

Parkinson's, Nutrition, Health, Weight Loss, and Sustainability

One couple's discoveries fighting neurological disease

This is report #10 at www.forssell.com/keto.

In the summer of 2018 Christine told our Primary Care Physician that she felt tired all the time. He recommended *The Art and Science of Low Carbohydrate Living*.

Christine and I read the book together, discussing sentence by sentence, learning about biochemistry and metabolism. We stumbled into a ketogenic lifestyle.

Then, in February 2019, Christine was diagnosed with Parkinson's Disease. We reported to friends. (See #1 and #2)

One friend suggested we read *The Carnivore Code*. We concluded that the most likely cause of Christine's late onset PD was leaky gut and chemical warfare by plants. We had already eliminated carbohydrates. Now we adopted mostly animal foods. The story of our journeys before Parkinson's provides context for our thinking, research, conclusions and recommendations.

I am satisfied that the changes we made to our lifestyle, discussed in these reports, were good for both of us these last five years.

Contents

<i>Introduction</i>	<i>1</i>
<i>Contents, Resource, Design</i>	<i>2</i>
<i>Reports on the web</i>	<i>3</i>
<i>Where we grew up</i>	<i>5</i>
<i>Our journey together</i>	<i>9</i>
<i>Medical research / science</i>	<i>14</i>
<i>Nutrition:</i>	<i>19</i>
<i>Medical practice:</i>	<i>22</i>
<i>Parkinson's Disease (PD)</i>	<i>25</i>
<i>Ketogenic lifestyle</i>	<i>26</i>
<i>Losing weight, curing Diabetes</i>	<i>28</i>
<i>Chemical warfare</i>	<i>29</i>
<i>Sustainability</i>	<i>33</i>
<i>What's been said</i>	<i>37</i>
<i>Advice for living</i>	<i>38</i>

Think for yourself

We did not always think for ourselves. We followed advice by others. We cooked and ate a variety of whole grains for some years.

We bought into ideas of low fat, low salt. We ate a balanced diet.

My reports on our effort to mitigate Parkinson's disease are all about thinking outside the box, outside the current paradigm, seeking out information that makes sense to us and acting on that information.

These are reports on *our* findings, readings, thoughts and conclusions.

Think for yourself so you figure out what is right for *you*.

Resources

I have all books featured in this report and more in my library.

You are welcome to peruse my library to help you decide what you want to acquire and study. Don't hesitate to call on me.

Design

This report, as previous reports, is designed for reading, but at the same time I made the image size and orientation suitable for full screen display. Presented once it was well received (with vigorous discussion).

Dag April 2024

Reports on the web

We shared our journey in reports to friends and family.

These are posted at my website: www.forssell.com/keto

(Text from the website. Headings in blue are linked at the website, not here.)

Notes on Exercise, Low Carbohydrate Living and Degenerative Disease

At the end of 2019, our Holiday Report provided an account of our introduction to a keto lifestyle and our realization that Christine has Parkinson's.

#1 Holiday Report on Health ← **Links, Books, and Video**

By late April 2020 I wanted to share info about resources for exercise, began a search for more on YouTube, and then info regarding our keto lifestyle. This expanded to degenerative disease and then a search for scientific research reports.

#2 Notes on Exercise, Keto, and Disease ← **Conference on YouTube**

The scientific reports led me to realize that a keto lifestyle mitigates Parkinson's disease, perhaps more than exercise, so I prepared a proposal for a large-scale study.

#3 Proposal: Educational, Scientific Study

Our home gym has evolved over the years to one that facilitates vigorous exercise with therapists using conference video.

#4 Home gym

Reports on the web continued

Our broadcast in early July led a friend to suggest that we explore a possible relationship between Parkinson's and our plant diet. We did just that and here is our report on happenings the last seven months.

#5 Journey Continues - updated may 2021

Our study of Parkinson's and keto/carnivore lifestyle calls for a few special reports

#6 What causes Parkinson's

← **#6 holds more than Saladino's discussion of PD**

#7 Constipation

#8 Salicylates

#9 LDL

=====

And just added: This report as #10.

#10 Parkinson's Nutrition Health Weight

=====

The conference YouTube playlist is here. <https://tinyurl.com/ketoconference>

I searched YouTube for "dr Stephen Phinney keto" and found this and more:

Dr. Stephen Phinney on the **Safety and Benefits of a Ketogenic Diet**

Part 1: www.tinyurl.com/KetoSafety01 Part 2: www.tinyurl.com/KetoSafety02

Part 3: www.tinyurl.com/KetoSafety03

See also www.virtahealth.com, a company Dr. Phinney co-founded.

Its mission is to cure Diabetes type 2 using a keto diet.

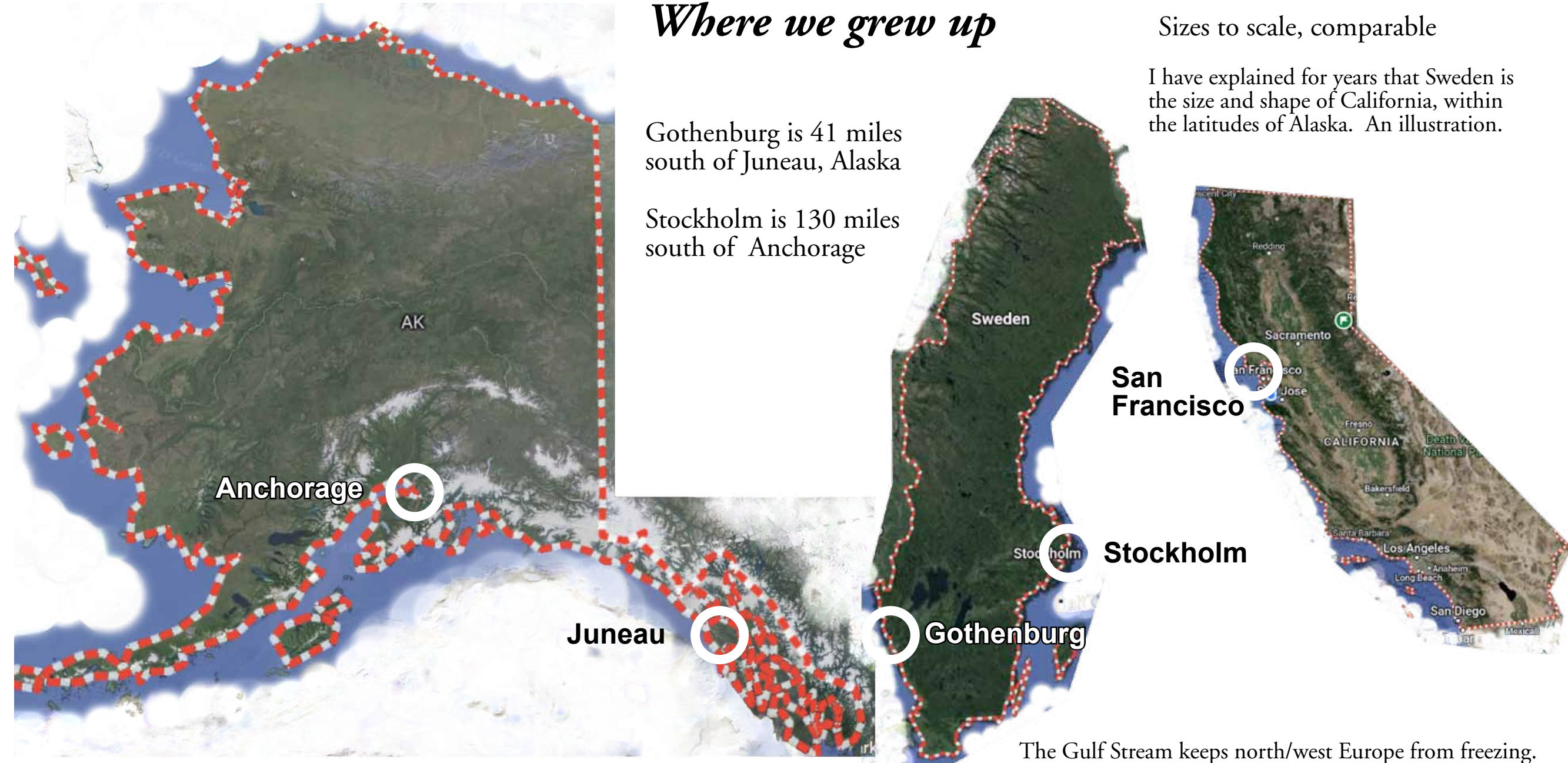
Where we grew up

Gothenburg is 41 miles south of Juneau, Alaska

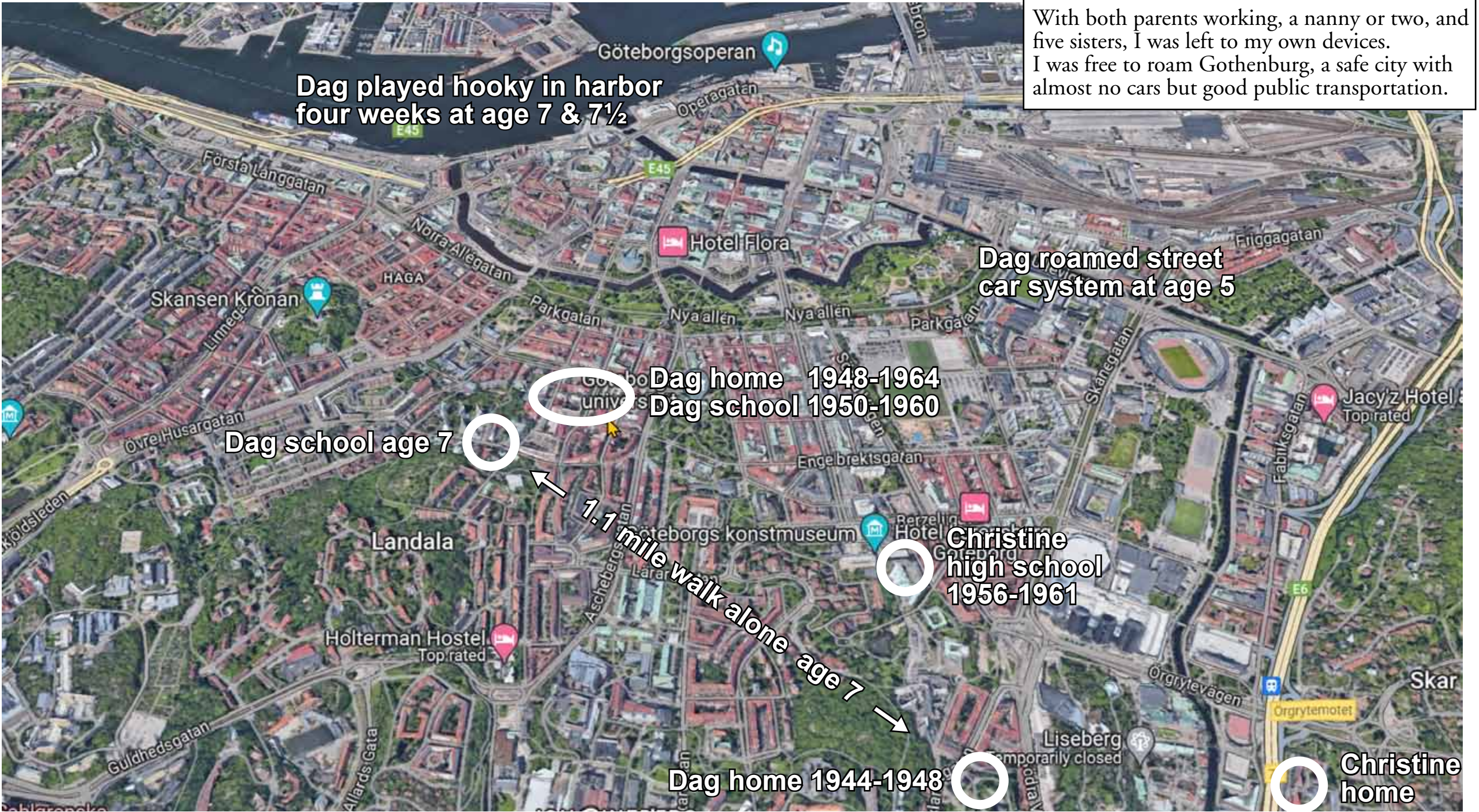
Stockholm is 130 miles south of Anchorage

Sizes to scale, comparable

I have explained for years that Sweden is the size and shape of California, within the latitudes of Alaska. An illustration.



The Gulf Stream keeps north/west Europe from freezing.



With both parents working, a nanny or two, and five sisters, I was left to my own devices. I was free to roam Gothenburg, a safe city with almost no cars but good public transportation.

Dag played hooky in harbor four weeks at age 7 & 7½

Dag roamed street car system at age 5

Dag home 1948-1964
Dag school 1950-1960

Dag school age 7

Christine high school 1956-1961

1.1 mile walk alone age 7

Dag home 1944-1948

Christine home



Born in October, I entered school the Swedish way, when I turned 7. Never a star student, I was quiet and paid attention. Based on grades, I qualified for secondary school "realskolan" at 10. Of all students, 15% made the cut.

My parents took in three abused cousins my fourth year here, so I ended up repeating. Best thing that ever happened to me. Rather than the youngest, I was now the oldest in class.

I graduated in 1957 and entered "gymnasium", senior High School. 10% of all students made the cut. I graduated in 1960 and qualified for engineering school. But first, 15 months of Swedish military service.

School opened in 1886 and had acquired a collection of teaching apparatus in labs and auditorium classrooms on the fourth floor. I spent nine years here with at least two physics lessons a week. This shaped how I think: How does it work? What's going on?

This is now a senior High School with 1,100 students



Google: Göteborgs högre realläroverk

Our journey together



We got acquainted walking together on a hike to a lake midsummer eve 1960. We talked about everything. She told me where to find her. I served military duty in town with leave Wednesday eve and Sunday. We spent quality time every week. Friendship grew, and love too.



Christine graduated Senior High School the following May. She proposed in June !!! College would separate us for two years. She was 21, I just 20. I hesitated, but not too long.





We were formally engaged April 9, 1962

Married Feb 21, 1964



Celebrated Golden anniversary 2014





Surprised by stage 4 Melanoma, Christine entered in-home hospice in late September 2023.

Christine enjoyed loving visits by family and friends, and we celebrated our 60th anniversary four months early with toasts to a happy marriage.

Christine passed away Oct 17.

I get to remember and celebrate 63 wonderful years with Christine.

Life has been good. Still is.

Christine's many interests

Before a job offer in 1965 brought us to the U.S., Christine worked as a Phys Ed teacher in Gothenburg while I finished my studies to mechanical engineer.

Once in the U.S. she would have had to duplicate her education to work here.

Christine worked with pride inside the home. She insisted that mothers are productive.

She was dedicated to health in every way, a gourmet cook (lucky me), and health nut.

