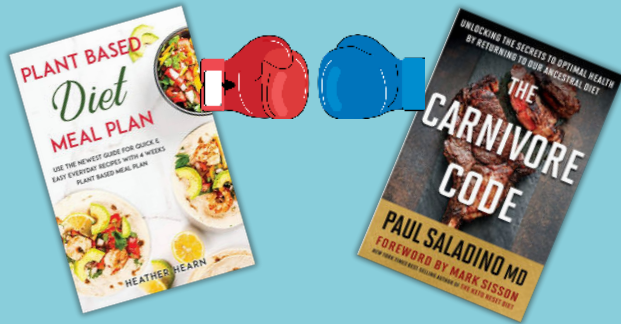
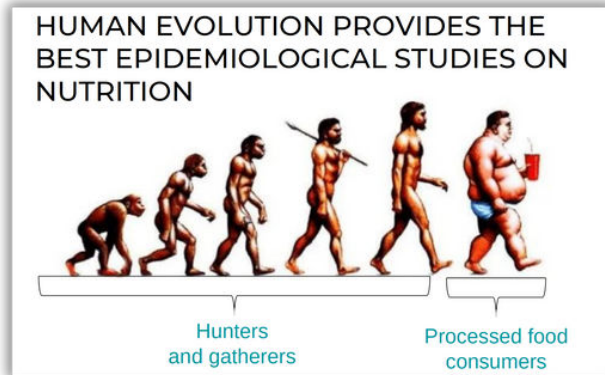


# Is The Human Body Designed to Eat Meat?

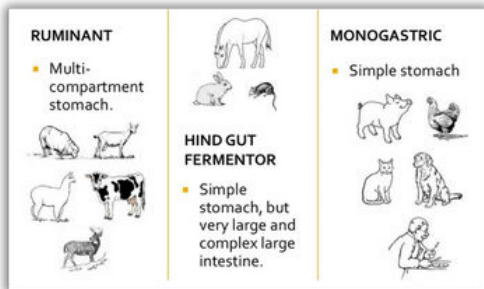


Plant-based diet or carnivore diet? What is healthier? The key is maintaining a balance of healthy, non-processed foods with lots of leafy green vegetables, healthy fats, proteins, and less carbohydrates.

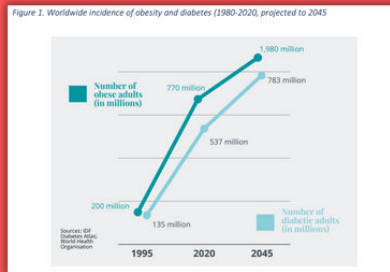
As Oscar Wilde once said, "Everything in moderation including moderation."



Our paleolithic-neolithic ancestors were hunters and gatherers who usually ate once a day. Their diet consisted of saturated fats (animal protein), vegetables, and fruits.



While the merits of a vegetarian/vegan diet are widely debated, humans have a simple stomach (mono-gastric) with a relatively long small bowel and short caecum not designed to ferment an exclusively plant-based diet.



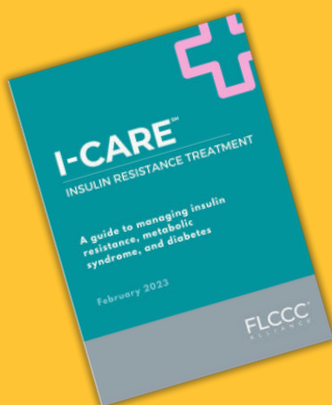
Insulin resistance is largely caused by our modern Western lifestyle, namely excessive consumption of carbohydrates (glucose/fructose), processed foods, and polyunsaturated vegetable oils. While there is potentially a genetic predisposition to insulin resistance, this is largely a disease of poor lifestyle choices and poor eating habits.



In the 1960s, Dr. Ancel Keys popularized the idea that saturated fats and high cholesterol were the primary causes of heart disease – the so-called Diet-Heart Hypothesis.



This concept has been rigorously studied, including many randomized controlled trials, and has been convincingly proven false.



Read more about healthy eating here:

