

[Depression](#)[Bipolar Disorder](#)[Alzheimer's Disease](#)[Anxiety](#)[Brain Health](#)

Foods

[Dairy](#)[Meats](#)[Grains, Beans, Nuts, Seeds](#)[Vegetables](#)[Fruits](#)[Fiber](#)[Fat](#)[Protein](#)[Carbohydrates](#)

Diets & Diseases

[Ketogenic Diet](#)[Paleo / Whole Foods Diet](#)[Carnivore Diet](#)[Plant-based Diet](#)[Food Sensitivities](#)[Insulin Resistance](#)[Cancer](#)[Diabetes](#)[Other Health Conditions](#)

**Ketogenic
Diets for
Mental Health**

[Clinician Training](#)by Georgia Ede | [View Article Comments](#) | Share:  

The History of All-Meat Diets



We are taught that meat is an unhealthy, artery-clogging, fattening, cholesterol-raising, heart-attack inducing, constipating, tumor-producing food that should be avoided like the plague, and that a plant-based diet is the holy grail of health.

To the best of my knowledge, the world has yet to produce a

civilization which has eaten a vegan diet from childhood through death, whereas there are numerous examples throughout recorded history of people from a variety of cultural, ethnic and geographical backgrounds who have lived on mainly-meat diets for decades, lifetimes, generations. What exactly did these carnivorous cultures eat, and how healthy or unhealthy were they?

In my opinion, examples of real people eating mostly-meat diets for long periods of time gives us much more powerful information about meat and health than conventional scientific studies conducted over short periods of time in which one group of people eats a little more meat or a few extra servings of vegetables than another group of people.

Meet the meat mongers

- The Inuit of the Canadian Arctic thrived on fish, seal, walrus and whale meat.
- The Chukotka of the Russian Arctic lived on caribou meat, marine animals and fish.
- The Masai, Samburu, and Rendille warriors of East Africa survived on diets consisting primarily of milk and meat.
- The steppe nomads of Mongolia ate mostly meat and dairy.

- The Steppes Nomads of Mongolia ate mostly meat products.

[NEW BOOK!](#) [SUBSCRIBE](#) [BLOG](#)

[CONTACT](#) [f](#) [t](#) [i](#)

Program
diagnosis:Diet
7.0 hours CME

- ~ live, online, small-group, interactive classes
- ~ 100+ pages of supplemental materials

[LEARN MORE](#)

NOTIFY ME OF DR. EDE'S POSTS

Please consider making a donation to support this work

[DONATE WITH PAYPAL](#)

Read My Latest Posts



All About My New Book: Change Your Diet, Change Your Mind

[read more ...](#)



Study Finds Serious Mental Illnesses Improve on Ketogenic Diet

[read more ...](#)



New Study Claims Red Meat Increases Risk for Heart Attacks and Strokes

[read more ...](#)



Revolutionizing Anorexia Care

- The Sioux of South Dakota enjoyed a diet of buffalo meat.
- The Brazilian Gauchos nourished themselves with beef.

Dangerously unbalanced?

How many servings of fruits and vegetables did most Arctic peoples eat most days of the year? Zero. How much fiber is there in a seal, or a fish, or an Arctic bird? None whatsoever. Physician Samuel Hutton, who treated Eskimos in the Canadian province of Labrador at the turn of the 20th century, wrote:

“I wonder are the Eskimos unique among the nations in their disregard of vegetable foods? I sometimes saw them getting young willow shoots and one or two other little bits of green, and eating them as a relish to their meat; but they make absolutely no attempt to till what soil there is, and they do not even make the most of the plants that grow. During the short weeks of summer the vegetation springs up in a perfectly marvelous manner. . . . Surely among this wild scramble of plant life there must be some things that are good to eat! I know that there are plenty of dandelion leaves, and I have tasted worse things in my time, but the people never touch them.”¹

By all accounts, these people ate little to no plant foods for most of the year (summertime was an exception):

“But though gardening is entirely foreign to the Eskimo nature, they do not entirely scorn the good things of the earth . . . In most years the scrubby bushes that crawl upon the ground are loaded with succulent berries—a truly marvelous provision—and the people gather them not only by the handfuls and bucketfuls, but by barreelfuls.”²

Their diets were therefore extremely low in fiber most of the time, and very high in animal protein and animal fat. These traditional ways of eating would terrify the USDA, the American Heart Association, the American Cancer Society, not to mention the Harvard School of Public Health, which remains a staunchly anti-meat, anti-saturated fat, anti-cholesterol institution.

