

# proteinaholic

## Proteinaholic: Understanding the Obsession with Protein

**proteinaholic** – it's a term that's been floating around fitness circles, nutrition forums, and social media platforms. But what does it really mean to be a proteinaholic? Is it simply a playful nod to those who love protein shakes and chicken breasts, or is there a deeper layer to this fascination with protein? In today's health-conscious world, protein has become somewhat of a superstar nutrient, praised for its muscle-building properties, weight management benefits, and overall role in a balanced diet. Yet, like any trend, an excessive focus on protein can lead to some misconceptions and even unhealthy habits. Let's dive into the world of the proteinaholic and explore what drives this obsession, how it affects our health, and how to find the right balance.

## What Does It Mean to Be a Proteinaholic?

At its core, being a proteinaholic refers to someone who is heavily fixated on consuming protein, often prioritizing it over other essential nutrients. This term is often used humorously but can reflect a genuine behavioral pattern where protein becomes a near-obsession. Whether it's counting every gram of protein, endlessly experimenting with protein powders, or dismissing other food groups, proteinaholics tend to view protein as the ultimate key to fitness and well-being.

## The Rise of Protein in Popular Culture

The surge in protein's popularity can be traced back to the rise of bodybuilding and fitness culture, where protein intake is crucial for muscle repair and growth. Social media influencers, fitness coaches, and nutritionists frequently tout high-protein diets, which has helped cement protein's reputation as the go-to macronutrient. Proteinaholics often adopt these messages enthusiastically, sometimes to an

extreme degree.

## Why Are People Drawn to High-Protein Diets?

Protein offers several benefits that naturally attract people aiming to improve their health, physique, or athletic performance. Here's why protein often takes center stage:

- **Muscle Building and Repair:** Protein provides the amino acids necessary for muscle synthesis, making it essential for anyone looking to gain or maintain muscle mass.
- **Satiety and Weight Management:** Protein-rich foods promote feelings of fullness, helping control appetite and assisting with weight loss or maintenance.
- **Metabolic Boost:** Digesting protein requires more energy compared to fats and carbohydrates, which can slightly increase metabolism.
- **Versatility in Diet:** Protein is found in a wide variety of foods, from animal sources like chicken and fish to plant-based options such as beans and lentils, making it adaptable to different eating preferences.

While these benefits are real, the challenge lies in not letting protein dominate the diet to the detriment of other vital nutrients.

## The Potential Downsides of Being a Proteinaholic

Embracing protein is fantastic, but overdoing it can lead to a few unintended consequences. A

proteinaholic who consistently consumes excessive protein might experience:

## **Imbalanced Nutrition**

Focusing too much on protein can crowd out other macronutrients like carbohydrates and healthy fats, which are equally important for energy, brain function, and hormone production. Neglecting fruits, vegetables, and whole grains in favor of protein-heavy meals may result in deficiencies of fiber, vitamins, and minerals.

## **Strain on Kidneys**

Although healthy individuals typically tolerate high-protein diets well, those with pre-existing kidney issues should be cautious. Excessive protein intake can place additional strain on the kidneys, potentially worsening kidney function over time.

## **Digestive Issues**

An unbalanced diet high in animal protein but low in fiber can cause digestive discomfort, including constipation or bloating. Incorporating fiber-rich plant-based proteins can help mitigate these effects.

## **Finding Balance: How to Enjoy Protein Without Going Overboard**

If you identify as a proteinaholic or simply want to optimize your protein intake, here are some practical tips to maintain a healthy and balanced diet:

## **1. Diversify Protein Sources**

Don't rely solely on protein powders or animal proteins. Incorporate plant-based proteins such as quinoa, chickpeas, tofu, nuts, and seeds. This approach not only enriches your nutrient profile but also supports sustainability.

## **2. Prioritize Whole Foods**

While protein supplements are convenient, whole foods provide additional nutrients and benefits. For example, eggs, lean meats, dairy, legumes, and vegetables offer more than just protein—they contain essential vitamins and minerals.

## **3. Balance Macronutrients**

Ensure your meals include a healthy mix of carbohydrates, fats, and proteins. Carbohydrates fuel your workouts and brain, while fats support hormone health and cell function.

## **4. Listen to Your Body's Needs**

Your protein requirements depend on various factors like age, activity level, and health status. Overconsumption won't necessarily speed up muscle growth or recovery. Paying attention to hunger cues and energy levels is key.

## **Proteinaholic and the Fitness Community: A Closer Look**

Within gyms and fitness groups, the term proteinaholic is often used lightly to describe those who religiously carry protein shakes or meticulously track their macros. This enthusiasm is generally positive, reflecting dedication and discipline. However, it's important to remain mindful and avoid falling into the trap of seeing protein as a magic bullet.

## **Protein Timing and Distribution**

Fitness experts emphasize not just the quantity but also the timing of protein intake. Distributing protein evenly across meals can maximize muscle protein synthesis and recovery. This is particularly relevant for athletes and bodybuilders who want to optimize gains without unnecessary excess.

## **The Role of Protein in Plant-Based Diets**

For vegetarians and vegans, being a proteinaholic might look different. It involves carefully combining plant proteins to ensure all essential amino acids are consumed. Popular plant-based protein powders derived from peas, rice, or hemp have made this easier than ever.

## **Exploring the Psychology Behind Proteinaholism**

Beyond the physical benefits and dietary considerations, there's an intriguing psychological aspect to being a proteinaholic. For some, protein obsession stems from a desire for control, especially in a world filled with conflicting nutrition advice. Tracking macros and protein intake can provide a structured way to navigate dietary choices.

Additionally, social media plays a significant role. The constant exposure to "perfect" fitness bodies and nutrition regimens can drive individuals to adopt extreme habits in pursuit of similar results. Recognizing this influence helps in cultivating a healthier, more balanced relationship with food.