We ate a nutritious diet. Whole grains and vegetables of many kinds, meat, fish, fruit.

We spoke Swedish at home. Daughters understood.

We saved to fly our family to Sweden every few years. Karin and Lisa knew their grandparents well, and their aunts, uncles, and cousins too.

Christine was an exchange student to the U.S. with American Field Service in 1957-58, so of course, Karin and Lisa spent a year as exchange students in Sweden. They are both fluent in Swedish.

Christine maintained Swedish culture and traditions, and led a children's group in a Swedish club.

Friends and family knew Christine as a steady, caring, dependable and loving friend.

Dag's discovery and interest

By the mid-70s, Christine took an interest in sales of vitamin and mineral supplements. I joined her for training and motivating seminars to support her effort.

Curious, I started reading about psychology and related fields. By the early 80s I found an engineering text that explains how our nervous system functions. It spoke to me and I became involved in a movement to develop what is now called Perceptual Control Theory (PCT).

PCT became a major interest in my life. Still is.

Among other things, PCT explains why it is so very difficult to change your lifestyle choices.

We are all controllers! All living things are!

Controllers achieve and maintain things the way they want them to be.

We have all spent a lifetime developing understandings and preferences and we do our best to defend them if they are disturbed by others pushing on them.

My involvement with PCT led me to develop

www.livingcontrolsystems.com, and
www.pctresources.com starting in 2003.

See also

<https://archive.org/details/perceptual-control>
and www.iapct.org.

Changing your lifestyle choices...

... requires consideration of different understanding. You must be willing to question not only the culture in which you live, what most everyone knows and others say, but your own tastes, habits and long held convictions. You must be open to the possibility that what you and most everyone else know ain't so. This is not easy.

The following pages...

... present info about books we found enlightening along the way. Notice that reports

#1 [Holiday Report on Health](#) and
#2 [Notes on Exercise, Keto, and Disease](#)

already hold much information about books, video, scientific conference and medical research.

Medical research / science

Dr Kendrick's urgent message: **Think For Yourself!**

From the back cover:

Dr Kendrick, a GP in Britain, takes a scalpel to the world of medical research and dissects it for your inspection. He reveals tricks that are played to make minute risks look enormous. How the drug trials can be hyped, the data manipulated, the endless games that are played to scare us into doing what, in many cases, makes the most money. After reading this book you will know what to believe and what to ignore.

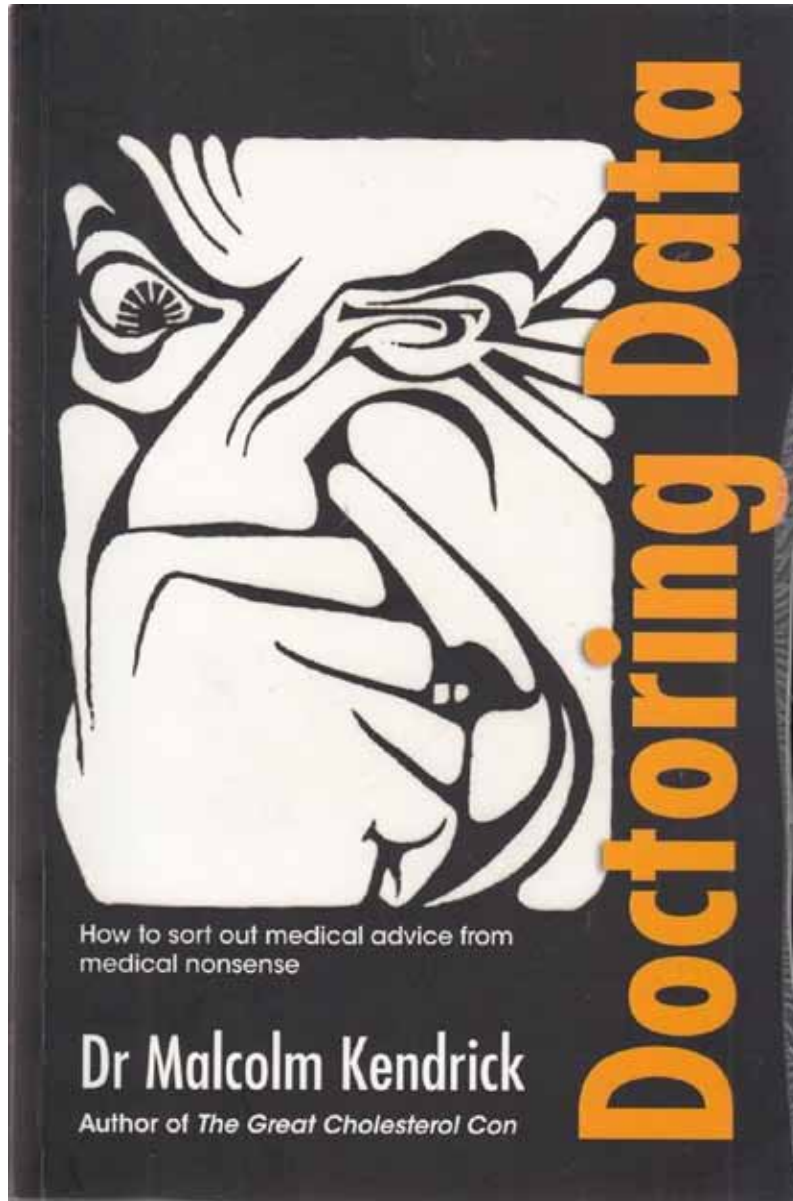
=====

“It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgement of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of medicine.*”

Marcia Angell, MD.

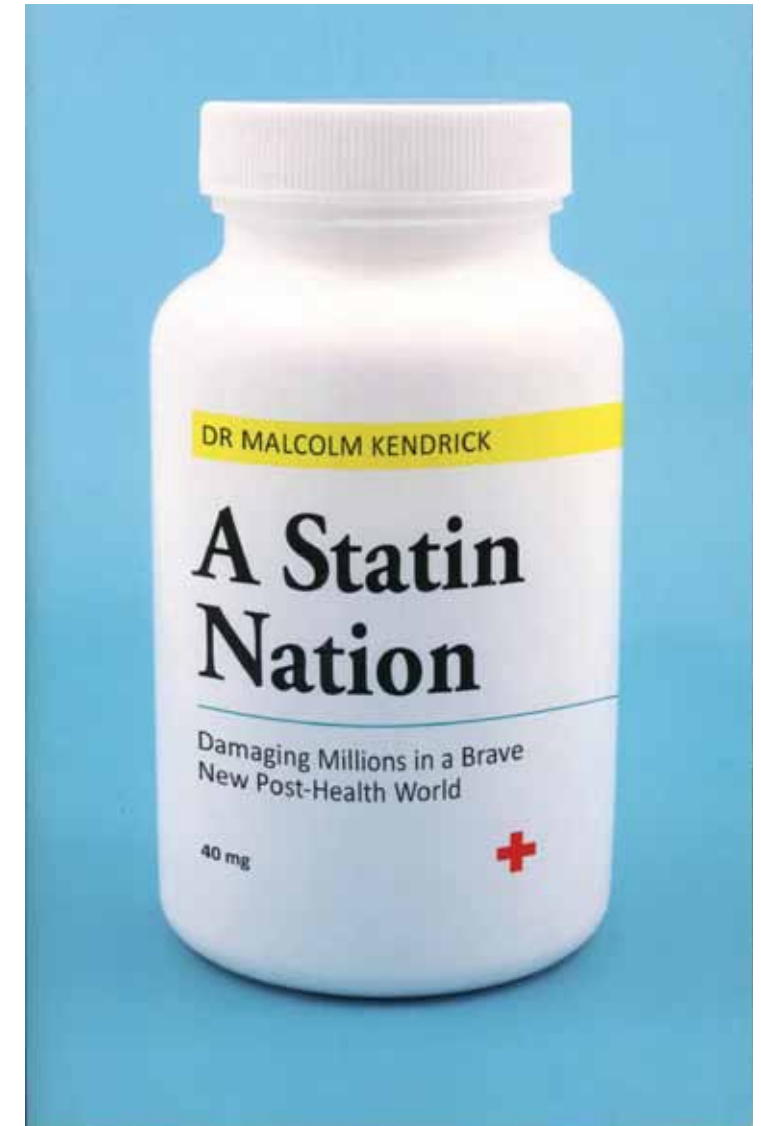
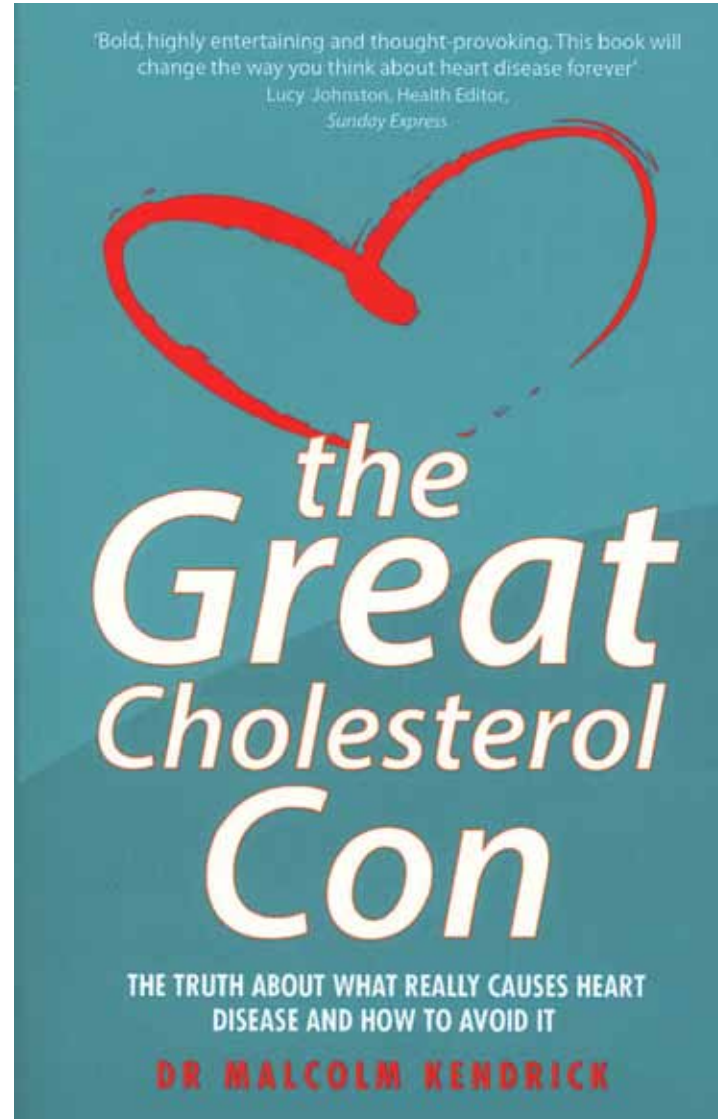
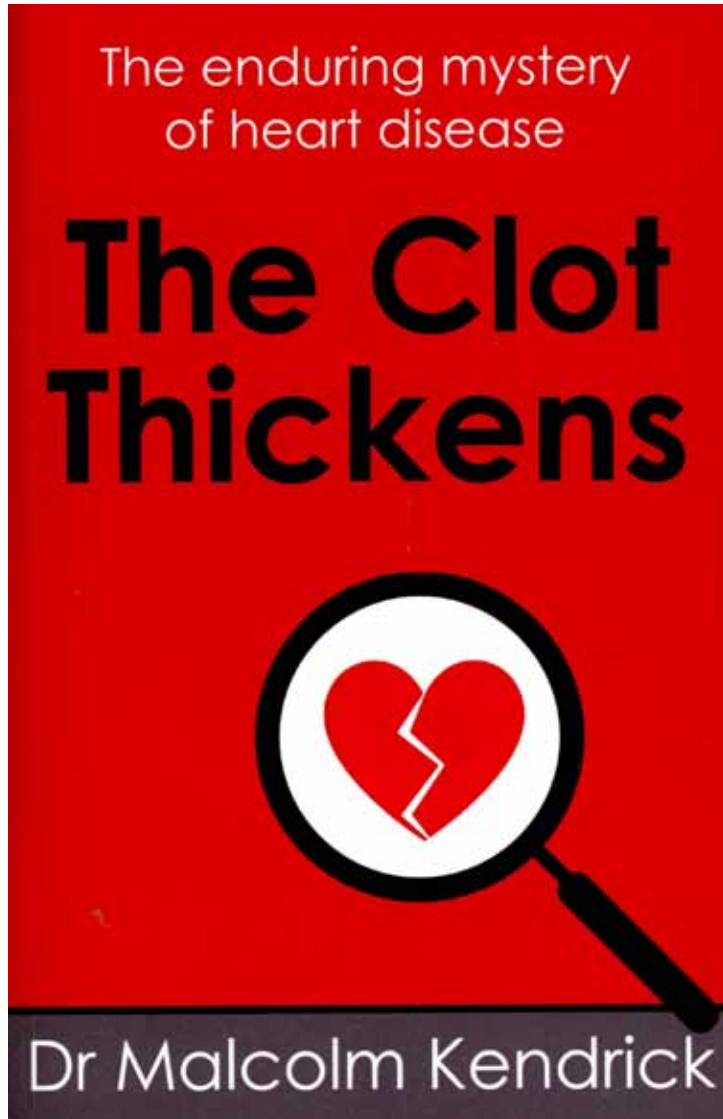
=====

A page turner... Dag



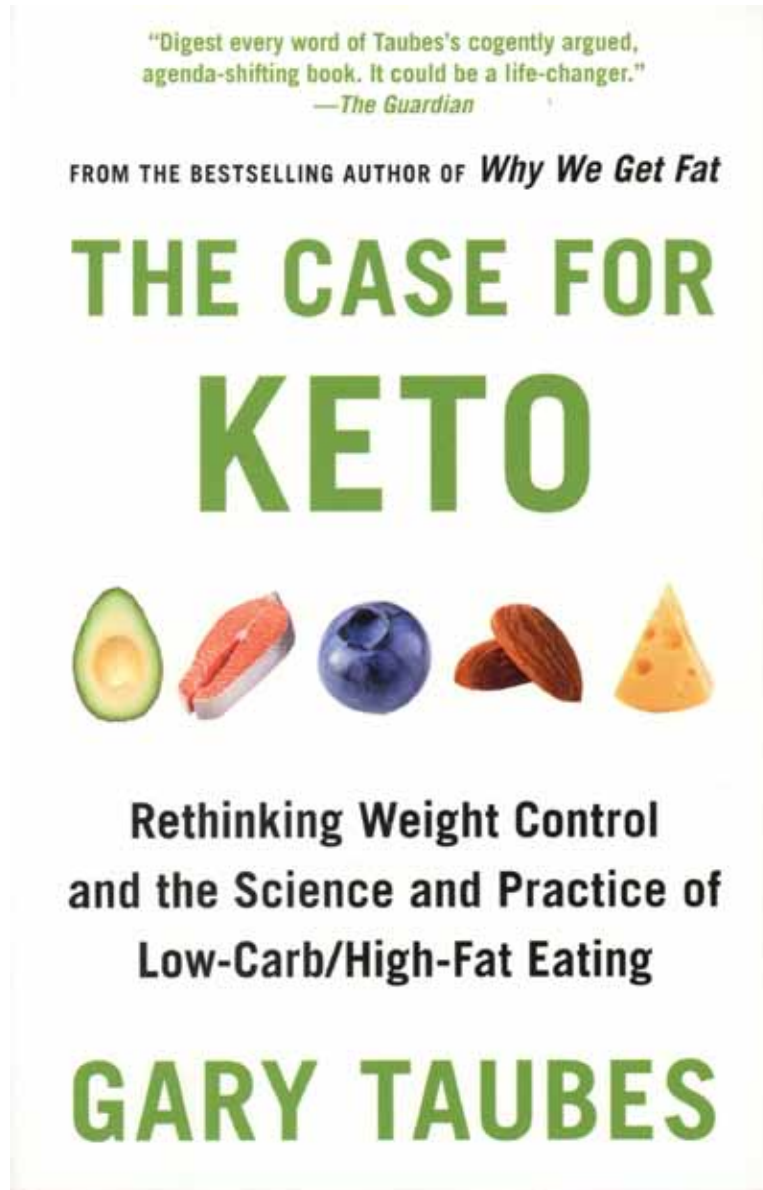
More from Dr. Kendrick

Dr. Kendrick (and other heretic authors) argues that *some* (not all) influential research has been at best bad, and at worst, fraudulent. As a result, many physicians make recommendations that are unhealthy.



