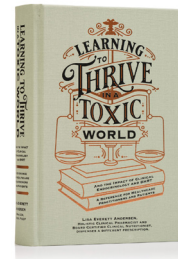


# Cease and Desist: The Egg and Meat Story

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Diet fads and industry driven “discoveries” of “healthy” eating habits are nothing new. I have battled these poorly developed and disease causing regimens for years in an attempt to provide truly science-based, life-enhancing information for my patients. It often seems like as soon as one diet is finally debunked, another high protein/low carb variation takes its place. And, of course, let’s not forget most Americans’ infatuation with what is potentially the worst of them all: the “consume EVERYTHING as long as it’s in moderation” SAD, or Standard American Diet.

So over the years, as patients request help in making lifestyle choices to support a more robust biochemistry, I would keep in mind individual wants/likes/dislikes/habits/etc. In other words, each dietary program might look a little different, allowing some patients to have a few eggs or servings of meat in a week. Veganism is not necessarily for everyone...or so I thought.

Dairy is and always has been a big “no-no,” and you can read more about why in the article Stop Eating Dairy, as well as in the chapter “Dairy, the Great American Whey: A Sip That Ruins Lives” from my book, Learning to Thrive in a Toxic World. The chemical and hormonal adulteration alone of all animal products, including eggs and meat, are what finally landed them on my bad foods list as well (again, you can read more about this in Learning to Thrive in a Toxic World). But there is more to the story, and it involves what we now know about trimethylamine N-oxide (TMAO) and its deleterious effects on our bodies.

TMAO is not a naturally occurring substance in our biochemistry. It is seeded, developed, and enhanced by eating animal products, i.e. dairy, eggs, and meat. TMAO then goes on to destroy us from the inside out, producing incidences such as heart attack, stroke, and over-all mortality. The more of it we eat, the greater, and I mean several-fold greater, the destruction to our bodies. It is a poison so many continue to ingest in what they think are low quantities, but in reality are extensive.

I invite you to discover more about eggs, meat, and TMAO by reading and viewing the attached article and videos by Michael Greger, MD. He does a wonderful job explaining TMAO in a concise, easy to understand manner, supported with scientific research. In addition, Dr. Greger’s book How Not to Die and his video with the same title do a terrific job of summing up how and why the top 15 causes of death can be prevented and treated by the same way of eating.

I cannot stress enough that our diet effects our quality and quantity of life. We have reached an unsettling stage on our planet where not all “food” is food and what might once have been acceptable is no longer. The strain of animal products on our planet and our existence has become criminal. We must stop believing what we want, and instead shift to what is the scientifically and epidemiologically proven reality.

> *Article and Video links on next page.*

**ARTICLE:**

What Meat and Eggs do to Our Microbiome:

<https://nutritionfacts.org/2020/05/12/what-meat-and-eggs-do-to-our-microbiome/>

**VIDEOS:**

How to Develop a Healthy Gut Ecosystem:

<https://nutritionfacts.org/video/how-to-develop-a-healthy-gut-ecosystem/>

How to Reduce Your TMAO Levels:

<https://nutritionfacts.org/video/how-to-reduce-your-tmao-levels/>

How Our Gut Bacteria Can Use Eggs to Accelerate Cancer:

<https://nutritionfacts.org/video/how-our-gut-bacteria-can-use-eggs-to-accelerate-cancer/>

How to Treat Heart Failure and Kidney Failure with Diet:

<https://nutritionfacts.org/video/how-to-treat-heart-failure-and-kidney-failure-with-diet/> Centers for Disease Control and Prevention.