

# Experts on Keto & Carnivore

[Updated 2025-April-10]

This document can be found at:

- Web page [https://dcblack.github.io/FabulousFasters/Resources/Experts\\_supporting\\_Keto\\_n\\_Carnivore.html](https://dcblack.github.io/FabulousFasters/Resources/Experts_supporting_Keto_n_Carnivore.html)
- PDF [https://dcblack.github.io/FabulousFasters/Resources/Experts\\_supporting\\_Keto\\_n\\_Carnivore.pdf](https://dcblack.github.io/FabulousFasters/Resources/Experts_supporting_Keto_n_Carnivore.pdf)

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### Personality Details

Dave Asprey

Dr Josh Axe ✖

Dr Eric Berg DC

Dr Richard Bernstein, MD

Dr Ben Bikman ★

Dr Ken Berry, MD ★

Dr Annette Bozworth, MD ★

Dr Ford Brewer, MD ★

Dr Anthony Chaffee, MD ★

Dr Titus Chiu DC ✖

Dr Robert Cywes, MD ★

Dominic D'Agostino, PhD ★

Dr William Davis, MD

Thomas DeLauer

Dr Katie Deming, MD

Dr Georgia Ede

Dr Sten Ekberg ★

Dave Feldman

Dr Gary Fettke, MD

Dr Kevin Forey, MD

Dr Ken Ford, PhD

Dr Jason Fung, MD ★

Dr Sasha Gominak

Dr Becky Gillaspay, DC

Dr Joan Iffland, PhD  
Dr Richard Johnson  
Bart Kay 🤔  
Dr Chris Knobbe, MD  
Dr Donald Layman  
Dr Robert Lufkin, MD  
Dr Robert Lustig, MD  
Dave Mac  
Dr Daniel Maggs, GP  
Dr Marty Makary, MD ★  
Kerry & Jen Mann  
Dr Paul Mason, MD  
Dr Casey Means, MD ★  
Professor Tim Noakes  
Dr Nick Norwitz, MD PhD ★  
Dr Sean O'Mara, MD JD  
Dr Philip Ovadia, MD  
Barbara O'Neill ✕  
Dr Chris Palmer, MD  
Dr Mindy Pelz, MD  
Dr David Perlmutter, MD  
Dhru Purohit  
Sarah Pugh 🤔  
Paul Saladino, MD ✕  
Dr Bret Scher, MD  
Dr Thomas N. Seyfried PhD ★  
Dr Cate Shanahan, MD ★  
Mark Sisson ✕  
Dr David Unwin, MD ★  
Dr Matt Walker PhD ★  
Dr Amy West, MD  
Dr Eric Westman ★  
Dr Anthony Youn

## Author & Conclusion

# Introduction [READ FIRST]

In this document, I have compiled a list of books, videos, doctors and researchers that express views on the impact of lifestyle on metabolic health. Specifically, I am researching what constitutes a healthy metabolism and how ketogenic and carnivore diets contribute to improved health. This aims to educate us on the scientific evidence supporting these approaches. By introducing trustworthy experts, I hope to help individuals better understand how to improve their own health and that of others.

This is not a book nor a carefully written news article and may seem a bit messy at first. The idea is to give you names and references which you can search further. You might want to start with the list of [Books](#) and read some of the starred book titles. Or perhaps view some of the [Videos](#).

# Methodology

So how do I qualify these "experts"? Good question!

First, I watch a few of their videos, read some of their articles, and visit their websites (YouTube, Facebook, and personal if they have one). I also check Wikipedia and do a general search on their name. If they have critics (and many do), I consider the source and focus of the criticisms. Is "Big Food," "Big Pharma," "Big News Network," or some other giant (e.g., Google) challenging them? Or are the criticisms possibly bonafide?

Key aspects I look for:

1. Is the speaker selling something? Especially if it's a miracle cure. It's attractive when a speaker indicates that they offer free information. The only cost should be to voluntarily support the cause/speaker. I am very suspicious if there's a sole source for almost anything. Follow the money as they say.
2. Are they transparent about their own journey, or do they present themselves as experts? Beware of anybody who fails to back up their claims.
3. Can they show evidence of success? Anecdotal evidence is OK if there is a lot of it. When you have hundreds of successes, anecdotal takes on a different weight. Scientific evidence may not hold the same weight. Human studies are better than in vitro or animal studies. Also, statistical survey studies with self-reporting are suspect, even if large. Who paid for the studies?
4. Do they offer references to credible information? Does any of their information sound sketchy (e.g., I heard one individual talking about the spiritual alignment of electrons) or use vague terminology? Does their information align somewhat with others, or are they unique? Have they discovered something nobody else has (i.e., they are out on a limb)
5. What are their credentials, and how long have they practiced? Links to biographies are helpful.

They may have some contrary ideas as long as they are open to the possibility that what they believe may need to be updated.

Importantly, I get concerned when they get too formal or appear full of themselves. Those with all the answers or indicating conspiracy theories are suspect in my book. It helps when I see cooperation between experts. I also pay attention when they are critical of one another. Science criticizes theories, not individuals. I look for corroboration.

I do have a few biases. I value practicing MDs over DOs. I also value bonafide PhD researchers, but animal studies are less valuable than human trials. I like explanations with graphics and chemistry.

Finally, I may change my mind over time.

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## What topics are addressed?

The experts in this document address cures for the following diseases (alphabetically organized), which they consider metabolic and avoidable/curable without or minimal drugs or surgery.

- Alzheimer's disease
- Arthritis and gout
- Arteriosclerosis (Coronary and Peripheral)
- Brain Health
- Cancer (esp. breast, lung, renal, liver, pancreatic, colorectal, prostate, throat)
- Depression
- Diabetes, type 2
- Diabetes, type 3
- Dementia
- Food addiction
- Gout
- Heart disease (see also Arteriosclerosis)
- Migraine headaches
- Multiple Sclerosis (MS)
- Neuropathy
- Obesity
- Parkinson's disease
- Prediabetes
- Schizophrenia

#### ⚠ Caution

DISCLAIMER: I am not a medical doctor; nothing in this should be taken as medical advice. Everything presented is merely the results of my research. You should never begin a lifestyle program without consulting your doctor, and you should never change medications without first getting professional advice on the potential pros and cons for you as an individual. In any event, you are responsible for your health. Don't expect anyone to cure you.

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# Categories

I've labeled a lot of material herein as part of a category. Most items are not isolated to a particular category and indeed many could be assigned to multiple categories. Some could even cross all categories; however, I've tried to label them with what I consider their primary focus. Here is a list of the categories:

Category labels (may be combined):

- **(A)**bout authors, channels
- **(B)**rain issues & Sleep
- **(C)**ancer
- **(D)**iabetes, Prediabetes, Insulinemia & Metabolism
- **(E)**strogen & Women's issues
- **(F)**alsehoods, lies & myths - Drugs, Food & Medical
- **(H)**earth & Cardiovascular Disease (incl. blood pressure)
- **(L)**ifestyle - Carnivore, Keto, Ketovore: Recipes, Cost, Concerns (see also (F)alsehoods)
- **(K)**etosis, Autophagy & Fasting (see also (D))
- **(M)**ultiple Sclerosis
- **(N)**europathy
- **(P)**arkinson's
- **(S)**tories of success
- **(T)**esting, Bloodwork, Blood pressure
- **(X)**ercising, Weight lifting, HIIT, Aerobic
- **(W)**eight-loss
- (\*) this means most categories seem to apply

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# Who's who

See [References](#) for details.

## Trustworthy

The following personalities have reasonable evidence substantiating their claims. They have demonstrated a meticulous understanding of the science and are generally well-versed in the topics they discuss. I strive to identify those who make evidence-based claims and seem more interested in disseminating knowledge than promoting products. I do not claim they are without error or bias, but they seem credible. There are some disagreements, but that is healthy. I've marked my favorites with ★. Click on the name to obtain more details. They are sorted by last name:

1. [Dave Asprey](#), Biohacking/fasting/aging promoter
2. [Dr Eric Berg DC](#), focused on educating the public <https://drberg.co>
3. [Dr Richard K Bernstein, MD](#), General practitioner
4. [Dr Ken D Berry, MD ★](#) Down to earth doctor [www.drberry.com](http://www.drberry.com)
5. [Dr Ben Bikman ★](#), the "Fat Scientist", Professor and Director of Diabetes Research Lab at Brigham Young University <https://insuliniq.com>
6. [Dr Annette Bozworth, MD ★](#), Internal Medicine focussed on metabolic health and brain health [www.bozmd.com](http://www.bozmd.com)
7. [Dr Ford Brewer, MD ★](#), preventive & occupational medicine specialist <https://prevmedhealth.com/>
8. [Dr Anthony Chaffee, MD ★](#), neurosurgeon and functional medicine practitioner
9. [Dr Robert Cywes, MD ★](#), surgeon with bariatric specialty
10. [Dominic D'Agostino, PhD ★](#), professor and researcher into ketogenic diets
11. [Dr William Davis, MD](#), cardiologist, low-carbohydrate diet advocate and author of health books
12. [Thomas DeLauer](#), Health Coach & Body Builder
13. [Dr Katie Deming, MD](#), Oncologist [Links](#)
14. [Dr Georgia Ede](#), psychologist
15. [Dr Sten Ekberg ★](#) Chiropractor <http://www.DrEkberg.com>
16. [Dave Feldman](#), Researcher into Cholesterol <https://cholesterolcode.com/about/>
17. [Dr Gary Fettke, MD](#), Australian Orthopedic surgeon
18. [Dr Ken Ford, PhD](#) <https://u.osu.edu/ketodiet/speaker-bios/ken-ford-phd/>
19. [Dr Kevin Foray, MD](#), Internal Medicine <https://kevinforeymd.com/insulin-resi...>
20. [Dr Jason Fung, MD ★](#), Nephrologist [www.thefastingmethod.com](http://www.thefastingmethod.com)
21. [Dr Becky Gillaspay, DC](#), Chiropractor, <https://drbeckyfitness.com>

