

"A book that will help you lose weight, keep it off, and prevent and reverse chronic disease.  
A book every health-conscious person should own and every doctor should prescribe for their patients."  
—MICHAEL DEBONO, bestselling author of *Findings* and *The Plantpower Way*

# PROTEIN AHOLIC



HOW OUR OBSESSION WITH MEAT  
IS KILLING US AND  
WHAT WE CAN DO ABOUT IT

GARTH DAVIS, M.D.  
WITH HOWARD JACOBSON, Ph.D.



# Proteinaholic

**Lani Muelrath**



## **Proteinaholic:**

**Proteinaholic** Garth Davis, Howard Jacobson, 2015-10-06 A book that will help you lose weight keep it off prevent lifestyle disease and even reverse it Every doctor should prescribe it Rich Roll bestselling author of Finding Ultra and The Plantpower Way Whether you are seeing a doctor nutritionist or a trainer all of them advise to eat more protein Foods drinks and supplements are loaded with extra protein Many people use protein for weight control while others believe it gives them more energy and is essential for a longer healthier life Now Dr Garth Davis an expert in weight loss asks Is all this protein making us healthier Too much protein is actually making us sick fat and tired according to Dr Davis If you are getting adequate calories in your diet there is no such thing as protein deficiency The healthiest countries in the world eat far less protein than we do and yet we have an entire nation on a protein binge getting sicker by the day As a surgeon treating obese patients Dr Davis was frustrated by the ever increasing number of sick and overweight patients but it wasn't until his own health scare that he realized he could do something about it Combining cutting edge research with his hands on patient experience and his years dedicated to analyzing studies of the world's longest lived populations this groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss health and longevity Exhaustively researched and fascinating Publishers Weekly A groundbreaking book Neal D Barnard MD President Physicians Committee for Responsible Medicine Adjunct Associate Professor of Medicine George Washington University School of Medicine A life changer in the truest sense of the word Booklist

*Proteinaholic* Garth Davis, 2016 Protein gilt als Grundstoff des Lebens unerlässlich für eine ausgewogene Ernährung Diät und Sportpräparate sind vollgepackt mit Protein Ärzte und Fitnesstrainer schwören darauf Eiweiss soll beim Abnehmen helfen Mit einer proteinreichen Ernährung so scheint es kann man eigentlich nichts falsch machen Aber stimmt das wirklich Als Chirurg und Spezialist für Gewichtsabnahme war Dr Garth Davis lange schon frustriert über die wachsende Anzahl der Betroffenen doch erst als er selbst von Übergewicht geplagt wurde hat sich Davis die Langzeitwirkungen einer proteinreichen Ernährung genauer angesehen und festgestellt dass zu viel Protein sehr schädlich sein kann Es macht dick krank und mehr Ein Blick über den Tellerrand zeigt gerade in den Ländern in denen am wenigsten Protein konsumiert wird leben die Menschen am gesündesten während die proteinbasierte westliche Welt immer kranker wird In Proteinaholic kombiniert der Arzt die Erkenntnisse seiner bahnbrechenden Forschungen mit seinen Erfahrungen in der Praxis Er zeigt auf wie wir in der westlichen Welt zu Proteinabhängigen wurden und welche Folgen dies für unsere Gesundheit hat Seine revolutionären Erkenntnisse besagen dass Fleischkonsum sogar zuckerkrank machen kann und Krebserkrankungen begünstigt Davis erklärt wie eine gesunde Ernährung aussehen sollte die tatsächlich unser Leben verlängern kann Er gibt nützliche Tipps zur Umstellung sowie einen ausgewogenen Wochen Ernährungsplan für die ersten Tage Mit Proteinaholic führt Davis zurück auf einen Weg der Ausgewogenheit Gesundheit und Langlebigkeit

