

# REAL FOOD FOR REAL LIFE

How to Eat Healthy  
Without Going Completely

Crazy



Emily Benfit

BUTTER  
BELIEVER  
.com

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# A Note from the Author

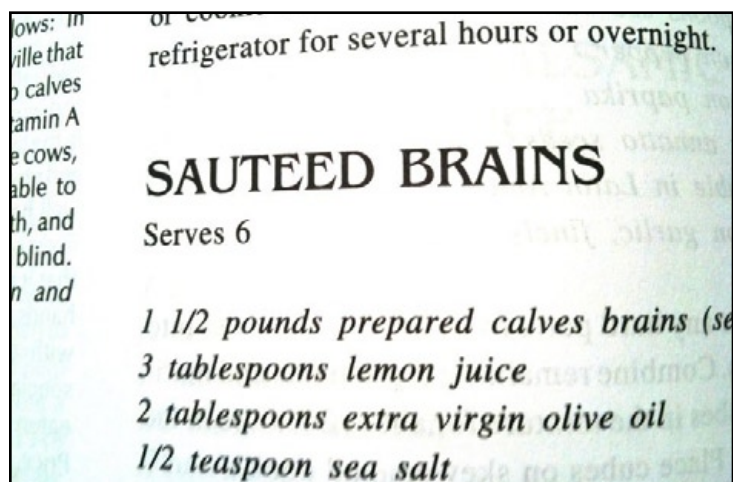
I used to hate eating.

No, I didn't have an eating disorder. I wasn't trying to avoid food. I just... didn't like it. Growing up, my mother used to tease that I must have been "living on ice cubes," since I almost never ate any real types of snacks. Finishing a meal at the table was a chore. I had almost no hunger signal that would stop me from going about my day as a kid to get something to eat. I just had pretty much zero interest in food.

Unfortunately, that trend continued into my adult life. My only motivation for eating was to gain weight, as I had been, unsurprisingly, chronically underweight my entire life. When I moved out on my own, I hated cooking. Even grocery shopping felt like a waste of money to me.

This continued up until just a little over a couple years ago. My mom, who had been seeing a holistic nutritionist and reporting all sorts of incredible health benefits as a result of changing her diet, wanted to influence my relationship with food. She bought me the book, *Nourishing Traditions*, for Christmas.

I got around to flipping through it and was more than a little turned off when I came to this page:



"Are you kidding me?!" I thought. "Has mom gone completely nuts?! I don't need this weirdo hippie health food cookbook!"



But, I was intrigued enough to give it a second look eventually. I came across parts of the book that explained why saturated fat and cholesterol actually *aren't* bad for you, like my doctor had always told me.

*"Wait a minute, what? Bacon is like, one of the only things that actually ever sounds good to me,"* I thought.

And that tub of oily, "smart" butter-like spread my health-conscious mom had always kept in the house in my teen years? Well, I learned that the real deal, which I liked so much more, is actually much healthier for you, too.

Everything started to change for me. I realized that it wasn't food I despised — it was all the fake crap I had been subsisting on throughout my life. I started eating less and less of the packaged, boxed, and store-bought stuff, and more things that I made myself, from ingredients I could pronounce.

It turned out I actually do like food. *Real* food.

And the more I learned, the more passionate about the subject I became. I wanted to share what I was learning with the world. I mean, butter is a *health* food?! This is huge! Everyone deserved to know.

So my blog, Butter Believer, was born. Soon, thousands of people wanted to hear what I had to say about why all the tastiest foods are the ones you really should be eating, and how you can make simple changes in your diet to improve your health.

But, there was a downside to all of this. The more I learned and the deeper I got into the world of alternative nutrition and healthy food, the less enjoyable the food itself became to me. I found myself becoming extremely stressed out over things that I never used to even consider — like whether or not the chickens that my eggs came from were fed soybeans. Or the sugar content of my favorite organic fruits. Or the fact that the milk I drank had been pasteurized.

It got to the point that I was right back to where I started — eating wasn't enjoyable to me anymore. I was just too worried about the foods I was eating and whether or not they were truly healthy for me that I actually began to *fear* food, instead of embracing and loving it like I had finally learned to.

And it was having a significant impact on my health. My skinny frame started to get



progressively thinner, as a result of the ever-increasing list of foods I deemed unworthy to make their way to my plate. My energy levels plummeted. I felt tired, cranky, and sick — and I was blaming all of it on my diet not being good enough.

