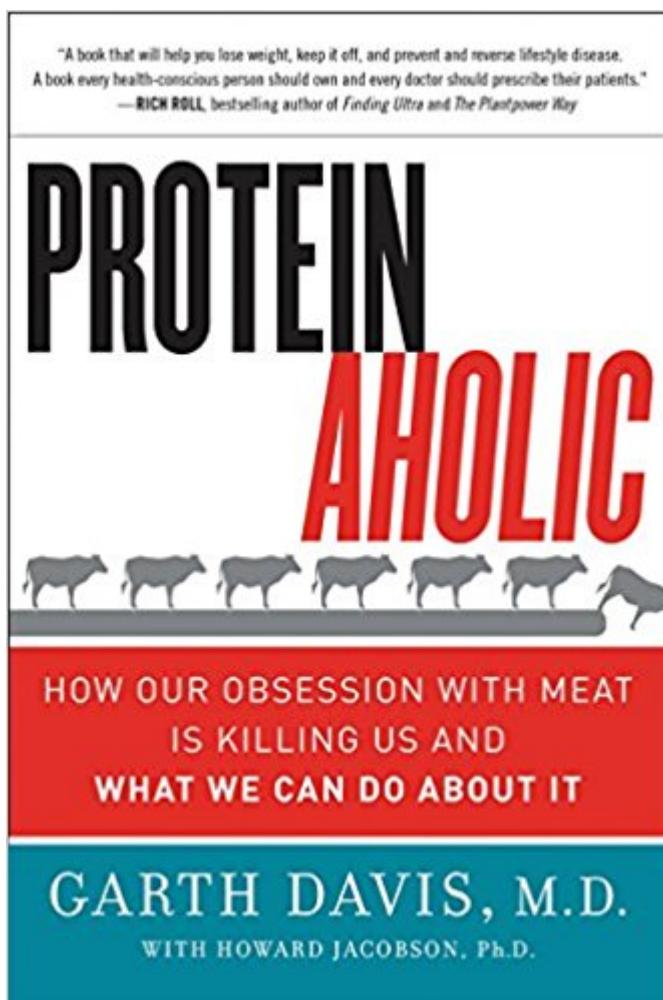


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# Proteinaholic: How Our Obsession With Meat Is Killing Us And What We Can Do About It



## Synopsis

An acclaimed surgeon specializing in weight loss delivers a paradigm-shifting examination of the diet and health industry's focus on protein, explaining why it is detrimental to our health, and can prevent us from losing weight. 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, to gain or lose pounds, 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, does all this protein making us healthier? • The answer, he emphatically argues, is NO. 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 explosive, groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity.

## Book Information

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## Customer Reviews

• Exhaustively researched and fascinating. • (Publishers Weekly) • A groundbreaking book from one of America's leading physicians, *Proteinaholic* will revolutionize your understanding of