22. [Dr Sasha Gominak](#), Neurologist and sleep expert
23. [Dr Joan Iffland, PhD](#), Researcher specializing in food addiction
24. [Dr Richard Johnson](#), Professor at University of Colorado focused on obesity and diabetes <https://drnichardjohnson.com/>
25. [Dr Chris Knobbe, MD](#), ophthalmologist
26. [Dr Donald Layman](#)
27. [Dr Robert Lufkin, MD](#), Professor UCLA
28. [Dr Robert Lustig, MD](#), Pediatric neuroendocrinologist <https://robertlustig.com/> studies metabolism
29. [Dr Daniel Maggs GP](#), British General Practitioner, <https://drdanmaggs.com>
30. [Dr Marty Makary, MD ★](#), Health researcher and author
31. [Kerry & Jen Mann](#), HomeSteadHow family
32. [Dr Paul Mason, MD](#)
33. [Dr Casey Means, MD ★](#), Surgeon
34. [Professor Tim Noaks](#), South African research scientist
35. [Dr Nick Norwitz, MD PhD](#), Metabolic researcher-educator
36. [Dr Seam O'Mara, MD JD](#), focuses on visceral fat
37. [Dr Philip Ovadia, MD](#), Heart Surgeon <https://ifixhearts.com/about-me>
38. [Dr Chris Palmer, MD](#), Director of Metabolic and Mental Health Program <https://www.chrispalmermd.com/>
39. [Dr Mindy Pelz DO](#), Chiropractor focused on women's health
40. [Dr David Perlmutter, MD](#), Neurologist
41. [Dhru Purohit](#), health blogger
42. [Dr Thomas N. Seyfried PhD ★](#), Professor of Biology focussed on **cancer** [www.tomseyfried.com](http://www.tomseyfried.com)
43. [Dr Catherine Shanahan, MD ★](#), family physician and biochemistry genetics expert <https://drcate.com/>
44. [Dr David Unwin, MD ★](#), British physician focusing on diabetes
45. [Dr Matt Walker PhD ★](#), British neuroscientist and psychologist known for his research on sleep
46. [Dr Amy West, MD](#), Sports Medicine <https://www.northwell.edu/find-care/find-a-doctor/dr-amy-m-west-md-11382009>
47. [Dr Eric Westman ★](#), Professor [www.ericwestmanmd.com](http://www.ericwestmanmd.com)
48. [Dr Anthony Youn](#), Plastic surgeon focused on collagen (5-types)

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## Questionable

The following have made statements that seem suspicious to me. They appear to be more about selling a product than sharing information. Avoid these marked with ✖.

1. [Dr Josh Axe](#) ✖
2. [Dr Titus Chiu DC](#) ✖ <https://drtituschiu.com/>
3. [Bart Kay](#) 🙄, self-educated prideful professor [https://odysee.com/\\$/invite/@Bart-Kay-Nutrition-Science-Watchdog:7?&sunset=lbrytv](https://odysee.com/$/invite/@Bart-Kay-Nutrition-Science-Watchdog:7?&sunset=lbrytv)
4. [Barbara O'Neill](#) ✖ Alternative medicine practitioner makes many claims without references
5. [Sarah Pugh](#) 🙄 - Quantum Biologist
6. [Paul Saladino, MD](#) ✖ - promotes keto diets but uses science randomly to suit personal bias
7. [Mark Sisson](#) ✖

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# Books

The following books are all from my personal library. I own either Audible, Kindle or Hard copy for all of these. In some cases, I have all three formats and have read or listened to them multiple times.

- (B) [Brain Energy](#), Christopher Palmer, MD
- (B) [Change Your Diet, Change Your Mind](#), [Dr Thomas N. Seyfried PhD](#)
- (B) [Energy: The Metabolic Theory of Mental Illness](#) |
- (B) [Heavily Meditated: The Fast Path to Remove Your Triggers, Dissolve Stress, and Activate Inner Peace](#)
- (B) [Iodine Why You Need It, Why You Can't Live Without It](#), David Brownstein, MD
- (B) [Super Human: The Bulletproof Plan to Age Backward and Maybe Even Live Forever](#)
- (B) [Why We Sleep](#) ★, Matthew Walker PhD
- (C) [Any Way You Can](#) ★, [Annette Bosworth, MD](#) ★
- (C) [Cancer as a Metabolic Disease](#), [Dr Thomas N. Seyfried PhD](#)
- (D) [Drop Acid](#), David Perlmutter, MD
- (D) [Why We Get Sick](#) ★, Ben Bickman PhD
- (F) [Blind Spots](#) ★, Marty Makary, MD
- (F) [Dark Calories](#), [Catherine Shanahan, MD](#) ★
- (F) [Good Energy](#) ★, [Casy Means, MD](#)
- (F) [Lies I Taught in Medical School](#), Robert Lufkin, MD
- (F) [Lies My Doctor Told Me](#) ★, Ken D Berry, MD
- (K) [Autophagy in Health and Disease](#), Beverly A Rothermel PhD and Abhinav Diwan MBBS
- (K) [Fast This Way: Burn Fat, Heal Inflammation, and Eat like the High-Performing Human You Were Meant to Be](#)
- (K) [Keto Flex](#), Ben Azadi
- (K) [KetoCONTINUUM: Consistently Keto For Life](#) ★, Annette Bosworth, MD
- (K) [Ketogenic: The Science of Therapeutic Carbohydrate Restriction in Human Health](#), Nutrition Network
- (T) [Common Sense Labs \(Blood Labs Demystified\)](#), Ken Berry, MD & Kim Howerton
- (W) [Nature Wants Us To Be Fat](#), Richard Johnson, MD
- (W) [The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life](#)

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# Videos

Sorted by category and then length.

| Cat | Type   | Length  | Fav | Source         | Description/Link   |
|-----|--------|---------|-----|----------------|--|
| (A) | Video  | 0:07:23 | 1   | James Tour     | <a href="#">Biochemist, Messianic Jew</a>  |
| (B) | Course | 0:01:00 | 1   | myCME          | <a href="#">Managing Major Mental Illness with Dietary Change: The New Science of Hope</a>   |
| (B) | Video  | 0:07:05 | 1   | Metabolic Mind | <a href="#">The Connection Between Metabolic and Mental Health</a>                           |
| (B) | Video  | 0:11:24 | 1   | Dr Norwitz     | <a href="#">Why is sleep important</a>   |
| (B) | Video  | 0:16:46 | 1   | Holly          | <a href="#">After a Year of 3 AM Wakeups, I Finally. Fixed My Sleep]</a>                     |
| (B) | Video  | 1:00:53 | 3   | Dr Boz         | <a href="#">Sleep Lecture + BDNF + Training</a>  |
| (B) | video  | 1:29:51 | 1   | primal         | <a href="#">#1 Harvard Doctor: The Most Harmful Foods Causing Brain Disease (EAT THIS)</a>   |
| (B) | Video  | 1:29:51 | 1   | Primal         | <a href="#">#1 Harvard Doctor: The Most Harmful Foods Causing Brain Disease (EAT THIS)</a>   |
| (B) | Video  | short   | 1   | Dr Norwitz     | <a href="#">Why Sleep is the ultimate brain hack</a>   |
| (C) | Video  | 0:42:07 | 1   | AI & Health    | <a href="#">Can a keto diet eliminate cancer growth? Dr Seyfried says yes</a>                |
| (C) | Video  | 0:50:30 | 1   | Dr Boz         | <a href="#">My honest advice to someone with cancer</a>                                      |
| (C) | Video  | 0:51:58 | 1   | Dr Boz         | <a href="#">My husband might have cancer. He should've listened</a>                          |
| (C) | Video  | 1:04:22 | 3   | Dr Seyfried    | <a href="#">Here's How To Poison Tumors (FOR GOOD)</a>                                       |
| (C) | Video  | 1:06:50 | 1   | Dr Deming      | <a href="#">Cancer Doc Promotes Keto Prevention</a>  |
| (C) | Video  | 1:12:57 | 1   | Primal         | <a href="#">Eat HIGH FAT: The Fastest Way To Kill Cancer Cells (Thomas Seyfried)</a>         |
| (C) | Video  | 1:12:57 | 3   | Primal         | <a href="#">Eat HIGH FAT: The Fastest Way To Kill Cancer Cells (Thomas Seyfried)</a>         |
| (C) | Video  | 1:26:56 | 1   | Tucker         | <a href="#">Dr. Patrick Soon-Shiong: You're Being Lied to About Cancer, Cause &amp; Cure</a> |
| (D) | Video  | 0:33:57 | 1   | Bikman PhD     | <a href="#">Uric Acid</a>  |
| (D) | Video  | 0:38:55 | 1   | Metabolic Mind | <a href="#">How This Doctor Put Over 150 Patients into Diabetes Remission</a>                |
| (D) | Video  | 0:52:57 | 1   | Dr Westman     | <a href="#">Type 2 Diabetes - part 2</a>   |
| (D) | Video  | 1:02:46 | 1   | Dr Berry       | <a href="#">Reversing T2D &amp; The American Diabetes Society</a>                            |
| (D) | Video  | 1:15:49 | 1   | Bikman PhD     | <a href="#">4 Steps to Reverse Insulin Resistance</a>  |
| (D) | Video  | 1:20:31 | 1   | Dr Means       | <a href="#">93% of Adults Have Metabolic Issues (10 COMMON Signs)</a>                        |
| (D) | Video  | 1:53:17 | 1   | Dr Shanahan    | <a href="#">The REAL Cause of Insulin Resistance (Stop Eating This!)</a>                     |
| (E) | Video  | 1:06:35 | 1   | Dr Boz         | <a href="#">The BIGGEST LIE about Hormone Replacement Therapy (HRT)</a>                      |
| (F) | Video  | 0:01:06 | 3   | Dr Lufkin      | <a href="#">Why Your Doctor LIES To You</a>  |
| (F) | Video  | 0:04:22 | 1   | ?              | <a href="#">The Great Cholesterol Scam</a>   |
| (F) | Video  | 0:15:03 | 1   | Dr Norwitz     | <a href="#">Ignorance Is Bliss: The Dark Truth About Chocolate &amp; Diabetes</a>            |
| (F) | Video  | 0:24:59 | 1   | Dr Brewer      | <a href="#">Watch This Video Before Stopping Baby Aspirin</a>                                |
| (F) | Video  | 0:20:22 | 1   | Corn Squad     | <a href="#">Messing Data Locked - 2 Stunning Carnivore Studies Retrieved</a>                 |