How in the world did these uninformed fringe types manage to get all their vitamins and minerals without the heaping helpings of colorful fruits, vegetables, and whole grains without which we are told we shall surely perish? Weren't they cancer-riddled, heart-clenching, constipated, fat slobs who died young from scary deficiency diseases like rickets and scurvy?



Starts with

Nutrition

read more ...

diagnosis:Diet

LIKE TICKETS AND SCURVY:

NEW BOOK! SUBSCRIBE BLOG

CONTACT



Nutrition Can Strengthen the Immune System to Fight COVID-19

[read more ...](#)

Let's look at the two groups of people for whom we have the most medical information available to see if we can begin to answer some of these very important questions. What follows is not meant to be a complete review; I wrote this article because I was excited to share some of the fascinating things I am learning as I research meat and human health.

A tale of two cities

Well, *cities* is a bit of a stretch . . . in fact neither of these groups of people were city folk, but that is where the similarities end. The only thing these people had in common was that they ate few if any plant foods.

You could not ask for two more different cultures than the Arctic “Eskimos” and the East African herdsmen:

- North Pole vs. Equator
- Asian vs. African
- Non-dairy vs. Dairy
- Surf vs. Turf



Arctic peoples studied were living in the northernmost “circumpolar” parts of Alaska, Canada, Russia and Greenland. The diets of most Arctic people began changing in the late 1800s as trade routes began providing access to European foods including sugar, flour, and dairy products, but prior to that their diet consisted primarily of animal protein and fat for most of the year.

East African herdsmen (Masai, Samburu and Rendille peoples) studied hailed from what are now Kenya and Tanzania, along the African equator. By tradition, males in these tribes ate only animal foods (meat



These unique groups of people were the subjects of intense medical investigation several decades ago, and there have been numerous scientific articles written about their diet and health.

Meat and heart disease

More than 40 years ago, the remote region of Point Hope, Alaska (where a mostly-meat diet was still being consumed due to its isolated location) was the subject of a research study published in 1972:

“The Point Hope inhabitants represent one of the few remnants of the Eskimo whale, sea, and walrus hunting cultures in the world . . . Average total daily caloric intake was approximately 3,000 kcal [calories] per person, ranging from 2,300 to 4,500 kcal. Approximately 50% of the calories were derived from fat and 30 to 35% from protein. Carbohydrate accounted for only 15 to 20% of their calories, largely in the form of glycogen [animal starch] from the meat they consumed. Grain products were scarce and although sucrose [table sugar] was not unknown, the average adult ingested less than 3 g/day, primarily for sweetening tea or coffee.”³

Researchers found that the incidence of heart disease among Point Hope residents was *ten times lower* than in the general Caucasian population of the United States. Not only that—their triglyceride levels (levels of fat in the bloodstream) averaged 85 mg/dL, whereas the average U.S. triglyceride levels at that time averaged over 100 mg/dL.

[To read more about why carbohydrates are not necessary in the diet and how carbohydrates cause the body to produce extra fat, please see my [carbohydrates page](#)]

Lest you think that these Alaskans were special—that their triglyceride levels were low because of genetic differences, or because they had become adapted over centuries to their meaty diet, and that it wasn't fair to compare their triglyceride levels to those of mainland Americans—you may want to think twice.

A much more recent study conducted in remote areas of southwestern Alaska compared native people who reported eating the highest percentage of traditional animal foods to native people who reported eating the lowest percentage of traditional animal foods. Native Alaskans following a more traditional diet were eating much more animal protein and animal fat, yet had triglyceride levels on average 25 points lower than their more Westernized neighbors.⁴



Now, some Arctic peoples did have some cholesterol buildup in their arteries, but this was apparently mild and primarily seen in those who were eating a mixture of modern and traditional foods:

“The rarity of ischaemic heart disease has been repeatedly noted, with due allowance for the life-expectancy of Eskimos. Rabinowitch, discussing the contention of others that arteriosclerosis was rare in Eskimos, stated that this was not the case in those he examined in the eastern Arctic of Canada where contact with white man had altered the diet, but in the most northerly parts there was no evidence of arteriosclerosis; total cholesterol in serum was low. 18 necropsies by Gottman between 1956 and 1958, and by Arthaud between 1959 and 1968, on Alaskan Eskimos partly on European diets, showed that atherosclerosis was mild and not a major cause of death.”⁵

Meanwhile, back in Africa...

As for our pastoral African nomad friends, heart attacks were essentially unknown among Masai males, despite living well into their 60s. Researchers examined 600 living Masai men, more than half of whom were over 40 years old, and found that only one of them had ever had a heart attack. In fact, researchers went so far as to collect and examine the hearts of 50 Masai who had dropped dead, and found no evidence of a heart attack in a single one. Just as with Eskimos, they did find “fatty streaks” and some cholesterol deposits inside of their arteries, but not enough to cause any blockages.

It was estimated that these men obtained 66% of their daily calories from pure animal fat, eating about 300 grams of fat and 600 milligrams of cholesterol per day. Americans are advised to keep fat intake to 20 to 35% of calories and to keep cholesterol intake below 300 mg per day, therefore these men were eating twice as much cholesterol and 2 to 3 times as much fat as we are told to eat.

Meat and blood pressure



Once upon a time, there was a group of Inuit from Greenland who had been raised on a diet high in meat, fish, and animal fat, and very low in fruits, vegetables, and dairy products. In the 1980s and 1990s, some of them immigrated south to Denmark, and in the process, turned their diets upside-

down. They started eating Danish people ate—adding lots more plant foods and dairy products to

their menus, and eating fewer animal foods. This is the advice we are given by public health officials if we want to improve our health. So, did these transplanted Greenlanders become healthier? Researchers discovered that the Inuit who had moved to Denmark and changed their diets had blood pressures *ten points higher* than those who had stayed behind in Greenland. This was despite the fact that they weighed less, smoked less, drank less, and got the same amount of exercise as their Greenland brothers and sisters.

Unfortunately the researchers did not ask about junk food intake, so we don't know if the Inuit were also eating more refined carbohydrates, salt, and chemicals after relocating to Denmark, although that would be a safe bet. My point is that simply eating less meat and eating more fruits and vegetables, which is what we are told we should do to be healthier, did not improve or protect their health—at least not when it came to blood pressure.

While back in the shadow of Mount Kilimanjaro . . .

Blood pressures among the Masai of East Africa averaged 120/80 in males ranging in age from 14 to over 55; only 1% of Masai men had high blood pressure. Among the Samburu, as well, blood pressures were excellent, averaging 112/76, with systolic (upper) blood pressure values tending to rise only a few points after the age of 60.

Meat and obesity

The problem of overweight and obesity did not exist among the Masai, Samburu, or Rendille people. The average Masai male measured approximately 5 feet 7 inches tall and weighed 134 pounds. The average Samburu man was equally as tall and weighed 126 pounds. The typical Rendille man weighed only 121 pounds. Weights within all of these groups of people remained stable throughout their lifetimes.

Out of Africa . . .

I just adore these passages written in 1936 by noted Canadian anthropologist Vilhjalmur Stefansson:

“Eskimos, when still on their native meats, are never corpulent—at least I have seen none. They may be well-fleshed. Some especially women, are notably heavier in middle age than when young. But they are not corpulent in our sense.

When you see Eskimos in their native garments you do get the impression of fat round faces on fat round bodies, but the roundness of face is a racial peculiarity and the rest of the effect

is produced by loose [new books](#) [subscribe](#) [blog](#) [them st](#) [CONTACT](#) [f](#) [t](#) [i](#)

you do not find the abdominal protuberances and folds which are numerous at Coney Island beaches and so persuasive in arguments against nudism.

There is no racial immunity among Eskimos to corpulence. You prove that by how quickly they get fat and how fat they grow on European diets.”

I can relate...ich bin ein Eskimo...

Unanswered questions

If meat, saturated fat and cholesterol are supposed to cause heart disease, and if colorful, fiber-rich fruits and vegetables are supposed to protect us from heart disease, why didn't these people, who were eating MUCH more meat and FAR less plant food than most of us ever will, suffer from heart disease and all of the health problems we associate with heart disease risk, such as high blood pressure, obesity, and high triglycerides?

This post was not designed to provide an airtight argument for meat and health, but I do hope that it has at least prompted those of you who remain skeptical about meat to rethink what you've been led to believe.

To read my detailed critique of the World Health Organization's 2015 report claiming that red meat causes cancer, read my post "[Who Says Meat Causes Cancer?](#)"

If you've got a hankerin' for more information about meat and health, take a look at my [meats page](#).

What about cholesterol levels in carnivorous cultures? It turns out that cholesterol is the most complicated topic of all . . . as usual . . . but ask a silly question. . . . In the meantime, if you are worried that eating a high-cholesterol diet will raise your "bad" cholesterol, you may want to read my [cholesterol page](#) to see why you don't need to worry about this.

Are you thinking of trying an all-meat diet?



Jessica Haggard recently (2019) published [The Carnivore Cookbook](#). She has created many tasty recipes, and includes good tips for finding affordable meat and how best to use different cuts of meat. There is also an entire chapter on offal (organ meats).

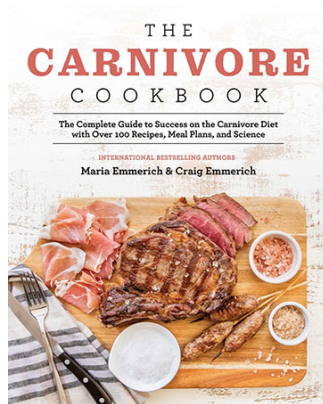


If you do try an all-meat diet, you should know that in order to get all of the nutrients you need to support

NEW BOOK! SUBSCRIBE BLOG CONTACT f t i
CLINICIAN DIRECTORY TRAINING SPEAKING MEDIA

your good health, it may be important to include organ meats in your diet. If not, you can be at risk for deficiency in retinol (vitamin A), folate, vitamin D3, vitamin K2, vitamin C, and the essential fatty acids EPA and DHA (although the fatty acids can also be found in fatty fish).

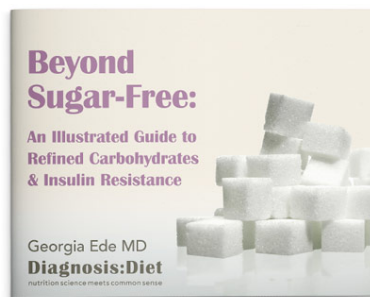
You may also want to check out my conversation with Tristan Haggard on his Primal Edge Health podcast about the benefits of eating meat for mental health. It is available both in [audio and video](#) format.



The dynamic duo Maria and Craig Emmerich also just released a brand new [carnivore cookbook](#) (2020) with over 100 tasty recipes that introduce creative ways to add flavor and variety to an all-meat diet. As with most of Maria's cookbooks, they open this book with an in-depth introduction to the science behind carnivore diets, provide historical/anthropological context, and explain why some people might benefit from

going plant-free. The book includes meal plans with grocery lists and tips for safely transitioning to the diet. I am a big fan of the Emmerichs' other cookbooks and highly recommend this one for those interested in trying a carnivore diet or are already enjoying the benefits of an all-meat diet.

References 



Download your free e-book:

Download your free guide to refined carbs and get notified of Dr. Ede's latest posts.

[DOWNLOAD THE E-BOOK](#)



Join the discussion...

LOG IN WITH

OR SIGN UP WITH DISQUS ?

Name

12 Share

Best Newest Oldest



Roseanna Smith

11 years ago

While I appreciate the academic caution of some of the arguments posted in the comments here -- one shouldn't rely on a single source (say, Stefansson), nor make overly broad statements about a "culture" (in either direction) -- most of the arguments strike me as being driven by the urge to nit-pick the main thesis, which is that a mostly or possibly even all-animal-foods diet is a perfectly good choice for a human being.

Surely the berries of the Arctic, or the bark of the Kenya bush, are not so incredibly nutritionally powerful that minute amounts of them are the equivalent of the West's "five a day" fruit-and-vegetable recommendation, but that is the implication of the protest.

As a long-time ZCer, I'm biased, of course. After dropping most plant matter, my health improved spectacularly, and it remains stellar nearly four years in. But even when faced with a modern person with modern lab results, some people still struggle to accept the plain facts. I've been told that the herbs and spices on my meat are "nutritional powerhouses" that are probably responsible for my health, rather than the dropping of fruits and vegetables. The fear of an all- or mostly-meat diet is a strange thing, prompting otherwise smart people to make silly claims.

