

NOTES FROM A SUBTERRANEAN LIBRARY IN OREGON

53 EXERPTS BY
RAY PEAT, PhD

Compiled by
T3Uncoupled



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This book is a curated collection of the forgotten, scattered works of Raymond Peat—drawn from obscure newspapers, elusive journals, private archives, and academic yearbooks. More than a simple anthology, it is a revival of Peat's distinctive voice—one that cuts through dogma with clarity, wit, and biological insight.

Within these pages, readers will find incisive commentary on 20th-century politics, critical examinations of mainstream nutrition science, reflections on environmental degradation, and radical rethinking of health and human physiology.

Peat's work resists simplification. It bridges science and philosophy, biology and poetry, all while advocating for a human-centered understanding of nature and culture.

May his legacy endure—bringing light to the murky intersections of ideology, biology, and modern life.

"Energy is the only life, and is from the Body....
Energy is eternal delight."

-William Blake