Carnivore vs Mediterranean vs Plant Based Diets: Pro and Cons

Joseph E. Scherger, MD, MPH



Disclosure

Dr. Scherger will mention his book Lean and Fit for which he receives a royalty from its sales



"Monomental. . . . An epis sayings that revocals how the past six million years shaped every part of use our heads, limbs, and even per metabolism."

— NETS SHUBIN: outlige of Your Jener Fish.

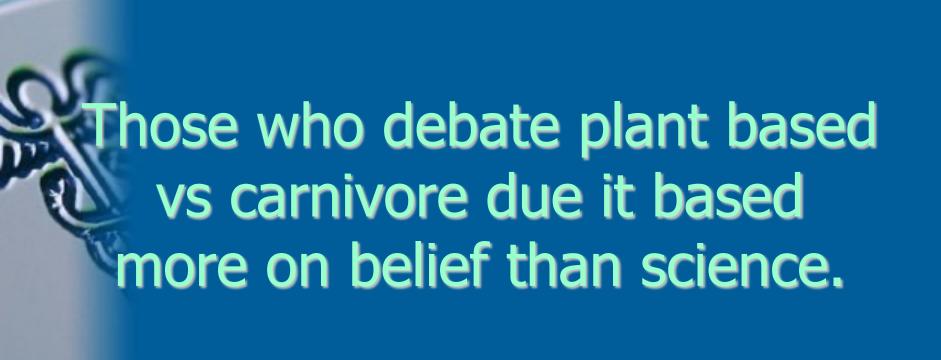
The Story of the Human Body

Evolution, Health, and Disease

Daniel E. Lieberman







Excess Carbohydrates are Driving the Epidemic of Insulin Resistance and all its complications including Overweight and Obesity.

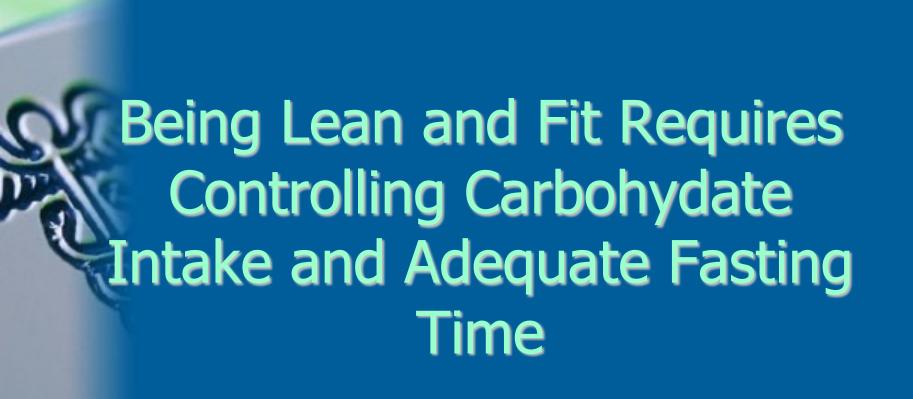
Ludwig DS, Aronne LJ, Astrup A, et al.
The Carbohydrate-insulin model: A
Physiological Perspective on the Obesity
Pandemic. Am J Clin Nutri.
2021;114(6):1873-1885.



Insulin is a fat storage hormone



- Three Macronutrients:
 Carbohydrate, Protein and Fat. All can be healthy or unhealthy depending on how processed they are. Carbohydrates are optional.
- Micronutrients are essential and consist of vitamins, minerals and some supplements