It was driving me absolutely crazy. I was feeling less healthy *as a result of trying so hard to eat healthy!*

Thankfully, I was able to recognize how totally messed-up and backwards this was, and that I needed to do some serious reconsideration of my food philosophies. I learned that the *stress* of eating perfectly healthy is far more harmful than the effects of the Standard American Diet (SAD).

It's true. But, you shouldn't have to stress out over everything you eat, because eating real food really doesn't have to be so hard. Really!

My take on real food may be a bit different than what you're used to, if you've been exposed to this at all, but I think you'll find that it provides you with a sense of relief and a renewed ambition to make the most of what you eat, while enjoying the heck out of it at the same time.

Real food is simple. And it's not reserved for only the high-brow, neo-hippy yupsters perusing the kombucha aisle at the Whole Foods.

Real Food for Real Life is for the rest of us, who just want to eat well and be normal. It's my sincere hope that this book will help you to develop a conscious, balanced, health-promoting and enjoyable relationship with the food you eat. (*Sauteed brains, not required.*)

— Emily Benfit



# Introduction

It's my sincere belief that real food is for everyone. But, the way I like to present it, and this book I have written, is not. On my blog and social media outlets, I frequently encounter people who just don't really get what I'm all about. Some think I'm far too relaxed on all the real food "rules." Others think I'm out to kill people by telling them to eat lard and ditch their statin drugs. And some just think that people like me who are against the abusive and toxic industrialized food system are crazy conspiracy theorists.

Let me explain who exactly I'm hoping to reach with this book, and who I'm fully expecting to receive more hate-mail from. I very much hope that if you're reading this, you fall into the former category!

## Who Did I Write This Book For?

- **People who are brand-new to real food.** Did you visit my site and couldn't figure out if I was joking about eating all that butter, bacon, and ice cream, or if I was just totally nuts? If you're new to the idea that most of the mainstream medical and nutrition world has it all wrong when it comes to the foods we should eat, I'd love to introduce you to eating real, whole, natural — and yes, healthy — food. Real food that goes beyond eating your fruits and veggies. This book will show you what you really need to know to eat healthy, without alienating your family or ruining your social life in the process.
- **People who may be unfamiliar with the current state of our food system, and just how unhealthy and corrupted it has become.** Doesn't it seem logical that since we have government agencies whose sole stated purpose is to make our food system safe, that you can be reasonably assured that the food you find on grocery store shelves won't harm you? Well, it would be nice if that were the case. Unfortunately though, there's a whole lot of corruption and revolving-door politics between the food industry and the government, and the result is a broken system that really can't be trusted. You don't have to go all Big-Brother-crazy when considering this stuff, but it is good to have a general idea of why the system works the way it does, why certain people are in charge of it, and who's profiting off of what's being done. It can help you make better decisions about what you feed your family that can really make a difference with not only your health, but reversing the current state of our unsustainable food supply.
- **People who both love food AND want to be healthy.** The greatest thing about eating a real food diet is that you know your food is not only amazingly tasty, but amazingly good for you, too. It's incredibly liberating to learn that so many of the tastiest foods are the healthiest. You won't ever have to feel badly about eating so many of the things you've

been conditioned to believe are unhealthy. Red meat, cheese, egg yolks, butter — all the good stuff. Guilt-free!

