Taubes 8: Anomaly Hunter 2](#)

<http://youtu.be/A5PWeTJG7qE>

More of the studies Taubes believes undermine diet-heart are presented in this video. At the end, we'll also look at examples of populations Taubes says were obese even though they didn't overeat. Upon closer examination, it becomes clear that some of the research Taubes likes actually contradicts his beliefs.

[9 The Journalist Gary Taubes 9: Anomaly Hunter 3](#)

<http://youtu.be/st5v-q0N1l>

More quirky studies are cited by Taubes in his floundering attempts to discredit Ancel Keys. Once again we'll see that Taubes hasn't done his due diligence as a journalist, and that he has withheld key observations made by the authors of these studies. Also, in a preview of the Ancestral Cholesterol videos, we'll consider his claims about African nomads like the Masai and the Samburu.

[10 The Journalist Gary Taubes 10: Anomaly Hunter 4](#)

<http://youtu.be/3LNQ7iS91CY>

In the last of the Anomaly Hunter videos, we'll focus on a town called Roseto, whose inhabitants Taubes says enjoyed good heart health despite their fatty diets. One of the authors of the study he cites to make this claim explicitly rejected the conclusion Taubes makes about Roseto. Next, we'll look at an example of an important study that Taubes has chosen to ignore, revealing his hypocrisy as a critic of the diet-heart leaders.

[11 The Journalist Gary Taubes 11: Oil-Based Nutrition 1](#)

<http://youtu.be/NizwOgOf-7w>

The early metabolic ward experiments investigating the effects of fats on cholesterol led many researchers down an ill-chosen path as they attempted to prevent heart disease events by feeding patients low-quality diets soaked in refined oils. Gary Taubes interprets these diet trials as significant blows against diet-heart. I'll show you what really happened in these oily trials. In this video, the Minnesota Coronary Survey is discussed. We'll also learn about one inadequate effort to test a less oily low-fat diet, which despite its faults, did provide a useful test of the Yudkin sugar hypothesis.

[12 The Journalist Gary Taubes 12: Oil-Based Nutrition 2](#)

<http://youtu.be/0VWRcpKanHE>

This second Oil-Based Nutrition video looks at one big trial Taubes describes in his book and one he does not. The LA Veterans Study supported diet-heart, but it had flaws which Taubes uses to create unnecessary confusion. But he ignores the Oslo trial, which didn't take the oil-based route and therefore came up with results that unequivocally support diet-heart. This video also informs you about the Anti-Coronary Club trial, about which Taubes tells one of the biggest whoppers in his book. His willingness to distort and conceal is once again laid bare.

13 [The Journalist Gary Taubes 13: The Taubes Filter](#)

http://youtu.be/d4XgFS_snQ8

As you saw in the previous video, Gary Taubes is remarkably willing to misrepresent the statements and views of the people he references. In this video, you'll see multiple examples of how an individual who accepts the science of diet-heart can be made to seem to oppose it once that person's words have passed through the Taubes Filter. You'll see one deliberate misquote that is especially astounding.

14 [The Journalist Gary Taubes 14: Those Scientists Are So Dumb](#)

<http://youtu.be/8J5-fQhVdi0>

Despite the extreme improbability of Taubes' arguments and his long-established difficulty with truth-telling, even a prominent intellectual might turn out to be an easy sell for him. Why would someone with specialized knowledge in his field – in this case the economist Russ Roberts – find it so easy to believe that the specialists in nutrition and heart disease do not understand their areas of expertise? That, I can't answer, but I can supply you with the facts you need to resist the con that sucked in Roberts.

15 [The Journalist Gary Taubes 15: Pesky Facts](#)

<http://youtu.be/ioadYLEho8M>

You may have noticed that Gary Taubes has a certain fondness for very weak old studies that are so obscure, they are unlikely to be accessed by those who might wish to fact-check him. Those couldn't have been easy to find. Yet he is far less determined to bring attention to the evidence that makes the clearest case for diet-heart. In this video, I'll offer you a small sampling of the research that made it clear that dietary cholesterol and saturated fat promote heart disease, including evidence from China that pre-dates the China Study research.