Medical research / science

Voices of Authority vs Heretics



The introduction to this volume recounts the authors' conclusions from interviews with more than 700 health professionals. He discusses two factions in healthcare:

Conventional authorities and **heretics**.

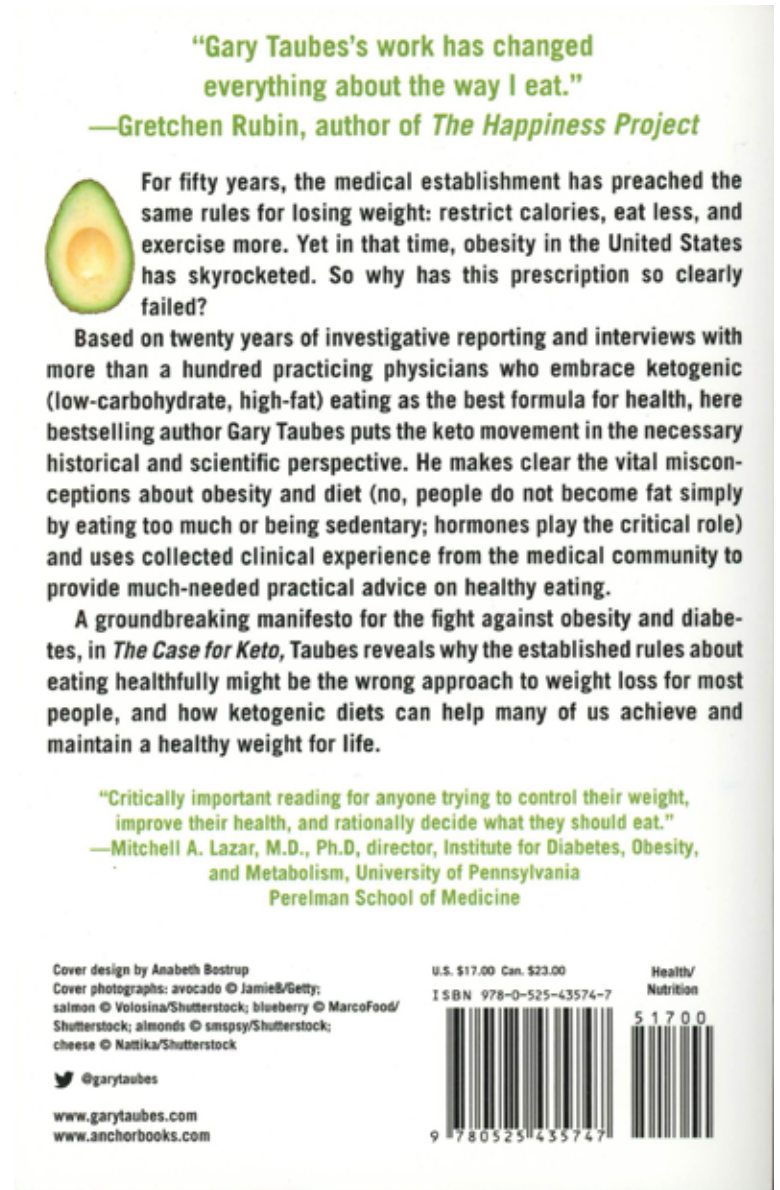
Most books I feature are by heretics.

Heretics have not only studied a given curriculum, but have gone through gut wrenching discoveries of what does and does not work. They tell you who they are.

Important to me in this introduction is not Keto but the recognition and appreciation of heretics.

Read the introduction here:

www.forssell.com/TheCaseForKetoIntro.pdf



"Gary Taubes's work has changed everything about the way I eat."

—Gretchen Rubin, author of *The Happiness Project*



For fifty years, the medical establishment has preached the same rules for losing weight: restrict calories, eat less, and exercise more. Yet in that time, obesity in the United States has skyrocketed. So why has this prescription so clearly failed?

Based on twenty years of investigative reporting and interviews with more than a hundred practicing physicians who embrace ketogenic (low-carbohydrate, high-fat) eating as the best formula for health, here bestselling author Gary Taubes puts the keto movement in the necessary historical and scientific perspective. He makes clear the vital misconceptions about obesity and diet (no, people do not become fat simply by eating too much or being sedentary; hormones play the critical role) and uses collected clinical experience from the medical community to provide much-needed practical advice on healthy eating.

A groundbreaking manifesto for the fight against obesity and diabetes, in *The Case for Keto*, Taubes reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how ketogenic diets can help many of us achieve and maintain a healthy weight for life.

"Critically important reading for anyone trying to control their weight, improve their health, and rationally decide what they should eat."

—Mitchell A. Lazar, M.D., Ph.D, director, Institute for Diabetes, Obesity, and Metabolism, University of Pennsylvania
Perelman School of Medicine

Cover design by Anabeth Bostrup
Cover photographs: avocado © JamieB/Getty;
salmon © Volosina/Shutterstock; blueberry © MarcoFood/
Shutterstock; almonds © smspsy/Shutterstock;
cheese © Nattika/Shutterstock

Twitter icon @garytaubes

www.garytaubes.com
www.anchorbooks.com

U.S. \$17.00 Can. \$23.00

ISBN 978-0-525-43574-7



9 780525 435747

Health/
Nutrition

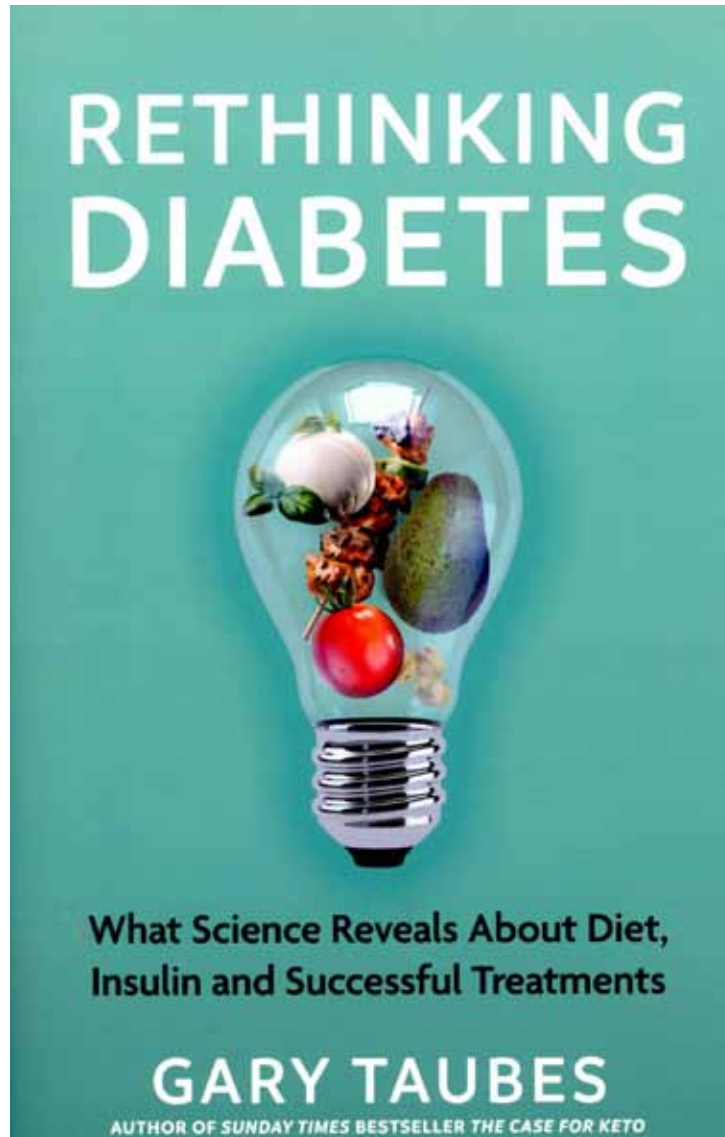


5 17 00

More from Gary Taubes

"The science has been pretty awful"

www.forssell.com/TruthDiabetes.pdf



FROM THE AUTHOR OF *THE CASE AGAINST SUGAR*

An eye-opening investigation into the history of diabetes research and treatment that rethinks the role of diet in treating diabetes.

'One of the crucial responsibilities of scientists and science journalists is to question established beliefs and common assumptions. Gary Taubes [has] accomplished precisely this in this thought-provoking book [which] offers significant insights'

Siddhartha Mukherjee, author of *The Emperor of All Maladies*

'A remarkable tour de force that should be of considerable interest to all persons with diabetes and clinicians and researchers in the field. A must-read'

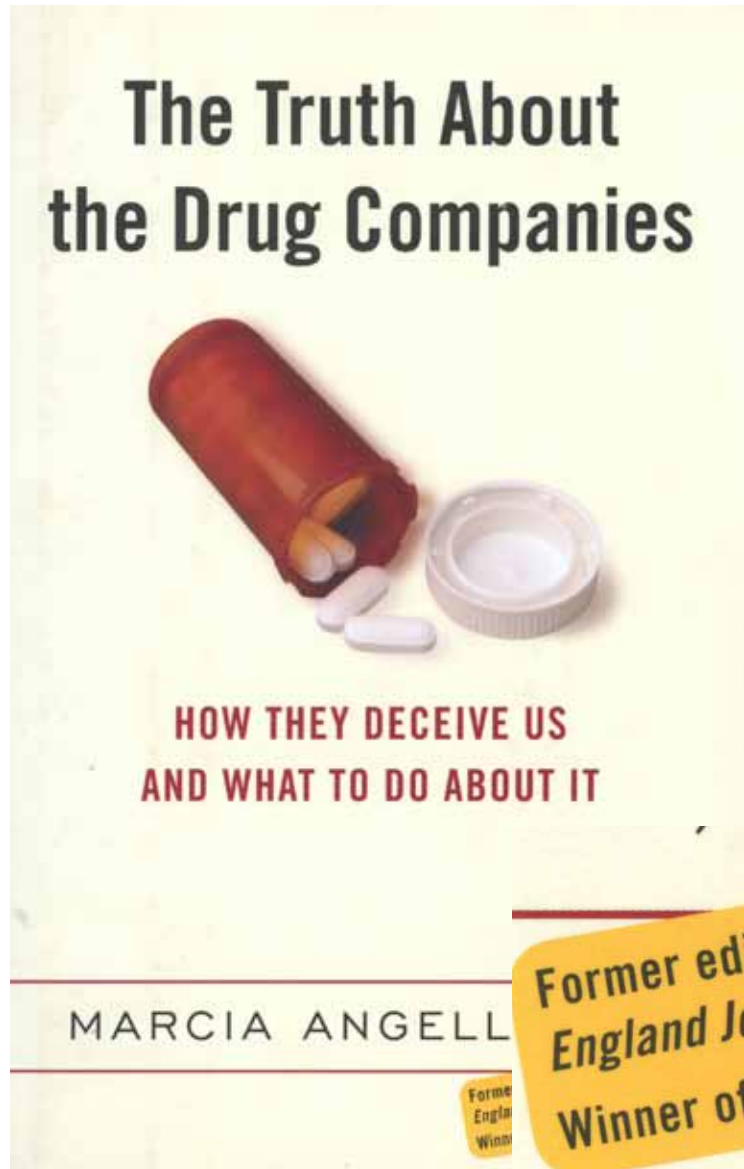
Dr Sanjiv Chopra, Professor of Medicine, Harvard Medical School

'Decades of research have brought us contradictory recommendations on managing diabetes. *Rethinking Diabetes* convincingly makes the case for a new paradigm for the prevention and treatment of this common disorder'

Abraham Verghese, Professor of Medicine, Stanford University Medical School, author of *The Covenant of Water*

Medical research / science

Dr Marcia Angell



Dr Angell was quoted on page 13:

“It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgement of trusted physicians or authoritative medical guidelines.

I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of medicine*.”

Marcia Angell, MD.