27 0 Reply



Dr. Ede Mod

→ Roseanna Smith

11 years ago

Hi Rose

You have found a way to say what I have not been able to express as well. As you know, I, too, have found that removing most plant foods from my diet restored my health, which is why I spend so much time trying to get to the bottom of these issues. Based on everything I've learned so far, in 5+ years of study, I cannot find any evidence supporting the necessity of plant foods in the human diet. That is not to say that some may feel better when they eat them, or that some may be better adapted to them or tolerate them without any difficulty. I would not say that everyone should eat an all-meat diet, because I don't know enough to say such a thing. I would, however, say that it is probably a safe and reasonable diet for anyone to try, and therefore completely agree with you that it is a "perfectly good choice for a human being."



→ Dr. Ede
11 years ago edited

Dr. Ede, I know of many more stories like yours and mine than I do Charles Grashow's, or Danny Roddy's (who was mentioned somewhere in the comments). But that might be survivor bias at work -- those who don't do well simply drop off without announcing it to the world, so don't leave much of a trace.

Still, it's clear enough that at least some humans do very well on an all-meat diet, and that's a *truly* all-meat diet, no parenthetical, footnoted additions of bark, berries, or gut contents. I share your qualms about recommending an all-meat diet to everyone, for a number of reasons, but none of them arising from a fear that meat will kill them, lol.

It would be great to find someone willing to study long-term modern ZCers. If vegans can pop up regularly in nutritional studies (and veganism *is* quite extreme and unusual in human history), why not ZCers?

And when I indulge my most grandiose fantasies about ZC, I really wish someone would study the remission rates of XLC/ZCers with regard to the various ailments most of us arrived with (and most of us did arrive with serious ailments -- not too many people swim against the overwhelming current of nutritional "wisdom" because they're feeling just grand). I'd bet, all other things being equal, XLC/ZCers' current health equals that of the healthiest standard-Western-diet-eaters', and furthermore, I'd bet it far outstrips the health of anyone continuing to eat a standard Western diet who's ever had any of the maladies we've suffered from. Maybe someday we'll know.

10 0 Reply



Dr. Ede Mod

→ Roseanna Smith

11 years ago

Hi Rose
Very well said. I agree with you entirely. My fantasy study involves comparing vegans to pure carnivores-- ideally taking a group of people who eat a "normal" diet and randomizing them into an all-plant arm and an all animal food arm. Ideally both groups would be studied for a year, but I think



studied for a year, but I think
NEW BOOK! **SUBSCRIBE!** **BLOG**

CONTACT

ABOUT **CONSULTATIONS** **CLINIC AND DIRECTORY** **TRAINING** **SPEAKING** **MEDIA**

We would not only follow the parameters like BP, lipids, blood sugar, etc, but also general overall health and well-being--sleep, pain, mood, digestion, energy, skin health, etc. An interventional study would be best, but as you describe, having a naturalistic study of people who already eat in these opposite ways would be a wonderful start! Maybe someday:)

12 0 Reply

S

simon —
→ Dr. Ede
a month ago

As someone with severe heart disease I was close to dying; 6 months post quad bypass I had 3 occluded implanted vessels. I had 5 drug-eluting stents inserted in my original vessels after they drilled though the blockages and I was facing the likelihood of a few years grace at best before they re blocked. I have been a vegetarian for 40 years but I love my cheese and eggs and guess what? within 4 months my angina returned and I have to admit to being quite concerned.... so I read Esselstyns book and decided to follow the diet to the letter. Within 3 months my LDL was at the lowest levels they had ever seen at my local Cardiac clinic and my angina went away. I now run 3 - 5 miles a day, workout in the gym and plan to compete in athletics comps (for seniors). My father had severe heart disease, my brother has it too. I struggle to beleive that if I changed my diet and ate mostly meat, that I would survive.

0 0 Reply

A

Angelisa Sapon —
→ Dr. Ede
8 years ago

I feel like we should already have this study done somewhere. I would really like to know the results if there was one actually done. I've heard so many different stories about how people go vegan and they feel worse or



about how people thrive off of a vegan diet. I myself am **NEW BOOK!** **SUBSCRIBE** **BLOG**

CONTACT

ABOUT **CONSULTATIONS** **CLINICIAN DIRECTORY** **TRAINING** **SPEAKING** **MEDIA**

vegan and I'm the healthiest I've ever been. I grew up only eating meat and can't remember eating much vegetables and fruits. After eliminating all animal products, I have more energy throughout the day, I'm generally always in a better mood, and my digestive system has gotten better as well. The only problem I have is that not enough people have actually tried to go completely whole food plant based. I'm vegan for ethical reasons, but I was wondering if you have ever tried to go vegan yourself? It seems like you have found something that works for your body, but I also know someone who didn't eat meat for 20+ years then she started eating meat again. She's been continuing to consume meat for about 10 years after being vegetarian for 20+ years. Her stomach still acts up and she doesn't feel good after eating meat even after continuously eating those products for years.