**What the Health** Eunice Wong, 2017-02-22 What The Health is the official stand alone companion book to the groundbreaking documentary of

the same name directed by Kip Andersen and Keegan Kuhn directors of the award winning documentary *Cowspiracy: The Sustainability Secret*. If the film is a peephole then this book knocks down the entire door diving into expanded interviews extensive research and personal narratives. Scientific literature shows that eating saturated fat mainly found in animal products like meat dairy and eggs is more strongly associated with death than smoking cigarettes. Think about that. If at a neighborhood cookout the dad next door offered you and your child a cigarette and a light how would you react? And yet we accept with thanks the glistening beef burgers from that same dad. What's the difference between taking the cigarette and the burger? The smell and the taste. The social assumptions. The habits. The lack of knowledge. Journey with Kip and Keegan as they crisscross the country talking to physicians dietitians cardiologists pediatricians bariatric surgeons lawyers economists activists and food safety advocates in a passionate search for the truth about the food we eat and the stunning implications for our health and the country's cascade of killer diseases. Along the way they meet Ren Miller whose home is routinely drenched by manure cannons from the factory farm next door slaughterhouse vet Dr. Lester Friedlander who blew the whistle on Mad Cow Disease political prisoner Jake Conroy and world class athletes like former NFL defensive lineman David Carter and ultra endurance athlete Rich Roll who completed 5 Ironman triathlons in under a week and many other fascinating characters each with their own piece of the puzzle. There is a health revolution brewing. Many people know there's something terribly broken about the industrial food medical and pharmaceutical systems but they don't know what it is. It's no wonder because there is an intricate political and corporate apparatus in place to keep them from finding out. People think heart disease cancer and diabetes are inherited not realizing that what they've actually inherited are the eating habits of their parents and grandparents. Lifestyle choices like diet and lack of exercise are responsible for about 70 percent of deaths in this country. Diseases that kill millions can be prevented or even reversed. What The Health takes you on an adventure uncovering the lethal entwining of the food medical and pharmaceutical industries with our own government and the corporate legislative web designed to confuse the public and keep Americans chronically and profitably ill.

**The Whole Foods Diet** John Mackey, Alona Pulde, Matthew Lederman, 2017-04-11 The definitive guide to the optimum diet for health and wellness from the founder of Whole Foods Market and the doctors of Forks Over Knives. The Whole Foods Diet simplifies the huge body of science research and advice that is available today and reveals the undeniable consensus: a whole foods plant based diet is the optimum diet for health and longevity. Standing on the shoulders of the Whole Foods Market brand and featuring an accessible 28 day program, delicious recipes, inspirational success stories and a guilt free approach to plant based eating, The Whole Foods Diet is a life affirming invitation to become a Whole Foodie, someone who loves to eat, loves to live and loves to nourish themselves with nature's bounty. If Whole Foods Market is shorthand for a food revolution, The New Yorker then The Whole Foods Diet will give that revolution its bible, the unequivocal truth about what to eat for a long healthy disease free life.

**Eat Real to Heal** Nicolette Richer, 2018-09-30 Disease Fighting Healthy Foods. This is not a fad

diet This is for real And it works I recommend this book to anyone who wants to live a long and healthful life Sylvia Dolson author aspiring centenarian and animal welfare advocate 1 Best Seller in Juices Smoothies and Special Diets Cancer Change your diet and power up your immune system If you want to feel active clear minded and strong enough to fight off disease it all starts with the food you put into your body Eat Real to Heal shows you the organic plant based foods you should be eating Focusing on diet nutrition and meditation this book teaches you how to power up your immune system and give yourself the best possible chance at beating chronic diseases like diabetes arthritis acne psoriasis fibromyalgia and even cancer Fortify and detoxify with vegan recipes Eat Real to Heal shows you how to create and follow a meal plan that utilizes nutritious vegan recipes made with pure and organic ingredients that are quick easy and delicious Also learn about juicing managing stress detoxifying your home breathing exercises and yoga that connect you with your body and the Gerson Therapy Reach optimal health in just 5 weeks If you ve been diagnosed with a serious or a non life threatening illness you re in remission you want to stop taking medications or you re just looking to feel better this book is for you The easy to follow advice and instructions in Eat Real to Heal will get you feeling vibrant strong and energized and give you the best possible chance at preventing and beating all kinds of chronic diseases from acne to diabetes to cancer in just five weeks Eat Real to Heal teaches you how to Upgrade your eating habits and your lifestyle Flood your body with nutrients and detoxify your system Boost your immune system and turn your body into a disease fighting machine If you read Eat to Beat Disease the Eat to Beat Disease Cookbook or The Complete Anti Inflammatory Diet for Beginners you will want to read Eat Real to Heal