16 [The Journalist Gary Taubes 16: A Case Against Fiber \(Barely Strung Together\)](#)

<http://youtu.be/AO5LVnv8ldk>

Denis Burkitt believed that many common diseases in industrialized societies are the result of low-fiber diets. Gary Taubes disagrees. He calls the mainstream belief that dietary fiber is protective against the diseases of civilization "wishful science." To convince his readers of that he offers numerous references that he thinks call into question the benefits of fiber. Here, too, Taubes has made his case using only very shaky evidence. In this video you'll see just how hard it is to obscure the benefits of high-fiber diets.

17 [Thomas Dayspring, Lipidologist Lost](#)

<http://youtu.be/uSzByKafWKM>

In video 14 you saw that even the highly educated can fall for the fictions Gary Taubes has concocted. Now I will show you that even a specialist in lipids can be persuaded to believe his nonsensical views about meat and saturated fat. Once again, I can't explain how someone so well-informed can remain so gullible. All I can do is show you the real facts about fat.

18 [Cholesterol Confusion 1 Primordial Prevention](#)

<http://youtu.be/L1MvvQj4W40>

This video series now reviews some of the common misunderstandings that have repeatedly created confusion about cholesterol. First, I'll show you that high cholesterol needs many years to do its worst damage. Despite this obvious fact, some people only relate cholesterol levels to adverse events quite late in the natural history of heart disease. I'll try to help top Atkins-funded researcher Dr. Stephen Phinney understand how age influences cholesterol levels and heart disease risk in this video.

19 [Cholesterol Confusion 2 The Cause of Heart Disease](#)

<http://youtu.be/AfAfoENh7Lc>

There are multiple risk factors for heart disease, such as high cholesterol, smoking, hypertension, diabetes, and a family history of heart disease. It's the way those risk factors combine that determines your risk of having a heart attack. This makes heart disease quite different in character from infectious diseases, which have single causes called pathogens. I'll bet I didn't need to tell you that. Yet Uffe Ravnskov, the founder of The International Network of Cholesterol Skeptics and a man who has an MD and a Ph.D., doesn't appear to understand this distinction. Don't believe me? I'll prove it to you in this video.

20 [Cholesterol Confusion 3 A Poverty of Animal Fat](#)

<http://youtu.be/QmAJAdJf7zA>

The inhabitants of poor countries tend to eat less animal fat and have lower cholesterol than those who live in rich countries. They also tend not to live as long. We can conclude, therefore, that higher cholesterol and greater saturated fat consumption promote longer life spans. Do you buy that one? No? I didn't think you would. But nevertheless, that's the poverty ploy of the cholesterol confusionists. Malcolm Kendrick and the "Perfect Health Diet" couple are among those who are willing to stoop low enough to use this tactic. Their mendacity is confronted in this video.

21 [Cholesterol Confusion 4 The Maps Not the Territory](#)

<http://youtu.be/ksvnpnGeLALw>

The biomarkers for heart disease are imperfect. We shouldn't let them confuse us about what we know to be the true causes of heart disease.

22 [Cholesterol Confusion 5 Cholesterol Is Necessary for Life](#)

<http://youtu.be/RISmmEzxK7Y>

Cholesterol confusionist and Weston Price Foundation blogger Chris Masterjohn wants you to believe that if you don't eat fatty animal foods you'll be cholesterol-deficient and suffer serious health problems as a result. This is nonsense. Your body can easily make whatever cholesterol it needs. But Masterjohn's disingenuous argument does raise an interesting question: How low can cholesterol go before problems arise? In this video, you'll see that the people whose genes give them extraordinarily low cholesterol-

ol levels mostly manage just fine. Your cells are very good at regulating how much cholesterol they take in. They need to be. Too much cholesterol would be toxic for them.

23 [Cholesterol Confusion 6 Dietary Cholesterol \(And the Magic Egg\)](#)

<http://youtu.be/guyQW6n3f6o>

Respectable researchers like Dr. David Katz of Yale believe that eggs and dietary cholesterol won't raise your blood cholesterol. He's done research that he says proves this. Look at that research, however, and you'll see it proves no such thing. There is good evidence that indicates that for those of us who have cholesterol levels like our ancient ancestors, dietary cholesterol will raise our cholesterol. You'll see that evidence in this video.

