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# The First Zero Carber Dr. Vilhjalmur Stefannson Tells His Story to the Camera

by Paul Mabry MD | Jun 30, 2018 | Uncategorized | 0 comments



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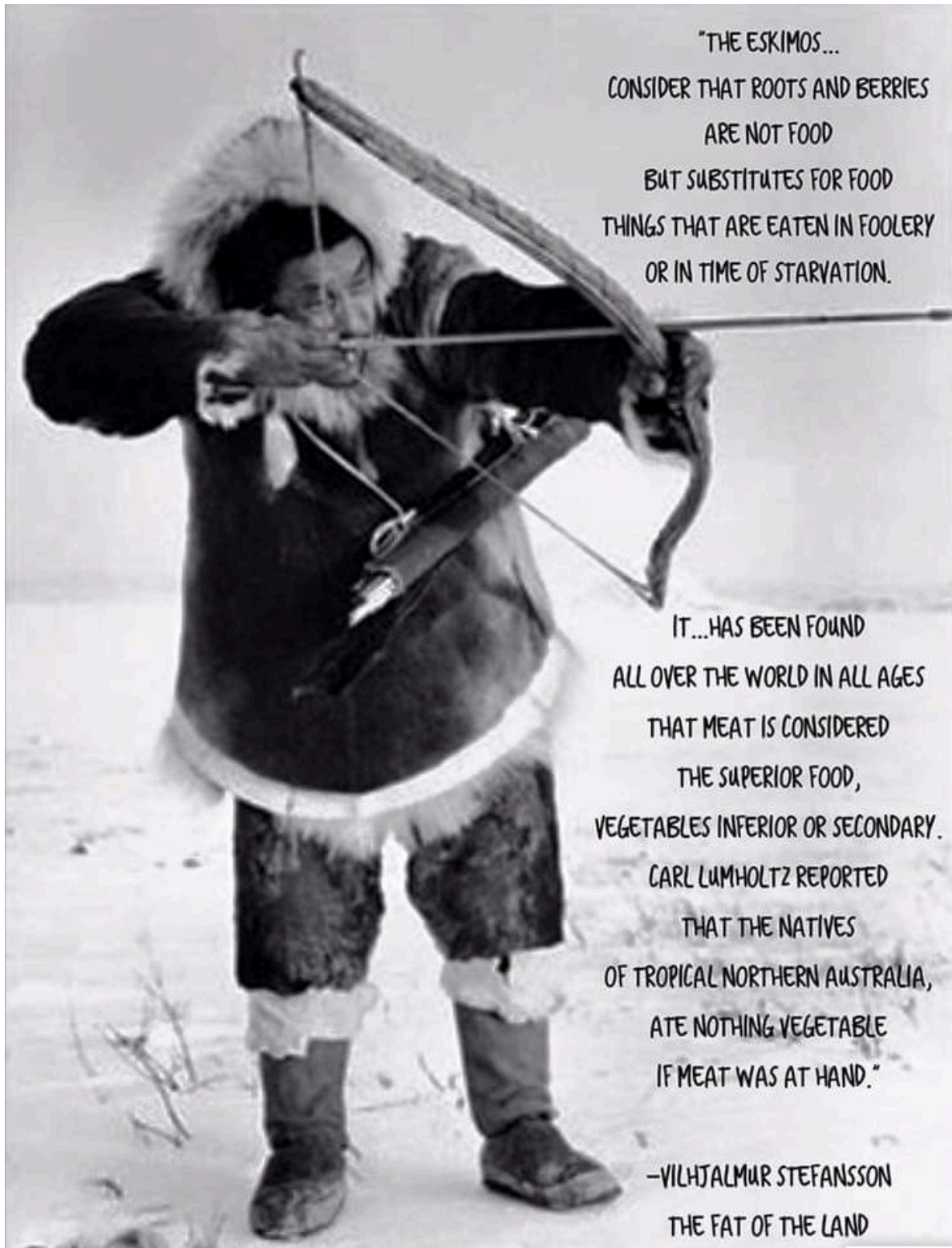


Between 1906 and 1918 Dr. Stefansson, a Harvard trained Ethnologist spent a total of over 6 years living with the Coastal Inuit and eating an all meat diet. Click on the video above to hear the story in his own words. The video is also [available on YouTube here](#). You can hear the [unedited interview here](#). He wrote many books about his adventures in the arctic regions. Probably his most famous and the one where he discussed all meat diets the most

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is called: "The Fat of the Land". You can download the full book by [clicking here](#).

When he got back to New York City he began to advocate among other things an all meat diet. Here is a quote from him:



"THE ESKIMOS...  
CONSIDER THAT ROOTS AND BERRIES  
ARE NOT FOOD  
BUT SUBSTITUTES FOR FOOD  
THINGS THAT ARE EATEN IN FOOLERY  
OR IN TIME OF STARVATION.

IT...HAS BEEN FOUND  
ALL OVER THE WORLD IN ALL AGES  
THAT MEAT IS CONSIDERED  
THE SUPERIOR FOOD,  
VEGETABLES INFERIOR OR SECONDARY.  
CARL LUMHOLTZ REPORTED  
THAT THE NATIVES  
OF TROPICAL NORTHERN AUSTRALIA,  
ATE NOTHING VEGETABLE  
IF MEAT WAS AT HAND."

-VILHJALMUR STEFANSSON  
THE FAT OF THE LAND

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He corresponded with many notable Doctors and Nutritionists of the time include Dr. Ancel Keyes. Many arctic explorers had suffered and even died from scurvy (Vitamin C Deficiency).

Vitamin C was first discovered and the cause of scurvy in 1928 and was a very hot topic in the Medical community. In 1928 a group of New York City Physician who were skeptical of Stefansson's claim that an all meat diet could prevent scurvy challenged him to prove it. Because meat is relatively low in Vitamin C they were sure that Stefansson would develop scurvy in 3-4 weeks ([I wrote this post explaining why an all meat diet prevents scurvy](#)). He and his close friend and fellow arctic explorer Dr. Karsten Anderson agreed to be admitted to Bellevue Hospital and eat nothing but meat for 1 full year. Their food was carefully monitored as were numerous laboratory values and measures. They were particularly concerned about kidney damage from all the meat. After a full year of all meat he and his friend were in perfect health with no signs of scurvy or kidney damage. The experiment was published in "Clinical Calorimetry" and [a full copy can be downloaded here](#).



There is a documentary about Stefansson's life which was not without controversy called "Arctic Dreamer" which can be viewed [here](#).

He went on to become a professor first at Harvard, later at Dartmouth University where the University Library houses his research and writings in [The Stefansson Collection on Polar Exploration](#). He has a Canadian Island

he discovered as large as Puerto Rico named after him and in 1986 the US issued a stamp in his honor.

Please address questions or comments to the following email:

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by Paul Mabry MD | July 31, 2018 | Uncategorized | 0 Comments

The first speaker, Miriam Kalomian, EdM, MS, CNS knows more about using ketogenic diets to fight cancer than anyone I know. Finding keto allowed her 6 year old son Raffi and extra 6 quality years of life after he was diagnosed with a brain tumor. She now shares this...

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