**Analysis & Review of Proteinaholic** Fastreads,2018-01-31 Less another diet book and more a call to plant based eating Garth Davis M D and recovering proteinaholic puts forth a potentially life changing message for the masses in his book Proteinaholic This FastReads Analysis offers supplementary material to Proteinaholic How Our Obsession with Meat Is Killing Us and What We Can Do About It to help you distill the key takeaways review the book s content and further understand the writing style and overall themes from an editorial perspective Whether you d like to deepen your understanding refresh your memory or simply decide whether or not this book is for you FastReads is here to help Absorb everything you need to know in under 20 minutes What does this FastReads Analysis Include A synopsis of the original book Key Takeaways Review and analysis from each section A short bio of the author Supplementary Info Recommended Reading About the Original Book Garth Davis M D kicks off with a titled confession as a recovering proteinaholic A bariatric surgeon weight loss expert author and television celebrity Davis launches into an argument for plant based eating over the other trends in the modern day dieting industry Not so much against animal protein as it is for plant based eating the topics vary from chronic illness to anthropology In short the battle against American obesity can be won The discussion offers tasty morsels for both layman and academic supported by scientific research personal victories and medical sense BEFORE YOU BUY The purpose of this FastReads Analysis is to help you decide if it s worth the time money and effort reading the original book if you haven t already

FastReads has pulled out the essence but only to help you ascertain the value of the book for yourself This analysis is meant as a supplement to and not a replacement for Proteinaholic

**La fuente de la longevidad** JOHN MACKEY/ALONA PULDE/MATTHEW LEDERMAN,2019-02-28 Comprueba el poder de una dieta natural y prolonga la vida que te mereces Un novedoso programa alimenticio que captura la ciencia de los alimentos naturales y pone freno a los padecimientos crónicos para que vivas más y mejor En este libro John Mackey fundador de la exitosa cadena de alimentos orgánicos Whole Foods Market nos comparte su filosofía a través de un revolucionario programa nutricional basado 100% en alimentos naturales 90% de plantas y 10% de productos animales que mejor su vida y mejorar la tuya para siempre Junto a Mackey los doctores Alona Pulde y Matthew Lederman especialistas en revertir ciertas enfermedades como controlar diabetes y obesidad mediante la nutrición y medicina de estilo de vida complementan este plan que te dirá cómo vivir más años en perfectas condiciones En parte gracias a su perspectiva tica y sustentable La fuente de la longevidad est inspirando a miles de personas en el mundo a renovar sus hábitos y a poner un alto al consumo de alimentos procesados y a la ingesta desenfrenada de carne que tanto han deteriorado su salud y la del planeta

*Analysis of Proteinaholic* ReeRoos,2017-12-15 Less another diet book and more a call to plant based eating Garth Davis M D and recovering proteinaholic puts forth a potentially life changing message for the masses in his book Proteinaholic This ReeRoos Analysis offers supplementary material to Proteinaholic How Our Obsession with Meat Is Killing Us and What We Can Do About It to help you distill the key takeaways review the book's content and further understand the writing style and overall themes from an editorial perspective Whether you'd like to deepen your understanding refresh your memory or simply decide whether or not this book is for you ReeRoos is here to help Absorb everything you need to know in under 20 minutes What does this ReeRoos Analysis Include A synopsis of the original book Key Takeaways Review and analysis from each section A short bio of the author Supplementary Info Recommended Reading About the Original Book Garth Davis M D kicks off with a titled confession as a recovering proteinaholic A bariatric surgeon weight loss expert author and television celebrity Davis launches into an argument for plant based eating over the other trends in the modern day dieting industry Not so much against animal protein as it is for plant based eating the topics vary from chronic illness to anthropology In short the battle against American obesity can be won The discussion offers tasty morsels for both layman and academic supported by scientific research personal victories and medical sense PLEASE NOTE This is an unofficial analysis and review of the book and not the original book It is meant as a supplement to and not a replacement for Proteinaholic