# Practical Recipes and Meal Ideas for Protein Enthusiasts

For those who love protein and want to enjoy it in diverse, wholesome ways, here are a few meal ideas to keep things exciting and balanced:

- **Quinoa and Black Bean Salad:** A plant-based protein powerhouse with fiber and antioxidants.
- **Grilled Chicken and Veggie Stir-Fry:** Lean protein paired with colorful vegetables for a nutrient-rich meal.
- **Greek Yogurt Parfait:** Layered with nuts, seeds, and berries for a protein-packed breakfast or snack.
- **Lentil Soup with Spinach:** Comforting and filling, rich in protein and iron.
- **Tofu Scramble with Vegetables:** A vegan alternative to eggs that's high in protein and flavor.

Experimenting with such recipes can keep your protein intake satisfying without feeling repetitive or restrictive.

---

Being a proteinaholic doesn't have to mean an unhealthy fixation. With a mindful approach, it's possible to enjoy the benefits of protein while embracing a varied, nutrient-rich diet. After all, nutrition is about balance, enjoyment, and supporting your body's unique needs—whether you're a gym rat, an athlete, or simply someone passionate about health.

# Frequently Asked Questions

## What is a proteinaholic?

A proteinaholic is someone who excessively consumes protein, often beyond the recommended daily intake, sometimes due to a strong focus on bodybuilding or fitness goals.

## What are the potential risks of being a proteinaholic?

Excessive protein intake can lead to kidney strain, dehydration, digestive issues, and nutrient imbalances, especially if it replaces other essential food groups.

## How much protein should an average adult consume daily?

The recommended daily protein intake for an average adult is about 46 grams for women and 56 grams for men, though needs vary based on activity level, age, and health.

## Can being a proteinaholic affect kidney health?

Yes, consistently consuming very high amounts of protein can put stress on the kidneys, especially in individuals with pre-existing kidney conditions.

## Are there psychological factors behind proteinaholism?

Some individuals may develop an obsession with protein due to body image concerns, fitness culture influences, or misinformation about diet and muscle building.

## What are healthy sources of protein to include in a balanced diet?

Healthy protein sources include lean meats, fish, eggs, dairy, legumes, nuts, seeds, and plant-based alternatives like tofu and tempeh.

## **How can someone reduce excessive protein intake if they are a proteinaholic?**

They can gradually incorporate a variety of nutrient-rich foods, consult a nutritionist, and focus on balanced meals rather than protein-heavy ones.

## **Is high protein intake beneficial for muscle building?**

Adequate protein is important for muscle repair and growth, but excessive amounts do not necessarily lead to more muscle and may have negative health effects.

## **Are protein supplements recommended for everyone?**

Protein supplements may benefit athletes or those with increased protein needs but are not necessary for everyone and should be used cautiously to avoid overconsumption.

## **Additional Resources**

Proteinaholic: Understanding the Rise of Protein Enthusiasts in Modern Nutrition

**proteinaholic** is a term increasingly used to describe individuals who exhibit a strong obsession or intense preference for protein consumption, often prioritizing it above other macronutrients. This phenomenon has gained traction alongside the surge in popularity of high-protein diets, fitness culture, and wellness trends. As more consumers seek to optimize muscle gain, weight management, and overall health, the role of protein—and the behaviors surrounding its intake—warrants a closer, analytical look.

## **The Emergence of Proteinaholic Behavior in Contemporary**

# Diets

The modern nutrition landscape has witnessed a significant shift towards protein-centered eating patterns. From bodybuilding communities to casual gym-goers, protein supplementation and high-protein meal plans have become almost synonymous with health and fitness. The label “proteinaholic” captures not only the enthusiasm for protein but also hints at potential overdependence or imbalance in dietary choices.

This shift is supported by scientific findings that demonstrate protein’s vital role in muscle synthesis, satiety regulation, and metabolic processes. However, the increasing fixation on protein raises questions about the broader implications for nutritional balance and the sustainability of such diets.

## Proteinaholic: Defining Characteristics and Behavioral Patterns

Individuals identified as proteinaholics typically:

- Prioritize protein intake in every meal, often exceeding recommended daily allowances.
- Incorporate multiple protein supplements such as powders, bars, and shakes into their routine.
- Focus heavily on animal-based proteins, including lean meats, eggs, and dairy products.
- Monitor macronutrient ratios obsessively, sometimes at the expense of essential fats and carbohydrates.
- Exhibit a strong belief in protein’s role as a panacea for fitness and health goals.

While this dedication can yield positive outcomes such as increased muscle mass and improved recovery times, it may also lead to nutritional imbalances or excessive strain on organs like the kidneys.

## Analyzing the Nutritional Impact of Protein-Heavy Diets

The average adult's protein requirement varies but generally falls between 0.8 to 1.2 grams per kilogram of body weight. Athletes and highly active individuals might require up to 2.0 grams per kilogram. Proteinaholics often surpass these thresholds, driven by the desire to maximize performance or body composition outcomes.

### Pros of High Protein Consumption

- **Muscle Growth and Repair:** Protein provides essential amino acids necessary for muscle tissue repair post-exercise.
- **Satiety and Weight Management:** High-protein meals promote fullness, potentially reducing overall calorie intake.
- **Metabolic Boost:** Protein has a higher thermic effect compared to fats and carbohydrates, slightly increasing calorie burn during digestion.

### Potential Downsides and Risks

- **Kidney Strain:** Excessive protein intake may burden kidney function, especially in individuals with pre-existing conditions.
- **Nutritional Imbalance:** Overemphasis on protein can lead to insufficient intake of carbohydrates, healthy fats, vitamins, and minerals.
- **Digestive Issues:** High protein diets, especially those rich in red meat, can cause constipation or other gastrointestinal discomforts.
- **Environmental Concerns:** Heavy reliance on animal protein has a greater ecological footprint compared to plant-based sources.