Jeff S. Volek, PhD, RD Stephen D. Phinney, MD, PhD

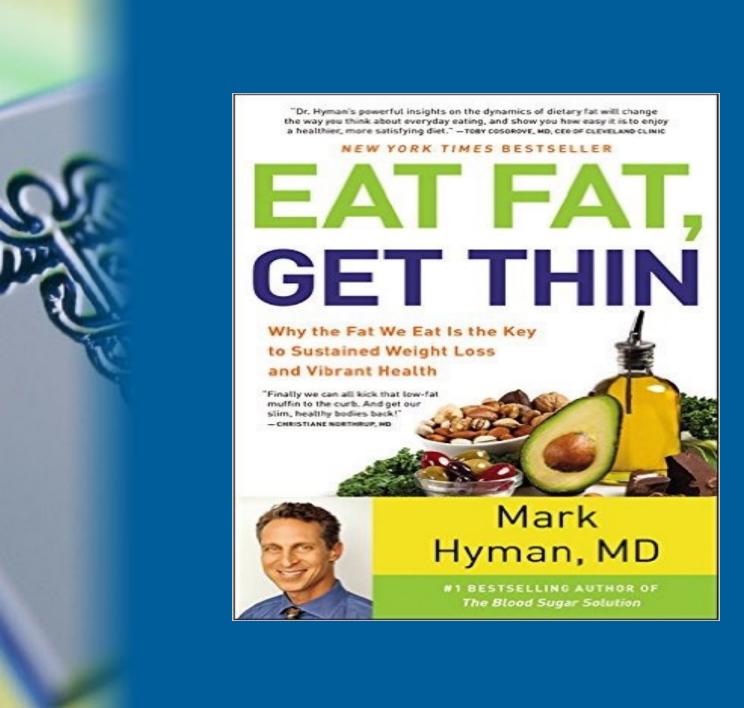


LOW
CARBOHYDRATE
PERFORMANCE

Company of well Blocker on

GREAT NEWS FOR LCHF: FIRST AND SECOND PLACE RIDERS OF THE TOUR DE FRANCE ARE LOW-CARB ADVOCATES!





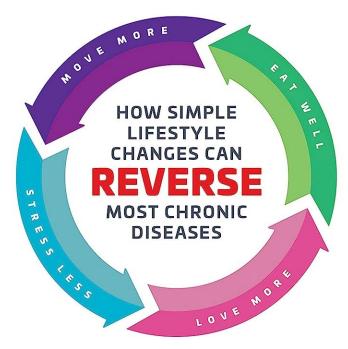


NATIONAL BESTSELLER

NEW YORK TIMES BESTSELLING AUTHOR

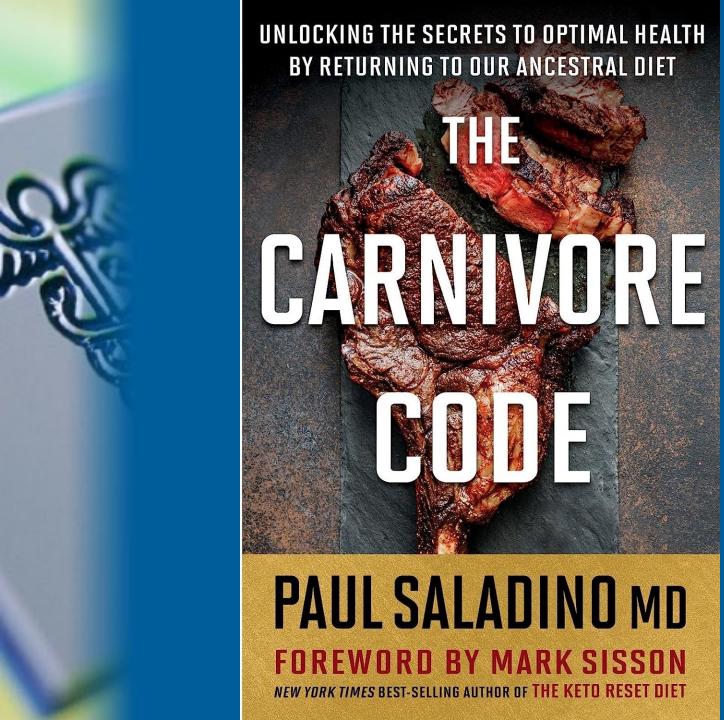
Dean Ornish, M.D., and Anne Ornish

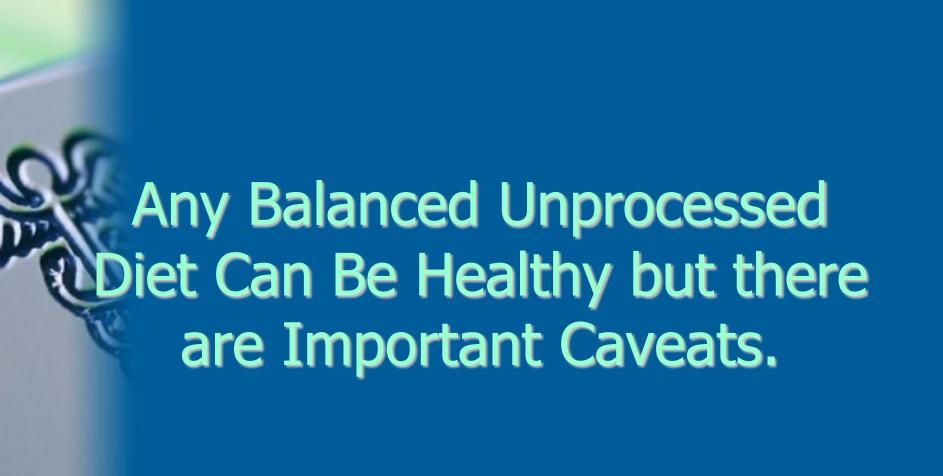
UnDo It!