24 [Cholesterol Confusion 7 The Measurement Problem](#)

<http://youtu.be/AZK2J5In5jg>

The study of cholesterol in populations can be a tricky business. The researchers behind some of the studies Gary Taubes selected in the Anomaly Hunter videos didn't know what they needed to know to produce useful findings. For example, cholesterol levels can vary naturally, and a researcher must take that into consideration. Taubes knows that, and in this video you'll see that he'll acknowledge this fact if doing so will help him wriggle out of a cholesterol test on camera.

25 [Cholesterol Confusion 8 A Large and Fluffy Distraction](#)

http://youtu.be/_wmidN8rYkU

Robert Lustig says that large LDLs have nothing to do with heart disease. This is a commonly held yet totally wrong belief among low-carb and Paleo diet promoters. I'll explain in this video.

26 [Cholesterol Confusion 9 "Brown and Goldstein Were Wrong"](#)

<http://youtu.be/5yZ9ujrNFwk>

Michael Brown and Joseph Goldstein won a Nobel Prize in 1985 for their research into the causes of a dangerous form of inherited high cholesterol. They have been leaders in the science of cholesterol for decades. And yet there are cholesterol deniers who claim they have been in some way wrong about cholesterol for all these years. In this video, I'll assess the merits of the denialist criticisms made against these great scientists.

27 [Ancestral Cholesterol 1](#)

<http://youtu.be/ibB65uN9goU>

The central argument of the Primitive Nutrition project is presented in this chapter. Yes, ancestral and modern hunter gatherers have all consumed animal products. But they also had low cholesterol. Until now, the explanations for why this was so have mostly eluded nutrition researchers and diet book authors. In this video, you'll see that ever-present parasite burdens, infectious disease,

and low food availability throughout prehistory would have resulted in very low cholesterol concentrations in the blood of our ancestors.

28 [Ancestral Cholesterol 2](#)

<http://youtu.be/LZzBlNR5YZo>

Now that you know why hunter gatherers tended to have very low cholesterol, I'll show you just how low their numbers got in this video. I'll also discuss the Masai again so that I can show you that Gary Taubes, Sally Fallon, Mary Enig, and Uffe Ravnskov all make false claims about them. And near the end I'll offer a challenge to the Perfect Health Diet couple that I don't expect them to accept.

29 [Point of Origin](#)

<http://youtu.be/NuRbsng9gxM>

We share a common ancestor with plant-eating higher primates. Even the Paleo dieters must accept that fact. However, they think that after the homo lineage branched off, tool use, bipedalism, and the conditions of the Ice Age turned our ancestors into low carbbers. Are they right? This video investigates the place in the world where we humans got our start and the conditions that existed there long ago.

30 [Meat, Brains, and Bugs](#)

<http://youtu.be/D69hi8KGDVU>

The Paleo gurus reason that because our ancestors' brains gradually got bigger when they added more meat to their diets, we should eat a lot of meat now. Not only is this argument a non sequitur, like practically every other Paleo claim, it is based on half-truths, misunderstandings, and vanity. This video will give you just a general idea of its many flaws.

31 [Second-Guessing the First Farmers](#)

<http://youtu.be/6lenche5wyo>

The Paleo crowd believes that when ancient hunter gatherers put down roots and became farmers, their health suffered. They abandoned the ideal human diet in favor of an inadequate diet of grains, beans, and tubers that made them shorter and sicker. For a movement that pretends to apply evolutionary theory to nutrition, this is not a very Darwinian interpretation of the Neolithic. More holes are poked in Paleo dogma in this video.

32 [The Eskimos Again](#)

<http://youtu.be/RoAfIQdc3CE>

Meat-eating circumpolar peoples are the model cultures for the low carbbers and I've discussed them already in my *Primitive Nutrition Series*. I return to them once more in this video and show you some of the obscure references that are used by *Paleo Diet* author Loren Cordain to argue that they did not suffer from cardiovascular disease despite their fatty diets. You'll see that like Gary

Taubes, Cordain uses references to support his message that don't quite say what he wants you to think they say. Lazy low-carb research is exposed again.

33 [An Evolved Fuel System 1](#)

<http://youtu.be/tKxwHUa6P9A>

Paleo guru Robb Wolf wants his readers to believe that carbs are the dangerous macronutrient. Eat too many and your insides will be bathed in damaging fatty acids. With this video, I'll show you why his concerns are unjustified. Healthy whole-food carbohydrates are what your body needs to keep its fuel system working at its best.