your body and how to keep it healthy. Garth Davis, MD, is a medical visionary whose wisdom and wealth of experience have opened a powerful new pathway to the best of health. (Neal D. Barnard, MD, President, Physicians Committee for Responsible Medicine, Adjunct Associate Professor of Medicine, George Washington University Shchool of Medicine, Washington, DC)â œDr. Davis is in the â™trenchesâ™ applying science to patient care and a true expert. His experience and research is groundbreaking and *Proteinaholic* is a must read that will be the basis for reclaiming our health. This book will be in exam rooms in my clinic. (Joel Kahn MD, FACC â“ Clinical Professor of Medicine, Wayne State University School of Medicine and author of *The Whole Heart Solution*)â œ*Proteinaholic* is a â| book that will help you lose weight; keep it off; prevent lifestyle disease and even reverse it. A book every health-conscious person should own and every doctor should prescribe their patients. (Rich Roll, bestselling author of *Finding Ultra* and *The Plantpower Way*)â œ*Proteinaholic* documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting nutritional myths â| Protein deficiency is unknown on any natural diet; protein poisoning is epidemic worldwide.â • (John McDougall, MD, founder of the McDougall Program)â œ*Proteinaholic* hits the nail on the head. Our over-consumption of animal protein has lead us down the path to nutritional suicide and this wake-up call from Dr. Davis is important to save lives.â • (Joel Fuhrman M.D., author of the New York Times bestsellers *Eat to Live*, *Eat to Live Cookbook*, *The End of Dieting*, *The End of Diabetes* and *Super Immunity*)â œThis is a book that will change lives. If you heed its wise and clear advice, your body will thank you for the rest of your life.â • (John Robbins, President of the Food Revolution Network and author of *Diet For A New America* and *The Food Revolution*)â œDr. Garth Davis has hit the nail on the head with this eye opening look at Americaâ™s most misunderstood macronutrient-protein. Read it and rescue yourself before itâ™s too late!â • (Rip Esselstyn, health activist and bestselling author of *The Engine 2 Diet*)â œA brilliant tour de force of how and why our â^addictionâ™ to animal protein is killing us. This book just may save your life and make all of your moments healthier.â • (Robert Ostfeld, M.D., MSc. Director, Cardiac Wellness Program, Associate Professor of Clinical Medicine, Montefiore Medical Center)â œThrough extensive analysis of popular protein-pushing diet plans and meticulous assessment of nutritional research, every claim and recommendation is fully annotated, making this reasoned and reasonable treatise a life changer in the truest sense of the word.â • (Booklist)

Cut Through the Noise. Know the Research. Protein Is Making Us Sick, Fat, and Tired. Protein is not

the key to weight loss. Animal protein is not the healthiest food we can eat. Carbs are not the enemy. In *Proteinaholic*, Dr. Garth Davis dispels the myths that have been perpetuated by our doctors, our weight loss experts, and the media; sets the record straight about contradictory studies and confusing headlines; and distills these findings into a straight-forward, plant-based solution that will change your life forever.

I have been following the peer-reviewed medical literature for over a decade and marveling at the continued disconnect between the sheer volume and span of research supporting whole food, plant-based diets and the public perception of what constitutes healthy eating. Dr. Garth Davis, MD, a Texas bariatric surgeon, combines his personal story of transformation with a review of research highlights from the past 20 years. To his credit, it's a quite enjoyable read. The research is generally in three categories: epidemiological studies of thousands of people over years (and often decades) of time; studies of naturally-occurring populations with exceptional health and longevity (the Blue Zones) versus those without; and clinical experiments. Dr. Davis shows that, taken as a whole, the research overwhelmingly supports whole food, plant-based diets with small or no red and processed meat consumption and much lower intake of animal products than our nation of "Proteinaholics" is currently eating. I like that Dr. Davis takes on common objections raised by people favoring animal product-heavy diets, and I really like how he explains how to look at research studies so as to be a smart consumer of the research. He tells readers to ask what is being compared, how large is the sample population, and how long are the people studied. Short-term studies showing that low carbohydrate or "Paleo" diets improve weight or biomarkers after a few months exist. Dr. Davis explains that the famous Twinkie diet also improved biomarkers and weight. But if you cut through media hype, industry-funded research, and short-term studies to look at what matters most—"all cause mortality over decades of time in large populations (i.e., what people who live longest eat)"—then the medical literature casts no doubt on Dr. Davis' conclusion that excess animal protein is killing us, and plant-based whole food diets are most healthful and lead to greater longevity. In fact, thousand of studies confirm it, as evidenced in part by the World Health Organization's post-publication announcement on red and processed meats and cancer. And if you don't like epidemiological research, Dr. Davis takes you on a trip through the other major research as well (population studies and clinical studies) so you can form your own conclusions about the healthiest dietary pattern. Unless you go step-by-step through the overwhelming evidence yourself, it's hard to believe so much exists and yet we continue to be so confused as a nation. Another thing I like about this book is that even though