- **People who don't want to turn their diet into religion.** As for the things that actually are unhealthy, well, I'm not gonna make you feel bad about eating those, either. What's much more unhealthy than eating pesticide-laden potatoes fried in GMO soybean oil and doused with chemical preservatives, is freaking out over every minor exposure to these sorts of foods. I don't play that game. I eat healthy food, and I allow myself to eat unhealthy stuff when I feel like it, and when it's socially appropriate to do so. I encourage all healthy eaters to do the same.
- **People with spouses or families that aren't total hippies.** You don't have to be a complete weirdo, crafting every last thing in your pantry from scratch and stockpiling dozens of jars of fermented bean paste to eat real food. And you don't have to force your family to make all sorts of crazy changes to their diet to eat healthy, either. If you want a simplified way to make real, healthy food a part of your whole family's life, I want to help make that happen.
- **People who don't have time to follow all the real food rules.** Not everyone can spend all day sprouting, soaking, fermenting, incubating, dehydrating, or otherwise obsessing over crunchy-minded measures of food preparation perfection. Nor does everyone want to! I sure don't. In this book, I'll explain how I make real food work for me — someone who isn't an amazing cook, doesn't have endless amounts of time to spend in the kitchen, and is not at all interested in (or capable of) being the Martha Stewart of real food.
- **People who won't lie about the fact that they still love Ben and Jerry's.** Being a "Real Foodie" doesn't mean you have to police yourself into eating only the "right" kinds of food from now on, at all times, lest you be banned from the club of the Real Food Elite. Nutrition naziism really isn't my thing. I don't believe in food restriction, at all. I only believe in food education. You can, and should, eat whatever you want, without judgement from yourself or others. I just don't want you to be unaware of the truth about real nutrition and real, healthy food — what that looks like, where it comes from, and how to eat more of it. If you're an educated consumer, and you're still okay with eating "bad" processed foods occasionally, that's completely fine. Being educated is all that matters. Because if you know better, you do better, enough of the time to make a difference. That's what this is all about.
- **Seasoned Real Foodies whose interest in eating healthy has become unhealthy.** If you've been at the real food thing for a while now, you may have fallen prey to what I think is a nearly-inevitable side effect of eating healthy — the unhealthy preoccupation with healthy eating. Your world does not need to revolve around real food. If it currently does, you may need to seriously reevaluate your priorities. If you're completely exhausted from fanatically following the Real Food religion, I hope you'll find some relief in what I have to say here. People tend to really over-complicate this stuff. Real Food for Real Life is about getting





back to the basics of what's really important in making food choices, being educated about nutrition, and letting go of the stuff that's making you stressed out.

## Who I Did **NOT** Write This Book For

Like I said, this book is not for everyone. If you identify with the following, then you are probably not ready to hear what I have to say about eating real food.

- **People who would rather torture themselves with a calorie-restricted, tasteless diet in hopes of attaining meaningless markers of health like weight loss instead of having a healthy and satisfying relationship with food.** If you're still stuck in low-fat, low-carb, low-cal land and have zero desire to come to terms with the fact that none of those things will make you healthy or skinny, then by all means — go grab yourself another diet book (not this one) and have fun with your continued life of dieting misery. Eating healthy doesn't have to involve torturing oneself, but if masochism is your thing, keep on keepin' on, diet-worshippers! I'm not here to judge.
- **People who don't like thinking for themselves.** If you'd rather blindly follow every thing that every doctor, nutritionist, or daytime TV show host has to say about how you should be eating, without listening to your own biological feedback, tastes, or common sense, you might not like reading this book. I don't even want you to take me for my word on everything I say. Doing your own additional research is best. I want people to be able to read the information I provide and then decide on their own how to apply it to their lives.
- **People looking for a strict set of dietary rules for how to eat the perfect human diet.** This isn't your typical "How to Eat Healthy" book. I'm not here to impose a bunch of dietary commandments upon your otherwise normal existence until it completely takes over your life. I've been there, bought into the diet religion, and it wasn't fun. But if you enjoy having absolutely zero compromise in what you eat, and are only interested in discovering the ultimate health guru who will lay out for you the ultimate formulation for the ultimate, 100% ideal and perfect diet for every human on the planet, you won't find that here. (Because it doesn't exist.) I am not a guru, and I'm not here to tell you how to eat perfectly. (Because you don't have to!)
- **Already-healthy-eaters who are convinced they know it all like I used to.** Oh, yeah. I had it *all* figured out. I had each and every food neatly filed into their respective "good" and "bad" categories. Every nutrient classified as to what benefits it would provide or illnesses it would prevent. The exact ratio of "superfoods" I needed in my diet to avoid cancer. And everyone else in the world was just SO completely clueless. Poor, sick, "SAD" people who were *soooo* beneath my enlightened state of nutrient-density and diet perfection. If you think you've got all the answers, I'll tell you from experience (of thinking the same thing) that you probably don't. But if you're open to learning more about eating well — while

simplifying things in the process — you'll probably enjoy what I have to say in this book. I wish someone would have told me that you don't have to go to such extremes and become a total fanatic of dietary dogma to eat in a way that is beneficial to your health. I wish someone would have told me to chill the heck out and eat a donut. (I'll be telling you precisely that in this book, so consider yourself forewarned.)

