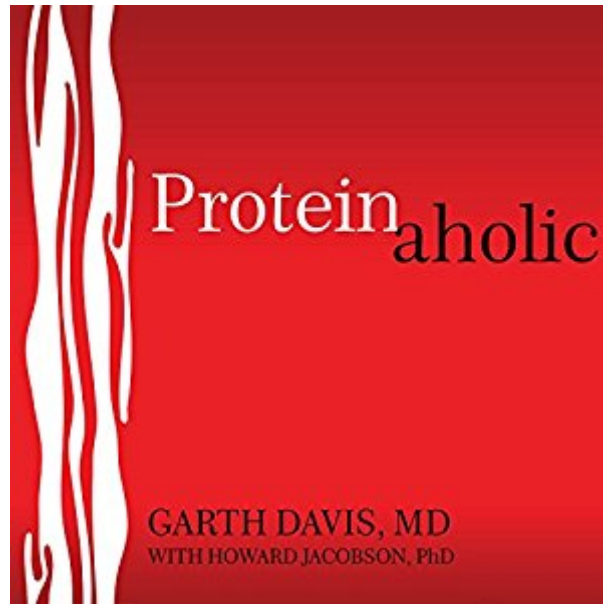


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# Proteinaholic: How Our Obsession With Meat Is Killing Us And What We Can Do About It



## Synopsis

Whether you are seeing a doctor, a nutritionist, or a trainer, all of them advise eating more protein. Foods, drinks, and supplements are loaded with extra protein. Many people use protein for weight control while others believe it gives them more energy. Now, weight loss expert Dr. Garth Davis asks, "Is all this protein making us healthier?" The answer, he emphatically argues, is no. Too much protein is actually making us sick, fat, and tired, according to Dr. Davis. If you are getting adequate calories in your diet, there is no such thing as protein deficiency. The healthiest countries in the world eat far less protein than we do, and yet we have an entire nation getting sicker by the day. As a surgeon, Dr. Davis was frustrated by the ever-increasing number of sick and overweight patients, but it wasn't until his own health scare that he realized he could do something about it. Combining cutting-edge research with his hands-on patient experience, this groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity.

## Book Information

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## Customer Reviews

I have been following the peer-reviewed medical literature for over a decade and marveling at the continued disconnect between the sheer volume and span of research supporting whole food, plant-based diets and the public perception of what constitutes healthy eating. Dr. Garth Davis, MD, a Texas bariatric surgeon, combines his personal story of transformation with a review of research highlights from the past 20 years. To his credit, it's a quite enjoyable read. The research is generally in three categories: epidemiological studies of thousands of people over years (and often

decades) of time; studies of naturally-occurring populations with exceptional health and longevity (the Blue Zones) versus those without; and clinical experiments. Dr. Davis shows that, taken as a whole, the research overwhelmingly supports whole food, plant-based diets with small or no red and processed meat consumption and much lower intake of animal products than our nation of "Proteinaholics" is currently eating. I like that Dr. Davis takes on common objections raised by people favoring animal product-heavy diets, and I really like how he explains how to look at research studies so as to be a smart consumer of the research. He tells readers to ask what is being compared, how large is the sample population, and how long are the people studied. Short-term studies showing that low carbohydrate or "Paleo" diets improve weight or biomarkers after a few months exist. Dr. Davis explains that the famous Twinkie diet also improved biomarkers and weight. But if you cut through media hype, industry-funded research, and short-term studies to look at what matters most—all cause mortality over decades of time in large populations (i.e.

I have started reading the book and it is a game changer. This along with Campbell's China Study, Whole, Esselstyn's books, 80-10-10, Dr. Greger's upcoming book How Not to Die, Dr. McDougall's books are redefining the landscape of the health movement. These doctors are selfless and trying to help the people, planet and animals. I moved from a junk food vegetarian to junk food vegan to a mostly organic plant based lifestyle. My journey into wellness started with China Study, Rich Roll podcast, Scott Jurek's book. I read a lot of books on Ayurveda, Buddhist monks, Seventh Day Adventist Church and Blue Zones. There are tons of podcasts including the coauthor Howard Jacobson's Plant Yourself. Everything points to something we are doing wrong. If you go to airport there are more and more people on wheelchairs. More and more kids are eating those loaded pizzas and extremely fat and obese. People are getting heart attacks in their 40s and juvenile diabetics is on the rise. Dr. Garth Davis has dissected the reasons and saying the same protein that is promoted for weight gain is used for promoting weight loss. People are gorging on More Proteins more proteins mantra. He has laid out the reason and gives beautiful solutions and meal plans. Obesity, Heart attacks and Diabetics are to a large extent man made dis-eases. Davis is a weight loss surgeon, but he is writing books that may eliminate his practice if everyone adopts this. How selfless he is. He is a treasure house of information and the books lends to a easy reading. You should read with an open mind. The book is on the health side of things. There is an animal compassion angle as well as environment angle (hint: watch Cowspiracy movie). I personally has cut down by cholesterol by half following a plant based diet with minimal oil.

This book is very well written and extremely well researched with an extensive bibliography. It lends confirmation to much of what I had already discovered for myself, and lends new info that is already helping me to get my weight loss back on track. By far the most common objection to going on a plant based diet is "Where do you get your protein?" If you have ever thought about cutting out meat but were worried it might cause you to get weak, or just didn't know how to do it in a healthy way, this book is for you. Dr. Davis has gone through the studies that seem to indicate we "need" meat and exposes what they really say. His extensive work with the very overweight also lends credence to what he has to say. It blows the whole idea away that carbohydrates are the evil in our diet with some very sound and verifiable research. To top it off, he gives his own personal account of regaining his health by stopping the obsession with getting enough animal protein. Also, I have to give him props for admitting where he was wrong and retracting some earlier information he had published for bariatric surgery patients encouraging them to eat a high percentage of protein post surgery. Most medical Drs. I know will never admit error even when it is right in their face. Probably if people would really try to follow the advice in this book, they wouldn't need the surgery at all. I also like that at the end of the book, he gives sample menus, and recipes for those who might have no clue how to cook without animal products in practically everything. This book could really save lives. Finally, as an animal lover myself, I was so glad to see that he understands and embraces the ethical and environmental reasons to dial back the consumption of animals and animal produced products.

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