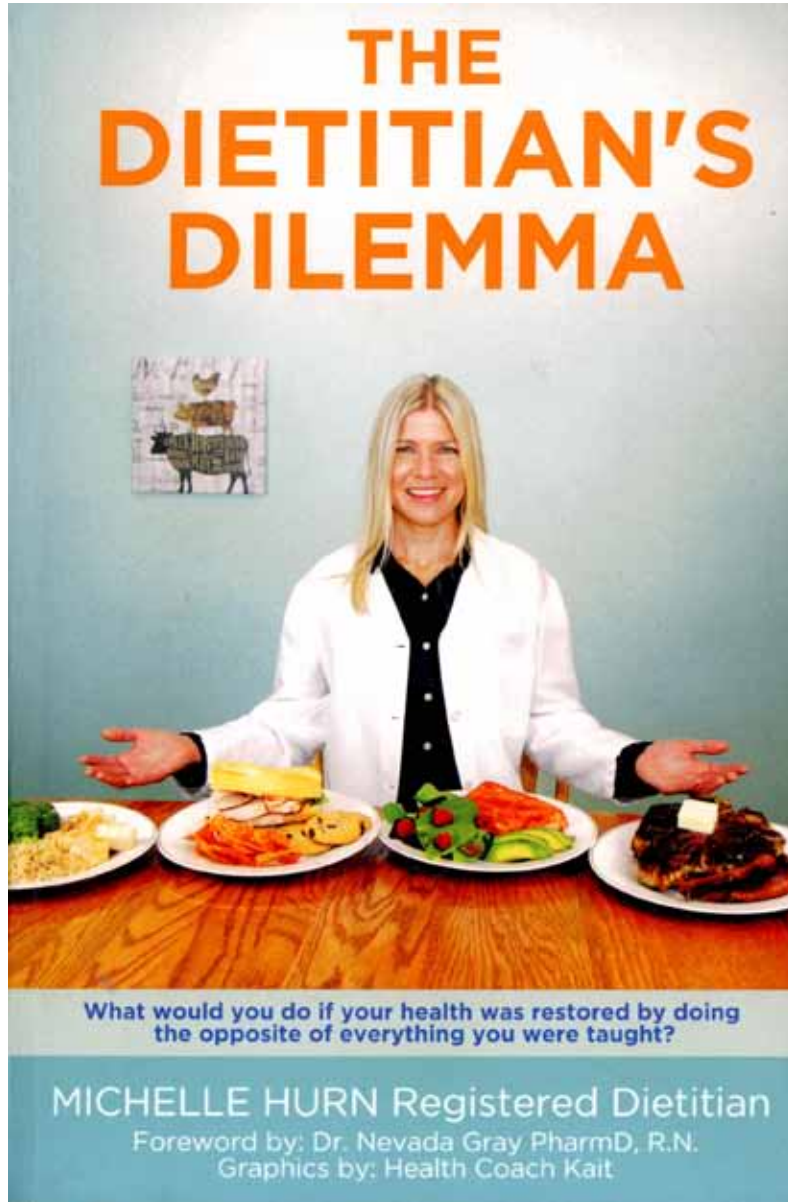
- The pharmaceutical industry claims to be a high-risk business, but year after year, drug companies have higher profits than those in any other industry—by a long shot.
- The industry claims to be innovative, but only a small fraction of its drugs are truly new; most are simply variations on older drugs.
- Contrary to popular belief, big drug companies spend far less on research and development than on marketing.
- The pharmaceutical industry has an iron grip on Congress and the White House. It has the largest lobby in Washington—with more lobbyists than there are elected representatives in Congress—and contributes heavily to political campaigns.
- Drug companies promote diseases to match their drugs. Millions of normal Americans have come to believe that they have dubious or exaggerated ailments like “generalized anxiety disorder,” “erectile dysfunction,” “PMDD,” and “GERD.”
- Drug companies have enormous influence over what doctors are taught about drugs and what they prescribe.
- Drug companies have substantial control over clinical trials of their drugs. There is good reason to believe that much of the company-supported research on prescription drugs is biased as a result.

Nutrition

Michelle Hurn, RD

www.forssell.com/DietitiansDilemmaCh6.pdf

www.forssell.com/DrivingForce.pdf



To me, this book is required reading.

Typical of heretic authors, Michelle tells you all about her journey.

Illustrated with many informative charts, this work informs and inspires.

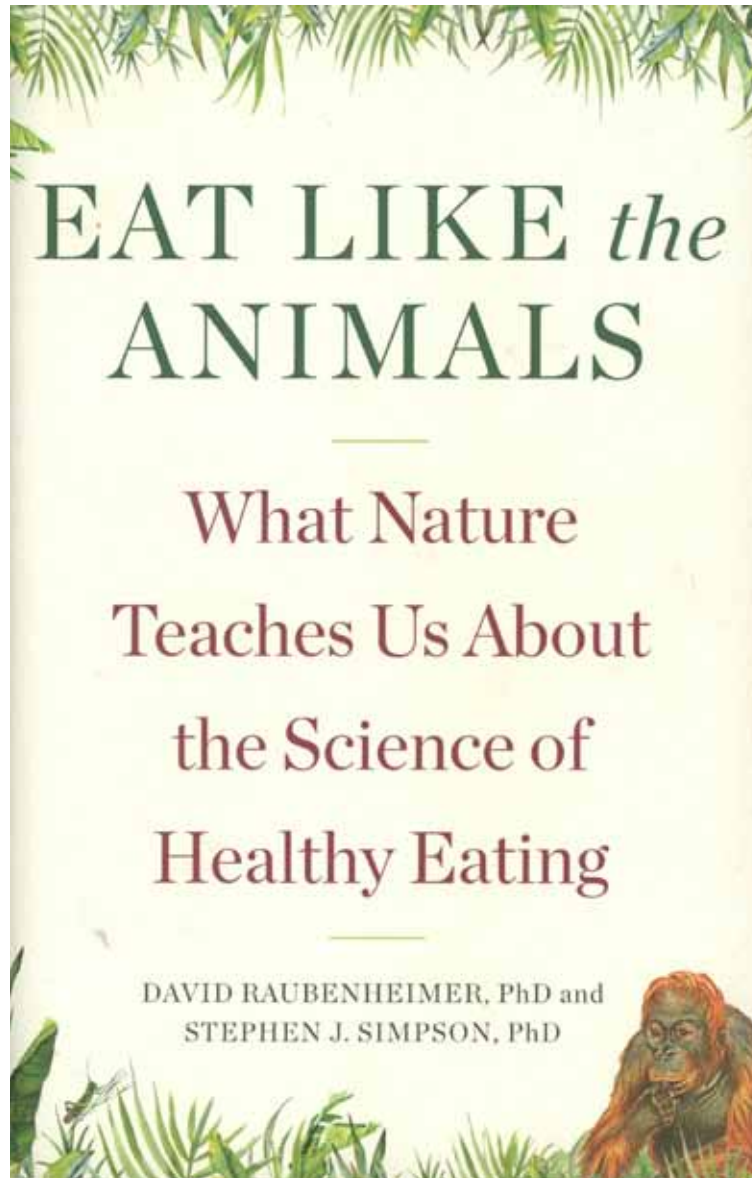
Enjoy!!!

Table of Contents:

- Introduction 1
- Foreword 3
- My Story 5
- Chapter 1: Diabetes 21
- Chapter 2: Mental Illness..... 46
- Chapter 3: Eating Disorders 70
- Chapter 4: Sarcopenia 92
- Chapter 5: Heart Disease..... 111
- Chapter 6: Where the F Did the Nutrition Guidelines Come From? .. 127
- Chapter 7: Plants Vs Animals 148
- Chapter 8: Getting Started 176
- Chapter 9: See How She Runs 199
- Final Thoughts 213
- Works Cited: 214

About nutrition research, see also this blog post by the author of *Sacred Cow* (p 33) www.forssell.com/YouAreWhatYouEat_Wrong.pdf

Nutrition



The authors show that animals, from insects to people, eat until they have ingested a sufficient amount of protein. If food has little protein, you will eat until you get enough, which means eating lots of food, with lots of calories. If food has plenty of protein, you eat less. So, if you eat foods with little protein, you gain weight. If you eat foods rich in protein, you are stable or lose weight. Simple as that!

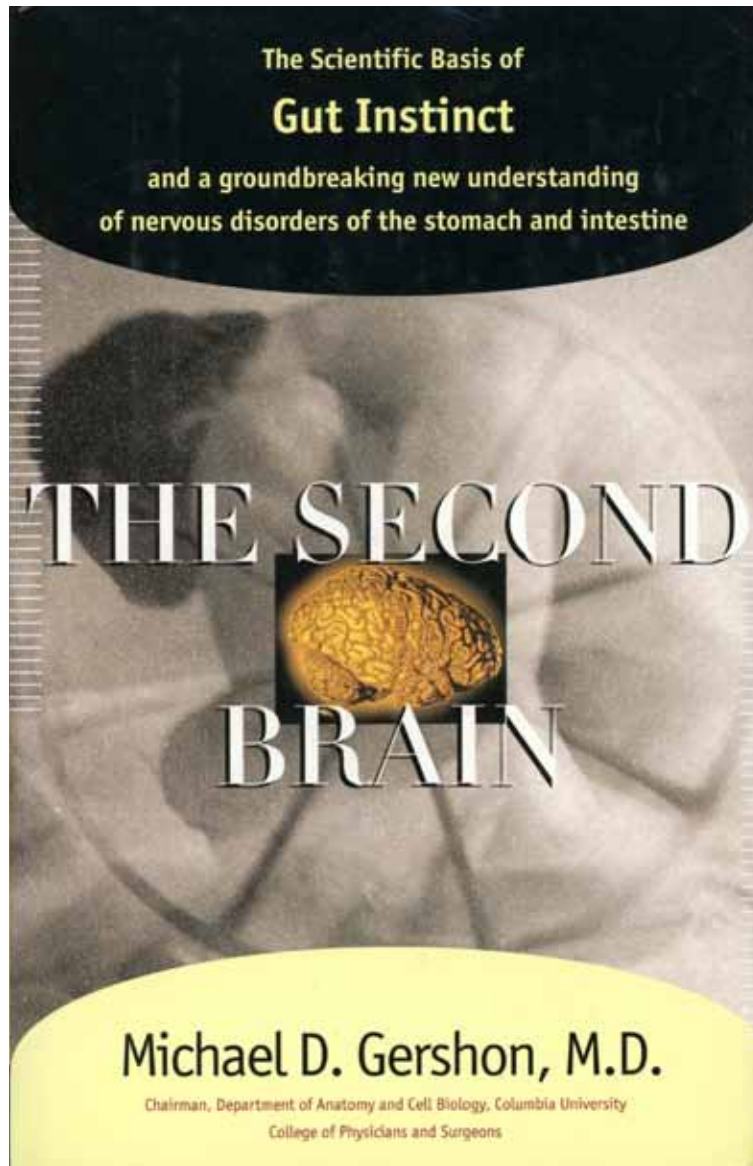
Our evolutionary ancestors once possessed the ability to intuit what food their bodies needed and in what proportions, and ate the right things in the proper amounts—perfect nutritional harmony. From wild baboons to gooey slime molds, most every living organism instinctually knows how to balance its diet—except modern-day humans. When and why did we lose this ability, and how can we get it back?

David Raubenheimer and Stephen Simpson reveal the answers to these questions in a gripping tale of evolutionary biology and nutritional science based upon years of groundbreaking research. Their colorful scientific journey takes readers across the globe, from the foothills of Cape Town, to the deserts of Arizona, to a state-of-the-art research center in Sydney. Readers will encounter locusts, mice, and even gorillas along the way as the scientists test their hypotheses on various members of the animal kingdom.

This epic scientific adventure culminates in a unifying theory of nutrition that has profound implications for our current epidemic of metabolic diseases and obesity. Raubenheimer and Simpson ultimately offer useful advice to understand the unwanted side effects of fad diets, gain control over one's food environment, and see that delicious and healthy are integral parts of proper eating.

Nutrition

How can the body know when we have ingested enough protein?



Turns out we have much brain power serving our gut.

This makes sense. Ingesting and processing food is basic to life. The gut is all-important.

"Dr. Gershon spills his guts in an entertaining and highly informative book about how smart our gastrointestinal tract is. He writes with a fatherly love about his research and that of his colleagues, and engages our sense of wonder about something we almost never think about. Great any room reading!"

—RONALD A. RUDEN, M.D., author of *The Craving Brain*

"An interesting treatise that records the rediscovery of the importance of the nervous system in the abdominal organs, this book provides an opportunity for lay readers to explore the fascination of the second brain and the scientists who discovered its marvels. . . . Dr. Gershon documents this new renaissance in enteric neuroscience."

—MICHAEL CAMILLERI, M.D., Professor of Medicine and Physiology,
Mayo Foundation, Gastroenterology Research Unit

"The existence of a separate nervous system or 'brain' in the gut is an idea readily accepted by the public, aware that it often seems as though the digestive system is out of control. There has been no book by a scientist to explain 'the little brain in the gut' to the public at large—none, that is, until now. Dr. Michael Gershon is a key player in this field of research. He writes with authority and clarity laced with shafts of irony and wit—this account of the unfolding scientific panorama of the enteric nervous system might, at points, have been written by Woody Allen, but it is none the worse for that. Dr. Gershon has the gift of explaining complex concepts in simple terms without sacrificing scientific precision, and he conveys the suspense and creative rivalry that characterize contemporary neuroscience. Gershon's peers can have no quarrel with him over the importance of this research field—and for the general public, this book will not be the last word on the subject—but it has the distinction of being first."

—DAVID L. WINGATE, D.M., FRCP, Professor of Gastrointestinal Science,
Department of Gastroenterology, Gastrointestinal Science Research Unit,
The Royal London Hospital

"An original and excellently written book. Dr. Gershon has succeeded in making a scientific subject easy and pleasant reading. The basic science and potential clinical applications are up to date. Though the subject is serious, the witty remarks, clever analogies, and just the right amount of irony make it extremely entertaining."

—PASKO RAKIC, M.D., Sc.D.,
Chairman, Section of Neurobiology, Yale University School of Medicine

Medical practice

An account of the reality in which dedicated physicians live

A loving, passionate account of the world in which your physician lives.

A page turner.

It is also an account of well established myths that govern medical review boards 27 chapters cover diseases, foods such as wheat, and popular myths from many angles. Each chapter features home work for study, such as *The Salt Fix*.

Don't be put off by the title.

The book is good.

We'd all like to think that our doctors are fully invested in taking the time and effort necessary to provide us with thoughtful care that's backed by sound research. And most doctors do the best they can with the tools and information they've been given. Unfortunately, those tools often are outdated or inaccurate, and your doctor may have been unwittingly advising you to do things that will not promote better health.

Often, doctors' advice is based on research that was sponsored by Big Pharma, Big Food, and Big Agriculture—research that led Big Government to make recommendations that support the goals of those giant industries rather than promoting the health and well-being of the individual. Dr. Ken Berry found many of these long-supported "truths" of medicine to be suspect, so he started doing his own investigation. The result: He discovered that much of what he, and many other doctors, had been telling patients was based on faulty research or broad generalizations. He decided to change his approach to taking care of himself. When those changes produced results, he started sharing what he had learned with his patients so they could benefit, too.

Now, in this updated and expanded edition of his bestselling book, he's sharing that same information with you. He wants you to be able to do your own investigation and build better relationships with your health-care providers. Dr. Berry uncovers myths about many facets of our lives, including how a diet based on the Food Pyramid has been contributing to a deterioration in Americans' health, how what we eat and drink may be increasing our propensity for skin cancer, and why drinking more milk doesn't necessarily lead to stronger bones.

Read this book, do the homework Dr. Berry assigns, and talk to your doctor about what changes you can make to stop living according to the lies.