Dr. Davis is personally vegan, he doesn't cherry pick what he presents or overstate the case. I can say this with confidence because I've been following the research myself. Where the research findings are mixed and/or muddled by industry-funded research, e.g., on eggs and dairy, Davis presents an excellent and objective overview. His basic point is that whereas the preponderance of evidence points to a plant-based whole food diet—and we know animal products are unnecessary—we can't say a purely vegan diet is the only healthful path if the overall diet is whole food and plant-based. Does Dr. Davis review some studies suggesting it might, in fact, be the case that a vegan whole food diet is best? Yes, but he is very clear that at this point in time at least, while we can reasonably suggest it may be the case, we cannot say that with anything near the certainty with which we can say plant-based whole food diets are the most healthful. I like to think of it this way: If two objective people followed just the peer-reviewed research published in scientific journals over the past twenty years, they'd both agree on about 95% of what to eat—they might bicker over whether the remaining 5% should include some eggs, poultry, dairy and fish or not. That's an extremely small amount of diet to be uncertain about—far less than most Americans think science is in disagreement about—and would include vastly fewer animal products than most Americans eat. So whether you go vegan whole food plant-based like Dr. Davis or just eat 95% whole food plant-based, by listening to Dr. Davis, you're going to lower your chance of disease by leaps and bounds compared to the overwhelming majority of Americans. Several adults in my family, including me, have transitioned to whole food plant-based diets over the past 5 years and experiences myriad health benefits. The benefits to my family members include: resolving IBS (which was probably lactose intolerance all along), reversing metabolic syndrome, lowering overall cholesterol levels and dramatically improving ratios, resolving adult acne, resolving PMS, effortless weight loss and maintenance (I weigh just 3 lbs more than I did the day I got married after months of dieting on Jenny Craig—two kids and 15 years ago!), eliminating the need for blood pressure medication, and improved mood. I have some criticisms of this book that are mostly just additional points that I think should have been mentioned. First, the bibliography lists Noto et al.'s 2013 systematic review and meta-analysis of observational studies of low carb diets (of which Paleo is one), which found significantly higher all-cause mortality. However, I do not recall Dr. Davis discussing it in the text, which would have been especially useful in the Atkins and Paleo sections. Maybe he did and I missed it? It would be easy enough to check if the book had an index. Yes, there is no index in this book! How in the world did a reputable publishing company like HarperOne release a book without creating an index?! This makes the book less useful to readers, as those who want to return

to specific subjects and references later on in the text and will have to comb through the book to find them. A second point I'd have like to have seen Dr. Davis make is that processed meats include products people generally think of as healthier than pork bacon and beef pastrami like turkey bacon, deli chicken and turkey slices, and turkey bacon. Granted, the doctor is correctly encouraging people to drastically reduce their meat intake, relative to the US average, but I think helping people realize that processed poultry was part of those higher mortality findings in many studies would have been helpful. If readers are going to continue to consume animal protein, albeit in small amounts, it would be helpful to tell them they can't replace pork bacon with turkey bacon and think the research shows it's cutting their mortality risk. Processed poultry is processed meat. Once again, before criticizing a book of this length in a public forum, I'd normally consult an index to ensure I didn't miss something but there's none to check! Third, I think it would have been useful for Dr. Davis to further debunk the Paleo grains and legumes are unhealthy myths a bit more specifically. He alludes to the fact that the research supports eating these foods, and how much they are consumed in the Blue Zones, but he doesn't even mention nor source articles like Wu et al.'s 2015 Association between dietary whole grain intake and risk of mortality: two large prospective studies in US men and women published in JAMA Internal Medicine, or Johnson et al.'s 2015 Whole-grain products and whole-grain types are associated with lower all-cause and cause-specific mortality in the Scandinavian HELGA cohort, published in the British Journal of Nutrition. Having never written a book myself, I am guessing that these studies came out after the main draft went to editing, but I still feel room should have been made for their mention. I'd have also liked to see more of the published research linking legumes and longevity discussed. Contrary to Paleo claims, studies show legumes and whole grains are associated with better health and longevity. I am very concerned that a nation of largely unhealthy and overweight people are acting on misinformation to cut out these demonstratedly health-promoting foods. The bottom line is that my criticisms of this book are that it wasn't long enough, in that it could have fleshed out in more detail the information behind the key points and included an index. However, this is coming from someone who searches the medical journals for new studies on diet and nutrition in her free time, just for enjoyment because it's so incredibly interesting to me. And if that's the biggest criticism I can muster for this book, it's truly an excellent one! I am so grateful Dr. Davis laid out the research for a general audience and that he did it in such a clear and highly engaging way. I put my money where my mouth is on this, folks! I've already purchased 7 copies and will probably pick up a few