|     |        |         |   |             |   |
|-----|--------|---------|---|-------------|---|
| (F) | Video  | 0:30:33 | 1 | Dr Berry    | <a href="#">Massive Data Leaked...5 Stunning Carnivore Studies Retrieved</a>                      |
| (F) | Video  | 0:47:46 | 1 | Dr Brewer   | <a href="#">Big Food's Dirty Secret Exposed! ft. Dr. Lustig</a>                                   |
| (F) | Video  | 0:56:51 | 1 | Dr Berry    | <a href="#">Why Dieticians Give Bad Advice</a>  |
| (F) | Video  | 1:09:36 | 1 | Dr Westman  | <a href="#">"Big Pharma Is Fooling You and You Don't Even Know It!" UNCUT - Doctor Reacts</a>     |
| (F) | Video  | 1:10:09 | 3 | Boz & Berry | <a href="#">About being a Doctor on Youtube and Keto!</a>   |
| (F) | Video  | 1:10:45 | 1 | Dr Berry    | <a href="#">Carnivore Diet Dangers? 2 Doctors Answer Questions - Dr Chaffee</a>                   |
| (F) | Video  | 1:12:26 | 1 | Dr Westman  | <a href="#">Big Pharma Lies: What They Don't Want You to Know About Statins with Dave Feldman</a> |
| (F) | Video  | 1:15:59 | 3 | Dr Boz      | <a href="#">SHOW DOCTORS What Physicians Need to Know About the Ketogenic Diet</a>                |
| (H) | Video  | 0:21:10 | 1 | Dr Brewer   | <a href="#">#1 Best Way to Find Clogged Arteries</a>  |
| (H) | Video  | 0:30:46 | 1 | Dr Brewer   | <a href="#">#1 Worst Meal that Clogs Your Arteries</a>  |
| (H) | Video  | 0:32:19 | 2 | Dr Brewer   | <a href="#">How I Cleaned Out My Arteries In 1 Year</a>   |
| (H) | Video  | 0:33:27 | 1 | Dr Brewer   | <a href="#">Top 7 Foods That Clean Out Arteries</a>   |
| (H) | Video  | 0:37:14 | 3 | Dr Ovadia   | <a href="#">Heart Surgeon: The WORST Food Destroying Your Heart – interview</a>                   |
| (H) | Video  | 0:57:45 | 1 | Dr Boz      | <a href="#">He took the 'best' statins for 14 years and calcified his arteries</a>                |
| (H) | Video  | 1:05:57 | 1 | Dr Brewer   | <a href="#">How to Predict a Heart Attack AT HOME</a>   |
| (H) | Video  | 1:13:03 | 1 | Dr Boz      | <a href="#">The biggest risk for Heart Disease is NOT LDL or HbA1c</a>                            |
| (H) | Video  | 1:13:03 | 1 | Dr Boz      | <a href="#">The biggest risk for Heart Disease is NOT LDL or HbA1c</a> with Dr Kevin Foray        |
| (H) | Video  | 1:21:52 | 1 | Dr Brewer   | <a href="#">How To Do Keto To Burn Fat, Reverse Fatty Liver &amp; Unclog Arteries</a>             |
| (H) | Video  | 1:22:05 | 1 | Dr Brewer   | <a href="#">How Quitting Sugar Reversed My Arterial Plaque</a>                                    |
| (H) | Video  | 1:25:03 | 1 | Dr Berry    | <a href="#">Reverse Visceral Fat &amp; Chronic Inflammation</a>                                   |
| (K) | Series | 20      | 3 | Dr Boz      | <a href="#">Kickstart Metabolism In 3 Days With Sardines</a>                                      |
| (K) | Video  | 0:03:26 | 1 | Dr Boz      | <a href="#">Tutorial Cronometer App - Count your carbs</a>  |
| (K) | Video  | 0:06:09 | 1 | Dr Boz      | <a href="#">The keto mistake I wish I could undo</a>  |
| (K) | Video  | 0:07:47 | 1 | Dr Norwitz  | <a href="#">Finally! How Ketosis Really Works.</a>  |
| (K) | Video  | 0:08:31 | 1 | Dr Boz      | <a href="#">Watch This Before You Shop</a>  |
| (K) | Video  | 0:08:53 | 1 | Dr Westman  | <a href="#">TOP 10 TIPS TO START KETO!</a>  |
| (K) | Video  | 0:12:53 | 1 | Dr Boz      | <a href="#">Autophagy Fasting: The Mystery Explained</a>  |
| (K) | Video  | 0:12:56 | 1 | Dr Norwitz  | <a href="#">How Ketones Take out the Trash: New Research on Diet and Brain Aging</a>              |
| (K) | Video  | 0:12:57 | 1 | Dr Boz      | <a href="#">Autophagy Fasting: The Mystery Explained</a>  |
| (K) | Video  | 0:14:43 | 1 | Dr Boz      | <a href="#">Human Growth Hormone: How to do HGH Right!</a>  |
| (K) | Video  | 0:28:02 | 1 | Bikman PhD  | <a href="#">How Autophagy Protects Your Cells and Boosts Longevity</a>                            |
| (K) | Video  | 0:46:45 | 1 | Dr Boz      | <a href="#">The Science on Lifestyle for REVERSING “Incurable” Diseases</a>                       |
| (K) | Video  | 0:51:35 | 1 | Bikman PhD  | <a href="#">FASTING EASY? add butter &amp; MCT oil: no effect on insulin, mTOR, autophagy</a>     |
| (K) | Video  | 1:00:20 | 1 | Dr Boz      | <a href="#">What Labs do I order?</a>   |

|     |       |         |   |                |   |
|-----|-------|---------|---|----------------|---|
| (K) | Video | 1:01:18 | 1 | Dr Boz         | <a href="#">How Long to Fast for 3 Stages of Autophagy - Keto and Intermittent Fasting</a>            |
| (K) | Video | 1:02:40 | 3 | Dr Boz         | <a href="#">Fix Insulin Resistance Once &amp; For All (10 COMMON Symptoms)</a>                        |
| (K) | Video | 1:04:36 | 1 | Primal         | <a href="#">Ultimate Fasting Guide: Lose Weight Faster &amp; Age In Reverse (DO THIS) Dave Asprey</a> |
| (K) | Video | 1:28:34 | 1 | Dr Chappus     | <a href="#">Our Bodies ARE NOT Designed to Run on Carbohydrates - Dr. Gary Fettke</a>                 |
| (K) | Video | 2:41:09 | 1 | Dr Lustig      | <a href="#">The Shocking Benefits of Quitting Sugar for 30 Days! (How To Live Longer)</a>             |
| (L) | Video | 0:01:37 | 1 | Dr Hampton     | <a href="#">Can you really AFFORD Carnivore?</a>  |
| (L) | Video | 0:04:18 | 1 | Dr Boz         | <a href="#">Carnivore Pitfalls</a>  |
| (L) | Video | 0:23:00 | 1 | myzerocarblife | <a href="#">Addiction, Lies, and How I'm Maintaining My 130-Pound Weight Loss</a>                     |
| (L) | Video | 0:23:00 | 1 | MyZeroCarbLife | <a href="#">Addiction, Lies, and How I'm Maintaining My 130-Pound Weight Loss</a>                     |
| (L) | Video | 1:01:23 | 1 | Tour PhD       | <a href="#">Tour on The Origin of Life</a>  |
| (L) | Video | 1:04:05 | 1 | Primal         | <a href="#">I Only Ate Meat For 200 DAYS: Here's What Happened To My HEART</a>                        |
| (M) | Video | 0:16:03 | 1 | Nick Norwitz   | <a href="#">Metabolic Mayhem!</a>   |
| (S) | Video | 0:05:11 | 1 | Dave Mac       | <a href="#">85-Year-Olds Stun Doctor with Carnivore Results: See His Reaction!</a>                    |
| (S) | Video | 1:02:07 | 1 | Dave Mac       | <a href="#">How My Carnivore Success Made My Doctor a Believer</a>                                    |
| (T) | Video | 0:01:09 | 1 | Dr Brewer      | <a href="#">How to Measure your Blood Pressure the Right Way (short)</a>                              |
| (T) | Video | 0:12:23 | 1 | Dr Brewer      | <a href="#">#1 Best AT HOME Test to Find Clogged Arteries (blood pressure)</a>                        |
| (T) | Video | 0:22:35 | 1 | Dr Brewer      | <a href="#">You're Measuring your Blood Pressure WRONG: Top 10 MISTAKES</a>                           |
| (T) | Video | 0:28:39 | 1 | Dr Brewer      | <a href="#">#1 Best AT HOME Test to Predict Longevity</a>   |
| (W) | Video | 0:01:20 | 1 | Gravitas       | <a href="#">Fat Movie part 2</a>  |
| (W) | Video | 0:01:36 | 1 | Gravitas       | <a href="#">Fat Movie part 1</a>  |
| (W) | Video | 0:05:47 | 1 | Dr Boz         | <a href="#">Why you can't lose weight with intermittent fasting</a>                                   |
| (W) | Video | 0:12:23 | 1 | Dr Boz         | <a href="#">72 Hour Fast Benefits, How it Effects Norepinephrine</a>                                  |
| (W) | Video | 0:12:55 | 1 | Dr Berry       | <a href="#">BEWARE: Fasting is Dangerous?</a>   |
| (W) | Video | 0:23:31 | 1 | Lillie         | <a href="#">3 Major Problems with the Carnivore Diet</a>  |
| (W) | Video | 0:24:37 | 1 | Dr Ekberg      | <a href="#">1 Absolute Best Meal Plan To Lose Weight Faster</a>                                       |
| (W) | Video | 0:44:27 | 1 | Bikman PhD     | <a href="#">Fat: Why it Matters and What to Do About It</a>   |
| (W) | Video | 0:56:50 | 1 | Dr Fung        | <a href="#">BURN BODY FAT?</a>  |
| (W) | Video | 1:01:50 | 1 | Dr Boz         | <a href="#">80lbs lost with and withOUT Autophagy</a>   |
| (W) | Video | 1:10:50 | 1 | Bikman PhD     | <a href="#">The Truth about GLP 1, Ozempic and Insulin resistance - Inspiring better health</a>       |
| (W) | Video | 1:10:50 | 1 | Dr Bikman      | <a href="#">The Truth about GLP 1, Ozempic &amp; Insulin resistance - Inspiring better health</a>     |
| (W) | Video | 1:24:08 | 1 | Primal Podcast | <a href="#">Ultimate Protein Guide: Lose Weight Faster, How Much You</a>                              |

- (W) Video 1:27:00 1 Primary Podcast [Ultimate Protein Guide: Lose Weight Faster. How Much You REALLY Need\).](#)
- (W) Video 1:30:23 3 Dr Chaffee [Revolutionizing Nutrition: What You've Been Doing Wrong](#)
- (W) Video 1:32:21 1 Dr Chaffee [Why We Are Carnivores Slide Presentation](#)

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# Articles

This section contains references to scientific articles on the topics.

- (B) [Ketogenic Diet As A Metabolic Treatment For Mental Illness](#)
- (B) [Ketogenic Diets On The Brain](#) (Study)
- (B) [Statin Effects On A Low Carb Diet](#)
- (B) [Turmeric Affects On Liver](#)
- (C) [Beyond weight loss: a review of the therapeutic uses of very-low-carbohydrate \(ketogenic\) diets](#)
- (C) [Cancer as a mitochondrial metabolic disease](#) (Study)
- (C) [Feasibility and metabolic outcomes of a well-formulated ketogenic diet as an adjuvant therapeutic intervention for women with stage IV metastatic breast cancer: The Keto-CARE trial](#) (Study)
- (C) [High-fat diet made Inuits healthier but shorter thanks to gene mutations](#)
- (C) [The Warburg Effect: How Does it Benefit Cancer Cells?](#) (Study)

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# Personality Details

## [alphabetical]

### Dave Asprey

Dave Asprey is best known as the founder of Bulletproof Coffee and the entire Biohacking movement.