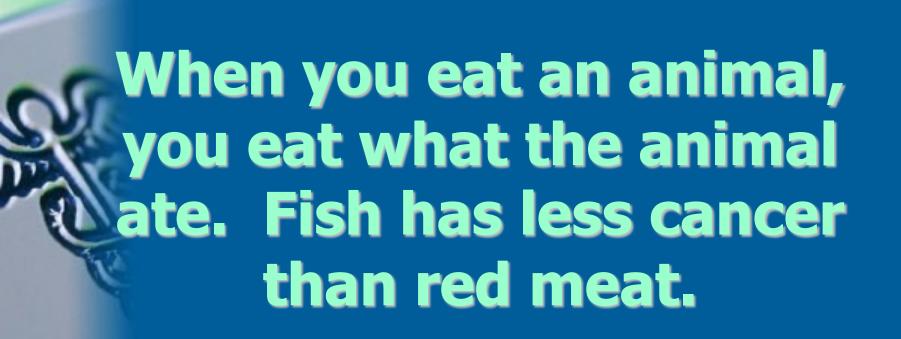


"Dr. Dean Ornish pioneered the revolutionary field of lifestyle medicine: using lifestyle changes to prevent and reverse—UNDO!—heart disease, type 2 diabetes, prostate cancer, high blood pressure, depression, weight gain, high cholesterol, and other chronic diseases. His new unifying theory is truly game-changing and can save your health and your life."

-KIM A. WILLIAMS, M.D., President Emeritus, American College of Cardiology





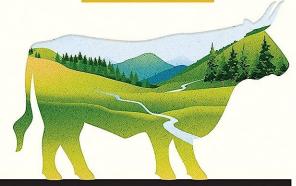




"The answer to our broken food system is not no meat, it's better meat. If you are concerned about red meat's impact on your health and the planet, this book is for you."

