

About Us

We are a community of scientists, doctors, nurses, nutritionists, and regular citizens on a mission to help you change your life and change your health through a Proper Human Diet.



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A journey of health begins with what you consume.



Who to follow to find more information

Dr Ken and Neisha Berry
Dr Benjamin Bikman
Dr Eric Westman
Dr Philip Ovadia
Dr Paul Mason
Dr Christopher Palmer
Dr Robert Cywes
Nina Teicholz
Gary Taubes
Kelly Hogan



Preventing Metabolic Disorders

Lifestyle changes to improve the course of your health.



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Why Choose This Lifestyle

Research throughout the years has proven that metabolic disorders are directly correlated to the food we eat. The standard American diet is full of processed food-like products that are manufactured using seed oils and carbohydrates that are proven to be detrimental to metabolic health. Changing your diet to focus on animal protein and fats, and the occasional low carb, non-starchy vegetable, and eliminating processed foods and carbohydrates, can potentially prevent metabolic disease and disorders, and potentially change the course of your health and your life.



What you should eat (no calorie restriction)

- 01** Animal protein, including eggs, beef (all cuts), chicken, fatty fish, seafood, pork (and yes, bacon).
- 02** Animal fats like butter, cream, hard cheeses, tallow, duck fat, avocado oil, ghee, pure olive oil, coconut oil.
- 03** Enjoy occasionally low carb non-starchy veggies, like leafy greens, cauliflower, broccoli, and squash, berries, and nuts.
- 04** Drink tea, coffee and water, and use stevia as a sweetener if you need to.

What to Avoid (Always read labels)

- 01** Sugar, including fructose (found in fruit), honey, any corn syrup, maltodextrin, dextrin, dextrose, inulin, and syrups.
- 02** Refined processed oils like Crisco, cotton seed, canola, soybean, vegetable, corn, sunflower, rapeseed, grapeseed, sesame, and rice bran.
- 03** Alcohol, cereal, pasta, rice, oats, wheat, all other grains, beans, lentils, starchy veggies like potatoes, fruits, fruit juices, sweetened beverages, and sodas, sports drinks.