more. If you're on my holiday shopping list, this is what you're getting. :)[Edit

November 23, 2015: Due to popular demand, an index has been made available by the author on the Proteinaholic website.]

I have started reading the book and it is a game changer. This along with Campbell's China Study, Whole, Esselstyn's books, 80-10-10, Dr. Greger's upcoming book How Not to Die, Dr. McDougall's books are redefining the landscape of the health movement. These doctors are selfless and trying to help the people, planet and animals. I moved from a junk food vegetarian to junk food vegan to a mostly organic plant based lifestyle. My journey into wellness started with China Study, Rich Roll podcast, Scott Jurek's book. I read a lot of books on Ayurveda, Buddhist monks, Seventh Day Adventist Church and Blue Zones. There are tons of podcasts including the coauthor Howard Jacobson's Plant Yourself. Everything points to something we are doing wrong. If you go to airport there are more and more people on wheelchairs. More and more kids are eating those loaded pizzas and extremely fat and obese. People are getting heart attacks in their 40s and juvenile diabetics is on the rise. Dr. Garth Davis has dissected the reasons and saying the same protein that is promoted for weight gain is used for promoting weight loss. People are gorging on More Proteins more proteins mantra. He has laid out the reason and gives beautiful solutions and meal plans. Obesity, Heart attacks and Diabetics are to a large extent man made dis-eases. Davis is a weight loss surgeon, but he is writing books that may eliminate his practice if everyone adopts this. How selfless he is. He is a treasure house of information and the books lends to a easy reading. You should read with an open mind. The book is on the health side of things. There is an animal compassion angle as well as environment angle ( hint: watch Cowspiracy movie). I personally has cut down by cholesterol by half following a plant based diet with minimal oil. All my vitals are rock solid now in my mid 40s and never felt younger. I highly recommend Dr. Davis book if you want to take care of your body best way possible. China study book also delves into the Protein myth. Basic idea of the book. Get your proteins from plants. They are not inferior. In fact they inhibit cancer cells. It may save your life. In fact there is substantial research that are quoted and makes you convincingly believe. Dr. Garth Davis has researched over 700 top class peer reviewed journals and has made a book for common people to read. This is a treasure. Plants over Pills, any day / Compassion to all living beings. Byproduct #1. Environmental protection. Byproduct #2. Coming from a medical doctor, this is a top class book. He does not get paid by American Broccoli Association or Carrot Society of Wellness in North America. He genuinely wants to help us! It is great that a medical doctor has authored a book on this subject. The author