## Proteinaholic Trends and Their Place in Wellness Culture

The rise of the proteinaholic archetype parallels the booming supplement industry and the proliferation of fitness influencers promoting protein-centric lifestyles. Social media platforms amplify messages advocating protein shakes, meal prep strategies, and high-protein snack options.

## Protein Supplementation: Popularity and Varieties

Protein powders have become a staple among proteinaholics, with options including:

- **Whey Protein:** Derived from dairy, known for rapid absorption.
- **Casein Protein:** Also dairy-based, slower digestion, often consumed before sleep.

- **Plant-Based Proteins:** Pea, hemp, rice, and soy proteins catering to vegetarians and vegans.
- **Collagen Peptides:** Marketed for joint and skin health, increasingly popular among all demographics.

Such supplements offer convenience and help meet protein targets but may also contribute to an overconsumption mindset if not balanced with whole foods.

## Psychological and Social Dimensions

The proteinaholic culture is often intertwined with identity and community belonging, particularly within fitness circles. However, this mindset can border on orthorexia—an unhealthy fixation on “pure” or “correct” eating—when flexibility diminishes and anxiety around non-protein foods grows.

## Balancing Protein Intake: Strategies for Healthier Consumption

For those navigating the allure of proteinaholism, adopting a balanced approach is critical. Nutrition experts recommend:

1. **Assessing Individual Needs:** Tailoring protein intake based on activity level, age, and health status.
2. **Incorporating Diverse Protein Sources:** Combining animal and plant-based proteins to ensure a broad amino acid profile and micronutrient variety.
3. **Prioritizing Whole Foods:** Favoring nutrient-dense foods over processed protein supplements

whenever possible.

4. **Monitoring Overall Diet Quality:** Ensuring adequate intake of carbohydrates, fats, fiber, and micronutrients alongside protein.

Such strategies help mitigate risks associated with excessive protein consumption while supporting optimal health.

## Emerging Research and Future Perspectives

Ongoing studies are investigating the long-term effects of high-protein diets on metabolic health, kidney function, and aging. Additionally, the environmental impact of protein sourcing is driving innovation in alternative proteins such as lab-grown meat and insect-based products, which may reshape proteinaholic tendencies in the future.

In summary, the concept of a proteinaholic reflects broader cultural and nutritional trends emphasizing protein's benefits but also highlights the necessity for balance and critical evaluation. As interest in protein remains high, understanding its complexities helps consumers make informed decisions that align with both their health goals and lifestyle values.

## Proteinaholic

**proteinaholic:** *Proteinaholic* Garth Davis, Howard Jacobson, 2015-10-06 "A book that will help you lose weight; keep it off; prevent lifestyle disease and even reverse it. . . . [E]very doctor should prescribe [it]." —Rich Roll, bestselling author of *Finding Ultra* and *The Plantpower Way* Whether you are seeing a doctor, nutritionist, or a trainer, all of them advise to eat 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 and is essential for a longer, healthier life. Now, Dr. Garth Davis, an expert in weight loss asks, "Is all this protein making us healthier?" 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 on a protein binge getting sicker by the day. As a surgeon treating obese patients, 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 and his years dedicated to analyzing studies of the world's longest-lived populations, this groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity. "Exhaustively researched and fascinating." —Publishers Weekly "A groundbreaking book." —Neal D. Barnard, MD, President, Physicians Committee for Responsible Medicine, Adjunct Associate Professor of Medicine, George Washington University School of Medicine "A life changer in the truest sense of the word." —Booklist

**proteinaholic: Analysis & Review of Proteinaholic** Fastreads, 2018-01-31 Less another diet book and more a call to plant-based eating, Garth Davis, M.D. and recovering proteinaholic puts forth a potentially life-changing message for the masses in his book Proteinaholic. This FastReads Analysis offers supplementary material to Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, FastReads is here to help. Absorb everything you need to know in under 20 minutes! What does this FastReads Analysis Include? A synopsis of the original book Key Takeaways Review and analysis from each section A short bio of the author Supplementary Info & Recommended Reading About the Original Book: Garth Davis, M.D. kicks off with a titled confession as a recovering proteinaholic. A bariatric surgeon, weight-loss expert, author and television celebrity, Davis launches into an argument for plant-based eating over the other trends in the modern-day dieting industry. Not so much against animal protein as it is for plant-based eating, the topics vary from chronic illness to anthropology. In short, the battle against American obesity can be won. The discussion offers tasty morsels for both layman and academic, supported by scientific research, personal victories and medical sense. BEFORE YOU BUY: The purpose of this FastReads Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). FastReads has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, Proteinaholic.

**proteinaholic: What the Health** Eunice Wong, 2017-02-22 What The Health is the official, stand-alone companion book to the groundbreaking documentary of the same name, directed by Kip Andersen and Keegan Kuhn, directors of the award-winning documentary, Cowspiracy: The Sustainability Secret. If the film is a peephole, then this book knocks down the entire door, diving into expanded interviews, extensive research, and personal narratives. Scientific literature shows that eating saturated fat mainly found in animal products like meat, dairy, and eggs is more strongly associated with death than smoking cigarettes. Think about that. If, at a neighborhood cookout, the dad next door offered you and your child a cigarette and a light, how would you react? And yet we accept, with thanks, the glistening beef burgers from that same dad. What's the difference between taking the cigarette and the burger? The smell and the taste. The social assumptions. The habits. The lack of knowledge. Journey with Kip and Keegan as they crisscross the country, talking to physicians, dietitians, cardiologists, pediatricians, bariatric surgeons, lawyers, economists, activists, and food safety advocates in a passionate search for the truth about the food we eat, and the stunning implications for our health and the country's cascade of killer diseases. Along the way they meet Ren Miller, whose home is routinely drenched by manure cannons from the factory farm next door; slaughterhouse vet Dr. Lester Friedlander who blew the whistle on Mad Cow Disease; political prisoner Jake Conroy; and world-class athletes like former NFL-defensive lineman David Carter and ultra-endurance athlete Rich Roll, who completed 5 Ironman triathlons in under a week, and many other fascinating characters, each with their own piece of the puzzle. There is a health revolution brewing. Many people know there's something terribly broken about the industrial food, medical, and pharmaceutical systems, but they don't know what it is. It's no wonder, because there is an intricate

political and corporate apparatus in place to keep them from finding out. People think heart disease, cancer, and diabetes are inherited, not realizing that what they've actually inherited are the eating habits of their parents and grandparents. Lifestyle choices like diet and (lack of) exercise are responsible for about 70 percent of deaths in this country. Diseases that kill millions can be prevented, or even reversed. What The Health takes you on an adventure, uncovering the lethal entwining of the food, medical, and pharmaceutical industries with our own government, and the corporate, legislative web designed to confuse the public and keep Americans chronically and profitably ill.

**proteinaholic: Analysis of Proteinaholic** ReeRoos, 2017-12-15 Less another diet book and more a call to plant-based eating, Garth Davis, M.D. and recovering proteinaholic puts forth a potentially life-changing message for the masses in his book Proteinaholic. This ReeRoos Analysis offers supplementary material to Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, ReeRoos is here to help. Absorb everything you need to know in under 20 minutes! What does this ReeRoos Analysis Include? A synopsis of the original book Key Takeaways Review and analysis from each section A short bio of the author Supplementary Info & Recommended Reading About the Original Book: Garth Davis, M.D. kicks off with a titled confession as a recovering proteinaholic. A bariatric surgeon, weight-loss expert, author and television celebrity, Davis launches into an argument for plant-based eating over the other trends in the modern-day dieting industry. Not so much against animal protein as it is for plant-based eating, the topics vary from chronic illness to anthropology. In short, the battle against American obesity can be won. The discussion offers tasty morsels for both layman and academic, supported by scientific research, personal victories and medical sense. PLEASE NOTE: This is an unofficial analysis and review of the book and not the original book. It is meant as a supplement to, and not a replacement for, Proteinaholic.

**proteinaholic: Eat Real to Heal** Nicolette Richer, 2018-09-30 Disease-Fighting Healthy Foods "This is not a fad diet. This is for real! And it works....I recommend this book to anyone who wants to live a long and healthful life. —Sylvia Dolson, author, aspiring centenarian and animal welfare advocate #1 Best Seller in Juices & Smoothies and Special Diets Cancer Change your diet and power up your immune system. If you want to feel active, clear-minded. and strong enough to fight off disease, it all starts with the food you put into your body. Eat Real to Heal shows you the organic, plant-based foods you should be eating. Focusing on diet, nutrition, and meditation, this book teaches you how to power up your immune system and give yourself the best possible chance at beating chronic diseases like diabetes, arthritis, acne, psoriasis, fibromyalgia, and even cancer. Fortify and detoxify with vegan recipes. Eat Real to Heal shows you how to create and follow a meal plan that utilizes nutritious, vegan recipes, made with pure and organic ingredients, that are quick, easy, and delicious! Also, learn about juicing, managing stress, detoxifying your home, breathing exercises and yoga that connect you with your body, and the Gerson Therapy. Reach optimal health in just 5 weeks. If you've been diagnosed with a serious or a non-life-threatening illness, you're in remission, you want to stop taking medications or you're just looking to feel better this book is for you! The easy-to-follow advice and instructions in Eat Real to Heal will get you feeling vibrant, strong, and energized, and give you the best possible chance at preventing and beating all kinds of chronic diseases—from acne to diabetes to cancer in just five weeks! Eat Real to Heal teaches you how to: Upgrade your eating habits and your lifestyle Flood your body with nutrients and detoxify your system Boost your immune system and turn your body into a disease-fighting machine If you read Eat to Beat Disease, the Eat to Beat Disease Cookbook, or The Complete Anti-Inflammatory Diet for Beginners, you will want to read Eat Real to Heal.

**proteinaholic: La fuente de la longevidad** JOHN MACKEY/ALONA PULDE/MATTHEW LEDERMAN, 2019-02-28 Comprueba el poder de una dieta natural y prolonga la vida que te

mereces. Un novedoso programa alimenticio que captura la ciencia de los alimentos naturales y pone freno a los padecimientos crónicos para que vivas más y mejor. En este libro, John Mackey, fundador de la exitosa cadena de alimentos orgánicos, Whole Foods Market, nos comparte su filosofía a través de un revolucionario programa nutricional basado 100% en alimentos naturales: 90% de plantas y 10% de productos animales, que mejoró su vida y mejorará la tuya para siempre. Junto a Mackey, los doctores Alona Pulde y Matthew Lederman, especialistas en revertir ciertas enfermedades como cáncer, diabetes y obesidad mediante la nutrición y medicina de estilo de vida, complementan este plan que te dirá cómo vivir más años en perfectas condiciones. En parte gracias a su perspectiva ética y sustentable, La fuente de la longevidad está inspirando a miles de personas en el mundo a renovar sus hábitos y a poner un alto al consumo de alimentos procesados y a la ingesta desenfrenada de carne que tanto han deteriorado su salud y la del planeta.

**proteinaholic:** *Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats* Richard H. Pitcairn, Susan Hubble Pitcairn, 2017-03-21 For more than 30 years, Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats has been the go-to resource for health-conscious animal lovers. This fourth edition is updated with the latest information in natural pet health, including groundbreaking research on the benefits of vegan diets for pets, as well as nutritionally complete recipes to give your pets optimal health that you can also enjoy, making home prepared diets easier than ever. The Pitcairns also discuss behavior issues, general nutrition, and a more humane approach to caring for pets. The Pitcairns have long been the trusted name in holistic veterinary care and continue to be at the forefront of natural pet health. Written with the same compassion and conviction, the fourth edition of Natural Health for Dogs & Cats will help you give your beloved animals the healthiest, happiest life.

**proteinaholic:** *What the Health* Kip Andersen, Keegan Kuhn, Eunice Wong, 2018-12-18 The definitive, stand-alone companion book to the acclaimed documentary—now with 50 plant-based recipes and full-color photos to help you start changing your health for the better There's something terribly broken in our industrial food, medical, and pharmaceutical systems. What's going wrong? Can we really avoid the leading causes of death just by changing our diet? Kip Andersen and Keegan Kuhn, creators of the revolutionary *What the Health* and the award-winning *Cowspiracy* documentaries, take readers on a science-based tour of the hazards posed by consuming animal products—and what happens when we stop. *What the Health* will guide you on an adventure through this maze of misinformation with the same fresh, engaging approach that made the documentary so popular. Journey with Andersen and Kuhn as they crisscross the country, talking to doctors, dietitians, public health advocates, whistle-blowers, and world-class athletes, to uncover the truth behind the food we eat. With the help of writer Eunice Wong, they empower eaters with knowledge about the lethal entwining of the food, medical, and pharmaceutical industries, and about the corporate web that confuses the public and keeps Americans chronically—and profitably—ill. Plus, discover 50 recipes to help you reclaim your life and health, including: Creamy Mac PB&J Smoothie Winter Lentil and Pomegranate Salad Mom's Ultimate Vegan Chili Black Bean Fudgy Brownies Baked Apple Crumble with Coconut Cream If the film was a peephole, then the book knocks down the whole door, featuring expanded interviews, extensive research, and new personal narratives. There's a health revolution brewing. *What the Health* is your invitation to join.

**proteinaholic:** *Clean Protein* Kathy Freston, Bruce Friedrich, 2018-01-02 Join the Clean Protein revolution and lose weight, feel stronger, and live longer. Food and wellness experts Kathy Freston and Bruce Friedrich have spent years researching the future of protein. They've talked to the food pioneers and the nutrition scientists, and now they've distilled what they've learned into a strength-building plan poised to reshape your body and change your world. Complete with delicious recipes and a detailed guide to food planning, *Clean Protein* explains everything you need to know in order to get lean, gain energy, and stay mentally sharp. You'll finally understand in simple terms why protein is essential, how much you should get, and where to find the best sources of it. *Clean Protein* is a powerful solution to excess weight and chronic health issues, and it's a cultural revolution that will be talked about for decades.

**proteinaholic:** *Should We All Be Vegan? (The Big Idea Series) (The Big Idea Series)* Molly Watson, 2019-10-15 An insightful look at the arguments for and against universal adoption of a vegan diet and lifestyle. As concern grows over the environmental costs and ethical implications of intensive factory farming, an increasing number of people are embracing diets and lifestyles free from animal products. *Should We All Be Vegan?* gives a fluid and engaging account of the evolution of veganism. Over the course of four easily digestible chapters, food writer Molly Watson reveals the truth about veganism's impact on our health, the planet, and the global economy. Chapters like "The Evolution of Veganism" and "Why Go Vegan Today?" examine the development of veganism from the earliest meat-free human diets to the rise in mainstream adoption of a plant-based diet and lifestyle today; "The Challenges of Veganism" surveys the nutritional and societal pitfalls of a vegan lifestyle; and, lastly "A Vegan Planet" envisions possible futures for veganism and their impact on the earth. Watson evaluates every angle of the debate on veganism in this primer, reviewing the evidence for its effects on health and assessing the ethics, environmental impact, and feasibility of adopting a vegan lifestyle worldwide.

**proteinaholic:** *The Reducetarian Solution* Brian Kateman, 2017-04-18 Brian Kateman coined the term Reducetarian—a person who is deliberately reducing his or her consumption of meat—and a global movement was born. In this book, Kateman, the founder of the Reducetarian Foundation, presents more than 70 original essays from influential thinkers on how the simple act of cutting 10% or more of the meat from one's diet can transform the life of the reader, animals, and the planet. This book features contributions from such luminaries as Seth Godin, Joel Fuhrman, Victoria Moran, Jeffrey Sachs, Bill McKibben, Naomi Oreskes, Peter Singer, and others. With over 40 vegan, vegetarian, and less meat recipes from bestselling cookbook author Pat Crocker, as well as tons of practical tips for reducing the meat in your diet (for example, skip eating meat with dinner if you ate it with lunch; replace your favorite egg omelet with a tofu scramble; choose a veggie burrito instead of a beef burrito; declare a meatless day of the week), *The Reducetarian Solution* is a life—not to mention planet!—saving book.

**proteinaholic:** *The Ultimate Age-Defying Plan* Mark Reinfeld, Ashley Boudet, 2019-02-12 Discover the keys to a long life and optimal health at any age in this practical wellness guide and cookbook—with simple 7-ingredient recipes. Experts in food and medicine have been looking to a plant-based diet as the most holistic, effective, and universal path to health, especially when it comes to aging. This guide provides a comprehensive roadmap to staying vital and living a long life -- using plant-based cuisine and simple daily self-care rituals that boost health and support healthy functioning in the body. Written by vegan chef Mark Reinfeld and naturopathic doctor Ashley Boudet, with expert oversight from physician and author Michael Klaper, MD, each chapter in *The Ultimate Age-Defying Plan* describes one aspect of the human body—including mental sharpness and neurological health, cardiovascular health, bone health, eye and vision, digestive health, and protection against major diseases such as diabetes, heart disease, and certain forms of cancer. They delve into the nutrients, food, and self-care practices necessary for healing and aiding this area of the self, including a list of recipes specifically targeted toward that area. Chef Mark's easy-to-prepare recipes are all seven ingredients or less, allowing readers to go vegan without stress.

**proteinaholic:** *The Vegan Transformation* Angela L. Crawford, PhD, 2025-04-22 Many of us long to create healing and transformation in our lives—to thrive in mind, body, and spirit. We desire vibrant health and vitality that allows us to engage in life fully. And we seek meaning and connection in a world that feels increasingly disconnected. Through revealing surveys and interviews with vegans, psychologist Dr. Angela L. Crawford discovered seven core transformations that create richer, more meaningful lives. Wherever you are on your own journey—whether you are curious about the benefits of eating more plants or are already vegan and want to experience greater impact and joy—*The Vegan Transformation* is an invaluable roadmap. From research findings that illuminate the path to wellbeing, to inspiring stories of transformation, to exercises and meditations that support your journey, this book is a faithful companion in forging your own compassionate,

healthy, and purposeful life.

**proteinaholic:** *Plant-based Sports Nutrition* D. Enette Larson-Meyer, Matthew Ruscigno, 2020 Plant-Based Sports Nutrition offers guidance to athletes who choose vegan, vegetarian, and plant-based diets about how to effectively fuel their training and competition while adhering to their eating preferences.

**proteinaholic:** **The Vegan Way** Jackie Day, 2016-10-25 "Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan... For those interested in becoming acquainted with "the vegan way," this book marvelously succeeds." - Publishers Weekly I only wish I had had this book decades ago! - Moby This goes well beyond diet ... This book is a comprehensive guide to anyone looking to switch to a plant-based life. - Booklist The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring! - Pamela Anderson The VeganWay is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that's a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

**proteinaholic:** *The Plant-Based Journey* Lani Muelrath, 2015-09-15 It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan—until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. The Plant-Based Journey provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience! Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition: Step 1: Awakening: Discover your why for eating plant-based Step 2: Scout: Assemble what you need for plant-based eating basics Step 3: Rookie: Increase the presence of plant foods on your plate with specific strategies and systems Step 4: Rockstar: Take your newfound plant-based eating success on the road and to social and family situations Step 5: Champion: Sharpen your skills for long-term plant-based living success In addition, in *The Plant-Based Journey*, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease. Whether you're a plant-based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills, *The Plant-Based Journey* is your essential, definitive guide—for a healthier, trimmer you.

**proteinaholic:** *The Food Effect Diet: Vegan* Michelle Braude, 2020-01-09 Ditch the complicated recipes, expensive products and supplements, vegan 'detoxes' and all the other crazes out there - that's the message of The Food Effect approach to nutrition - which, based on real science, separates the fads from the facts, and now presents the program that's had amazing results, adapted to suit a

vegan diet. Set to teach the simple secrets to long-term practical success for weight loss for vegans, The Food Effect Diet: Vegan is a simple, delicious, satisfying way of eating that sheds weight, boosts energy, lowers cholesterol and blood pressure, and also gives glowing skin, increased brain power and optimal health and vitality. Simple and effective without over-complicating, The Food Effect Diet Vegan delivers a painless and proven way to achieve your weight loss goals and get you on the road to optimal health, all whilst following a vegan lifestyle easily and enjoyably. The Food Effect Diet: Vegan will include: \*A wide array of vegan food choices, including surprising sources of 'good for you' carbs and proteins. \*Menu options for breakfast, lunch, dinner and snacks based on a variety of taste preferences, lifestyles and nutritional needs. \*More than 65 delicious and easy vegan recipes, plus a complete set of simple meal ideas for those who don't like, or don't have time, to cook. \*Dietary recommendations - designed with a calorie cap to ensure you achieve your weight loss goals. \*Guidance on which supplements to take to ensure all nutritional needs are met.

**proteinaholic: The Book of Veganish** Kathy Freston, Rachel Cohn, 2016-08-30 Bestselling authors Kathy Freston and Rachel Cohn join together to create a toolbox of resources to aid socially aware teens and young adults interested in adopting a vegan lifestyle. The Book of Veganish contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 70 simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, The Book of Veganish will allow existing and aspiring vegans to feel confident about their new lifestyle choices.

**proteinaholic: Hungry Beautiful Animals** Matthew C. Halteman, 2024-11-12 A heartfelt, humane, and even hilarious account of why rule-obsessed veganism fails and how a focus on flourishing can bring about an abundant future for all In Hungry Beautiful Animals, philosopher Matthew C. Halteman shows us how—despite all the forces arrayed against going vegan—we can create an abundant life for everyone without using animals for food. Going vegan must be about flourishing, not shaming and blaming ourselves. Hungry Beautiful Animals is a book of action, of forgiveness, and love. This timely exploration of the profound impact of our dietary choices on both individual and collective flourishing is essential reading for anyone who eats.—Bryant Terry, James Beard award-winning author of *Vegetable Kingdom* “This is a book of sacred truths, the kind of thing you read and your soul forever registers.—Kathy Freston, New York Times best-selling author of *The Lean*

**proteinaholic: The Food Effect Diet** Michelle Braude, 2017-12-28 AS SEEN IN THE TIMES. LOSE AT LEAST 6LBS IN FOUR WEEKS WITHOUT GIVING UP CARBS, ALCOHOL OR CHOCOLATE The Food Effect Diet is a simple, delicious and satisfying way of eating that sheds weight, boosts energy, lowers cholesterol and blood pressure. It also gives you glowing skin, increased brain power and optimal health and vitality. A perfect antidote to faddy, restrictive crash diets that don't work over the long-term, The Food Effect Diet promises a minimum weight loss of 6lbs in four weeks, while allowing you to eat carbs, good fats, wheat, gluten and dairy. Followers of the diet can also drink alcohol and eat chocolate - the only significant 'no no' is red meat. As well as a detailed programme for the four-week 'attack' phase, the book will include menu plans which can be adapted to suit different taste preferences, lifestyles and nutritional needs; over 70 delicious and easy recipes; and easy-to-follow food tables to guide your choices for each food group.