**Wie unser Essen uns krank macht** Robert H. Lustig,2021-12-12 In der Hektik des Alltags greifen wir nur allzu gern auf verarbeitete Lebensmittel zurück Doch genau diese sind dafür verantwortlich dass Diabetes und viele weitere chronische Erkrankungen sich so rasant verbreiten Dr Robert H Lustig verändert die Sichtweise auf unsere Nahrung radikal Er entlarvt die Lügen und Strategien der Lebensmittelindustrie und beschreibt wie verarbeitete Lebensmittel uns süchtig machen Der erfahrene Mediziner zeigt aber auch auf wie man es trotzdem schafft sich gesund zu

ern hren und welche chronischen Beschwerden man dadurch vermeiden oder sogar r ckngig machen kann Ein Wegweiser zu einem ges nderen und gl cklicheren Leben **What the Health** Kip Andersen, Keegan Kuhn, Eunice Wong, 2018-12-18 The definitive stand alone companion book to the acclaimed documentary now with 50 plant based recipes and full color photos to help you start changing your health for the better There s something terribly broken in our industrial food medical and pharmaceutical systems What s going wrong Can we really avoid the leading causes of death just by changing our diet Kip Andersen and Keegan Kuhn creators of the revolutionary What the Health and the award winning Cowspiracy documentaries take readers on a science based tour of the hazards posed by consuming animal products and what happens when we stop What the Health will guide you on an adventure through this maze of misinformation with the same fresh engaging approach that made the documentary so popular Journey with Andersen and Kuhn as they crisscross the country talking to doctors dietitians public health advocates whistle blowers and world class athletes to uncover the truth behind the food we eat With the help of writer Eunice Wong they empower eaters with knowledge about the lethal entwining of the food medical and pharmaceutical industries and about the corporate web that confuses the public and keeps Americans chronically and profitably ill Plus discover 50 recipes to help you reclaim your life and health including Creamy Mac PB J Smoothie Winter Lentil and Pomegranate Salad Mom s Ultimate Vegan Chili Black Bean Fudgy Brownies Baked Apple Crumble with Coconut Cream If the film was a peephole then the book knocks down the whole door featuring expanded interviews extensive research and new personal narratives There s a health revolution brewing What the Health is your invitation to join [Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats](#) Richard H. Pitcairn, Susan Hubble Pitcairn, 2017-03-21 For more than 30 years Dr Pitcairn s Complete Guide to Natural Health for Dogs Cats has been the go to resource for health conscious animal lovers This fourth edition is updated with the latest information in natural pet health including groundbreaking research on the benefits of vegan diets for pets as well as nutritionally complete recipes to give your pets optimal health that you can also enjoy making home prepared diets easier than ever The Pitcairns also discuss behavior issues general nutrition and a more humane approach to caring for pets The Pitcairns have long been the trusted name in holistic veterinary care and continue to be at the forefront of natural pet health Written with the same compassion and conviction the fourth edition of Natural Health for Dogs Cats will help you give your beloved animals the healthiest happiest life [Clean Protein](#) Kathy Freston, Bruce Friedrich, 2018-01-02 Join the Clean Protein revolution and lose weight feel stronger and live longer Food and wellness experts Kathy Freston and Bruce Friedrich have spent years researching the future of protein They ve talked to the food pioneers and the nutrition scientists and now they ve distilled what they ve learned into a strength building plan poised to reshape your body and change your world Complete with delicious recipes and a detailed guide to food planning Clean Protein explains everything you need to know in order to get lean gain energy and stay mentally sharp You ll finally understand in simple terms why protein is essential how much you should get and