0 0 Reply



Dr. Ede Mod

→ Angelisa

Sapon

8 years ago

edited

Hello, Angelisa

While I've never eaten a pure vegan diet, I ate very little meat in my college years, and gravitated towards vegetarian foods during my 20's and 30's most of the time. Unfortunately I developed numerous mysterious health problems in my early 40's that I was able to reverse by removing grains, legumes, nuts, seeds, dairy, and many vegetables. I tried numerous times to put these foods back into my diet (one at a time) but I no longer tolerate any of them, therefore a vegan diet is not an option for me at this point in my life. I can't say whether or not a whole foods vegan diet would have protected me from health issues later in life.

4 0 Reply



K

NEW BOOK!
karuna
→ Dr. Ede
7 years ago

I have done the same: reversed many issues. I am not as old as you are at this point, but I now eat/consume two things: red meat (no pig/pork/porcine at all, but all other red meats) and unrefined sea salt, specifically grey Celtic and RealSalt. That is it. I eat nothing else. I use no shampoo/conditioner or soaps on my skin because of issues I had in the past. I have been doing this for awhile now, maybe two years and I can't tell you much its changed my life. It has absorbed my life researching and trying to understand why this is. Every time I have tried/attempted to eat simply some lemon juice (even) or any plants at all, my body freaks out. Its not placebo or in my head. Because I eliminated it from my diet and added back, my body has said no. I believe that blood types do have something to do with what a persons diet should be, to some extent. I have found Dr. DAdamo's work to be very intriguing. The one thing I can say is by only eating meat and salt now and not buying skin/hair products, I have been able to save a ton of money. The hard part is explaining this to people, which I don't have to do, but any time I am asked to out to eat or someone sees what I eat, the cat is out of the bag. It gets very old having people look, ask and judge. Also, dating and finding compatibility has been extremely difficult. Its amazing how diet and nutrition is so engrained into cultures, especially in the US. If you eat a different way, people most certainly judge.

6 0 Reply ↗

S

Sarah
→ Angelisa
Sapon
5 years ago

Like you said, she was Vegan for 20++ years

0 0 Reply ↗



Cannot find ANY evidence supporting the necessity of plant foods in the human diet? Where are you getting enough fibre from? You actually think humans don't need any plant foods in their diet to be healthy?

2 3 Reply



Bob grover —

→ whitbelike

yall

8 years ago

Someone with a soda as a profile pic must surely be the poster boy of health.

6 0 Reply



Dr. Ede Mod —

→ whitbelike

yall

8 years ago

Dear Mr. John Williams:

I have edited your comment to remove disrespectful language. If future comments contain such language your comments will be blocked.

For the reasoning behind my fiber philosophy, please see my article:

<http://www.diagnosisdiet.co>.

..

For the reasoning behind my vegetable philosophy, please see my article:

<http://www.diagnosisdiet.co>.

..

5 0 Reply



whitbelike yall —

→ Dr. Ede

7 years ago

edit the truth all you want lady, that's what liars do when their nonsense gets exposed lol.

0 5 Reply



54321Truth —

→ whitbelike

yall

7 years ago

Why do you think you need fiber? I am 80% fat, 17% protein and 3% carbs.... I have a bowel movement every 2-3 days and it is beautiful, no longer am I having bowel movements 2-4 times A DAY! Do you really



think humans are supposed to be bending over multiple times a day? LOL
NEW BOOK! SUBSCRIBE BLOG

CONTACT

ABOUT CONSULTATIONS CLINICIAN DIRECTORY TRAINING SPEAKING MEDIA

Ketosis = Health
Glycolysis = Disease (dental, cardiovascular, neurological, diabetes, cancers, irritable bowels, autoimmune etc..)

Plant Addictions (sugar, tobacco, alcohol, marijuana, cocaine, heroin)

Our Sewer System requirements could be reduced by 75% if people would stop eating shitting plants/grains that they cannot even digest, while shitting most of the weight of their food out.

*Nutrition is NOT about survival but obtaining OPTIMAL health. A dog and cat can survive for a while with non-meat but they will not have optimal health by eating plants/grains.