As a four-time New York Times bestselling author, CEO of Upgrade Labs, and host of a Webby award-winning, top 100 podcast, The Human Upgrade (formerly Bulletproof Radio), Dave is a maverick in the entrepreneurial health science space.

As a true pioneer, Dave was the first person to ever sell a product online, and as you might guess, it was related to coffee.

Dave sold caffeine t-shirts out of his dorm room before the web browser was even invented which earned him a profile in Entrepreneur Magazine. Dave became an early internet technology journalist, a cyber security expert, and co-founded a division of Exodus Communications, a company that seeded the internet we know today

### Links

- <https://daveasprey.com>
- [https://daveasprey.com/wp-content/uploads/2020/06/IF-guide\\_4.12.pdf](https://daveasprey.com/wp-content/uploads/2020/06/IF-guide_4.12.pdf)

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### Dr Josh Axe X

Dr Josh Axe, DC, DNM, CNS, is a doctor of chiropractic, certified doctor of natural medicine and clinical nutritionist with a passion to help people eat healthy and live a healthy lifestyle. In 2008, he started a functional medicine center in Nashville, which grew to become one of the most renowned clinics in the world.

Dr Axe founded DrAxe.com, one of the top natural health websites in the world today. Its main topics include nutrition, natural medicine, fitness, healthy recipes, home DIY remedies, and trending health news. His website includes a group of credentialed editors, writers, and a Medical Review Board.

He has also been a resource for many professional athletes. In 2009, he began working with the Wellness Advisory Council and Professional Swim Teams. He worked with professional swimmers, providing nutritional advice and performing musculoskeletal work on the athletes to increase their performance. He also traveled to the 2012 Games in London to work with USA athletes.

Dr Josh Axe has authored several celebrated and bestselling books, including:

- [Eat Dirt: Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to](#)

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[Cure It](#) (Harper New Wave, March 2016)

- [Essential Oils: Ancient Medicine for the Modern World](#) (January 2017)
- [Keto Diet: Your 30-Day Plan to Lose Weight, Balance Hormones, and Reverse Disease](#) (Little Brown & Company, February 2019)
- [Keto Diet Cookbook: 125+ Delicious Recipes to Lose Weight, Balance Hormones, Boost Brain Health, and Reverse Disease](#) (Little, Brown Spark, December 2019)
- [The Collagen Diet: A 28-Day Plan for Sustained Weight Loss, Glowing Skin, Great Gut Health, and a Younger You](#) (Little, Brown Spark, December 2019)
- [Ancient Remedies: Secrets to Healing with Herbs, Essential Oils, CBD, and the Most Powerful Natural Medicine in History](#) (Little, Brown Spark, February 2021)

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## Dr Eric Berg DC

Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients, so he can focus on educating people as a full-time activity, yet he maintains an active license.

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## Dr Richard Bernstein, MD

Dr. Stanley K. Bernstein, MD, General Practitioner, is an experienced physician in the field of Bariatrics and has been practicing for over 40 years. Bariatrics is the medical management (the study and treatment) of obesity and weight loss. He has been helping people lose weight quickly and safely and to keep it off long term.

Inspired by a passion to actively improve the quality of his patients' lives and frustrated by the poor results of obesity treatment administered by most physicians and commercial diet clinics, Dr. Bernstein spent years researching and developing The Dr. Bernstein Diet <https://www.diabetes-book.com/laws-small-numbers/>.

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*"I want to help people lose weight before they face unnecessary medical problems down the road"* – Dr. Bernstein

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Dr. Bernstein graduated from the University of Toronto in 1966 and interned at the renowned Mount Sinai Hospital. As a physician, his personal goals and professional aspirations have always had one commonality: a commitment to go beyond merely monitoring and treating symptoms in his patients, but to correct the underlying problems and truly improve their quality of life.

Following his internship, he went into family practice and took on geriatric work at the renowned Baycrest



Centre. His reputation as a GP saw him quickly develop a very busy family practice.

It was during these years that he became disappointed with the inadequate results with the methods for the treatment of obesity that he was taught in medical school.

Dr. Bernstein wanted to focus on treating the underlying problem causing health issues in his patients and to provide a treatment process with better results.

His interest in the condition of hypoglycemia (low blood sugar) led him to develop a method of controlling hunger through the introduction of vitamins, minerals and proper diet that proved effective in reducing cravings. He also joined the American Society of Bariatric Physicians, an organization devoted to educating physicians in methods of treating obesity.

Finally, after years of development and research, he began administering a unique diet program that generated dramatic results achieving rapid and healthy weight loss.

The Bernstein Weight Loss/Disease Management practice grew primarily by word of mouth over 40 clinics across Canada today. To date, with the network of clinics staffed with specially-trained nurses and doctors, The Bernstein Diet has helped hundreds of thousands of people lose millions of pounds of excess weight, improving their health, longevity and quality of life.

## Wikipedia:

Physician and an advocate for a [low-carbohydrate](#) diabetes [diet](#) to help achieve normal blood sugars for [diabetics](#). Bernstein has [type 1 diabetes](#). His private medical practice in [Mamaroneck, New York](#) is devoted solely to treating diabetes and prediabetes. <https://www.drbdiet.com/>

Dr. Bernstein contends that high blood sugars are the cause of all diabetic complications, and therefore that tightly controlling blood sugar eliminates complications. This contention was at first at odds with established medical opinion, as the sugar-complications link was not yet clearly established from scientific studies. A 1993 study supported Bernstein's position that tight control of blood sugar leads to better health. [\[6\]](#)[\[7\]](#)

Bernstein's low-carbohydrate diet was initially opposed by the American Diabetes Association, which recommended a high-carbohydrate low-fat diet for diabetics.[\[8\]](#) The ADA has since changed its position to allow a low-carbohydrate diet as an acceptable option for diabetics.[\[9\]](#)[\[10\]](#) The UK NHS has also introduced a low-carbohydrate plan for diabetics and prediabetics.[\[11\]](#)

Bernstein's focus on maintaining low blood sugar targets conflicts with mainstream guidance to maintain a higher fasting blood sugar target for insulin-dependent patients (such as Type 1 diabetics).[\[12\]](#) This higher target is to reduce the risk of [hypoglycemia](#) which can be fatal. Type 1 diabetics on Bernstein's regime need to be constantly on guard against hypoglycemia. Bernstein claims however that the hypoglycemia risk is even higher with the high-carb low-fat original ADA standard diet because it requires big doses of insulin. [\[13\]](#)

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Dr Ben Bikman 🏆

## Dr Ben Bikman ★

[Dr Ben Bikman](#) is a researcher and expert in the field of bioenergetics and metabolic disorders. His research focus is on elucidating the molecular mechanisms that mediate the disruption that causes and accompanies metabolic disorders, such as obesity, type 2 diabetes, and dementia. He has a Ph.D. in Bioenergetics and was a postdoctoral fellow with the Duke-National University of Singapore in metabolic disorders.

As a professor at Brigham Young University and the director of its Diabetes Research Lab, Dr Bikman has continued to study insulin, including its role as a regulator of human metabolism, as well as insulin's relevance in chronic disease. He has also written a book, "[Why We Get Sick](#)", which makes the case for insulin resistance and metabolic dysfunction as the underlying cause of many of our modern health problems.

Dr Bikman's work has been recognized for its significance in understanding the role of insulin resistance in chronic disease, and he has been a popular speaker on the topics of human metabolism and nutrition. He is a member of the Levels Medical Advisory Board and has been featured in various media outlets for his expertise in the field.

## Resources

- Insulin IQ <https://insuliniq.com>
- The SURPRISING Scientific Way To Burn Belly Fat FAST <https://youtu.be/WAIQCrKjhp0?si=M6SzirnMZmtJvxQq>

## Biography

I was born in a little farm town on the wind-swept prairies of Southern Alberta, Canada. Being the ninth of 13 children, I quickly learned essential life lessons—eat quickly, shower quickly, don't insult seven older brothers, but if an insult is necessary, run quickly.

After my mission in Samara, Russia, I came to BYU. My pathway in academia began with my fascination with the body's adaptations to exercise. I continued on this path for my doctoral studies at East Carolina University with Dr Lynis Dohm. However, during this time, my interests shifted—rather than exploring the adaptations to exercise, I focused on the adaptations to and progression of obesity. Following a postdoctoral fellowship with the Duke-National University of Singapore Medical School in Singapore with Dr Scott Summers, I accepted a position in the PDBIO department at BYU.

My research interests at BYU continue my interests in the causes and consequences of obesity with particular emphasis on insulin resistance.

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## Dr Ken Berry, MD ★

Ken Berry, MD is a family physician in Camden, Tennessee and is affiliated with Henry County Medical Center. He received his medical degree from University of Tennessee College of Medicine. He is the author of the bestseller [Lies My Doctor Told Me](#) which exposes myths and misleading health advice from well-

meaning doctors, such as avoiding fat. He also has a very popular [youtube channel](#). Dr Berry's own health dramatically improved when he embraced a ketogenic diet.

## Links

- Website <https://drberry.com>
- Website <https://phdhealth.community/>
- YouTube <https://www.youtube.com/@KenDBerryMD>

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## Dr Annette Bozworth, MD ★

Annette Bosworth, MD, (aka Dr. Boz), helps reverse medical problems through healthy Keto living. Living in Tampa, FL, she is a real physician with patients. Her specialty is Internal Medicine and she educates the public through her YouTube channel on metabolic health and optimizing brain health.

Her first book, ANYWAY YOU CAN, told the story of what happened when her 71-year-old mother, dying of cancer, asked "Doc, what would you do?" Grandma Rose's story of courage, faith, and tenacity sold over 100,000 copies and inspired many to improve their health through ketogenic nutrition.

Her second book, ketoCONTINUUM, uses David's story to teach the protocol she uses to help patients stay consistently keto. Tune in weekly for fresh new content LIVE on Tuesday night 6PM EST for a good story & bring your questions!

Dr. Boz has been an assistant professor. She's been featured on CNN, Time Magazine, US News & World Report, Fox News, and more. Her YouTube channel teaches you how to overcome long-term chronic conditions such as obesity, diabetes, depression, autoimmune problems, addiction, and more.