34 [An Evolved Fuel System 2](#)

<http://youtu.be/5xa1b-15H5g>

All the way back in 1926, some doctors realized that higher-carbohydrate diets could be used successfully to manage the symptoms of diabetics and reduce their insulin requirements. I'll take a look at some of the forward-looking doctors of the past century whose work long preceded the high-carb diabetes trial of Neil Barnard.

35 [How To Become Insulin Resistant \(The Paleo Way\) 1](#)

<http://youtu.be/prdh62Qklvc>

Do you want to be insulin resistant? According to the low-carb leaders, you shouldn't. Gary Taubes says, "When you're insulin-resistant, you secrete more insulin and you store more fat" (p.124, *WWGF*). Mark Sisson wrote, "Here's a quick summary of some of the unpleasant consequences of becoming insulin resistant ... Fat cells get bigger (and fatter), so you gain weight" (p.74, *The Primal Blueprint*). Loren Cordain informs us that, "It's only recently that scientists have begun expanding the scope of insulin resistance. In research worldwide, this condition is being linked to many other chronic diseases and health problems" (p.78, *The Paleo Diet*). Insulin resistance is associated with obesity, cancer, and heart disease. But what was the evolutionary purpose of insulin resistance? And what sort of diets promote it? In this video, I argue that high-protein diets could predispose you to insulin resistance. How authentically Paleo do you really want to be? And what sort of body shape was the true Paleolithic ideal?

36 [How To Become Insulin Resistant \(The Paleo Way\) 2](#)

<http://youtu.be/VYXEvTHnSAo>

My examination of the effects of meat-laden diets on insulin sensitivity continues.

Ketogenic diets, starvation, and diabetes are considered in light of the "Carnivore Connection" hypothesis. You'll see that the problems with meat go beyond its excessive protein content. I'll show you evidence of impaired carbohydrate metabolism after low-carb dieting.

37 [Cherry-Picked Research \(by Andreas Eenfeldt\) 1](#)

<http://youtu.be/u-yMePBREe4>

A Swedish physician named Andreas Eenfeldt is now calling himself “The Diet Doctor” as he promotes dangerous low-carb diets. On his website he offers a page with a slew of studies that he says support the science of low carb and Paleo. In the four videos of this chapter of *Nutrition Past and Future*, I will take you through each and every study he had on this page of his site as of the summer of 2012. This video starts by looking at some reviews of the effects of saturated fat which he selected himself.

38 [Cherry-Picked Research \(by Andreas Eenfeldt\) 2](#)

<http://youtu.be/l1-HQeI1AGM>

My critique of the best low-carb research in the eyes of Dr. Eenfeldt continues, here shifting to low-carb diet trials. Before we look at them, I’ll show you how to tell whether a low-carb trial was intended to be fair and informative or if it was just meant to prop up the animal food industry. You’ll see what sort of low standards and dishonest tactics must be exploited to make low carb seem healthy.

39 [Cherry-Picked Research \(by Andreas Eenfeldt\) 3](#)

<http://youtu.be/Ax76rbbjL4Y>

I continue my review of the very best low-carb diet trials in this video. See if you notice a pattern emerge in the sponsorship of these trials.

40 [Cherry-Picked Research \(by Andreas Eenfeldt\) 4](#)

<http://youtu.be/n01maMUHmLQ>

My tour of Eenfeldt’s favorite low-carb trials concludes in this video. Along the way I’ll show you a low-carb trial that happens to be my favorite, too. It reveals with jarring clarity the bizarre beliefs the low-carb leaders espouse about the natural human diet. I’ll show you that sometimes even their own research doesn’t support their views. You’ll also see that Eenfeldt apparently believes that a diet that causes a loss of lean body mass is “Paleo.”

41 [PUFAs Oxidize!](#)

<http://youtu.be/WOcfxpZi6a0>

Refined fats offer little more than empty calories, whether they originate from plants or animals. No further reason to avoid them is needed. But the Paleo promoters have fabricated an additional claim against oils to bolster their nutritional myths. They say the fats that caused heart disease all along were never the saturated fats from animals but rather the toxic vegetable oils of the modern world. This is yet another Paleo belief that clashes with reality. Saturated fat can’t get off the hook so easily.