LIES MY DOCTOR TOLD ME

Medical Myths That
Can Harm Your Health

Ken D. Berry, MD, FAAFP



UPDATED &
EXPANDED
EDITION



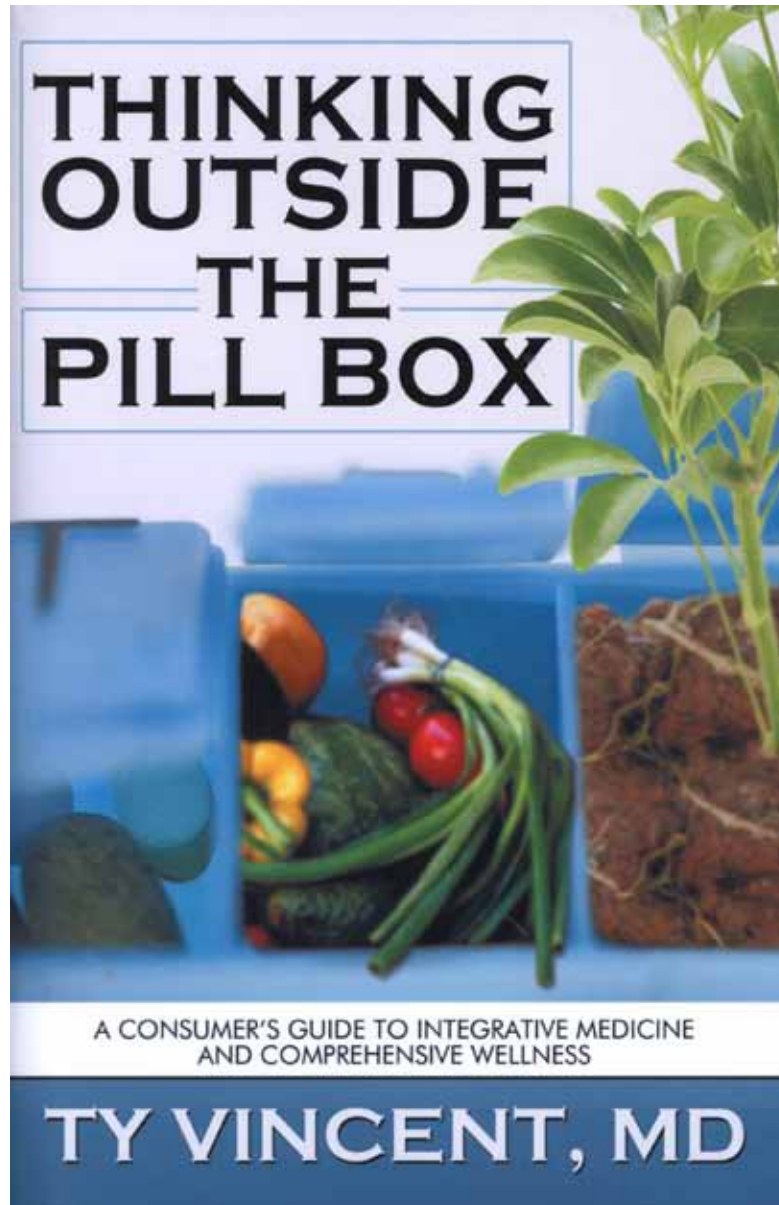
Medical practice

A review of all things medical

A heretic, Dr. Vincent tells you all about his experience.

This is a comprehensive review of medical issues and practices, starting with a chapter that defines eleven approaches to medical practice, with conventional, allopathic medicine at the top of the list, but far from the only one.

Capabilities and shortcomings of each are clearly spelled out.



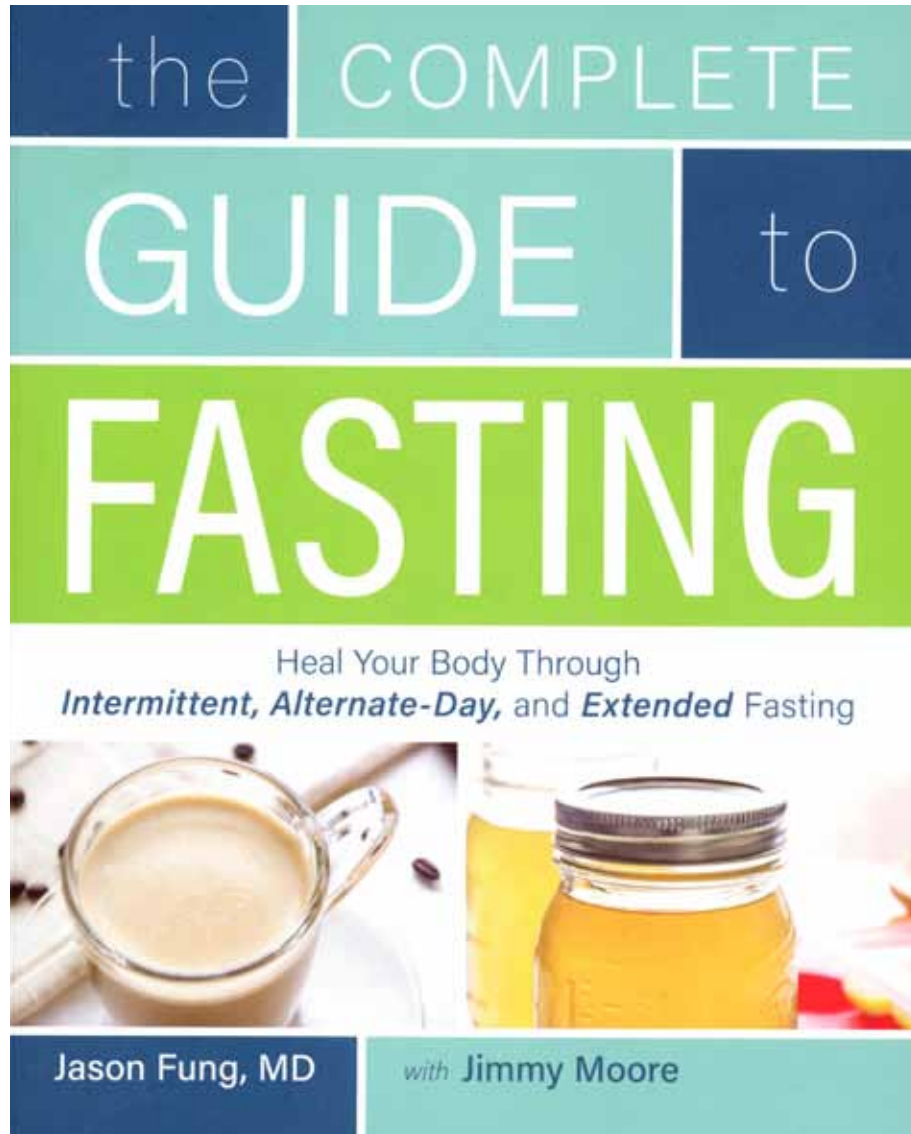
Mainstream medicine in America focuses on symptoms rather than causes of chronic illness and poor health. Medical education is influenced to a great extent by pharmaceutical companies and focuses our attention dangerously onto drug therapies. Conventional medicine practice has been failing miserably to control or treat the chronic disease entities afflicting our population in the modern era.

Integrative medicine concepts and practice offer people much safer and often more effective options for achieving and maintaining health, as well as combating most forms of chronic disease. The keys include understanding what it really takes to promote human health in a broad sense and what the underlying causes of chronic disease truly are.

Thinking Outside the Pill Box contains an explanation of how our medical system came to be so defective and ineffectual, a thorough look at the important factors influencing human health, and an in-depth discussion of many common underlying causes of chronic illness in the modern world. It is designed as a self-help book for both the reader and their future generations.

Medical practice

Dr Fung makes a point about patients wanting change



This is a comprehensive, beautiful book about Obesity, Diabetes, and Keto. We shall address keto shortly, but I wanted to share this statement.

To me, Dr Fung confirms my suspicion that patients really don't want to change their lifestyle. Dr Fung is one of the few physicians who is knowledgeable enough to give dietary advice, but change is hard.

An excerpt from the Introduction

In 2012, I established the Intensive Dietary Management Program, which has a unique focus on diet as a treatment for the twin problems of obesity and type 2 diabetes. At first, I prescribed low and very low carbohydrate diets. Since refined carbohydrates highly stimulate insulin, reducing these carbohydrates should be an effective method of lowering insulin.

I gave my patients lengthy sessions of dietary advice. I reviewed their food diaries. I begged. I pleaded. I cajoled. But the diets just didn't work. The advice seemed hard to follow; my patients had busy lives and changing their dietary habits was difficult, especially since much of it ran contrary to the standard advice to eat low-fat and low-calorie.

But I couldn't just give up on them. Their health, and indeed their very lives, depended upon reducing their insulin levels. If they had trouble avoiding certain foods, then why not make it as simple as possible?

They could simply eat nothing at all. The solution was, in a word, *fasting*.

Parkinson's Disease, PD

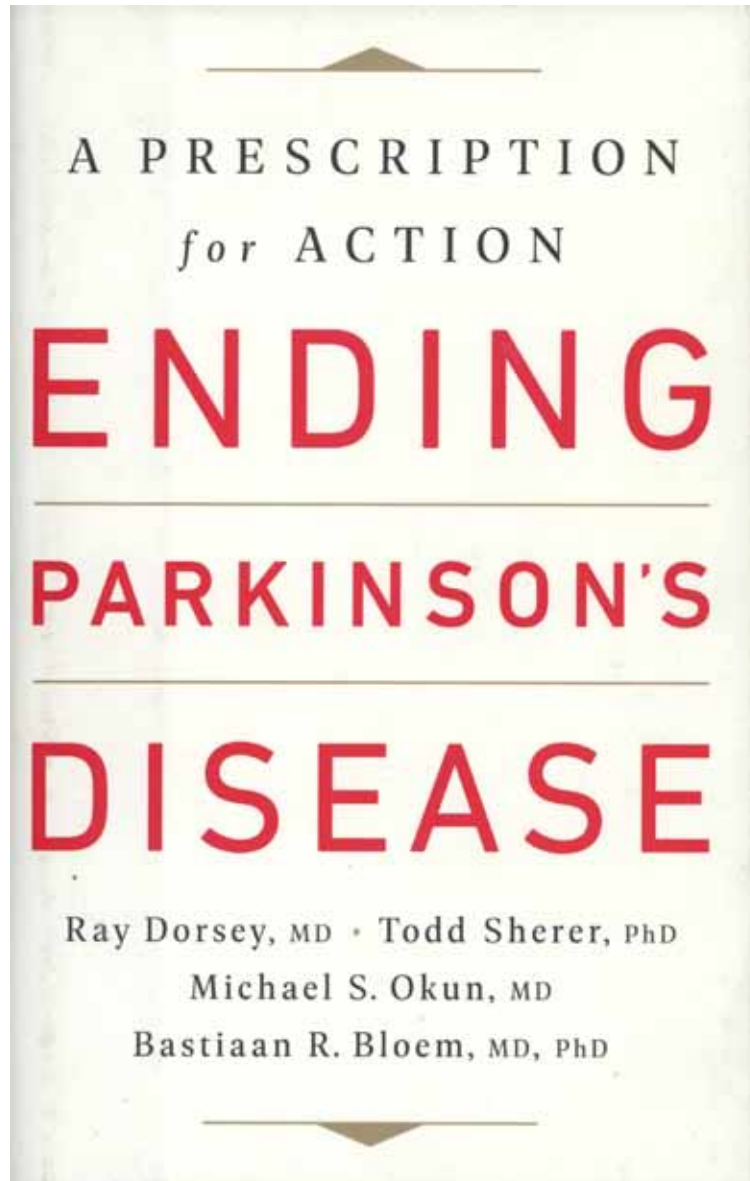
*Experts on PD are ignorant about biochemistry and plant poisons.
So are most physicians, dietitians, health workers, and lay people.*

www.forssell.com/DagOnIgnorance.pdf

Christine and I danced with www.stepupforparkinsons.com during covid. I still participate. I wrote the board with some suggestions recently. My lament (above) speaks for itself.

Lonnie Ali (below) predicts an exponential rise. The same goes for many degenerative diseases. Why is it that is so difficult to connect this rise to the increasing abandonment of animal foods during the last century?

Plant foods are not nutritious the way religious and commercial disinformation, embodied in government guidelines, will have us believe.

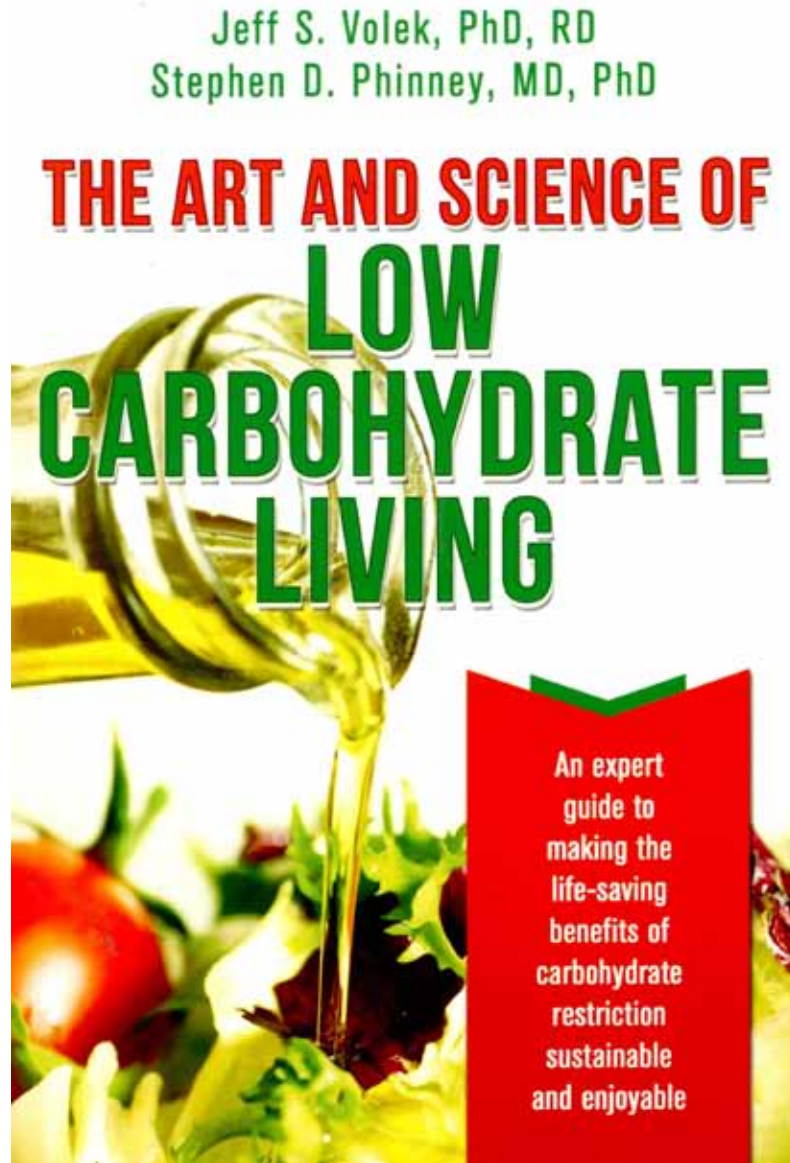


“Over the next twenty-five years, the number of people with Parkinson's disease is expected to double to at least 12.9 million. With its forecasted exponential rise, most of us will either be affected personally within our own families or know someone with the disease. This book is a must-read for all of us who are or might be affected. It pulls no punches with regard to the seriousness of this emerging pandemic, and its common-sense environmental approaches and precautions, if implemented, will abate the spread of this insidious disease. I know this to be true. I lived it.”