## Related to proteinaholic

**Proteinaholic** Proteinaholic documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting

**Proteinaholic | About the book** About the book Proteinaholic How Our Obsession with Meat is Killing Us and What We Can Do About It By Garth Davis, M.D

**Proteinaholic | recipes** A Proteinaholic “Don’t Worry” Recipe: Chickpea Nibbles by Dreena Burton by Howard Jacobson, PhD / on October 23, 2015 /

**Proteinaholic | Blog** If you're in the Tucson AZ area, or know someone who is and needs to hear the Proteinaholic message, send them to this web page. Deets: Saturday, October 1, 2016, 4-6pm, the Loft

**Chapter 13: Cancer: Fleshing Out the Protein Connection** In response to the huge amount of media attention – and confusion – around the World Health Organization's report linking meat, and especially processed meat, to cancer, I've decided to

**Proteinaholic Bonuses | The Well** Proteinaholic Bonuses Right-click the covers below to download the Bonus PDF files to your computer (noting where your computer saves them so you can find them later): Ask questions

**A Thorough and Very Critical Review of Proteinaholic** Denise Minger, famed for her criticisms of The China Study, has taken on Proteinaholic. In the past I have disregarded Denise due to lack of real world experience

**About the author - Proteinaholic** Now that he's totally recovered Proteinaholic, Dr. Davis competes in marathons and Ironman triathlons. He lives in Asheville, with his family, a shy cat, and an absurdly large dog

**Proteinaholic Bonuses** If for some reason the system glitched and you don't receive an email from Howard at Proteinaholic within the next 15 minutes, email [howard@proteinaholic.com](mailto:howard@proteinaholic.com) and I'll take care of it

**Proteinaholic | A Response to Denise Minger - Part 1** I wrote this book after doing an extensive amount of study as to the optimal diet. If you have read Proteinaholic you know, and Denise agrees, that I did an enormous amount of research. My

**Proteinaholic** Proteinaholic documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting

**Proteinaholic | About the book** About the book Proteinaholic How Our Obsession with Meat is Killing Us and What We Can Do About It By Garth Davis, M.D

**Proteinaholic | recipes** A Proteinaholic "Don't Worry" Recipe: Chickpea Nibbles by Dreena Burton by Howard Jacobson, PhD / on October 23, 2015 /

**Proteinaholic | Blog** If you're in the Tucson AZ area, or know someone who is and needs to hear the Proteinaholic message, send them to this web page. Deets: Saturday, October 1, 2016, 4-6pm, the Loft

**Chapter 13: Cancer: Fleshing Out the Protein Connection** In response to the huge amount of media attention – and confusion – around the World Health Organization's report linking meat, and especially processed meat, to cancer, I've decided to

**Proteinaholic Bonuses | The Well** Proteinaholic Bonuses Right-click the covers below to download the Bonus PDF files to your computer (noting where your computer saves them so you can find them later): Ask questions

**A Thorough and Very Critical Review of Proteinaholic** Denise Minger, famed for her criticisms of The China Study, has taken on Proteinaholic. In the past I have disregarded Denise due to lack of real world experience

**About the author - Proteinaholic** Now that he's totally recovered Proteinaholic, Dr. Davis competes in marathons and Ironman triathlons. He lives in Asheville, with his family, a shy cat, and an absurdly large dog

**Proteinaholic Bonuses** If for some reason the system glitched and you don't receive an email from Howard at Proteinaholic within the next 15 minutes, email [howard@proteinaholic.com](mailto:howard@proteinaholic.com) and I'll take care of it

**Proteinaholic | A Response to Denise Minger - Part 1** I wrote this book after doing an extensive amount of study as to the optimal diet. If you have read Proteinaholic you know, and Denise agrees, that I did an enormous amount of research. My

**Proteinaholic** Proteinaholic documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-

promoting

**Proteinaholic | About the book** About the book Proteinaholic How Our Obsession with Meat is Killing Us and What We Can Do About It By Garth Davis, M.D

**Proteinaholic | recipes** A Proteinaholic “Don’t Worry” Recipe: Chickpea Nibbles by Dreena Burton by Howard Jacobson, PhD / on October 23, 2015 /

**Proteinaholic | Blog** If you’re in the Tucson AZ area, or know someone who is and needs to hear the Proteinaholic message, send them to this web page. Deets: Saturday, October 1, 2016, 4-6pm, the Loft

**Chapter 13: Cancer: Fleshing Out the Protein Connection** In response to the huge amount of media attention – and confusion – around the World Health Organization’s report linking meat, and especially processed meat, to cancer, I’ve decided to

**Proteinaholic Bonuses | The Well** Proteinaholic Bonuses Right-click the covers below to download the Bonus PDF files to your computer (noting where your computer saves them so you can find them later): Ask questions

**A Thorough and Very Critical Review of Proteinaholic** Denise Minger, famed for her criticisms of The China Study, has taken on Proteinaholic. In the past I have disregarded Denise due to lack of real world experience

**About the author - Proteinaholic** Now that he’s totally recovered Proteinaholic, Dr. Davis competes in marathons and Ironman triathlons. He lives in Asheville, with his family, a shy cat, and an absurdly large dog

**Proteinaholic Bonuses** If for some reason the system glitched and you don’t receive an email from Howard at Proteinaholic within the next 15 minutes, email [howard@proteinaholic.com](mailto:howard@proteinaholic.com) and I’ll take care of it

**Proteinaholic | A Response to Denise Minger - Part 1** I wrote this book after doing an extensive amount of study as to the optimal diet. If you have read Proteinaholic you know, and Denise agrees, that I did an enormous amount of research. My

**Proteinaholic** Proteinaholic documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting

**Proteinaholic | About the book** About the book Proteinaholic How Our Obsession with Meat is Killing Us and What We Can Do About It By Garth Davis, M.D

**Proteinaholic | recipes** A Proteinaholic “Don’t Worry” Recipe: Chickpea Nibbles by Dreena Burton by Howard Jacobson, PhD / on October 23, 2015 /

**Proteinaholic | Blog** If you’re in the Tucson AZ area, or know someone who is and needs to hear the Proteinaholic message, send them to this web page. Deets: Saturday, October 1, 2016, 4-6pm, the Loft

