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!

Tyson

Cargill

JBS

National Beef