—LONNIE ALI

Ketogenic lifestyle

This book was our introduction to Keto.



Christine and I read this book on the recommendation of our Primary Care Physician (PCP). This book is written for physicians, but the introductory chapters are easy reading.

I read out loud, Christine followed in her copy. We discussed what it meant to us every step of the way. We were on the same page, in full agreement as we decided to change our lifestyle to help Christine's brain heal and regenerate as discussed in the conference videos listed on pages 3 and 4..

We realized that Keto is not a "diet" in the common sense of the word, meaning that you change some preferred foods or buy some packages labeled keto in the store.

Keto (fat for fuel) is an alternative biochemistry and metabolism, far superior for your health long term compared to the predominant Carbohydrate (glucose for fuel) biochemistry and metabolism.

As discussed in my lament (page 25) physicians fail to learn biochemistry in medical school. Our PCP told us that he had excellent results with his diabetic patients, but that his colleagues were not interested. So it goes.

When your body has adapted to a Keto metabolism, it can handle small amounts of carbs as part of your food intake, but basically, you must go all the way to get the benefit.

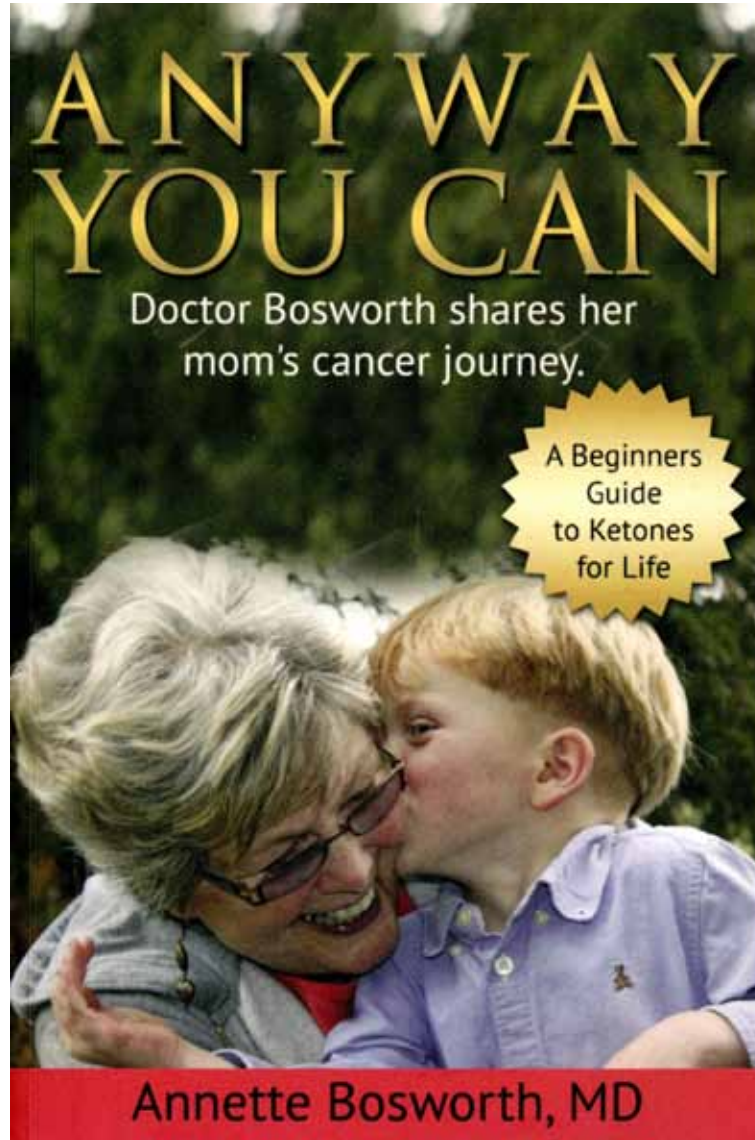
The benefits make it well worth the effort. Read that Chapter 3 on the next page.

The handout below holds the ToC and introductory chapters. Enjoy!

www.forssell.com/ArtScienceIntro.pdf

Ketogenic lifestyle

A superb introduction to Keto.



Dr Bosworth shares her initial apprehensions about keto because ketoacidosis is a deadly condition. But this is not the same as ketogenic metabolism. The two words just sound alike.

By telling the story of her fight to save her mom, Dr Boz explains her journey of search and discovery. She uses simple metaphors, such as kindling to represent glucose... it burns fast ... and logs to represent fatty acids... they last.

When I read the book, late in our game, I knew enough to appreciate that Dr Bosworth's metaphors make sense.

The short, readable Chapter 3 is the most compelling argument for keto I have found. ***Recipe for a pristine brain!*** Here:

www.forssell.com/AnyWayYouCanCh3.pdf

A recent study just reported in the papers.
Looks like a legitimate study to me.

www.forssell.com/StudyMentalHealth.pdf

Losing weight, curing Diabetes It's the insulin, stupid

Volek and Phinney explain biochemistry.

Plants create glucose through photosynthesis.

Glucose combines into sugars, starches, and then cellulose.

Some animals (herbivores such as cattle and gorillas) can break down cellulose into starches and sugars, but humans cannot. We don't have a large/long fermentation chamber where microorganisms can do the job.

So for us, carbs are sugars and starches, not cellulose.

Cellulose is fiber, such as salad.

When you eat carbs, glucose enters the bloodstream.

Your body regulates glucose within narrow limits.

When you eat a meal with lots of carbs, your blood glucose shoots up, and your body gets rid of the excess by having your pancreas secrete the hormone Insulin, which packs away glucose into your cells where it is stored as fat.

Glucose (Bosworth calls it kindling) burns fast, and you cannot store much, so you get hungry soon enough.

Therefore three meals a day. As long as you secrete Insulin regularly, you cannot access the fat in your cells.

Fat accumulates.

Over the years, your cells get tired of this routine.

You become insulin resistant, pre-diabetic, on your way to Diabetes type 2.

If you stop eating carbs, you stop secreting Insulin.

Now you can use your own fat for fuel.

Your mitochondria will be happy.

Diabetes type 2 disappears.

With no Insulin, your kidneys will secrete salt, not hold it.

So increase your salt intake to avoid the "keto flu".

Researchers who want to prove keto bad take advantage of this, as Volek and Phinney explain.

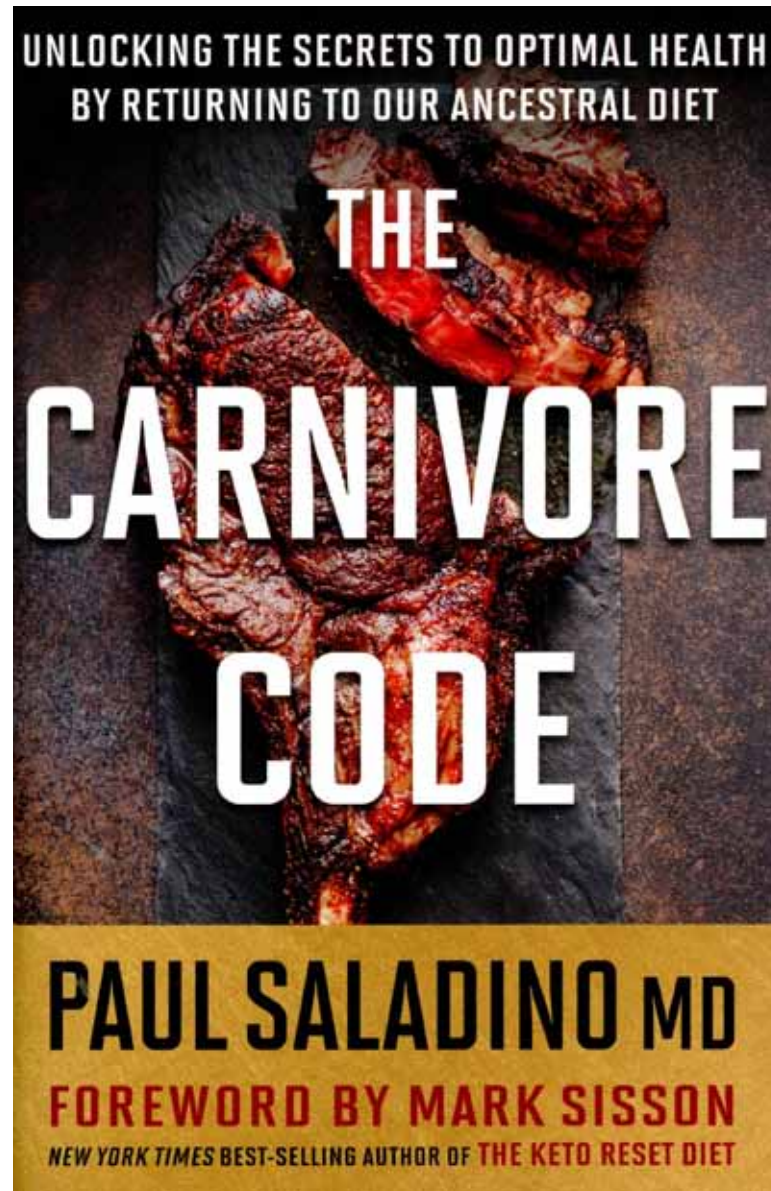
As long as you eat adequate protein you won't have hunger pangs. It becomes easy to eat one meal a day.

With a low carb lifestyle you will lose weight gradually and comfortably.

Wasn't that easy?

P.S. You don't have to lose weight. We did not at first. You lose weight when you reduce your intake of calorie dense fatty foods below your daily caloric need. At that point you access your stored fat. You never run out of fuel and never get very hungry.

Chemical warfare



This was the second book Christine and I read together.

We did not skip the 76 pages with detailed information about the many classes of poisons plants have evolved over hundreds of millions of years to discourage animals from eating them, especially their babies, which come protected by hard shells, spines, poisonous coatings.

Some fruits have evolved to collaborate with animals. Avocado for example, a berry, has delightful flesh and a seed encased in a hard shell, evolved to be swallowed whole and dumped undigested into a pile of fertilizer. Same with apple seeds. You know when you bite some that there is cyanide in their shell.

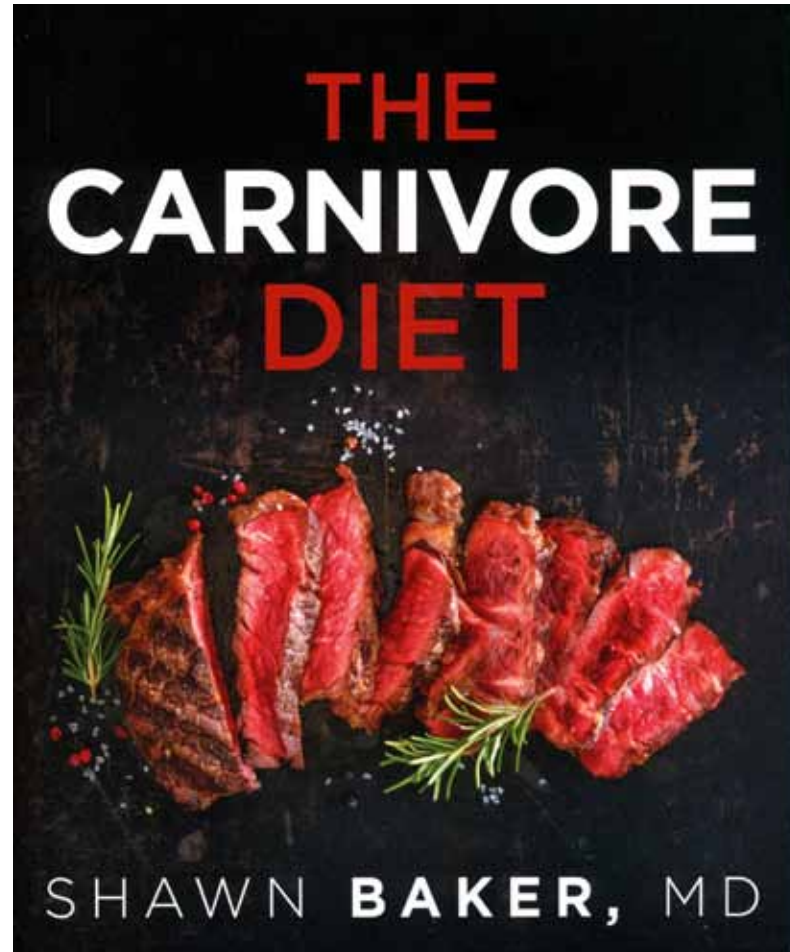
Dr Saladino explains over and over the crucial difference between epidemiological and interventional research designs.

We found it persuasive and decided to eliminate plants—completely at first, adding back benign plants later on.

A carnivore diet, animal (nose to tail) plus eggs, seafood, sour cream, cheeses and the like, provides the most nutritious food on the planet.

For that report on what causes PD: www.forssell.com/WhatCausesPD.pdf

Chemical warfare



This volume is a much easier read and better illustrated than the Carnivore Code, with nice information about nutrition.

On pages 82-83, Dr Baker reports on *The Carnivore Diet and Degenerative Disease*, with a list of ailments that respond positively to the carnivore diet.

It is very helpful to read about the same important issues from a slightly different angle, with slightly different suggestions about the major benefits to our long-term health.

Dr Baker discusses benefits:

www.forssell.com/CarnivoreDietBenefits.pdf

TABLE OF CONTENTS

Introduction

Chapter 1: My Story

Chapter 2: Where Did We Go Wrong?