—MARK HYMAN, MD, Cleveland Clinic Center for Functional Medicine

WHY WELL-RAISED MEAT IS GOOD FOR YOU AND GOOD FOR THE PLANET

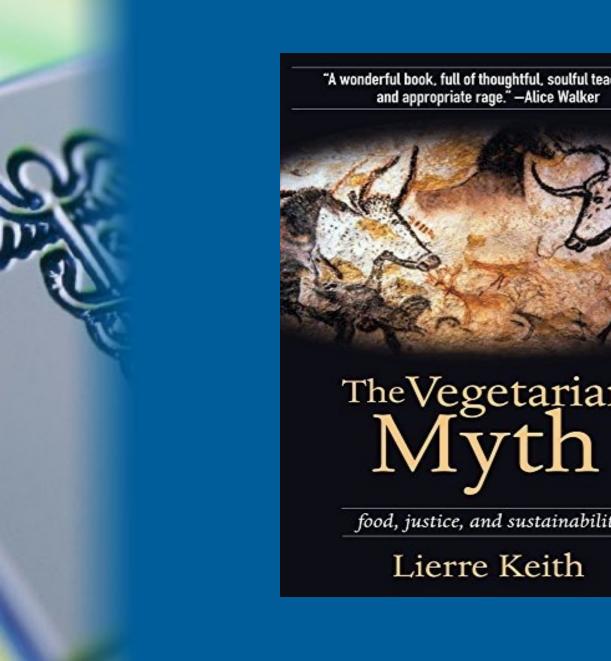


THE CASE FOR (BETTER) MEAT

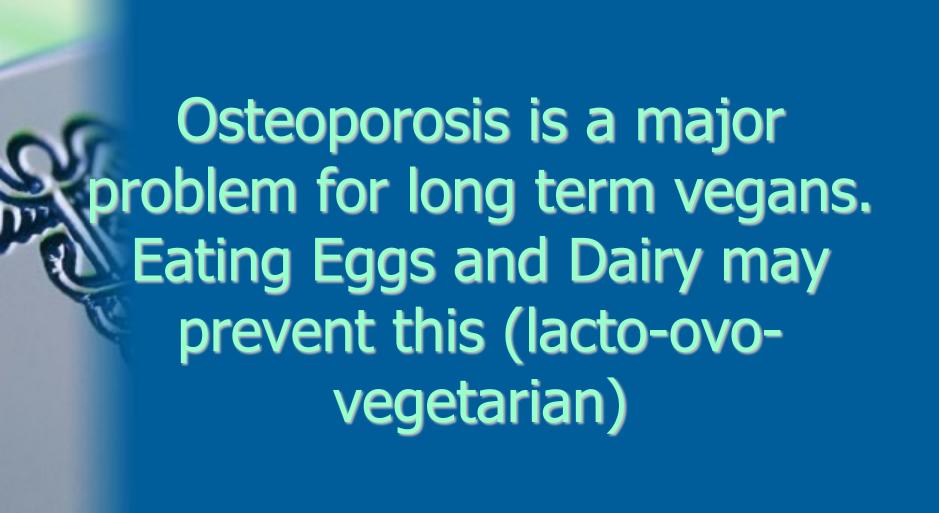
SACRED COV

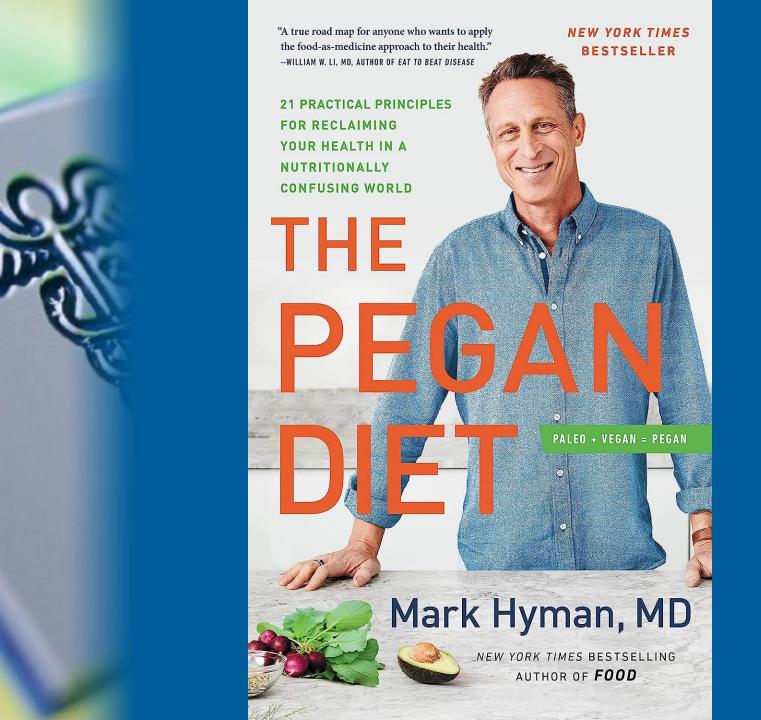
DIANA RODGERS, RD ROBB WOLF

New York Times bestselling author of The Paleo Solution



"A wonderful book, full of thoughtful, soulful teachings, The Vegetarian Myth food, justice, and sustainability





"Paleo perfected." -VOGUE

PERFECT HEALTH DIET

Regain Health and Lose Weight by Eating the Way You Were Meant to Eat

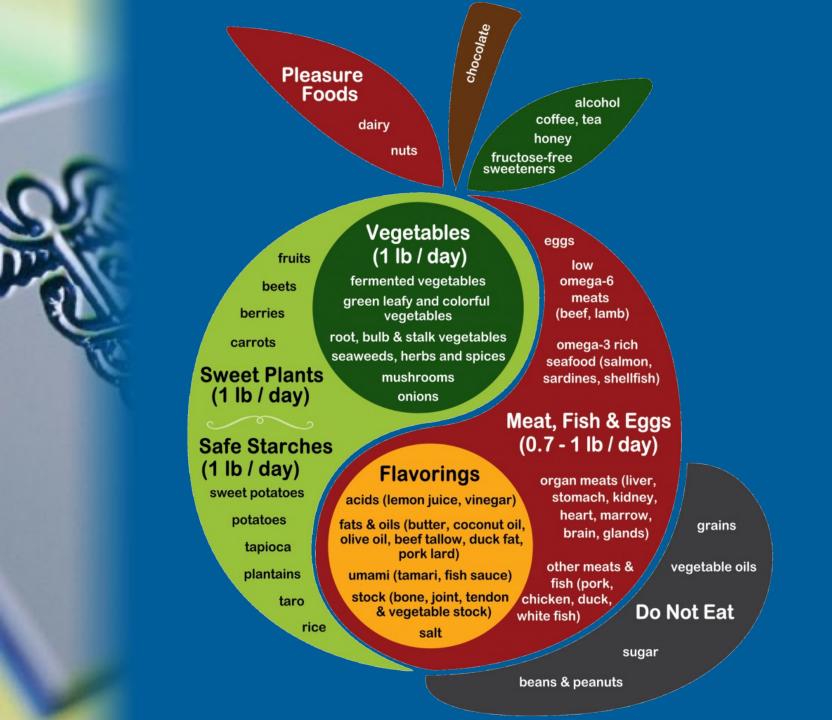
PAUL JAMINET, PH.D. SHOU-CHING JAMINET, PH.D.