- **Full-blown orthorexics who are living in total denial of their problem.** Do you get even more pleasure from militantly following a strict adherence to your diet than from the food itself? Do you feel better about yourself when you eat perfectly “clean,” not because you physically feel better, but out of the satisfaction you get from your virtuous refusal of all your “forbidden” foods? That's not healthy eating. When an interest in eating a healthful diet becomes an obsession that controls your life in an unhealthy way, that is a problem. That's an eating disorder. That's far more damaging than a side of fries cooked in hydrogenated trans fats. But if you're not willing to let that go, this isn't the book for you. As they say, you can't help people who don't want to be helped. If you're a dogmatic dieter still in denial that your obsession with healthy eating — even if your definition of healthy eating is as innocent as sticking to a “real food” diet — is having serious consequences on your quality of life, then you're probably not ready to hear what I have to say yet. In fact, you'll probably get pretty darn mad at me for failing to prescribe a zero-tolerance policy for all the foods on your “DO NOT TOUCH!” list in my recommendations. There's plenty of bloggers and authors out there who will give you just what you're looking for, but I'm not one of them.

So, as long as you find yourself fitting more in the former category than the latter, please continue on. My particular style of real-food-eating may not be the right fit for everyone's preferences, but it is simple, sustainable, stress-free, and filled with tasty things. And I have a feeling you just might like it.

# Part I

## What Happened to Our Food?

Exploring the recent history and political twisting of our food supply, and changing theories of what a healthy diet is in modern culture.

*“The first supermarket supposedly appeared on the American landscape in 1946. That is not very long ago. Until then, where was all the food? Dear folks, the food was in homes, gardens, local fields, and forests. It was near kitchens, near tables, near bedsides. It was in the pantry, the cellar, the backyard.”*

*—Joel Salatin, Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World*



# Chapter 1

## Your Doctor is Not a Photographer

Let's pretend for a minute that you are an aspiring photographer. Everyone loves taking pictures, but you decided you want to get serious about photography and really learn the ins-and-outs of a digital SLR, and photo editing software, and how to make the most out of every shot you take.

You might try to read up on some books about the subject. Or photography blogs written by the pros. And you might even consider taking a class or finding an instructor. An at least semi-professional photographer that knows photography, to teach you how to do it right.

I mean, sure, your mom loves taking copious shots of your kids every time she's over, and blasts them all over Facebook. And your best friend is always right there with her iPhone, Instagramming every coffee date or bar crawl you go out on together. *Everyone* takes pictures. But, you need a professional. Someone to learn from who actually knows what they're doing and is truly an expert, to help you become the best photographer you can be.

So you'd never dream of asking, say, your *doctor*, for his tips on achieving photographic greatness.

That's because your doctor is not a photographer.

Does he have dozens of framed prints all over his desktop of the wife and kids, snapped with his point-and-shoot? Yeah, probably. But he's clearly not a professional.

Wanna know what he's equally ignorant of?

*Nutrition.*

Believe it or not, most doctors know very little about food science and nutrition, despite its obvious correlation to health. Shockingly, [only 25% of medical schools even require a single dedicated nutrition course](#) throughout their entire doctorate



program, and the average amount of contact hours in nutrition instruction is *less than 20*. Total hours spent teaching anything related to nutrition. To the people who become doctors and speak to us about it as though they are an authority.

This really ought to make you think twice before tossing out those egg yolks at the advice of Dr. McStatinmeds.

But *why* does your doctor tell you to throw out the yolks and eat a nasty egg white omelette? Who told him that was a good idea? The USDA? Well, where did they come up with it?

From scientists that supposedly prove how cholesterol is related to heart disease? Well, who paid for their studies? Could it be pharmaceutical companies trying to sell cholesterol-reducing drugs?

I promise, I'm not a crazy conspiracy theorist.

If you really think about it — if you really trace it back to who's making money off of what's being said — it's not so crazy after all. Your doctor really doesn't know what he or she is talking about, when it comes to telling you what to eat.

But perhaps even more shocking is the fact that those whose careers are entirely dedicated to educating the public about nutrition — those who are dietitians registered by the Academy of Nutrition and Dietetics (formerly the ADA, or American Dietetic Association) — are equally untrustworthy sources of nutritional information and advice.