where to find the best sources of it Clean Protein is a powerful solution to excess weight and chronic health issues and it s a cultural revolution that will be talked about for decades **The Reducetarian Solution** Brian Kateman,2017-04-18 Brian Kateman coined the term Reducetarian a person who is deliberately reducing his or her consumption of meat and a global movement was born In this book Kateman the founder of the Reducetarian Foundation presents more than 70 original essays from influential thinkers on how the simple act of cutting 10% or more of the meat from one s diet can transform the life of the reader animals and the planet This book features contributions from such luminaries as Seth Godin Joel Fuhrman Victoria Moran Jeffrey Sachs Bill McKibben Naomi Oreskes Peter Singer and others With over 40 vegan vegetarian and less meat recipes from bestselling cookbook author Pat Crocker as well as tons of practical tips for reducing the meat in your diet for example skip eating meat with dinner if you ate it with lunch replace your favorite egg omelet with a tofu scramble choose a veggie burrito instead of a beef burrito declare a meatless day of the week The Reducetarian Solution is a life not to mention planet saving book **The Food Effect Diet: Vegan** Michelle Braude,2020-01-09 Ditch the complicated recipes expensive products and supplements vegan detoxes and all the other crazes out there that s the message of The Food Effect approach to nutrition which based on real science separates the fads from the facts and now presents the program that s had amazing results adapted to suit a vegan diet Set to teach the simple secrets to long term practical success for weight loss for vegans The Food Effect Diet Vegan is a simple delicious satisfying way of eating that sheds weight boosts energy lowers cholesterol and blood pressure and also gives glowing skin increased brain power and optimal health and vitality Simple and effective without over complicating The Food Effect Diet Vegan delivers a painless and proven way to achieve your weight loss goals and get you on the road to optimal health all whilst following a vegan lifestyle easily and enjoyably The Food Effect Diet Vegan will include A wide array of vegan food choices including surprising sources of good for you carbs and proteins Menu options for breakfast lunch dinner and snacks based on a variety of taste preferences lifestyles and nutritional needs More than 65 delicious and easy vegan recipes plus a complete set of simple meal ideas for those who don t like or don t have time to cook Dietary recommendations designed with a calorie cap to ensure you achieve your weight loss goals Guidance on which supplements to take to ensure all nutritional needs are met **Plant-based Sports Nutrition** D. Enette

Larson-Meyer,Matthew Ruscigno,2020 Plant Based Sports Nutrition offers guidance to athletes who choose vegan vegetarian and plant based diets about how to effectively fuel their training and competition while adhering to their eating preferences **The Plant-Based Journey** Lani Muelrath,2015-09-15 It s been proven that a plant based diet is good for your weight health budget and the environment but the proof hasn t come with a game plan until now If you ve ever wanted to make the plant based switch but felt overwhelmed about where to start we have good news you don t have to do it alone The Plant Based Journey provides the support you need every step of the way to make your transition into eating plant based a fun and ful filling experience Award winning teacher transition strategist fitness expert and dietary coach Lani Muelrath has been on



her own plant based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant filled lives Here she brings that experience to you backed by scientific evidence In this comprehensive foolproof and accessible five step guide Muelrath will empower you as you make your own dietary transition Step 1 Awakening Discover your why for eating plant based Step 2 Scout Assemble what you need for plant based eating basics Step 3 Rookie Increase the presence of plant foods on your plate with specific strategies and systems Step 4 Rockstar Take your newfound plant based eating success on the road and to social and family situations Step 5 Champion Sharpen your skills for long term plant based living success In addition in The Plant Based Journey Muelrath explains how exercise and your mindset support dietary change and she also shares more than 20 recipes along with meal plan templates and ready in minutes meals that will have you pulling together delicious and satisfying meals with ease Whether you re a plant based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills The Plant Based Journey is your essential definitive guide for a healthier trimmer you

[Vegan Diet Myths](#) Robert Enochs,2024-07-22 If you believe a vegan diet means sacrificing essential nutrients think again This eye opening book challenges the biggest myths surrounding plant based nutrition protein sources and vitamin B12 With a thorough understanding of plant based nutrition you will embark on a journey that erases doubts and fosters confidence in choosing a vegan lifestyle Vegan Diet Myths The Real Sources of Animal Protein and Vitamin B12 delves deep into the world of veganism with a treasure trove of scientific insights and practical advice It breaks down the fundamentals of plant based nutrition making it accessible and actionable Learn how to achieve a balanced diet with the essential building blocks of macronutrients and micronutrients Discover the powerhouse plant based sources of protein found in legumes beans nuts and seeds and see how they stack up against their animal counterparts The book tackles the often misunderstood subject of vitamin B12 exploring its origins and how both animals and humans derive this crucial nutrient You ll be enlightened by fascinating historical insights and the evolutionary choices of our ancestors drawing parallels to robust plant powered animals like elephants and gorillas An invaluable resource for anyone curious about veganism this book debunks entrenched myths and paves the way for an empowered future Step into a world where plant based living is not only possible but optimal for health sustainability and ethical living