## Links

- Website <https://bozmd.com>
- YouTube <https://www.youtube.com/@DoctorBoz>

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## Dr Ford Brewer, MD ★

Dr. Ford Brewer is a board-certified preventive & occupational medicine specialist and a globally recognized speaker for organizations including the National Governor's Association and the Brookings Institute. Dr. Brewer is also the Founder of PrevMed Heart Attack & Stroke Prevention and Advant & Physician Partners in the fields of preventive medicine, telemedicine, and Medicare Advantage. Board-certified preventive &

occupational medicine specialist, and a globally recognized speaker for organizations including the National

Governor's Association and the Brookings Institute.

After beginning his career in full-time emergency medicine and as full-time faculty at Johns Hopkins. Dr Brewer quickly realized that many disabilities and diseases brought to the ER are preventable. He returned to Johns Hopkins, where he studied and was chair of the postgraduate studies on Prevention. He has since served as the Chief Medical Officer for Toyota, USA, as well as several Fortune 100 companies and healthcare systems overseeing preventive medical teams comprising thousands of doctors, NPs & PAs.

## Links

- Website <https://prevmedhealth.com>
- YouTube <https://www.youtube.com/@PrevMedHealth>

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## Dr Anthony Chaffee, MD ★

Australian neurosurgeon and functional medicine practitioner Dr. Chaffee advocates for a plant-free diet, claiming that eliminating plant-based foods can reverse or alleviate many chronic diseases. He has developed a comprehensive program, the Carnivore Challenge, which focuses on consuming fatty meats, salt, and water while avoiding all plants.

- He asserts that plants are toxic and can cause chronic diseases, citing his studies in Cancer Biology and Molecular & Cellular Biology.
- As a host of the podcast “The Plant Free MD” and a YouTube channel, Dr. Chaffee educates others on the benefits of a carnivore diet and guides how to implement it.
- His Carnivore Challenge program includes a 30-day strict carnivore diet, accompanied by online support and educational resources.
- Dr. Chaffee has helped numerous individuals improve their health and well-being through his approach, which he believes can be particularly effective for those with autoimmune conditions, gut issues, mental health problems, skin issues, Crohn's disease, and arthritis. Patients and YouTube followers have reversed diabetes, neuropathy and many other conditions.

As a medical doctor and neurosurgeon with over 20+ years of experience, he researches optimal nutrition for human performance and health. He asserts that most of the so-called chronic diseases we treat are caused by the food we eat or don't eat and can be improved, and in some cases even reversed, with dietary changes to a species-specific diet.

He began University at the age of 16 studying Molecular & Cellular Biology with a Minor in Chemistry, which culminated in an MD from the Royal College of Surgeons. He is an All-American rugby player, former professional player in England and America, and has also trained in MMA fighting at AMC Kickboxing in Kirkland, Washington

More recently, he volunteered as a doctor in the refugee camps in Bangladesh, helping the survivors of the

2017 genocide in Burma of the Rohingya people.

## Links

- <https://lowcarbdownunder.com.au/directory/dr-anthony-chaffee-md/>
- <https://www.youtube.com/@anthonychaffeemd>

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## Dr Titus Chiu DC ✕

Titus Chiu, MS, DC, DACNB, is an award-winning professor, healer and functional neurologist with a deep passion for Functional Medicine, food, and the brain. He brings the best of both Eastern and Western medicine together—combining the art of traditional healing with the latest breakthroughs in brain science, nutrition, and lifestyle medicine. His mission is to show the world what is possible in the realm of healing and human potential using his heart, hands, voice, and mind.

## Links

- <https://drtituschiu.com/>

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## Dr Robert Cywes, MD ★

Dr. Robert Cywes is a dual board-certified general surgeon and pediatric surgeon with over 18 years of experience in bariatric surgery. He specializes in weight management and bariatric surgery for adults and adolescents in West Palm Beach, Florida.

## Links

- <https://www.youtube.com/channel/Uck4Mk7vArjSYBa1VKv9-chA>

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## Dominic D'Agostino, PhD ★

Dominic D'Agostino is an Associate Professor in the Department of Molecular Pharmacology and Physiology at the University of South Florida Morsani College of Medicine. He is also a Research Scientist at the Institute for Human and Machine Cognition (IHMC).

## Research Focus

His laboratory develops and tests metabolic-based strategies for targeting CNS oxygen toxicity (seizures),

epilepsy, neurodegenerative diseases, brain cancer, and muscle wasting associated motorneuron diseases and cancer. He has adapted many of these techniques for use inside hyperbaric chambers, which allows him to manipulate oxygen concentrations (from hypoxia to hyperbaric oxygen).

### **Ketogenic Diet and Metabolism**

D'Agostino's research focuses on understanding the anticonvulsant and neuroprotective mechanisms of the ketogenic diet and ketone metabolite supplementation. He has shown that the shift in brain metabolism (from glucose to ketones) reduces neuronal hyperexcitability, oxidative stress, and enhances brain metabolism. This approach can be used to treat a wide variety of pathologies linked pathophysiologically to metabolic dysregulation, including cancer.

### **Other Interests and Expertise**

D'Agostino has a personal interest in environmental medicine and methods to enhance safety and physiological resilience in extreme environments. He was a research investigator and crew member on NASA's Extreme Environment Mission Operation (NEEMO 22). His research is supported by the Office of Naval Research (ONR), Department of Defense (DoD), private organizations, and foundations.

### **Public Engagement**

D'Agostino is a well-known expert in his field and has been featured on various media outlets, including Joe Rogan, Tim Ferriss, Impact Theory, TED, and dozens of other top media outlets. He has also collaborated with other researchers and experts in the field, exploring topics such as high-fat diets, time-restricted feeding, fasting, and nutrition psychotherapy.

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## **Dr William Davis, MD**

**William R. Davis** (born 1957) is a Milwaukee-based American cardiologist, low-carbohydrate diet advocate and author of health books known for his stance against "modern wheat", which he labels a "perfect, chronic poison."

Medical experts have criticized Davis for making false assertions about wheat, unsupported by evidence-based medicine. His low-carbohydrate Wheat Belly diet has been cited by dietitians as an example of a fad diet and because of its restrictive nature is likely to be low in B-vitamins, calcium and vitamin D. He is the father of tennis player Lauren Davis.

Links

- <https://drdavisinfinitehealth.com/>

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## **Thomas DeLauer**

Thomas DeLauer is a renowned American celebrity trainer, entrepreneur, author, and business/health

optimization coach. He has made a significant impact in the health and fitness industry, as well as in the realms of business and coaching.

Thomas DeLauer has written for prominent health and fitness magazines, including Ironman Magazine and Muscle & Fitness Magazine. He has also authored articles on topics such as inflammation inside the human body and posture correction.

As a successful businessman, Thomas DeLauer has created and owns a life and fitness coaching company. He has also spoken at events like the BiohackingCongress in Silicon Valley, showcasing his expertise in business and health optimization.

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## Dr Katie Deming, MD

[LinkedIn Links](#)

I am a Conscious Integrative Oncologist with a virtual practice who is passionate about helping my clients heal the root causes of cancer and chronic disease. I believe that true healing is possible for everyone, regardless of the stage of their disease.

My approach to healing considers the myriad roots of disease, including cancer. I believe water is one of the most important components of healing as it is the unifying connector of mind, body, emotion, and spirit. From the physical structure of the water in our body to the quality of the water we consume, to our ability to process and release negative emotions (often metaphorically represented by water), and our spiritual connection to its consciousness, water plays a critical role in the healing process. My mission is to synthesize and simplify these pieces into an accessible protocol that anyone can understand and apply, drawing on the ways medicine was viewed and practiced in ancient times.

Experience & Accomplishments:

- TEDx Speaker
- Duke trained former Board Certified Radiation Oncologist specializing in breast and gynecologic malignancies.
- Host of the "Born to Heal Podcast with Dr. Katie Deming"
- Founder of MAKEMERRY, the first line of bras specifically designed for women with sensitive skin from radiation therapy.
- Former physician leader who designed, launched and led a Cancer Service Line for Kaiser Permanente's NW Region to create a seamless care experience for patients throughout their cancer journey, improve collaboration between specialties, and align with Kaiser Permanente's national cancer goals.
- Served as Northwest Representative on Kaiser Permanente's National Cancer Leaders Council.
- Creator of the first Cancer-Specific Patient Advisory Council within Kaiser Permanente nationally.

- Clinical Expert in Co-Design of Cancer Care. Co-design is the collaborative process of involving patients in every stage of care design and evaluation
- Served as Chief of Medical Oncology and Hematology for Kaiser Permanente NW to transform a physician group with extremely low patient satisfaction scores and disengaged providers. Within one year as interim chief, the department was re-designed into specialized care teams, physician engagement improved dramatically, and the department was recognized for having the largest improvement in Press Ganey scores for the entire NW Region.
- Physician inventor of cancer-related inventions

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## Dr Georgia Ede

Dr. Georgia Ede, a Harvard-trained psychiatrist specializing in mental health and the brain. Let our sponsor BetterHelp connect you to a therapist who can support you. Visit <https://betterhelp.com>... and enjoy a special discount on your first month.

Dr Ede has spent 25 years researching the role of a Ketogenic Diet and the Carnivore Diet and its impact on mental illness and brain disease, namely dementia, depression, anxiety, ADHD, and bipolar disorder.

Access the full show notes, including referenced articles, books, and additional resources: <https://www.5minutebod...>

This episode discusses how the brain functions at an optimal state and the 5 neurotransmitters responsible for mood and optimal brain function. Dr. Ede also shares the worst foods people are eating every day that destroys brain function and lead to common mental illnesses like dementia, Alzheimer's, anxiety, and depression.

We also discuss the side effects of medications, namely statins, and their negative effects on the brain.

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## Dr Sten Ekberg ★

Ekberg received a BBA, Magna Cum Laude, from [Southern Methodist University Cox School of Business](#) in [Dallas, Texas](#) and holds a Doctor of Chiropractic, Magna Cum Laude, from [Life University](#) in [Marietta, Georgia](#). He competed in track and field at Southern Methodist where he still holds records.

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## Dave Feldman

I'm a senior software engineer and entrepreneur.

I began a low-carb, high-fat diet in April 2015 and have since learned everything I could about it with special



emphasis on cholesterol given my lipid numbers spiked substantially after going on the diet. As an engineer, I spotted a pattern in the lipid system that's very similar to distributed objects in networks.

I've since learned quite a bit on the subject both through research and experimentation which has revealed some very powerful data (see my Cholesterol Code series [Part I](#), [Part II](#), [Part III](#), [Part IV](#), and [Part V](#)).

As of this writing, my "Extreme Drop" experiment has gotten the most attention (see [infographic here](#), and [do-it-yourself page here](#)) where I induced a 73 point drop in my LDL-C and a 1115 point drop in my LDL-P.