Chapter 3: Evolutionary Guessing Game

Chapter 4: Addressing the Questions

Chapter 5: Meat, the Superfood

Chapter 6: The Myth of Planty Goodness

Chapter 7: Let Food Be Thy Medicine and Other Heresy

Chapter 8: Let's Do This: Getting Started

Chapter 9: Character Studies and Anecdota

Chapter 10: Veganism: The False Hope

Chapter 11: Loose Ends and Odd Bits

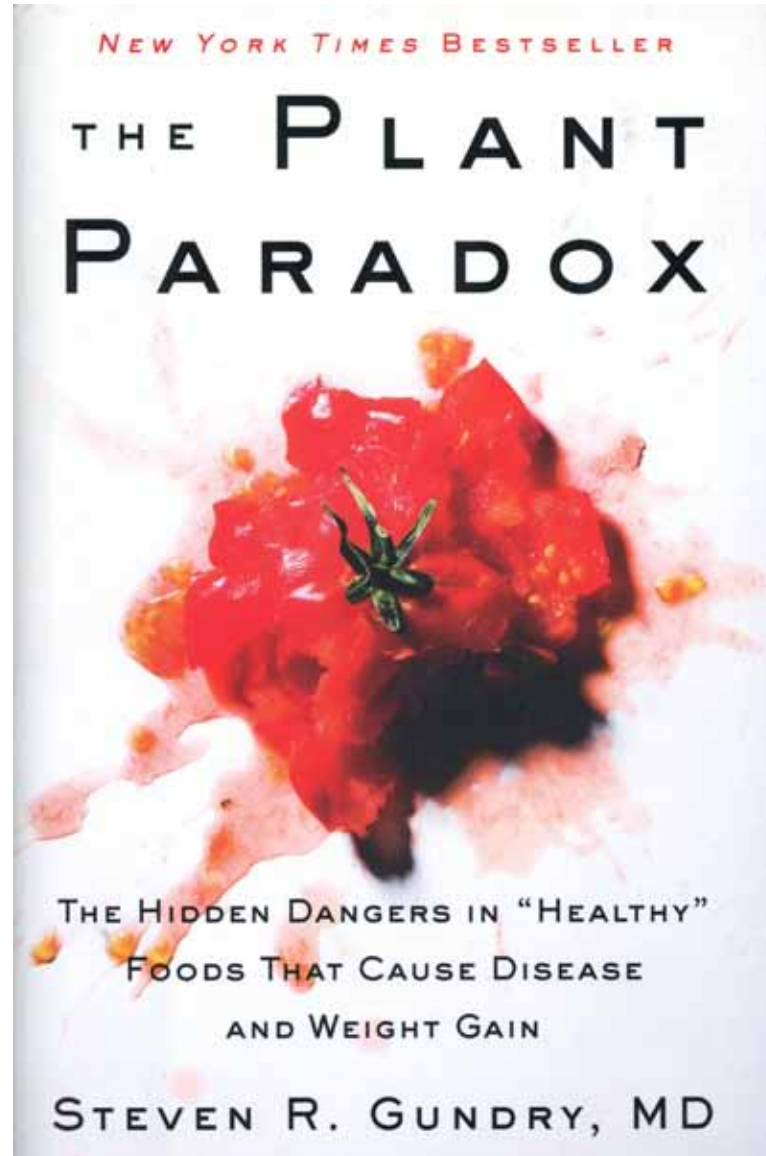
Epilogue

Appendix: Carnivore Cheat Sheet

References

Index

Chemical warfare



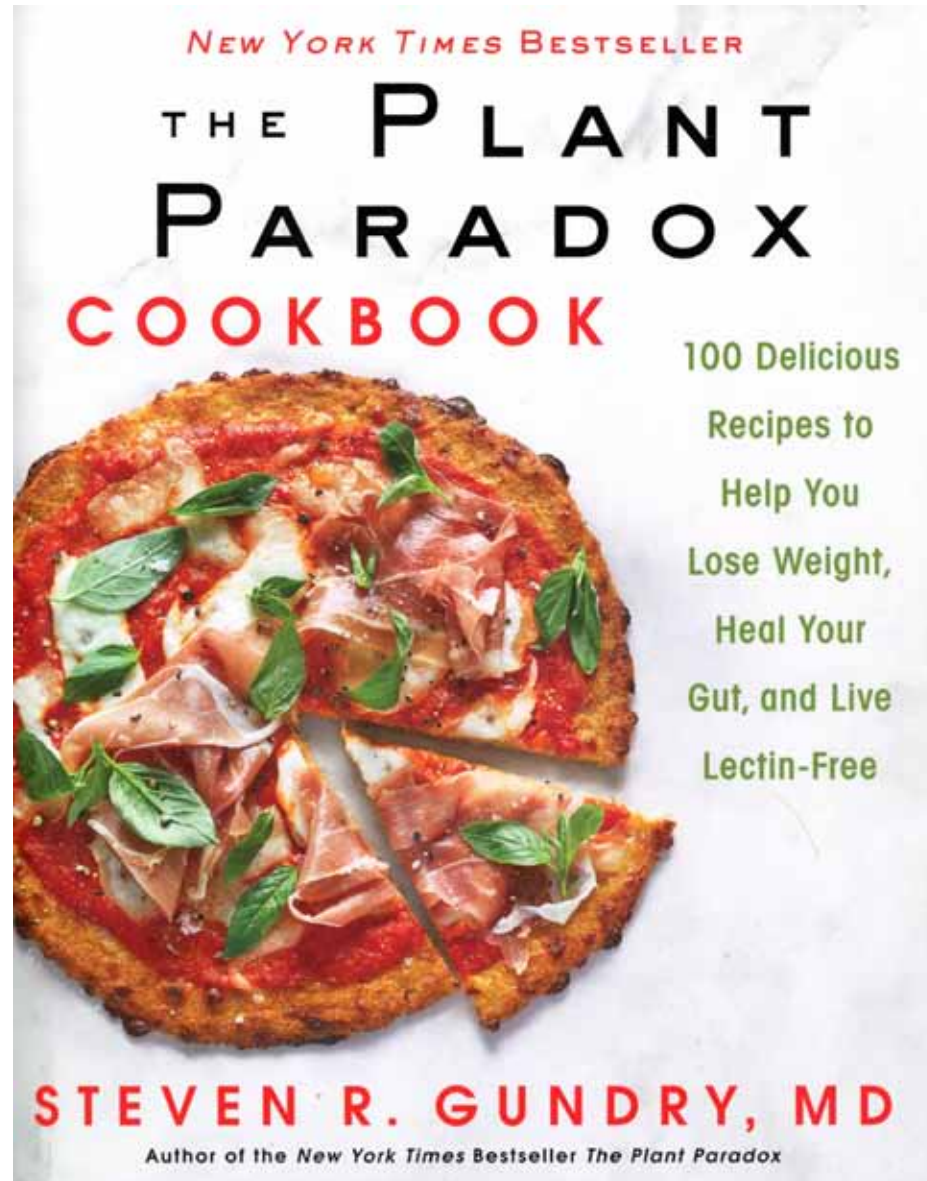
Introduction: It's Not Your Fault	ix
PART I	
The Dietary Dilemma	
CHAPTER 1: The War Between Plants and Animals	3
CHAPTER 2: Lectins on the Loose	27
CHAPTER 3: Your Gut Under Attack	71
CHAPTER 4: Know Thy Enemy: The Seven Deadly Disruptors	93
CHAPTER 5: How the Modern Diet Makes You Fat (and Sick)	131
PART II	
Introducing the Plant Paradox Program	
CHAPTER 6: Revamp Your Habits	167
CHAPTER 7: Phase 1: Kick-Start with a Three-Day Cleanse	189
CHAPTER 8: Phase 2: Repair and Restore	199
CHAPTER 9: Phase 3: Reap the Rewards	229
CHAPTER 10: The Keto Plant Paradox Intensive Care Program	249

Dr. Gundry covers much ground, including keto, with a focus on one major class of plant poisons: Lectins.

In chapter 10, he tells success stories regarding cancer, ALS, diabetes, kidney failure, and dementia.

CHAPTER 11: Plant Paradox Supplement Recommendations	273
PART III	
Meal Plans and Recipes	
Sample Meal Plans	289
The Plant Paradox Program Recipes	301
Acknowledgments	365
Notes	369
Index	383

Chemical warfare

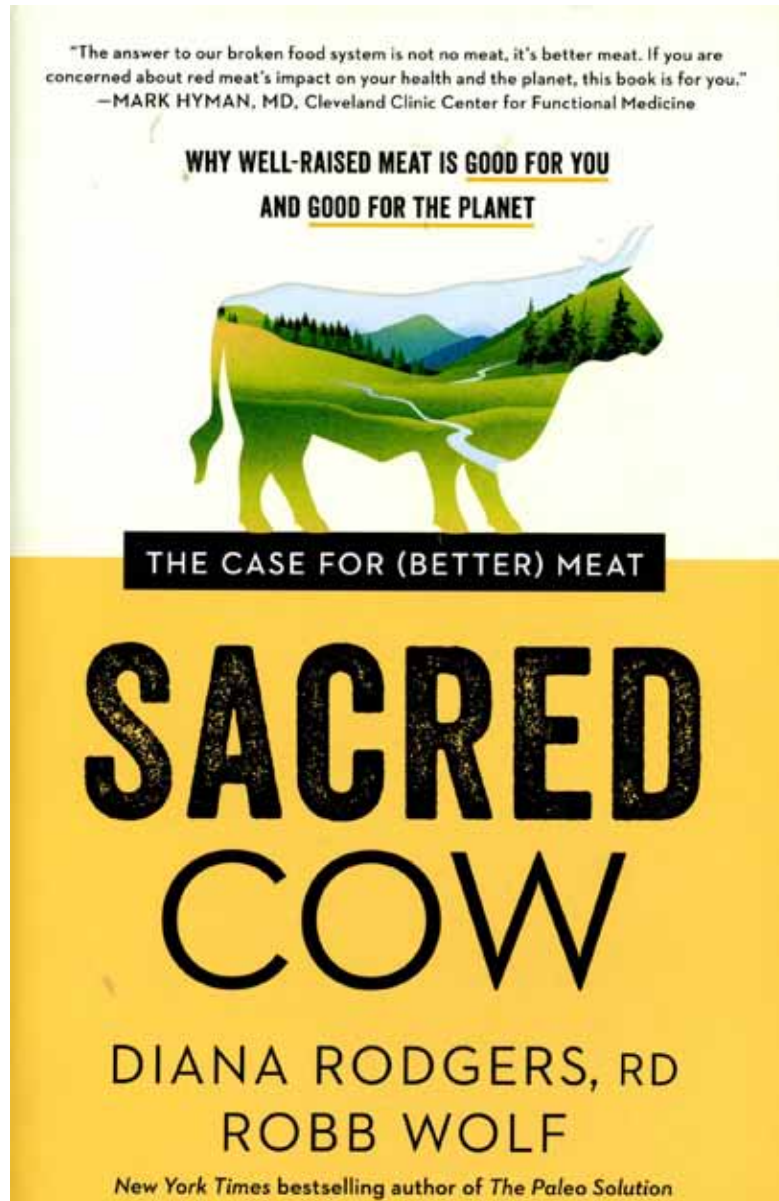


The two-page intro tells you what the program is all about.
Say “Yes, Please” to acceptable foods p. 29-31.
The “No, Thank You” list of Lectin-containing foods p 32.

www.forssell.com/Yes-No-List.pdf

Introduction vi	PART TWO: RECIPES
PART ONE: WHAT IS THE PLANT PARADOX?	FIVE Appetizers and Snacks 75
ONE Lectins and Your Health 3	SIX Morning Meals 95
TWO “So What Exactly Can I Eat?!” 15	SEVEN Soups and Stews 123
THREE The Plant Paradox Program 39	EIGHT Noodles and Bowls 145
FOUR The Plant Paradox Kitchen 57	NINE Main Dishes 163
	TEN Vegetables and Sides 191
	ELEVEN Sweet Bites 217
	TWELVE Drinks 241
	THIRTEEN Sauces, Condiments, and Dressings 253
	Resources 267
	Index 276

Sustainability



An eloquent argument for sustainable food production, this volume is loaded with specific information, comparing bioavailability and density of nutrients in a large number of plant and animal foods.

Diana Rogers has also produced a video that shows the ill effects of agricultural practices that deplete soil and aquifers, leaving a lifeless landscape. See

www.sacredcow.info

"A convincing case that eating meat can be done in an ethical manner. I highly recommend *Sacred Cow* for anyone who eats."

—MARK SISSON, *New York Times* bestselling author of *The Keto Reset Diet*

"*Sacred Cow* is a comprehensive, well-documented treatise that provides us with all the scientific data we need to make informed choices about how to eat that will benefit both ourselves and our planet!"

—FREDERICK KIRSCHENMANN, PHD, distinguished fellow at the Leopold Center for Sustainable Agriculture at Iowa State University

"The current war against meat eaters and livestock farmers promises ethical, ecological, and health benefits from fake lab meat and plant-only diets. *Sacred Cow* debunks every utopian promise with precision missiles from science and a deep understanding of how life and the planet actually work."

—JOEL SALATIN, owner of Polyface Farms and editor of *The Stockman Grass Farmer*

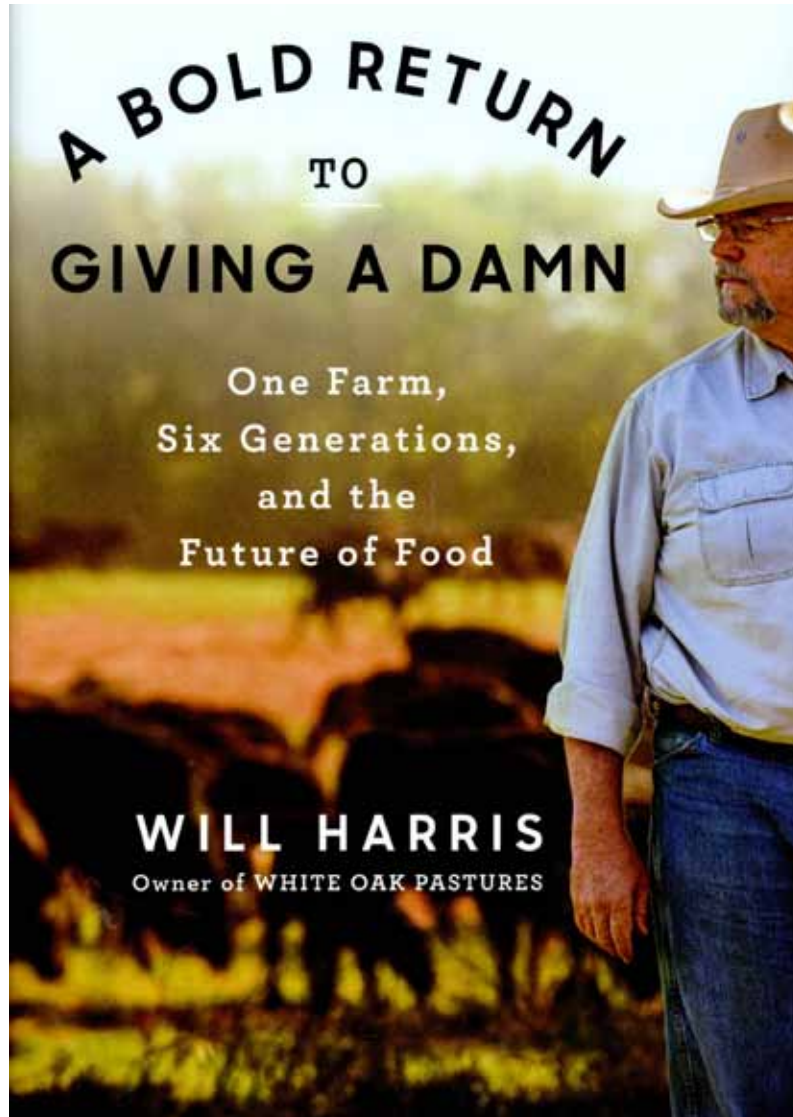
"Diana Rodgers and Robb Wolf fully understand the problem and the solution: we must change our diets and regenerate our soils, and well-managed grazing animals are critical to this transition."