[Laryngopharyngeal and Gastroesophageal Reflux](#) Craig H. Zalvan,2020-09-29 This text comprehensively reviews the current state of the art in Laryngopharyngeal Reflux LPR together with a comprehensive explanation and description of the known gastroesophageal reflux GERD literature With chapters written by experts from around the world this text aims to deliver what is current in reflux recognition diagnosis reflux related complications and the various treatment modalities This is the first textbook to combine the most up to date knowledge of both LPR and GERD meant for both specialties and the general medicine population Completely unique to the reflux literature is a section detailing the substantial benefits of a mostly plant based Mediterranean style diet in the treatment of reflux disease Encouraging patients to read and learn about diet and health is

likely the most important step in improving their disease The text provides direction to the caregiver on how to transition to a mostly plant based diet Review of myths effects of diet in the setting of other disease states and dietary consequences are explained Guidelines on how to transition diet dining out while maintaining a plant based diet and how to wean off medication such as PPI are also provided Laryngopharyngeal and Gastroesophageal Reflux A Comprehensive Guide to Diagnosis Treatment and Diet Based Approaches will provide the medical community with a resource to understand teach and provide the latest in LPR and GERD information to the caregiver and subsequently the patient **The Vegan Way**

Jackie Day,2016-10-25 Writing in a playful and upbeat fashion Day guides her readers through a day by day approach to living vegan For those interested in becoming acquainted with the vegan way this book marvelously succeeds Publishers Weekly I only wish I had had this book decades ago Moby This goes well beyond diet This book is a comprehensive guide to anyone looking to switch to a plant based life Booklist The Vegan Way is like having a friendly non judgmental vegan friend by your side to help you every step of the way as you blossom into a happier healthier being So inspiring Pamela Anderson The VeganWay is a book filled with everything Jackie Day has learned as a happy vegan a health educator and author of the popular vegan blog My Vegan Journal A lifestyle guide that s a real game changer The Vegan Way is for those who are intimidated by going vegan overnight but don t want the transition to stretch out for months or even years In a 21 day plan that emphasizes three core reasons for going vegan being as healthy as you can be being compassionate to animals and respecting our planet Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit Readers will learn where to dine and what to order when eating out the most vegan friendly places to visit how to avoid clothing made from animals and how to decipher those pesky ingredients lists And throughout Jackie will be providing glimpses into the finer points of vegan living giving readers something to aspire to as they get past Vegan 101 Readers will also find a handful of easy and delicious recipes sprinkled throughout The Vegan Way is a road map that puts positive thoughts about health the environment and animals into action transforming your life into a vibrant healthy and compassionate one **Metabolical**

Dr Robert Lustig,2021-05-04 Did you know that a staggering 62% of the food in our supermarkets is ultra processed and that eating these foods slowly poisons us over time In this hard hitting expos New York Times bestselling author Dr Robert Lustig reveals how our addiction to ultra processed foods fuelled by the food industry big agriculture big pharma medicine and government is driving a deadly surge in diseases like diabetes heart disease fatty liver cancer and dementia We ve been led to believe these chronic illnesses are just part of aging Dr Lustig shatters this myth and shows that it s actually a consequence of what we eat The solution Returning to real unprocessed food Dr Lustig offers a practical doable plan to restore health boost immunity and reclaim wellbeing for ourselves and society Metabolical lays bare the depth of the relationship between the recent and profound perversion of the human diet and its overwhelming health

consequences Dr David Perlmutter author of the 1 New York Times bestsellers Grain Brain and Brain Wash

Delve into the emotional tapestry woven by in Experience **Proteinaholic** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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## **Proteinaholic Introduction**

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