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## Dr Gary Fettke, MD

Dr. Gary Fettke is an Australian orthopaedic surgeon who has gained recognition for his expertise in nutrition and its impact on overall health. He has a personal interest in nutrition, having contracted cancer 17 years ago, and has witnessed the devastating effects of diabetes on his patients.

### Key Insights

- Dr. Fettke emphasizes the importance of controlling insulin levels, citing that it is a key factor in maintaining good health.
- He has spoken out against the prevailing nutrition guidelines, labeling them as "junk science" and "medical evangelism." Instead, he advocates for a low-carb, high-fat diet, which he believes is more effective in preventing and reversing chronic diseases such as diabetes and heart disease.
- Dr. Fettke has been vocal about the ideological and vested interests that have shaped dietary guidelines for over 100 years, arguing that these interests have prioritized profits over people's health.
- He has been involved in various talks and conferences, including CrossFit's 2017 Health Conference, where he presented a history of the junk science behind prevailing nutrition guidelines.

### Personal Experience

- Dr. Fettke's personal experience with cancer has led him to re-evaluate his approach to nutrition and its impact on overall health.
- He has been "silenced" by the Tasmanian AHPRA Medical Board in 2014 for discussing nutrition and "food as medicine" with his patients.

### Support

- Dr. Fettke has a strong online presence, with his wife Belinda Fettke maintaining a blog and social media accounts to share his message and provide resources for those interested in learning more about his approach to nutrition.

Overall, Dr. Gary Fettke is a prominent figure in the nutrition and health community, known for his expertise and advocacy for a low-carb, high-fat diet and his criticism of prevailing nutrition guidelines.

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## Dr Kevin Forey, MD

Kevin Forey is an Internal Medicine doctor that seeks to provide an educational resource for everyday individuals who are interested in learning more about food, nutrition, physical exercise, and other strategies for preventing common medical illnesses. Throughout this website, you will find an unbiased and evidence-based message that is easy to understand.

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## Dr Ken Ford, PhD

Dr Ken Ford is a researcher who has studied the ketogenic diet and its effects on human performance. He has explored the potential of nutritional ketosis to help combat the effects of aging, such as weight gain, muscle mass loss, and reduced mobility. His work in this area has been featured in his book “Keto Strong: Diet, Exercise, and Tech that Fight the Effects of Aging.” Additionally, Dr Ford’s research for the Defense Science Board introduced him to the burgeoning research area of ketones and ketone esters, which led to his interest in their performance aspects. He co-authored a paper for the Bulletin of the Atomic Scientists with Clark Glymour called “The Enhanced Warfighter” in 2014, discussing the potential benefits of ketones for military personnel.

- <https://u.osu.edu/ketodiet/speaker-bios/ken-ford-phd>

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## Dr Jason Fung, MD ★

**Dr Jason Fung** is a *New York Times*-bestselling author whose books include *The Obesity Code*, *The Diabetes Code*, *The Obesity Code Cookbook*, *The PCOS Plan*, *Life in the Fasting Lane*, and *\*The Complete Guide to Fasting*. Dr Fung completed medical school at the University of Toronto and a fellowship in nephrology at the University of California. Dr Fung is also the co-founder of The Fasting Method, a program to help people lose weight and reverse Type 2 Diabetes naturally with fasting. He lives in Toronto.

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## Dr Sasha Gominak

Dr. Stasha C. Gominak is a neurologist in Tyler, Texas and is affiliated with [Christus Mother Frances Hospital-Jacksonville](#). She received her medical degree from Baylor College of Medicine and has been in practice for more than 20 years.

- Videos <https://www.youtube.com/@DrStashaGominak/playlists>

•

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## Dr Becky Gillaspy, DC

[Becky Gillaspy, DC](#), is the author of [the Intermittent Fasting Diet Guide and Cookbook](#). She grew up in central Pennsylvania and graduated Summa Cum Laude with research honors from [Palmer College of Chiropractic](#) in 1991. She spent a number of years seeing patients in private practice and worked as an on-air health consultant for a local ABC TV affiliate. Following the birth of her daughter, Dr. Becky spent the rest of her 24+ year professional career teaching a range of college courses from Anatomy to Nutrition in addition to earning her certification as a health and wellness coach. She now works full-time, helping people reach their health and weight loss goals through her website and [YouTube channel](#).

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## Dr Joan Ifland, PhD

Dr. Ifland is a leading authority in processed food addiction as the lead author/editor of "Processed Food Addiction," published by CRC Press. She was selected as a food addiction specialist by the Oprah Winfrey Network show, "The Book of John Gray."

She is an innovator in online programs to put food addiction, bingeing, and compulsive overeating into remission.

Missions:

To promote awareness of existing research and online programs related to processed food addiction to the public and to health professionals.

To help food addiction researchers translate their findings in clinical practice.

To create new knowledge about the course of disease of processed food addiction, especially assessment, withdrawal, and recovery.

To bring products and services to the market that would support recovery from food addiction such as online communities, education, and support.

Specialties: Processed food addiction research, provision of services and products to support processed food addiction recovery, popular writing, organization of the food addiction recovery community (both professional and lay people)

Since 1996, Dr. Ifland has helped people recover from diet-related disease by focusing on addiction to processed foods. As both an academic and a front-line guide, Joan has taught thousands of compulsive eaters how to find peace with food and recover from diabetes, heart disease, cancer, depression, fatigue, isolation, and obesity. Through adaptation of drug and alcohol addiction recovery methods, Dr. Ifland gives practitioners and clients new insights into why food addiction recovery can generate extraordinary health outcomes.

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## Dr Richard Johnson

**Dr. Richard Johnson** is a professor of medicine at the University of Colorado and is a clinician, educator,

and researcher. He is board certified in internal medicine, infectious diseases, and kidney disease and is the founding editor of **\*Comprehensive Clinical Nephrology\***, one of the main textbooks on kidney disease. For more than 20 years, he has led research on the cause of obesity and diabetes, with special interest in the role of sugar (especially fructose) and uric acid. His research has been highly cited, published in top medical journals, and supported by grants from the National Institutes of Health. He is the author of **\*The Sugar Fix\*** and **\*The Fat Switch\***. Dr. Johnson lives in Colorado with his wife, kids, and two rambunctious puppies.

## Links

- **Video 59:43** - [Replacing Fructose with Allulose: Exploring the Science of Artificial Sweeteners](#)

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## Bart Kay 🤨

Professor Bart Kay is a former senior lecturer in cardiovascular and respiratory physiology, exercise physiology, nutrition, research methods, and statistics. Professor Kay has published a number of peer reviewed research and review articles, as well as book chapters. External consultancies include the NZ All Blacks, the NRL, and both NZ and Australian Defense Forces.

Bart Kay can also be followed on LBRY: [https://lbry.tv/\\$/invite/@Bart-Kay-Nu...](https://lbry.tv/$/invite/@Bart-Kay-Nu...) there are 600+ videos there, including the classics not on YT anymore.....!!! Professor Bart Kay is a Cerule Independent Business Owner, and does not represent Cerule in any way. For information regarding Cerule products, go here : <https://bkaynutrition.cerule.com> Consults, etc here: <https://bit.ly/bart-kay> Email: [bart.kay.nz@gmail.com](mailto:bart.kay.nz@gmail.com) Facebook: @nutrition.science.watchdog

- **Video 1:57:35** - [The Hard Science Behind the Carnivore Diet](#)

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## Dr Chris Knobbe, MD

Dr. Chris Knobbe is an experienced ophthalmologist with a diverse background in clinical practice, academia, and research. Here are some key aspects of his profile:


- **Clinical Practice:** Dr. Knobbe has maintained a private solo practice in Denison, Texas, and has also worked at Parkland Health and Hospital System. He is board-certified in Ophthalmology and has a strong reputation among patients, with a 4.8-star rating based on 15 reviews.
- **Academic Appointments:** Dr. Knobbe has held positions as an Assistant Clinical Professor at the University of Texas Southwestern Medical Center in Dallas and as an Associate Clinical Professor of Ophthalmology at the same institution. He is also clinical associate professor emeritus at the University of Texas Southwestern Medical Center.
- **Research Focus:** Dr. Knobbe's current research focuses on macular degeneration's nutritional basis. He has authored a comprehensive guide to nutrition and lifestyle for eye health and has written

He has authored a comprehensive guide to refractive eye surgery for consumers and has written extensively on eye conditions and procedures for various online platforms.

- **Non-Profit Foundation:** Dr. Knobbe is the founder and president of the Cure AMD Foundation, a non-profit organization dedicated to preventing vision loss from age-related macular degeneration (AMD).
- **Public Speaking:** Dr. Knobbe has presented at conferences, including the Ancestral Health Symposium 2016, where he discussed his research on the nutritional basis of macular degeneration and his plans to release a book on the subject.

Dr. Chris Knobbe is a respected ophthalmologist with a strong clinical practice, academic background, and research focus on macular degeneration. His work has contributed to a deeper understanding of this condition and has inspired efforts to prevent and reverse its effects.

## Links

- YouTube -  [@chrisknobbemd](https://www.youtube.com/@chrisknobbemd)
- Website - <https://www.ChrisKnobbe.com>
- Website - Ancestral Health Foundation's <https://AncestralHealthFoundation.org>
- Book - The Ancestral Diet Revolution <https://www.amazon.com/Ancestral-Diet...>
- App - Seed Oil Scout <https://www.seedoilscout.com/>
- App - Local Fats <https://localfats.com/>
- Review - <https://www.tiktok.com/@seedoilscout/...>

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## Dr Donald Layman

Dr (Don)ald Layman, a PhD researcher and expert in protein metabolism and metabolic health. Dr Layman has spent decades researching the role of protein in metabolic health, including the role of leucine in muscle protein synthesis.

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## Dr Robert Lufkin, MD

Physician/medical school professor (UCLA and USC) focusing on the applied science of health, longevity, and consciousness. After reversing chronic disease and transforming his life he is making it his mission to help others do the same.

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## Dr Robert Lustig, MD

Professor emeritus of Pediatrics, Division of Endocrinology at the University of California, San Francisco (UCSF). He specializes in the field of neuroendocrinology, with an emphasis on the regulation of energy balance by the central nervous system. His research and clinical practice has focused on childhood obesity and diabetes. Dr. Lustig holds a Bachelor's in Science from MIT, a Doctorate in Medicine from Cornell University Medical College, and a Master's of Studies in Law from U.C. Hastings College of the Law.

Dr. Lustig has fostered a global discussion of metabolic health and nutrition, exposing some of the leading myths that underlie the current pandemic of diet-related disease. He believes the food business, by pushing processed food loaded with sugar, has hacked our bodies and minds to pursue pleasure instead of happiness; fostering today's epidemics of addiction and depression. Yet by focusing on real food, we can beat the odds against sugar, processed food, obesity, and disease.