Foreword by Mark Sisson, author of The Primal Blueprint



EXPANDED

55



Lose Weight,
Supercharge Your Energy,
and Transform Your Health
from Morning to Midnight

THE CIRCADIAN CODE SATCHIN PANDA, PHD

The Fifty Best Foods

- I. Almonds, raw
- 2. Almond milk, unsweetened
- 3. Apples
 - . Asparagus
- 5. Avocados
- 6. Bananas
- 7. Beans, black, pinto & garbanzo
- 8. Bell peppers, yellow, green red, and orange
- 9. Beets
- 10. Blackberries
- 11. Blueberries
- 12. Broccoli

- 13. Brussels sprouts
- 14. Carrots
- 15. Cheese, low fat
- 16. Cherries
- 17. Chicken, skinless
- 18. Cranberries
- 19. Egg whites, DHA enriched
- 20. Grapefruit
- 21. Herring
- 22. Honeydew
- 23. Kiwi
- 24. Lemons
- 25. Lentils

The Fifty Best Foods



27. Oats

28. Olives

29. Olive oil

30. Oranges

31. Peaches

32. Peas

33. Plums

34. Pomegranates

35. Raspberries

36. Red grapes

37. Soybeans

38. Spinach

39. Strawberries

40. Tea, green

41. Tofu

42. Tomatoes

43. Tuna

44. Turkey, skinless

45. Walnuts

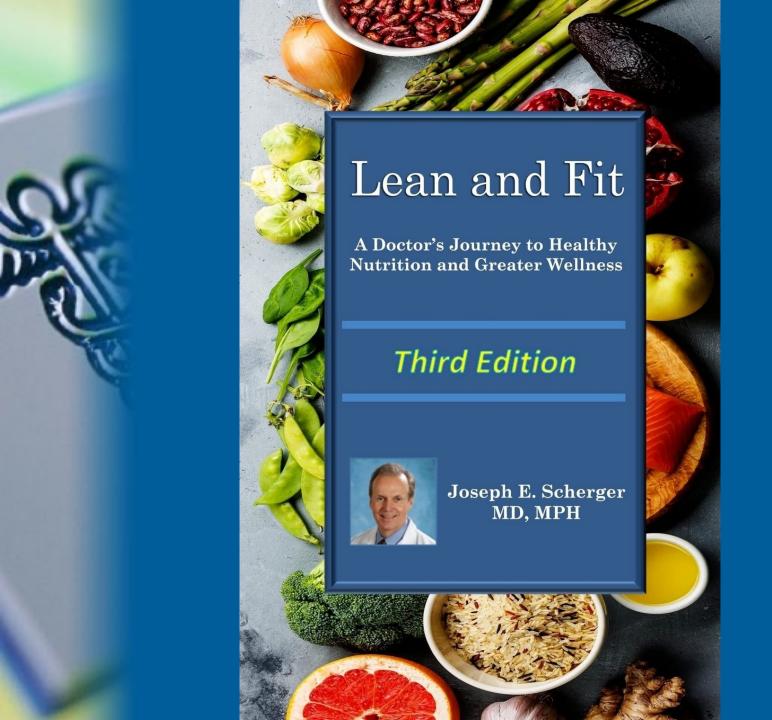
46. Water

47. Whole wheat (Not!)

48. Wild salmon

49. Yams & sweet potatoes

50. Yogurt, unsweetened





- Eat the Healthy Food of Nature
- Get Protein at Every Meal
- Eat Healthy Fats from Plants and/or Animals
- Limit Carbohydrates to Safe or Resistant Starches such as Potatoes or Rice assuming weight is good.
- Remember a Minimum of 12 hours of Fasting Time.
- Stay Hydrated!