argues we are on a protein binge. In fact America's obsession is being exported to other countries and many folks are around world following suit and getting sicker. Some key points of the book are- Protein is not key to weight loss, on contrary it is a big factor contributing to obesity epidemic. Just go to a large department stores or an airport. I feel saddened looking at the giant people. Were humans even meant to be like this?- Animal protein is strongly associated with diabetics, hypertension, heart disease, cancer- Carbs are not the enemy - they are vibrant and sources of energy. Please read Dr. Colin Campbell's Low Carb Fraud book as well- Paleo diet - great marketing- Proteins are available in plants. Should we say it again. Proteins are available in plants. In fact animals get it from plants, So why should we go double route to get them, Get them from plants and avoid pills. Save all the money from going plant based to do trips around the world and climb mountains- This is a proven strategy to reduce weight and restore vitality- I am a proof. I shed 40 lbs from my peak weight by going whole food plant based. I am a lifelong vegetarian, had a whole food plant based vegetarian lifestyle in my early part growing up in Asia, Came to USA in mid 20s became junk food vegetarian. Eating all sorts of processed craps and sugary cereals. Stumbled on China Study after its release and transitioned to vegan and later whole food plant based. I am 40 lbs less heavier. Has reduced 7 pant sizes from 38 to 31. Feel really fit. Can run/climb stairs no issues in mid 40s. All I take is vitamin B12 supplement once a week. Not only I feel great, but I am happy I am not contributing to animal cruelty, and destroying the planet.I am rereading China Study and comparing to Dr. Garth Davis book and both complement very well. Animal Protein, Cancer, Heart Disease the evidence is too good to pass. Let us not play with our lives. We put best gas in our cars whether it is a Lexus or Ferrari, why not treat our body like a well oiled machine. We spend hours researching for that smartphones which will be obsolete in a year, but do not think to put in a body which can last flawlessly for 100 years.The book list I will specify for people to read and advance their knowledge in these areas are :1. Dr. Thomas Campbell, MD and Dr. T. Colin Campbell, PhD: The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet2. Dr. Caldwell B. Esselstyn Jr., PhD Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure3. Dr. Garth Davis, MD: Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It4. Dr. John A. McDougall, MD: The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!5. Dr. Michael Greger, MD and Gene Stone: How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease (to be released in Dec 2015)6. Dr. T. Colin Campbell, PhD and Howard Jacobson: Whole: Rethinking the Science of Nutrition7. Gene Stone, Forks Over Knives: The Plant-Based Way to Health8. The Blue Zones, 9 Lessons for Living Longer

From the People Who've Lived the Longest9. Rich Roll: Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself10. Sonia Faruqi ª Project Animal Farm: An Accidental Journey into the Secret World of Farming and the Truth About Our Food11. Keegan Kuhn, Kip Andersen ª The Sustainability Secret: Rethinking Our Diet to Transform the World12. Movie: Cowspiracy, <http://www.cowspiracy.com/facts/> has references to all facts relating to environmental impact and savings from adopting a WFPB diet. Enjoy your new found freedom and health. Use your energy to do good to the world!

The publication of Proteinaholic represents a key turning point in the 'nutrition' debate. Evidence based, painstakingly researched and years in the making, Dr Garth Davis presents a compelling and cogent submission in favour of a return to plant based diets. This is not an obscure or inaccessible treatise - the book is an engaging and thoroughly entertaining treatment of the disorder that has been created by an erroneous assumption that animal based protein is vital to our well being. Indeed, as Dr Davis proves, such a belief could not be more damaging to our health. This is a book that has set a new standard for both readability, credibility and durability.

It is truly awesome that more and more books like this one are coming out on the market. What makes this publication stand out, however, is that it has all the evidence nicely sorted and explained. Along with ª Whole: Rethinking the Science of Nutrition, Proteinaholic should be translated in as many languages as possible and should become a part of every school/college/university library. It's about time for our kids to learn the truth about proper nutrition.

Dr. Davis has a fantastic, no-nonsense way of explaining things that I have really come to appreciate. When I am trying to explain to someone why I feel the way I do about diet and lifestyle, I almost always refer them to his work. He says it far better than I ever could. This book is no exception. He does an amazing job of describing what the science really has to say about protein consumption, and why we should all stop worshiping individual macronutrients and instead focus on whole, plant foods. Thanks to Dr. Davis for providing me with yet another resource to refer my loved ones to.

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