42 [You Win, Anthony Colpo](#)

<http://youtu.be/h-iCfyhNbo0>

Few have attempted to dispute the content of my Primitive Nutrition project. But one Paleo-fad opportunist named Anthony Colpo

has foolishly decided to engage me in a vicious and personal fashion. In this video I'll show you how this prominent cholesterol denier, fueled by anger and pride, has abandoned any pretense of honesty in his desperate attempts to score points against me.

43 [Anti-Veg](#)

http://youtu.be/G6NP_RhrZ_0

There are just a handful of interesting topics of concern raised by the opponents of vegetarian diets. In this video I investigate two that I haven't addressed already: the 2009 finding from EPI C-Oxford that vegetarians have an increased risk of colorectal cancer and a couple studies suggesting that vegetarians have higher circulating levels of harmful compounds called AGEs. I look into both of these subjects in this video. After that, I take you through an absurd essay attacking vegetarian diets which provides me with a convenient opportunity to deconstruct some of the myths of meat.

44 [Humanity Past and Future](#)

<http://youtu.be/jwZcKKO1i6E>

Nutrition Past and Future concludes by placing our choices today about diet within the larger framework of our history as a species. Why do some insist on romanticizing our primitive past? How have we progressed since the Paleolithic? What are the challenges we face today that demand new and intelligent adaptations from us? Why do the arguments in favor of meat in the face of these challenges amount to little more than greenwashing? This video will clarify the choices we face today.



7 DAYS OF KID-FRIENDLY DINNERS

By Heather McDougall, McDougall Program Director and Mother to 3 boys; ages 4, 6 and 9. All of these recipes have been adapted from past newsletter recipes. I have modified them all a bit to suit my family's taste. You can do the same for yours. Next month, I will be doing my favorite snacks and desserts along with a few more kid friendly meals.

DAY 1

BEAN & CORN ENCHILADAS

The vegetables in the filling are really just a suggestion. Use whatever you and your family like. Add rice and red bell peppers, or sautéed broccoli and mushrooms. The possibilities are endless. We usually have this with baked tortilla chips and guacamole and salsa.

Preparation Time: 40 minutes

Cooking Time: 45 minutes

Servings: 6-8

Sauce:

2 8 ounce cans tomato sauce

3 cups water

4 tablespoons cornstarch

3 tablespoons chili powder

½ teaspoon onion powder

¼ teaspoon garlic powder

Place all ingredients for the sauce in a saucepan. Mix well with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder if desired. Set aside.

10 whole wheat or 16 corn tortillas

4 cups mashed pinto beans

1 cup chopped green onions

1 ½ cups frozen corn kernels, thawed

1 2.25 ounce can sliced ripe olives, drained

1-2 tablespoons chopped green chilies (optional)

Optional Toppings:

Guacamole

Salsa

Tomatoes

Lettuce

Diced onion

Preheat oven to 350 degrees.

To assemble casserole:

Place the beans in a large bowl. Add the onions, corn, olives and green chilies (if you wish). Mix gently until well combined.

Place 1½ cups of the sauce in the bottom of a large non-stick oblong baking dish. Take 1 tortilla at a time and spread a line of the bean mixture down the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas, placing them snugly next to each other. Pour the rest of the sauce over the rolled up tortillas, spreading it out evenly. Cover with parchment paper, then cover with aluminum foil, crimping the edges over the baking dish. Bake for 45 minutes. Remove from oven and let rest for about 5 minutes before cutting. Serve with additional toppings, if desired.

DAY 2

SPINACH LASAGNA

My mom has been making a version of this lasagna for years. It is now a favorite of my boys. If you want to make this without soy, replace the tofu with 2 cups blanched almonds, soaked and drained and leave out the soy cheese. I serve this with My Caesar Salad from The Starch Solution and a loaf of warm French bread with roasted garlic.

Preparation Time: 40 minutes

Cooking Time: 60 minutes

Resting Time: 10 minutes

Servings: 6-8

Prepare the ricotta before assembling the lasagna.