## Links

- Website - <https://www.robertlufkinmd.com/>
- Book - Metabolical <https://a.co/d/0r1RPl>

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## Dave Mac

Dave Mac is a YouTube blogger who interviews hundreds of people that have used the carnivore or ketogenic diet to cure their problems. These are stories of heart disease, diabetes, cancer, obesity, blindness, arthritis, neuropathy, gum disease, Crohn's, Alzheimer's, post-stroke therapy, and other mental disorders.

## Links

- Main website [https://www.youtube.com/channel/UCzcoPGdDRiPiWZYV4\\_EkzPQ](https://www.youtube.com/channel/UCzcoPGdDRiPiWZYV4_EkzPQ)
- 0:05:02 Dave Mac [I was wrong about Carnivore](#)

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## Dr Daniel Maggs, GP

General Practitioner (British medical doctor) focussed on men's health. From his web site <https://drdanmaggs.com>:

I struggled with my weight my entire life, and by the time I was fully qualified as a GP, I was well into the “obese” classification. The problem was, whatever I tried didn’t seem to work. Each attempt at turning things around was met with disappointment and more weight gain. I was worried about my future health and thought I was well on my way to diabetes.

Despite being a medical professional, I felt helpless and unsure of how to break the cycle. The conventional “eat less, move more” advice wasn’t working for me. It left me feeling frustrated and stuck, as I meticulously

eat less, move more" advice wasn't working for me. It left me feeling frustrated and stuck, as I meticulously counted calories and pushed myself to exercise, only to see no lasting results. The fear of serious health issues loomed over me, and I didn't know what to do.

A chance encounter while skiing in 2016 led me to see things in a different way. This pivotal moment opened my eyes to new, science-backed strategies for health and weight management that went beyond the conventional advice.

By shifting my focus from simply eating less and moving more to understanding my body's unique needs, I was able to reverse my obesity in just over six months. (30kg / 66lbs)

Since then, I've maintained my weight loss and transformed my life. Today, I am lighter, fitter, and more energetic than ever before.

Now, I want to share these insights with you, to show that it is possible to overcome these challenges and achieve lasting health, no matter what stage you're at or how many times you've tried before.

He sells a course on men's wellness.

[LinkedIn](#) [Facebook](#)

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## Dr Marty Makary, MD ★

Dr. Marty Makary is a *New York Times* bestselling author and health care expert at Johns Hopkins University. He writes for *The Wall Street Journal* and served in leadership at the World Health Organization. Marty is the recipient of the 2020 Business Book of the Year Award for his most recent book, [The Price We Pay](#), which has been described by Steve Forbes as "A must-read for every American". His newest book, [BLIND SPOTS](#), explores the latest scientific research on major health topics today where medical dogma has loomed large.

A public health researcher, Dr. Makary leads efforts to improve the health of communities and focuses on the "re-design of health care" to make health care more reliable, holistic, and coordinated, especially for vulnerable populations. He leads national efforts to increase medical transparency and lower health care costs for everyday businesses and consumers.

Clinically, Dr. Makary is the chief of Islet Transplant Surgery at Johns Hopkins and is the recipient of the Nobility in Science Award from the National Pancreas Foundation. He has been a visiting professor at over 25 medical schools, has published over 250 peer-reviewed scientific articles, and has been elected to the National Academy of Medicine. A graduate of Bucknell, Thomas Jefferson, and Harvard Universities, he completed his surgical residency at Georgetown University and his specialty training at Johns Hopkins Hospital.

### Links

- Website <https://www.martymd.com/>

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## Kerry & Jen Mann

HomesteadHow is about a family of six who left the city to live and grow on 20 acres. I am an also a Carnivore, small town movie theater owner, podcaster and we are going to change the world with our documentary- Healing Humanity The Power of a Proper Human Diet.

I am not a medical professional or a doctor. The content provided, including any discussions related to health, diet, or medical conditions, is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or dietary changes. My sharing of personal experiences or insights should not be interpreted as medical advice.

### Links

- <https://linktr.ee/homesteadhow>
- <http://HomeSteadHow.com>
- Documentary <https://gofundme.com/f/carnivore-diet-documentary>
- Link tree <https://linktr.ee/homesteadhow>
- HomeSteadHow Website <https://homesteadhow.com>
- Healing Humanity Documentary <https://healinghumanity.movie>
- Amazon Influencer Videos <https://amazon.com/shop/homesteadhow>
- Facebook <https://facebook.com/homesteadhow1>
- Amazon [https://amazon.com/hz/wishlist/ls/1AWN60Y0X2U2F?ref\\_=wl\\_share](https://amazon.com/hz/wishlist/ls/1AWN60Y0X2U2F?ref_=wl_share)
- Healing Humanity <https://healinghumanity.life/>

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## Dr Paul Mason, MD

### A Sports Medicine Physician with a Focus on Low-Carbohydrate and Holistic Approach

Dr. Paul Mason is a Sports Medicine Physician with a unique blend of expertise in physiotherapy, occupational health, and sports medicine. He holds degrees from the University of Sydney, including a medical degree with honors, as well as degrees in physiotherapy and occupational health.

### Clinical Experience and Interests

Dr. Mason has extensive experience in treating both general patients and elite athletes from various sports, including the Penrith Panthers, Sydney FC, Australian Men's Waterpolo team, and Futsalroos. He



including the Perth Panthers, Sydney FC, Australian men's water polo team, and Falcouns. He specializes in managing persistent back pain and tendon pain, utilizing his physiotherapy background to provide a holistic approach.

## Low-Carbohydrate and Ketogenic Diets

Dr. Mason is a strong advocate for low-carbohydrate and ketogenic diets, recommending them to his patients, from the general public to world-class Olympic athletes. He believes these diets can improve metabolic health, reduce joint pains, and enhance athletic performance. His approach emphasizes reducing carbohydrates while ensuring adequate intake of fat and protein, addressing insulin resistance, a key factor in modern disease states.

## Holistic Approach and Challenging Medical Orthodoxy

Dr. Mason takes a holistic approach to managing complex medical conditions, incorporating his knowledge of nutrition and health to provide personalized care to patients ranging from the general public to Olympians. He is not afraid to challenge conventional medical wisdom when it conflicts with scientific evidence, as evident from his chapter on nutrition in an internationally recognized Sports Medicine Textbook.

## Professional Affiliations and Lecturing

Dr. Mason is a Specialist Registrar in the Australasian College of Sports and Exercise Medicine and regularly lectures on nutrition and health nationally and internationally. He is involved in curriculum development and teaching within the Australasian College of Sports and Exercise Medicine.

## Defeat Diabetes Expert and Personal Journey

Dr. Mason is also a Defeat Diabetes expert, sharing his personal journey and approach to sending type 2 diabetes into remission. He has transitioned from promoting a high-carbohydrate diet to advocating for low-carbohydrate and ketogenic diets, having witnessed the positive impact on his patients' health.

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## Dr Casey Means, MD ★

Dr Casey Means is a medical doctor, New York Times bestselling author, tech entrepreneur (Levels), aspiring regenerative gardener, and outdoor enthusiast who lives in a state of awe for the miracle and mystery of existence and consciousness.

During her training as a surgeon, she saw how broken and exploitative the healthcare system is and left to focus on how to keep people out of the operating room.

Dr Means is passionate about working towards a healthier and happier planet by empowering people to understand their health and the limitless potential within them.

BA, Stanford Undergraduate, with Honors  
MD, Stanford Medical School

MD, Stanford Medical Center

AFMCP, Institute for Functional Medicine

Research positions at NIH, Stanford, NYU, OHSU

Co-founder, Levels

Investor and/or Advisor: TrueMed, Function Health, Farmer's Juice, Zen Basil

Dr Means has decades of experience understanding the root cause of the most chronic health diseases, namely cancer, Alzheimer's, dementia, heart disease, and obesity. Dr Means asserts our healthcare system, doctors, big pharma, and big food are at the core of our current healthcare crisis, which focuses on profit, not root-cause healing.

## Links

- <https://www.theprimal.com/lab/the-root-cause-of-chronic-disease-and-the-link-with-mitochondria>

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## Professor Tim Noakes

Professor Timothy David Noakes is a renowned South African scientist, emeritus professor in the Division of Exercise Science and Sports Medicine at the University of Cape Town. He is a world-leading expert in exercise physiology and nutrition, with a focus on sports science and nutrition.

### Career Highlights

- Co-founded the Sports Science Institute of South Africa in the early 1990s
- Recognized the condition of exercise-associated hyponatremia (EAH) in a female runner during the 1984 Comrades Marathon and published his findings in 1985
- Has run over 70 marathons and ultramarathons
- Author of several books on exercise and diet, including "The Real Meal Revolution" (2014)
- Advocates for a low-carbohydrate, high-fat (LCHF) diet, often referred to as the "Noakes Diet" or "Banting Diet"

### Awards and Recognition

- 2002: Doctor of Science (UCT)
- 2002: International Cannes Grand Prix Award
- 2008: Order of Mapungubwe (Silver)
- 2011: Honorary doctorate, Vrije Universiteit Amsterdam
- 2012: Lifetime Achievement Award (South Africa's NRF)
- 2014: South Africa Medal (gold)

### Research Focus

Professor Noakes' research focuses on exercise physiology, particularly in the areas of:

- Carbohydrate and fat metabolism during exercise
- Exercise-associated hyponatremia (EAH)
- Low-carbohydrate, high-fat (LCHF) diets and their effects on athletic performance and overall health

### Public Profile

Professor Noakes has been involved in several high-profile controversies, including a 2016 case where he was falsely accused of misconduct by the Health Professions Council of South Africa (HPCSA). He has also been a vocal critic of mainstream dietary advice, labeling it “genocide” and advocating for a low-carbohydrate, high-fat diet instead. Despite these controversies, Professor Noakes remains a respected figure in the scientific community, with over 33,000 citations to his work.

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## Dr Nick Norwitz, MD PhD ★

Dr. **Nick Norwitz** is a researcher-educator whose mission is to “Make Metabolic Health Mainstream.”

### Links

- Website <https://nicknorwitz.com>
- YouTube <https://www.youtube.com/@nicknorwitzPhD>

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## Dr Sean O'Mara, MD JD

Dr. Sean O'Mara is a renowned physician specializing in health and performance optimization. His unique focus is on visualizing visceral fat using MRI and reducing it through innovative strategies. He works with high-achieving individuals, including business executives, professional performers, and athletes, to optimize their health and performance.