The truth is that the [ADA is funded by companies](#) like General Mills, PepsiCo, and Mars Candy. Seriously!

Those nutritionists and dietitians registered by the ADA are only serving up what they've been taught — that modern processed foods with the health claims their manufacturers make for them, are what we should be eating. And they are only taught that, because their organization is financially-backed by major industrial players in the highly-profitable game of processed food.

It's not that doctors or mainstream nutritionists don't mean well, or are aiming to deceive, it's simply that their nutrition education is bought and paid for by those who are profiting off of it — corporate giants in agribusiness and the food industry, as well as the astronomically huge pharmaceutical industry.



Conducting your own research from unbiased sources to make informed choices for yourself about your diet is one of the most important things you can do to improve and maintain your health. That's the chief aim of this book — to inspire you to think for yourself when it comes to your diet and your health. And to do that, will involve letting go of the idea that those who are supposed to be preaching the facts about food and nutrition, really aren't. The things you've been taught and believed all your life about the right food to eat may not actually be true or scientifically-sound.

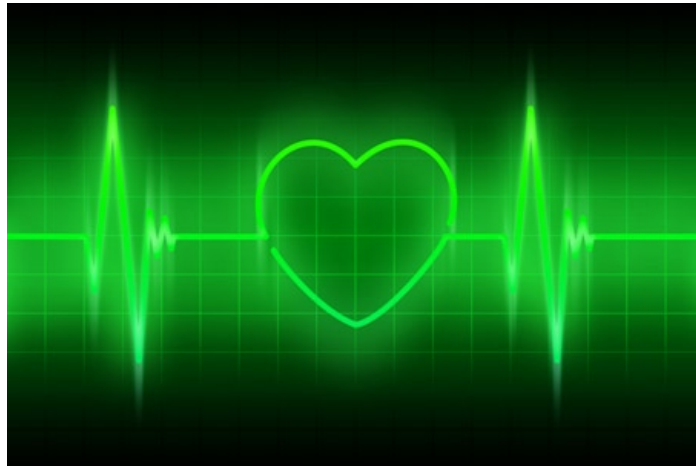
But thankfully, learning the truth about all this will only result in a way of eating that is more satisfying, less confusing, and infinitely healthier for you. You'll be so much happier, too, eating what you really want to eat and knowing how beneficial those foods are. And the sheer joy you'll find in telling your doctor — as he marvels at how vibrantly healthy you and your family are, without his nutrition advice or prescription medications — that you regularly have bacon and eggs for breakfast, drink whole raw milk, and threw out the veggie oil spread in favor of slathering real butter on your toast every day? That may become your favorite perk of all!





## Chapter 2

### Before There Were Heart Attacks



If you're not already a little shaken up by this new kind of "healthy" diet I'm promoting (well, really it's a very "old" diet) that goes against everything you might have heard, here's something that'll really throw you for a loop.

As unbelievable as it sounds, there was actually a time in our history when there *was no such thing* as heart disease known to man. There was no record of heart attacks. No cardiologists. No middle-aged people dropping dead from failure of this most vital organ. *Really.*

The [first recorded heart attack](#) happened [in 1876](#). And no, that's not just because that's when they started recording them. They just weren't happening. The very first article ever published on coronary thrombosis appeared in the Journal of the American Medical Association in 1912, detailing four unusual cases of this rare phenomenon. There was not even a category for coronary heart disease recognized by insurance companies or government agencies before 1930, because it was so unheard of.

If you find that too hard to believe, that's okay. I won't try to force you to buy into my seemingly-outlandish theories about man-made, modern illnesses like heart disease. But while people like myself are telling you that it was virtually nonexistent as little as a century and a half ago, almost no one in the medical field will deny that the prevalence of heart disease has only continued to show an uphill climb in the last 80 years or so. It's a much, much larger problem than it ever used to be—in fact, it's now the leading cause of death according to the CDC.