Tofu Ricotta:

1 12.3 ounce package silken tofu

1 pound fresh water-packed firm tofu

2 teaspoons minced garlic

¼ cup nutritional yeast

½ teaspoon salt

½ teaspoon pepper

1 tablespoon parsley flakes

1 teaspoon basil

1 teaspoon oregano

¼ cup lemon juice

¼ cup soy milk

Combine all of the above ingredients in a food processor and process until fairly smooth. Refrigerate until ready to use.

Lasagna:

1 recipe Ricotta

1-2 bags fresh, washed spinach, lightly steamed

8 ounces no-boil lasagna noodles

7 cups fat-free pasta sauce

12 ounces Soy mozzarella cheese, grated (optional)

¼ cup soy parmesan cheese or Parma

Place the ricotta into a large bowl. Set aside.

Prepare the spinach next. Use at least 1 bag, 2 if you really like spinach. Steam the fresh spinach just until slightly wilted (about a minute or two), drain well, then either mix the spinach into the tofu ricotta or layer the spinach over the tofu ricotta in 2 batches before sprinkling with the grated soy cheese. (See assembly directions below.)

Preheat oven to 350 degrees.

Place 1 cup of the pasta sauce in the bottom of the baking dish and smooth over the bottom. Place 1 layer of the noodles over the sauce. Then add half of the ricotta mixture and smooth out. Sprinkle half of the soy cheese over that (if using), then spread 2 cups more of the sauce over the cheese. Add another layer of noodles, the rest of the tofu mixture, the remaining cheese (if using), 2 cups more of the sauce, and the rest of the noodles. Spoon the remaining 2 cups of sauce over the noodles (make sure you cover all the edges), sprinkle some soy parmesan or Parma over the top. Cover with parchment paper and then cover with foil. Bake for 60 minutes. Remove from oven and let rest for 10 minutes before cutting.

Hints: This may be prepared ahead of time and refrigerated before baking. Add about 15 minutes to the baking time.

DAY 3

UPDATED KITCHEN SINK SOUP

This is another great meal because if I don't have one ingredient, I know there's an easy substitute in my fridge. This soup has changed over the years. Below is my current version. I serve with warm bread and a simple salad or sautéed broccolini with a squeeze of lemon and a sprinkle of sea salt.

4 cups vegetable broth

2 cups water

1 onion, chopped

1 carrot, sliced

1 stalk celery, diced

2-15 ounce can white cannellini or navy beans, rinsed and drained

1 can fire roasted red tomatoes

2 cups chopped kale

juice of one lemon

salt and pepper to taste

Add $\frac{1}{4}$ cup broth and sauté onion, carrot and celery on medium-high heat until soft, about 5 minutes. Add remaining broth and water to large saucepan. Add beans and tomatoes. Simmer for about 20 minutes. With a bean masher or a hand held blender push through the soup to create a thicker consistency, about 10 mashes or blends. Add the kale and cook for about 5 minutes more. Remove from heat and add lemon juice and salt and pepper to taste.

DAY 4

CREAMY GOLDEN GRAVY

This gravy literally takes minutes to put together. Sometimes my boys eat just a bowl of mashed potatoes and gravy for a snack. For dinner, we serve this meal with sautéed broccolini or green beans.

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: makes 2 cups

2 cups vegetable broth

2 tablespoons soy sauce

2 tablespoons tahini

¼ cup brown rice flour

freshly ground black pepper

Place all the ingredients, except the pepper, in a small saucepan. Stir well to mix. Cook over medium–low heat, stirring occasionally until smooth and thick. Season with freshly ground black pepper to taste. Serve at once.

Hint: This may be made ahead and refrigerated. It will thicken slightly more when refrigerated. To reheat, place in a saucepan, add a small amount of water, whisk to combine and then heat slowly, stirring occasionally, until hot.

TOFU LOAF

This is an excellent, firm loaf to serve with mashed potatoes and gravy. The leftovers also make a great sandwich filling.

Preparation Time: 15 minutes

Cooking Time: 45 to 60 minutes

Servings: 6-8

30 ounces water-packed firm tofu

1 2/3 cups quick oats

¾ cup whole wheat bread crumbs

½ cup ketchup or barbecue sauce

1/3 cup soy sauce

2 tablespoons Dijon-style mustard

2 tablespoons Worcestershire sauce

¼ teaspoon garlic powder

¼ teaspoon ground black pepper

Preheat oven to 350 degrees.

