A PROPER HUMAN DIET (PHD)

A Spectrum of Eating for All Humans
WHY DO WE NEED TO TALK ABOUT THIS?

- Type 2 Diabetes
- Obesity
- MAFLD
- Hypertension
- PCOS/Fertility
- Mental
A PHD IS NOT A FAD

- Medicine
- Nutrition
- Archeology
- Paleoanthropology
A PHD IS NOT FACTORY MADE

- Grazes
- Grows
- Swims
- Crawls
- Slithers
- Flys
A PHD IS LOW-CARB

- 0-100 total grams/day Spectrum
- Carbohydrate Knob
- Low-Carb – Keto – Ketovore – Carnivore - Lion
A PHD IS UNINFLAMMATORY

• Sugar (fructose), Grains, Veg. Seed Oils
• Additives
• Colors
• Natural Flavors, production enhancer…
• Phytochemicals
• Carnivore/Lion…
A PHD IS ANCESTRAL

• More than 15,000 ya
• Stable isotope analysis
• Paleoanthropology
• 99.9% of our existence
• Modern fruit?
• Modern wheat?
A PHD IS NUTRIENT DENSE

- AA/FA/Vit/Min
- Bioavailable
- Pre-formed vitamins
- Phytonutrients?
- Fiber?
A PHD IS SATIATING

• Healthy Fat + Healthy Protein = Happy Belly Long Time
• Leptin, Ghrelin, Neuropeptide Y, Peptide YY, GLP-1, etc.
A PHD OPTIMIZES HEALTH

- Prisoner/Slave Diet –vs- Optimization Diet
  - Grains
  - Seed Oils
  - Sugar
  - Tubers
  - Legumes

Grass, sawdust, shoe leather…
A PHD IMPROVES HEALTH MARKERS

• A1c, c-peptide, fasting insulin, triglycerides, HDL-C,
• Inflammatory markers
• Particle size
• Total Cholesterol & LDL-C ??
A PHD REVERSES/IMPROVES CD

- T2D
- Htn
- MAFLD (NAFLD)
- Obesity, Severe Obesity
- PCOS
- Mental
- Eating Disorders?
A PHD INCLUDES FASTING

• Accidental/Intentional
• Daily
• Weekly
• Monthly
• Your choice
A PROPER HUMAN DIET IS

- The species specific diet that works with your body’s physiology and biochemistry to provide the best possible physical and mental health...
- Does not scale up
- Is not patentable
- Currently unpopular, triggering, denigrated, marginalized
- Is the Way…
THANKS TO OUR PATREON TRIBE
CONTINUE THE JOURNEY...

YouTube / Odysee & Rumble
Lies My Doctor Told Me
Common Sense Labs
IG/FB/Twitter
MEWE/GAB/LOCALS
More on the way!