—ALLAN SAVORY, president of Savory Institute

"Abandoning animal agriculture might well be the greatest mistake humanity could ever make... Evidence defending animal-based foods and farm animals as essential for human health and agricultural sustainability is strong—as clearly documented in *Sacred Cow*."

—JOHN IKERD, PHD, professor emeritus of agricultural and applied economics at the University of Missouri

Sustainability



The story of one man's journey from farming that depletes the soil to managing herds roaming large areas just like 30 million bison roamed America's prairies, fertilizing the soil the natural way, growing tall, nutritious perennial grasses.

This is sustainable food production at its best.

"If I could have one wish it is that every eater in America would read this book. Smart, funny, and compulsively readable, it explains everything you need to know about why our food is so bad and what we can do to fix it."

—**RUTH REICHL**, author of *Save Me the Plums: My Gourmet Memoir*

"Will Harris is a visionary innovator who is successfully practicing regenerative agriculture....Today many people in conventional agriculture may choose to ignore this book, but in the future they will have to start following many of his practices. In every industry, the little people are the innovators."

—**TEMPLE GRANDIN**, author of *Visual Thinking: The Hidden Gifts of People Who Think in Pictures, Patterns, and Abstractions*

"This is a story that needed telling and there's no one better to tell it than Will Harris himself. It is a heart-stopping indictment of what our food system has become—by one who helped create it—and the stunning possibilities that opened up when he renounced it for a different way of raising food that has revitalized his land, its people, and their local economy, and inspired thousands."

—**ALLAN SAVORY**, founder of the Savory Institute and author of *Holistic Management*

"A profane and brilliant thinker who regards stewardship as a sacred commitment, Will Harris is the farmer we need to lead our nation out of an agribusiness wasteland toward a greener paddock. His voice rings loud and true here, a bullhorn in the face of bullshit."

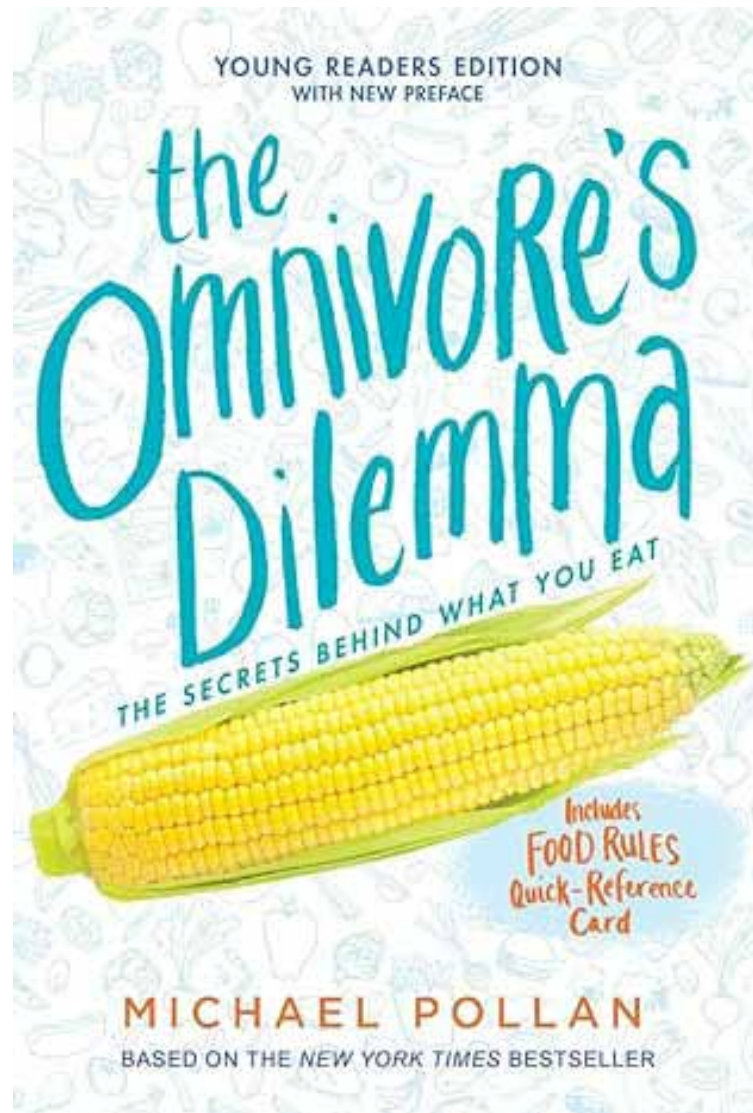
—**JOHN T. EDGE**, author of *The Potlikker Papers: A Food History of the Modern South*, host of *TrueSouth*, and founding director of The Southern Foodways Alliance

"Some call Will a radical, some an instigator, some just plain crazy, but for those who know him he is simply a man of principles. Daring to go against the tide of conventional agriculture because it is simply the right thing to do. The current food system is broken. The White Oak Pastures model is one of the solutions. If you eat, you need to read this book."

—**GABE BROWN**, author of *Dirt to Soil: One Family's Journey into Regenerative Agriculture*

Sustainability

First published 2006



The young readers edition is illustrated. Regular edition is not. An early, good read about sustainability.

INTRODUCTION..... 1

PART I THE INDUSTRIAL MEAL: FOOD FROM CORN

1 How Corn Took Over America	9
2 The Farm	20
3 From Farm to Factory	29
4 The Grain Elevator.....	40
5 The Feedlot—Turning Corn into Meat	47
6 Processed Food.....	64
7 Fat from Corn	76
8 The Omnivore's Dilemma.....	85
9 My Fast-Food Meal	97

PART II THE INDUSTRIAL ORGANIC MEAL

10 Big Organic	111
11 More Big Organic	127

PART III THE LOCAL SUSTAINABLE MEAL: FOOD FROM GRASS

12 Polyface Farm	143
13 Grass.....	151

14 The Animals.....	161
15 The Slaughterhouse	171
16 The Market	182
17 My Grass-Fed Meal	193

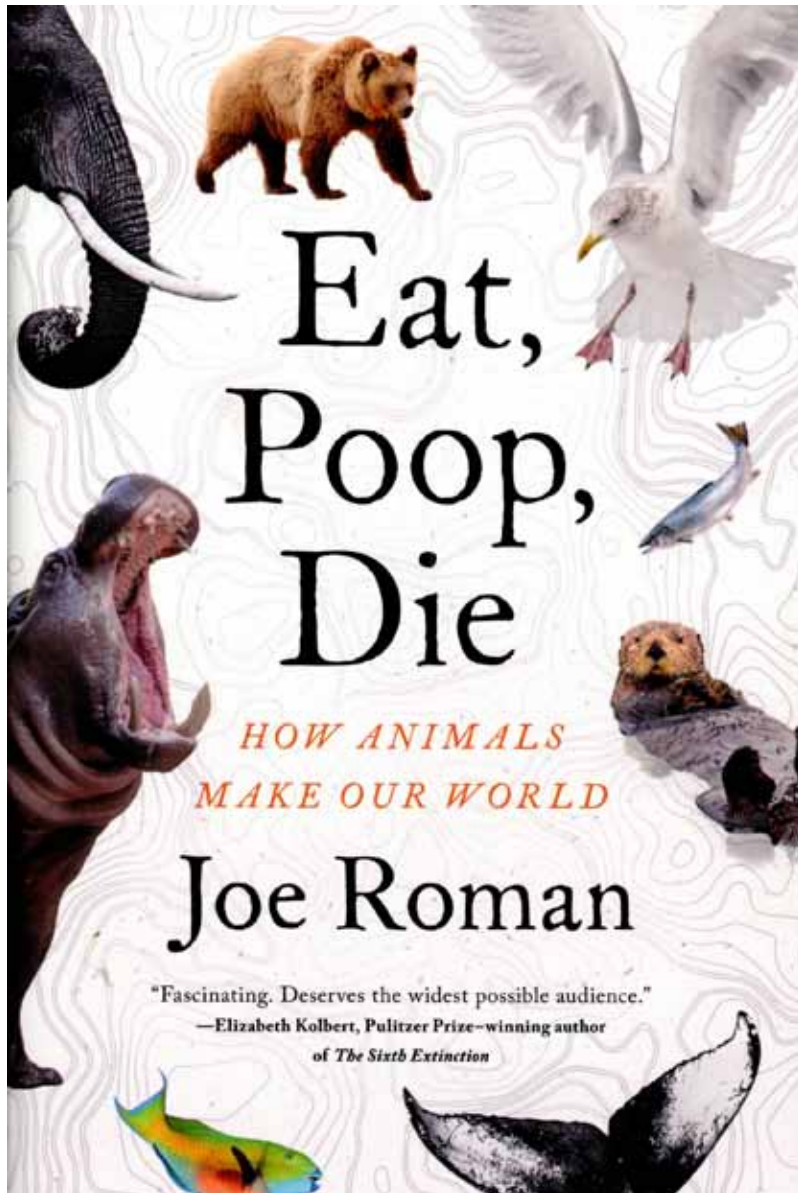
PART IV THE DO-IT-YOURSELF MEAL: HUNTED, GATHERED, AND GARDENED FOOD

18 The Forest	205
19 Eating Animals.....	215
20 Hunting.....	231
21 Gathering.....	247
22 The Perfect Meal.....	263

AFTERWORD: VOTE WITH YOUR FORK 277

THE OMNIVORE'S SOLUTION:	
SOME TIPS FOR EATING	285
Q&A WITH MICHAEL POLLAN	291
FURTHER RESOURCES	299
ACKNOWLEDGMENTS	303
SOURCES.....	307
INDEX	327

Sustainability



Another page turner.

Animals moving about bring biomass, nutrients to large land areas, nourishing soil and entire ecosystems.

Salmon runs bring life to forests around the world.

Bison brought life to prairies with pee, poop, and carcasses.

Wildebeest in Serengeti just the same today.

And more...

“Absolutely fascinating. A compulsively readable scientific exploration of earth’s ability to sustain life, but also a collection of entertaining anecdotes from Joe Roman’s career as a biologist who has spent a considerable amount of time studying...well, poop. *Eat, Poop, Die* helped me to better understand our planet and gave me a fresh burst of motivation to advocate for it.” —*Shelby Van Pelt, New York Times bestselling author of Remarkably Bright Creatures*

“Fascinating—you will read this book with an entirely new appreciation and respect for the role that all the animals on this earth play in making the planet work.” —*Bill McKibben, author of The End of Nature*

“Joe Roman knows how to handle words. In this, his latest book, he ventures afield and spins a series of great and important stories about the many surprising threads that bind together the living world. And his writing just happens to be so good that he sweeps the reader along.”

—*Carl Safina, author of Beyond Words and Alfie and Me*

“With expert knowledge and wry humor, Roman returns animals to their rightful place at the center of the environment.” —*Kirkus Reviews*

What's been said

You cannot trust published medical research

You cannot trust medical or dietary guidelines

*Be careful of ubiquitous propaganda
Our culture is loaded with disinformation*

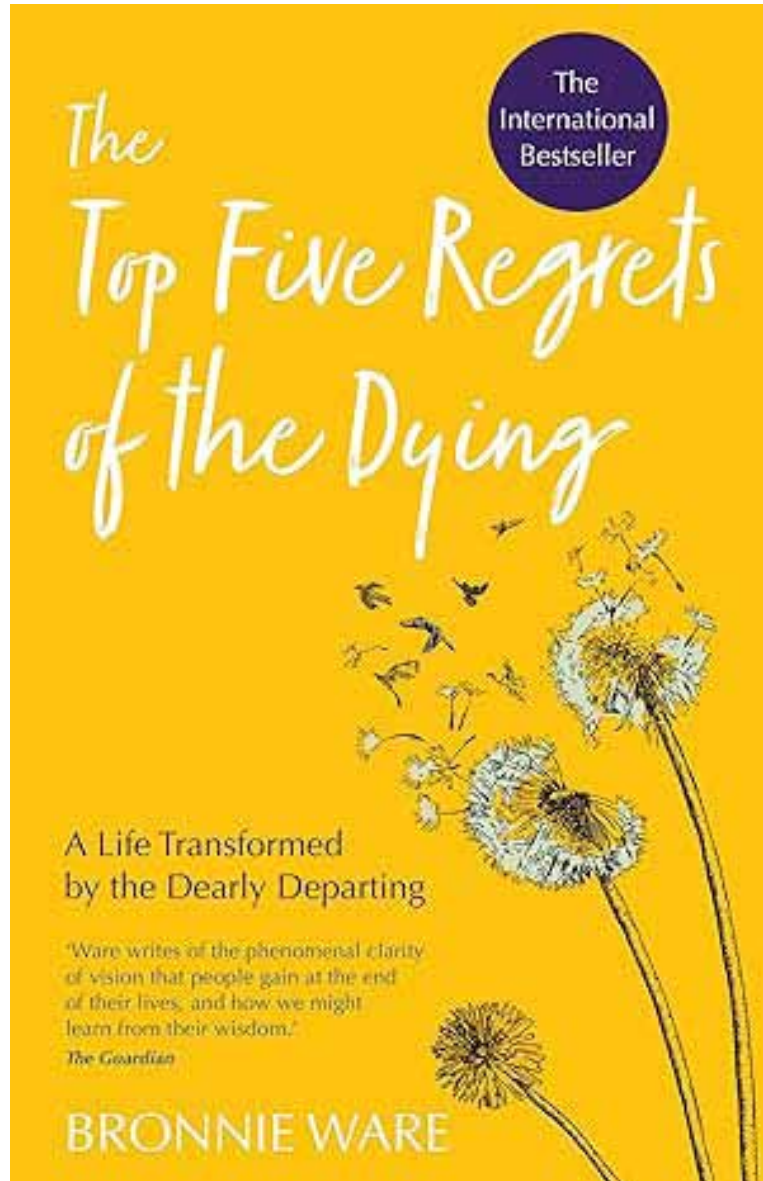
*Plants are **NOT** your friend*

*You must study and **Think For Yourself***

*To gain and maintain health,
eliminate most carbohydrates*

*To lose weight,
eliminate most carbohydrates*

Advice for living



Events, research, and developments over the last five years add up to an intense learning experience.

I consider myself fortunate to have several things I care about, things that give my life meaning.

I want to share what I have learned.

I don't remember how or where I found this book, but much to my surprise I found *The Top Five Regrets of the Dying* to be all about living well, not death.

Highly recommended

www.bronnieWare.com/blog/regrets-of-the-dying/