Drain the tofu well and mash finely, using a bean/potato masher and your fingers. Place in a large bowl and add the remaining ingredients. Mix well, again using your fingers. Turn the mixture into either a square baking pan or a loaf pan. (If you don't have a non-stick pan you will need to lightly oil the pan first.) Bake the square pan for 45 minutes or the loaf pan for 60 minutes, until the top and edges are golden brown. Remove from oven and let rest for 5 minutes. Loosen sides and invert over a platter to remove from baking pan.

Hints: The quick cooking oats work best in this recipe. To make bread crumbs, process 1 slice of bread in a food processor. (Do this when you have extra older bread and store the crumbs in a sealed bag in the freezer.) Serve with a sauce or gravy to pour over the loaf or serve plain with a barbecue sauce on the side. Vegetarian Worcestershire sauce is available in most natural food stores. Low sodium soy sauce is also available in most supermarkets for those of you who are trying to reduce your salt intake.

GARLIC MASHED POTATOES

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: makes 2 cups

4 large Yukon Gold potatoes

2 cloves garlic

¼ cup unsweetened soy milk

Several twists freshly ground white pepper

Dash sea salt

Peel potatoes and chop into chunks. Place in a stainless pan with water to cover. Add 2 whole cloves of peeled garlic. Bring to a boil, reduce heat, cover and cook for 15 minutes until potatoes are tender. Drain. Mash in pan using electric beaters or use a hand masher, adding the remaining ingredients as necessary to get a smooth consistency and delicious flavor.

DAY 5

HOMEMADE PIZZAS

I make a double-batch of this dough and put it in the freezer. This way, I always have it on hand. You can make this dough any size you want. My boys like to make their own pizzas, so I give them personal-sized dough balls and they roll it out and add their own toppings.

Prep Time: 10 minutes

Length of Rise: 18-24 hours

Rolling time: 30 minutes

7 cups all-purpose flour or whole wheat flour

1 teaspoon active dry yeast

1 – 4 teaspoons salt

3 cups water, plus more if dough is too dry

In a stand mixer with dough hook, add flour, yeast and salt and mix on low speed until combined. Slowly add water until combined, then knead with dough hook for 2 more minutes, or until dough starts to pull away from bowl and form a big ball on hook. If the mixture seems too dry, add a bit more water. Sometimes I need to do this, other times I do not. Not sure why.

Put this mixture in a large clean bowl, cover with plastic wrap or silicone cover (I cover it with a towel too, not sure if that makes any difference, but it makes me feel better.) and place in a draft free area for 18-24 hours.

The next day, turn mixture out onto a floured work surface. Shape into a long oval shape and cut into 6 even sections, or 3 if you like your pizza thicker. Next, take each section and fold the ends towards the middle, flip over, shape into a ball and place on a baking sheet with parchment paper. Do this with all pieces. Cover the dough with plastic wrap and a towel and let sit for one hour. If you don't want to use the dough right away, simply place in plastic baggies and place in the freezer.

After one hour, take each ball and roll out on a floured surface until it is the thickness you like your pizza. I like to use a large wooden pizza spatula with parchment paper on it, then a sprinkling of cornmeal, then crust. Next, I put all of the toppings on and bake on a preheated pizza stone in my BBQ as high as it will go, for about 8 minutes.

Some of our favorite pizzas:

Mexican: refried beans, black olives, onions topped with lettuce, tomatoes and salsa after cooking

Thai: peanut sauce, red peppers, baked tofu, onions topped with cilantro and/or greens after cooking

Veggie: tomato sauce, red peppers, mushrooms, black and green olives, onions, pepperoncinis

Greek: hummus, kalamata olives, roasted red peppers, red onions

DAY 6

ASIAN BOWLS

I think this is my favorite thing to eat – cooked red and white quinoa, Marinated Tofu, steamed kale and broccoli with Thai Peanut Sauce and Sriracha sauce. My boys don't like quinoa, so I make them rice. I serve this with a simple cucumber salad topped with a little rice vinegar and agave dressing or the Thai Noodle Salad found in The Starch Solution.

MARINATED TOFU

Be sure to use extra firm tofu in this recipe or the tofu will tend to fall apart.

