



General key points: Throw out the conventional wisdom about nutrition you have followed for a long time and that doctor's keep promoting - wrongly:

"Association seems to imply causation. Just because there's an association between two things does not mean that one of those things causes the other thing to happen."

"When something sounds true, we often start believing that it is true. Repetition of a lie makes people believe it."

"A lie keeps echoing through society even after it has been proven false."

"If something is less bad, then it must be good." Example: Whole grain bread is less bad than white bread, but it is NOT good!

All the chapters follow the same format:

- (a) The Lie
- (b) Why you should care
- (c) Support for the lie
- (d) The common sense
- (e) The research
- (f) The take-home
- (g) Do as I do
- (h) Homework - if you want to study the latest

Examples from 5 chapters . . .

1 On fat

“THE LIE”

Eating fat, especially saturated fat, leads to high cholesterol, obesity, and heart disease.”

“DO AS I DO”

I include plenty of fat in my diet. Eating fat helps keep my weight under control and my lab results within normal limits. Egg yolks are now my favorite part of the egg. Bacon is no longer a stranger to my plate.”

2: On milk

“THE LIE”

Drinking milk is good for you and helps keep your bones strong.”

“DO AS I DO”

Drinking milk is a thing of the past for me. Avoid all liquid dairy and don’t touch skim milk. Put heavy cream in my coffee, and never use lower-fat versions of liquid dairy. Weight and mental clarity are much better when avoiding liquid dairy. The dandruff, allergies, and acid reflux I suffered in the past are gone now that I avoid milk. I get plenty of calcium from the leafy greens and fish that I eat. I take a daily vitamin D supplement.”

3. On cholesterol

“THE LIE”

High cholesterol levels in your blood are dangerous and increase your risk of heart attack. You should eat less saturated fat and take cholesterol medicine if your cholesterol level is above normal.”

“DO AS I DO”

I never give a thought to the cholesterol content of any food I eat. I eat as my ancestors would have eaten thousands of years ago and let my body take care of the rest. Although my diet is cholesterol-filled, my cholesterol levels are *always* within the normal range.”

4. On wheat

“THE LIE”

Wheat is a healthy food that is very good for your body. Everyone should eat multiple servings of whole-wheat foods every day.”

“DO AS I DO”

“These days, I rarely eat any wheat at all. If pizza is the only choice available at a meal, I eat the toppings and leave the crust behind. I order meatballs and the sauce *without* the noodles.

My health and weight have responded remarkably to this way of eating.

I tell my patients that to lose weight, they have to drop wheat. It doesn't nourish the body.

If I do eat an occasional treat of something containing wheat, I am fully aware it is just that: a treat. Not a nutritional good thing.”

5. Other chapters include:

The Pyramid of Food Lies

Exercise is great, but it does not help much with weight loss

Nuts and seeds are essential - they do not cause problems like diverticulitis

Testosterone and prostate cancer

There are more to women than estrogen