The Agriculture Civilization is the enslavement of mind and body... By the sweat of your brow, you will eat your food/till the soil; by the illusions of man, you shall worship an invisible/magical dictator in the sky.

7 1 Reply



Roy Walker

→ Dr. Ede —

8 years ago

No-one in any of the "blue zones", places where people live well into their 90's even 100's, lived on a "HIGH MEAT", diet, but they did eat mainly a "HIGH PLANT BASED" diet, consisting of vegetables fruits grains, and cheeses and other soured dairy. We realise they also kept themselves busy, and drank a moderate to small amount of alcohol, and didn't smoke tobacco. They kept good health into old age as well, I am not against, eating meat as I eat meat myself, just pointing to proven facts,no doubt there is other factors as well, but these people don't suffer the ill health we see in our western countries. if you want to verify, what I have posted just google blue zones, it is all there.
Cheers

1 3 Reply



Dr. Ede Mod

→ Roy Walker —

8 years ago

Hi Roy
Another reader, Tom Caruso,



NEW BOOK! SUBSCRIBE BLOG

CONTACT

ABOUT CONSULTATIONS CLINICIAN DIRECTORY TRAINING SPEAKING MEDIA

raised this same important issue in the comments section of my post <http://www.diagnosisdiet.co>.

I am copying and pasting my response below:

There are many traditional cultures in the world in which people eat lots of plant foods and appear healthier than people who eat a Western diet. The problem with concluding from these observations that people who eat more plants are healthier than people who eat decent amounts of animal foods as well as plants, is that there are several other major differences between "Blue Zone" diets and the modern American diet, these being that Blue Zone diets are typically very low in refined carbohydrate, processed foods, and refined seed oils.

We don't need much animal protein per day to be healthy - on average about 6-12 oz of meat, poultry, or fish per day, depending on our body weight, age, medical status, activity level and what else we're eating. We don't know if people in the Blue Zones would be even healthier if they were to remove beans and fermented foods and eat more meat (a diet more closely resembling a whole foods pre-agricultural diet such as a Paleo dietary pattern), or if they'd be less healthy without those special plant foods, because that experiment, to my knowledge, hasn't been done. I'm fond of saying "Any diet beats the Western Diet."

5 0 Reply



George Arce —

→ Dr. Ede
5 years ago

My concern with an all, or major meat diet is the Blue zones and the fact that all these tribes or people who only had or have a meat and animal based diet, don't leave much past 60. Is there any evidence to the contrary?

1 0 Reply



Marmalade —



malmarade

NEW BOOK!

SUBSCRIBE

BLOG

CONTACT



ABOUT

CONSULTATIONS

CLINICIAN DIRECTORY

TRAINING

SPEAKING

MEDIA

a year ago

Dr. Ede - I was visiting this piece again, after getting a notification. It was 4 years ago when I commented here last. Looking back over the discussion, I noticed again discussion of supposed plant-based Blue Zones. It's one of those zombie ideas that refuses to die. In a long piece, I analyzed the topic by researching every source of data, observation, and opinion I could find on the matter; and repeatedly revised it as I came across new info.

The one thing that is clear is that most of the Blue Zones, if any, are not plant-based; and in fact eat a wide variety of nutrient-dense animal foods, with the most common cooking oil being lard. Even the Loma Linda Seventh Day Adventists were consuming high levels of dairy when they were earlier studied in having such long lives. And the nearby meat-eating Mormon community has a similar longevity. If interested, my piece is [Blue Zones Dietary Myth](#).

0 0 Reply



whitbelike yall

→ Dr. Ede

7 years ago

Bahahaha "Dr." Ede. Ahhh ya and Colonel Sanders was in the military.

0 2 Reply



edd anderson

→ whitbelike

yall

6 years ago

col sanders was in the military. i met him and his wife running their roadside restaurant in kentucky when i was in grade 7. she cooked an excellent meal which he served us. the subject discussed between the col. and my father,army also. was should he sell his business and franchise.

4 0 Reply



Mark Davis



Diagnosis:DIET

© 2024 Georgia Ede MD all rights reserved.

[Mental Health](#)

[Foods](#)

[Diets & Diseases](#)

[Blog](#)

[Subscribe](#)

[About](#)

[Consultations](#)

[Clinician Directory](#)

[Speaking](#)

[Media](#)

Website custom crafted by [Bright Cloud Studio](#)