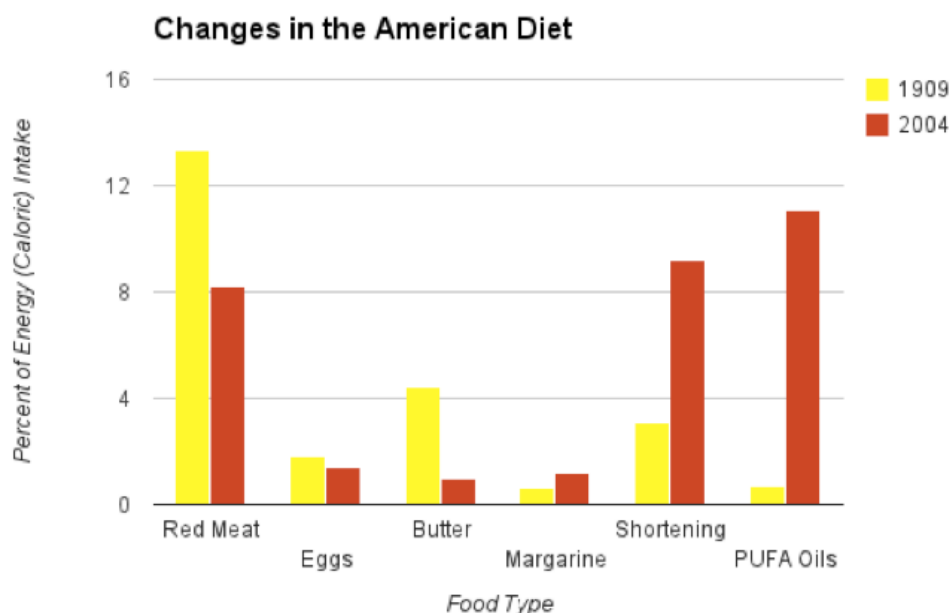


Paul Dudley Wright, a well-known research cardiologist, said in the 1943 edition of his medical textbook, *Heart Disease*:

*"... when I graduated from medical school in 1911, I had never heard of coronary thrombosis, which is one of the chief threats to life in the United States and Canada today.... There can be no doubt but that coronary heart disease has reached epidemic proportions in the United States, where it is now responsible for more than 50 per cent of all deaths...."*

You would think people would have freaked out after all this started happening, and medical scientists would have gone to town trying to figure out what happened in order for this disease to suddenly become such a threat. What were the changes that could account for such a steep decrease in our collective health? Was all the red meat we were eating to blame? What about those cholesterol-filled eggs? Surely, all the saturated fat in the butter we were consuming had something to do with it!

Well, let's take a look at what the average American diet back when Dr. Wright was still in medical school, blissfully unaware of the impending epidemic of coronary thrombosis, compared with our modern diet to see if we can figure out any clues.



( [USDA](#) )

See the difference there? We eat *less* of all those supposedly heart-damaging foods now, and *way more* of the ones we're "supposed" to be consuming— "heart-healthy" polyunsaturated fat. And yet, heart disease is far more prevalent today than it was back then.



I'll be explaining more about the significance of consuming all that *polyunsaturated* (PUFA) fat later in Part 3. (Oh, and keep in mind, the "shortening" referred to there is vegetable shortening, AKA, even more of those PUFA oils.)

## It's the Lipids, Yo!

Despite the obvious evidence above to the contrary, we all somehow became convinced that the reason why we were all suddenly dropping dead of heart attacks was due to the over-consumption of saturated fat and cholesterol-rich foods.

This happened because of some really bogus studies done by scientists who cherry-picked data to come out with the reason for the increase in heart disease that everyone was looking for. The most notable one done by a guy named Ancel Keys, was wrought with unforgivably flawed scientific methods and blatant inaccuracies, but hey — it did get him on the cover of Time magazine! And Keys' theory, known as the lipid hypothesis, has had miraculous staying power within the field of medicine, and is believed to this day, largely accounting for much of the principles of conventional nutrition advice. It goes a little something like this:

Eat foods high in saturated fat and/or cholesterol, like butter, bacon, or red meat → cholesterol from the food gets deposited in our arteries in the form of plaque causing dangerous blockages → blockages don't let blood get to the heart → heart attack. Essentially, bacon = death. (How sad!)

The most impactful study from which the lipid hypothesis was formed showed data from countries in which both saturated fat consumption and rates of heart disease were high. But, it failed to reveal all the countries or cultures in which populations have been shown to have little-to-no instances of heart disease, yet have diets rich in saturated fat and cholesterol. That data from over 50 other countries didn't fit the hypothesis, so it was carefully swept under the rug in favor of the numbers from the seven countries which did. Talk about bad science!