**Chapter 13: Cancer: Fleshing Out the Protein Connection** In response to the huge amount of media attention – and confusion – around the World Health Organization’s report linking meat, and especially processed meat, to cancer, I’ve decided to

**Proteinaholic Bonuses | The Well** Proteinaholic Bonuses Right-click the covers below to download the Bonus PDF files to your computer (noting where your computer saves them so you can find them later): Ask questions

**A Thorough and Very Critical Review of Proteinaholic** Denise Minger, famed for her criticisms of The China Study, has taken on Proteinaholic. In the past I have disregarded Denise due to lack of real world experience

**About the author - Proteinaholic** Now that he’s totally recovered Proteinaholic, Dr. Davis competes in marathons and Ironman triathlons. He lives in Asheville, with his family, a shy cat, and an absurdly large dog

**Proteinaholic Bonuses** If for some reason the system glitched and you don’t receive an email from Howard at Proteinaholic within the next 15 minutes, email [howard@proteinaholic.com](mailto:howard@proteinaholic.com) and I’ll take care of it

**Proteinaholic | A Response to Denise Minger - Part 1** I wrote this book after doing an extensive amount of study as to the optimal diet. If you have read Proteinaholic you know, and Denise agrees, that I did an enormous amount of research. My

**Proteinaholic** Proteinaholic documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting

**Proteinaholic | About the book** About the book Proteinaholic How Our Obsession with Meat is Killing Us and What We Can Do About It By Garth Davis, M.D

**Proteinaholic | recipes** A Proteinaholic “Don’t Worry” Recipe: Chickpea Nibbles by Dreena Burton by Howard Jacobson, PhD / on October 23, 2015 /

**Proteinaholic | Blog** If you’re in the Tucson AZ area, or know someone who is and needs to hear the Proteinaholic message, send them to this web page. Deets: Saturday, October 1, 2016, 4-6pm, the Loft

**Chapter 13: Cancer: Fleshing Out the Protein Connection** In response to the huge amount of media attention – and confusion – around the World Health Organization’s report linking meat, and especially processed meat, to cancer, I’ve decided to

**Proteinaholic Bonuses | The Well** Proteinaholic Bonuses Right-click the covers below to download the Bonus PDF files to your computer (noting where your computer saves them so you can find them later): Ask questions

**A Thorough and Very Critical Review of Proteinaholic** Denise Minger, famed for her criticisms of The China Study, has taken on Proteinaholic. In the past I have disregarded Denise due to lack of real world experience

**About the author - Proteinaholic** Now that he’s totally recovered Proteinaholic, Dr. Davis competes in marathons and Ironman triathlons. He lives in Asheville, with his family, a shy cat, and an absurdly large dog

**Proteinaholic Bonuses** If for some reason the system glitched and you don’t receive an email from Howard at Proteinaholic within the next 15 minutes, email [howard@proteinaholic.com](mailto:howard@proteinaholic.com) and I’ll take care of it

**Proteinaholic | A Response to Denise Minger - Part 1** I wrote this book after doing an extensive amount of study as to the optimal diet. If you have read Proteinaholic you know, and Denise agrees, that I did an enormous amount of research. My

## Related to proteinaholic

**Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It** (Publishers Weekly10y) Weight loss surgeon Davis (The Expert’s Guide to Weight Loss Surgery) convincingly argues that the best way to eat for health and longevity consists of a diet high in plants and low in meat. He

**Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It** (Publishers Weekly10y) Weight loss surgeon Davis (The Expert’s Guide to Weight Loss Surgery) convincingly argues that the best way to eat for health and longevity consists of a diet high in plants and low in meat. He

**Doctor's lifestyle transformation started by changing his diet** (Houston Chronicle9y) Garth Davis was a bariatric surgeon who was on the verge of being overweight and suffered from high blood pressure, high cholesterol and Irritable Bowel Syndrome. He packed his diet with meat, rarely

**Doctor's lifestyle transformation started by changing his diet** (Houston Chronicle9y) Garth Davis was a bariatric surgeon who was on the verge of being overweight and suffered from high blood pressure, high cholesterol and Irritable Bowel Syndrome. He packed his diet with meat, rarely

**Are You a Protein-aholic? How Much Meat Is Too Much** (Yahoo9y) Pop quiz: What’s the better snack choice — an apple or a packaged protein bar? If you answered protein bar, you might be in trouble, at least according to a new book called Proteinaholic: How Our

**Are You a Protein-aholic? How Much Meat Is Too Much** (Yahoo9y) Pop quiz: What’s the better

snack choice — an apple or a packaged protein bar? If you answered protein bar, you might be in trouble, at least according to a new book called Proteinaholic: How Our

**Are you a proteinaholic? (Or how meat is killing us)** (Philippine Daily Inquirer6y) “At least I’m not dying of a protein deficiency like those vegan hippies!” I first heard the term “proteinaholic” from bariatric surgeon Garth Davis. In a webinar by the Forks Over Knives community,

**Are you a proteinaholic? (Or how meat is killing us)** (Philippine Daily Inquirer6y) “At least I’m not dying of a protein deficiency like those vegan hippies!” I first heard the term “proteinaholic” from bariatric surgeon Garth Davis. In a webinar by the Forks Over Knives community,

**Is Eating the Wrong Kinds of Proteins Killing You?** (Yahoo Finance9y) After being diagnosed with high cholesterol and a fatty liver, Dr. Garth Davis set out not just to lose weight but to examine conventional thinking on protein-based diets. The result is a new book,

**Is Eating the Wrong Kinds of Proteins Killing You?** (Yahoo Finance9y) After being diagnosed with high cholesterol and a fatty liver, Dr. Garth Davis set out not just to lose weight but to examine conventional thinking on protein-based diets. The result is a new book,

## Related Articles

- [starbucks barista training manual](#)
- [seth rogen james franco the interview trailer](#)
- [agricultural mechanics and technology systems answer key](#)

[Back to Home](#)