Preparation Time: 5 minutes

Resting Time: 30 minutes

Cooking Time: 10 minutes

Servings: Variable

20 ounces extra firm tofu

2 tablespoons rice vinegar

2 tablespoons light miso

1 tablespoon soy sauce

1 tablespoon tahini

1 tablespoon agave nectar

2 teaspoons mirin

Drain the tofu and cut into small cubes.

Place the remaining ingredients in a small bowl and whisk until smooth. Pour over the tofu and toss to coat well. Let rest for at least 30 minutes, mixing occasionally to make sure the tofu is well covered with the marinade.

Turn the tofu and the marinade into a large non-stick sauté pan. Dry fry for about 10 minutes, turning occasionally with a spatula to make sure the cubes are well browned on all sides.

ASIAN GINGER SAUCE

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes 1½ cups

¾ cup water

½ cup low-sodium soy sauce

¼ cup rice vinegar

1 tablespoon mirin

1 tablespoon agave nectar

1 teaspoon crushed garlic

1 teaspoon grated fresh ginger

½ teaspoon crushed red pepper

2 tablespoons cornstarch

Combine all ingredients in a saucepan and whisk until smooth. Bring to a boil while stirring and cook and stir until thickened. Serve warm over grains and vegetables.

THAI PEANUT SAUCE

This is a higher-fat choice because of the peanut butter. However, I have recently discovered PB2, by Bell Plantation. This stuff is amazing! It's basically powdered peanut butter, with 85% of the fat removed. You mix it with water and use as you would regular

peanut butter. You can't tell the difference.

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: Makes ¼ cup

½ cup almond milk

¼ cup peanut butter

1 tablespoon soy sauce

½ tablespoon agave nectar

1 teaspoon lime juice

1 teaspoon chili garlic sauce

1/8 teaspoon coconut extract

1-2 tablespoons chopped fresh cilantro (optional)

Place all ingredients in a blender or food processor and process until smooth. Pour into a saucepan and heat through before serving. Serve warm over grains and/or vegetables.

DAY 7

CREAMY PASTA PRIMAVERA

I like to serve this pasta dish with the Sloppy Lentil Joes below and a big bowl of steamed greens – usually various types of kale from my garden.

Preparation Time: 30 minutes

Cooking time: 11-12 minutes

Servings: 6-8

2 cups vegetable broth

2 cups walnut pieces

1/3 cup packed fresh parsley

1/3 cup packed fresh cilantro

3 teaspoons lemon juice

2 teaspoons chopped fresh garlic

¼ teaspoon salt (optional)

freshly ground pepper to taste

16 ounces uncooked spiral pasta

3 cups broccoli florets

1 cup halved cherry tomatoes

Place the broth, walnuts, parsley, cilantro, lemon juice, garlic, and chili paste into a blender jar. Process for several minutes until very smooth. Add pepper to taste and optional salt. Set aside.

Bring a large pot of water to a boil. Add pasta and cook for about 5 minutes. Add broccoli to the water and cook for an additional 4-5 minutes. Remove from heat and drain. Place in a large bowl. Pour the sauce over and toss to mix. Add the tomatoes and mix again. May be served warm, at room temperature, or chilled.

Hints: If you don't like cilantro, try this with just the parsley.

SLOPPY LENTIL JOES

This is a quick and easy meal that also reheats well for lunch the next day or two. Serve this stuffed into a bun and eat with your hands, or ladle it over the buns open-face style and eat with a fork. I like to make fresh bread in my bread machine and ladle the sloppy joes over the bread.

Preparation Time: 15 minutes

Cooking Time: 1 hour

Servings: 8-10

3 1/3 cups water

1 onion, chopped

1 green bell pepper, chopped

1 tablespoon chili powder

1 1/2 cups dried brown lentils

1 15 ounce can crushed tomatoes

2 tablespoons soy sauce

2 tablespoons prepared mustard

2 tablespoons brown sugar

1 teaspoon rice vinegar

1 teaspoon vegetarian Worcestershire sauce

freshly ground black pepper

Place 1/3 cup of the water in a large pot. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes. Add the chili powder and mix in well. Add the remaining water, the lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for 55 minutes, stirring occasionally. Serve on whole wheat buns, or fresh baked bread, with trimmings of your choice.