Thankfully, a much more comprehensive nutritional study was conducted that ended up proving how flawed this theory really was, and provided invaluable insight into how diet really impacts health.

## The Truth About Disease-Free Diets

Dr. Weston A. Price, a dentist in the early 20th century, and the director of research for the American Dental Association in the 1930s, became a pioneer in the field of alternative nutrition when his research led to the correlation between nutrition and modern diseases.

When Dr. Price began to notice that the dental health, prevalence of caries (cavities) and even the facial and skeletal structure of his patients and the culture at large just wasn't what it used



to be, he set out to find what was missing. When he traveled the world studying cultures of people in remote areas who were still eating the way their ancestors did, he discovered why they were so much healthier, and structurally-sound, than people in modern civilizations were.

Beautiful, wide faces with perfectly straight teeth, abundant, and vibrant overall health was



found in those traditional cultures. Their diets varied from place to place, but several important factors were found to be in common: the inclusion of very nutrient-dense foods providing plentiful fat-soluble vitamins, saturated fats needed for their assimilation; and the near-complete absence of tooth decay, infections, digestive problems, cancer, heart disease, and other chronic or degenerative illness in the people eating these traditional diets.

The conclusion, as Dr. Price saw it, was that the industrialization of our food supply, and our lack of nutrient-dense, traditional foods, was to blame for many of the modern health issues we face.

Because while morbidity rates of heart disease skyrocketed in the U.S., cultures like the ones Dr. Price studied consumed significantly high amounts of saturated fat, yet not a one of them was keeling over from clogged-up arteries.

*"Many distinguished scientists have pointed to serious flaws in [the lipid hypothesis] theory, beginning with the fact that heart disease in America has increased during the period when consumption of saturated fat has decreased. "The diet-heart idea," said the distinguished George Mann, "is the greatest scam in the history of medicine." And the chorus of dissidents continues to grow, even as this increasingly untenable theory has been applied to the whole population, starting with lowfat diets for growing children and mass medication with cholesterol-lowering drugs for adults."*

—What Causes Heart Disease, Sally Fallon and Dr. Mary Enig, PhD. for the [Weston A. Price Foundation](#)

Even today, the remaining traditional cultures consuming these nutrient-dense foods and a high-fat diet are virtually free from the diseases most industrial civilizations face. The Maasai tribe in Kenya is a prime example. Their diet consists mostly of whole milk from grass-fed cows, and raw, red meat and blood. It works out to be about 60% fat, half of that saturated.



*"It is certainly interesting that the Masai tribe... engulfing a gallon of whole milk every day of their lives, have average serum cholesterol levels of roughly 125 mg/dl. Delusional low-fat biased researchers claim that they must have developed some kind of evolutionary adaptation to keep from turning that saturated fat into cholesterol. The Masai, as mentioned above, have no obesity, insulin resistance, or heart disease. Yet, when they move out of rural areas and into the city where they begin eating "normal" staples like seed oils and refined grains and sugars, their cholesterol levels nearly double and they start suffering the same degenerative ills found in the rest of the world just like everybody else. No special immunity. Sorry. Try again."*

—Matt Stone, [Diet Recovery](#)

Now, I'm not suggesting you need to go out and drink cow's blood every day or live on animal foods exclusively. The point is just that the inclusion of nutrient-dense foods, along with the limitation of processed foods, is clearly one of the key factors in maintaining good health and avoiding disease.

But sadly, most modern nutritionists and medical professionals aren't managing to make that connection. And as a result, we have people gulping down skim milk and diet soda, avoiding nutritious foods like (grass-fed) red meat, and ditching butter for "heart-healthy" canola oil.

If you can acknowledge the simple truth that real, whole foods won't make you diseased, you are way ahead of the vast majority of the American medical establishment. And you can begin to take steps that will positively affect your health in real and tangible ways, knowing that although your choices go against the mainstream nutrition advice, you can observe the benefits you receive as you take control of your own health.

Modern dietary recommendations based on faulty science have had a devastating impact on the rates of degenerative disease within our society. But that wasn't the only thing that caused our collective health to go plummeting into the depths of McDespair. The structure of the American food system has suffered immeasurably, beyond the introduction of industrialized processed foods. Understanding the inner-workings of *why* the our modern food system works the way it does today — filled with these edible things that used to be so foreign to us — and how it got to that point, is essential to making the right changes in your lifestyle and your diet.