### Key Highlights

- 15 years of experience reversing disease and improving health outcomes
- 200+ clients have achieved significant improvements in energy levels (10x increase) and overall well-being
- Founder of an innovative medical startup, Lantu, in Minneapolis, MN, focusing on health and performance optimization
- Expertise in visceral fat reduction and its impact on longevity and chronic inflammation
- Advocate for demystifying complex health topics and empowering individuals to take control of their own health management

- Utilizes social media platforms to educate and share his expertise with a wider audience

**In Summary** Dr. Sean O'Mara is a leading authority in the field of health and performance optimization, with a distinct emphasis on visceral fat reduction and innovative strategies for achieving optimal health. His expertise and approach have helped numerous high-achieving individuals transform their lives and achieve remarkable improvements in their overall well-being.

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## Dr Philip Ovadia, MD

**Philip Ovadia, MD**, grew up in New York and graduated from the accelerated Pre-Med/Med program at the Pennsylvania State University and Jefferson Medical College. This was followed by a General Surgery residency at the University of Medicine and Dentistry in New Jersey and a Fellowship in Cardiothoracic Surgery at Tufts New England Medical School.

Dr Ovadia has practiced cardio thoracic surgery in Beaver, PA, and Clearwater, FL. He started Ovadia Cardiothoracic Surgery in 2020, working as an independent contractor throughout the United States. In 2021, he launched Ovadia Heart Health, offering a virtual clinic to people all over the world. The focus is the prevention and treatment of heart disease by modifying diet and lifestyle. He is the author of Stay off My Operating Table: A Heart Surgeon's Metabolic Health Guide to Lose Weight, Prevent Disease, and Feel Your Best Every Day.

Dr Ovadia lives in Florida with his wife and two daughters.

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## Barbara O'Neill ✕

From [https://en.wikipedia.org/wiki/Barbara\\_O'Neill](https://en.wikipedia.org/wiki/Barbara_O'Neill):

Australian [alternative health care](#) promoter, known for advertising unsupported health practices described as dangerous by the scientific community.<sup>[2][3][1]</sup> She presents these claims at alternative medicine organisations, wellness retreats, and [Seventh-day Adventist Churches](#) despite not having any recognised qualifications and failing [nursing](#) training.<sup>[4][5]</sup> She is married to Michael O'Neill, the founder of the [Informed Medical Options Party](#), an [anti-vaccination](#) and anti-[fluoride](#) political group.<sup>[5]</sup>

In 2019, the [Health Care Complaints Commission](#) in [New South Wales](#) ruled that she is prohibited from providing any health-related services following several complaints from the public and health professionals.<sup>[1][4][5]</sup> An investigation found that she provided dangerous advice to vulnerable patients, such as telling those with cancer to forego prescribed [chemotherapy](#) for [bicarbonate of soda](#), and to give infants [unpasteurised](#) goat's milk.<sup>[6]</sup> The investigation found that she also did not have any qualifications in a health-related field, and that she failed to meet the expected standards of unregistered health professionals.<sup>[4]</sup>

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## Dr Chris Palmer, MD

Dr. Christopher M. Palmer is a Harvard psychiatrist and researcher working at the interface of metabolism and mental health. He is the Founder and Director of the Metabolic and Mental Health Program and the Director of the Department of Postgraduate and Continuing Education at McLean Hospital and an Assistant Professor of Psychiatry at Harvard Medical School. For almost 30 years, he has held administrative, educational, research, and clinical roles in psychiatry at McLean and Harvard. He has been pioneering the use of the medical ketogenic diet in the treatment of psychiatric disorders—conducting research in this area, treating patients, writing, and speaking around the world on this topic. Most recently, he has proposed that mental disorders can be understood as metabolic disorders affecting the brain, which has received widespread recognition in both national and international media outlets.

Dr. Palmer received his medical degree from [Washington University School of Medicine](#). He did his internship and psychiatry residency at [McLean Hospital](#), [Massachusetts General Hospital](#), and Harvard Medical School.

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## Dr Mindy Pelz, MD

Dr. Mindy Pelz is a world-renowned women's health expert on a mission to empower women to Believe in their Bodies! Her high-profile clients include entertainer [LeAnn Rimes](#), former race car driver [Danica Patrick](#) and popular influencer [Jesse Itzler](#). She is a bestselling author of [Fast Like a Girl](#) (top-selling release of 2023 from Hay House Publishing) and [The Menopause Reset](#). Her podcast, "[The Resetter Podcast](#)," is ranked within Apple's top 20 category of leading U.S. science podcasts, and routinely features top guests including LeAnn Rimes, Danica Patrick, Lisa Bilyeu, Miesha Tate, Cynthia Thurlow, Sheri Salata, Dr. Rangan Chatterjee, Max Lugavere, and many others. Her [Youtube](#) channel has garnered over **60 million lifetime views**. She holds a BS degree from the University of Kansas and a Doctor of Chiropractic degree.

### Links

- <https://drmindypelz.com>
- <https://www.youtube.com/@TheResetterPodcast>

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## Dr David Perlmutter, MD

Dr. Perlmutter is a Board-Certified Neurologist and six-time *New York Times* bestselling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition.

Dr. Perlmutter received his M.D. degree from the University of Miami School of Medicine where he was awarded the *Leonard G. Rowntree Research Award*. He serves as a member of the Editorial Board for the

*Journal of Alzheimer's Disease* and has published extensively in peer-reviewed scientific journals including *Archives of Neurology*, *Neurosurgery*, and *The Journal of Applied Nutrition*. In addition, he is a frequent lecturer at symposia sponsored by institutions such as the World Bank and IMF, Columbia University, Scripps Institute, New York University, and Harvard University, and serves as an Associate Professor at the University of Miami Miller School of Medicine.

His books have been published in 32 languages and include the #1 *New York Times* bestseller *Grain Brain*, *The Surprising Truth About Wheat, Carbs and Sugar*, with over 1 million copies in print. Other *New York Times* bestsellers include *Brain Maker*, *The Grain Brain Cookbook*, *The Grain Brain Whole Life Plan*, and *Brain Wash*, co-written with Austin Perlmutter, M.D. He is the editor of *The Microbiome and the Brain* authored by top experts in the field and published in December 2019 by CRC Press. His latest book, *Drop Acid*, focuses on the pivotal role of uric acid in metabolic diseases, and was published in February 2022.

Dr. Perlmutter has been interviewed on many nationally syndicated television programs including *20/20*, *Larry King Live*, *CNN*, *Fox News*, *Fox and Friends*, *The Today Show*, *Oprah*, *The CBS Early Show*, and *CBS This Morning*.

Dr. Perlmutter is the recipient of numerous awards, including: the *Linus Pauling Award* for his innovative approaches to neurological disorders; the National Nutritional Foods Association *Clinician of the Year Award*, the *Humanitarian of the Year Award* from the American College of Nutrition, and most recently the *2019 Global Leadership Award* from the Integrative Healthcare Symposium.

## Links

- [Website](#)
- [Biography](#)
- Book: [Drop Acid](#)

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## Dhru Purohit

Dhru Purohit is a podcast host, serial entrepreneur, and investor in the health and wellness industry.

His podcast, Dhru Purohit Show, is a top 50 global health podcast with over 30+ million unique downloads. His interviews focus on the inner workings of the brain and the body and feature the brightest minds in wellness, medicine, and mindset.

[YouTube Channel](#)

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## Sarah Pugh 🤔

Outrageous science with no evidence.

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## Paul Saladino, MD ✕

**Paul Saladino**, M.D., is a classically trained **MD** interested in understanding and correcting the roots of chronic disease. Self-proclaimed "Carnivore MD," who has aggressively promoted an all-meat diet, admits that it has had negative effects on him and that long-term ketosis is "probably not a great thing for most humans." His opinions seem to vary without much science to back his ideas. On the other hand, many of his suggestions are decent.

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## Dr Bret Scher, MD

Dr. Bret Scher, MD is a cardiologist and lipidologist with 19 years of experience. He is board-certified in Cardiovascular Disease and has a background in preventive cardiology and lifestyle medicine. Dr. Scher is currently practicing in San Diego, California, and has a private practice, Boundless Health Lifestyle Medicine.

Dr. Scher has also been involved with Diet Doctor, a website focused on low-carb and ketogenic diets, serving as their Medical Director, hosting the Diet Doctor Podcast, and writing medical blogs and reviews. He has written a book, "Your Best Health Ever!", which focuses on his approach to preventive cardiology and lifestyle medicine.

Additionally, Dr. Scher has obtained specialized certifications in functional medicine, nutrition, personal training, and behavior modification. He is also involved with the Baszucki Group, a philanthropic enterprise focused on transforming mental health outcomes, particularly for individuals with bipolar disorder, through metabolic interventions.

Patients have praised Dr. Scher for his ability to explain conditions well and his focus on preventive cardiology and lifestyle medicine. He has a 5.0-star rating from patients and has been reviewed 1 time. Dr. Scher's office is located at 4653 Carmel Mountain Rd Ste 308-132, San Diego, CA 92130, and he accepts various insurance plans, including Sharp Health Plan, MultiPlan, and Blue Cross Blue Shield of California.

### Links

- Website <https://lowcarbcardiologist.com/>

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## Dr Thomas N. Seyfried PhD ★

Thomas N. Seyfried is Professor of Biology at Boston College, and received his Ph.D. in Genetics and Biochemistry from the University of Illinois, Urbana, in 1976. He did his undergraduate work at the University

of New England where he recently received the distinguished Alumni Achievement Award. He also holds a Master's degree in Genetics from Illinois State University.

- Cancer as a Metabolic Disease: <https://amzn.to/3nGF2uz>
- Book about Warburg & Cancer: <https://amzn.to/3m2Au14>

Thomas N. Seyfried (born 1946<sup>[1]</sup>) is an American biology, genetics, and biochemistry professor at [Boston College](#). He received his PhD from the [University of Illinois Urbana-Champaign](#) in 1976. His postdoctoral fellowship studies were in the Department of Neurology at the [Yale University School of Medicine, where he served as an assistant professor of neurology. He did undergraduate work at the [University of New England](#), formerly St. Francis College, and received a master's degree in genetics from [Illinois State University, Normal](#).

His research focuses on mechanisms of chronic diseases such as cancer, epilepsy, neurodegenerative lipid storage diseases, and caloric restriction diets.<sup>[2]</sup> Thomas N. Seyfried has been published in over 150 peer-reviewed publications.<sup>[3]</sup> He previously served as chair of the Scientific Advisory Committee for the National Tay-Sachs and Allied Diseases Association and presently serves on several editorial boards, including those for Nutrition & Metabolism, Neurochemical Research, the Journal of Lipid Research, and ASN Neuro. His 2012 book is *Cancer as a Metabolic Disease: On the Origin, Management, and Prevention of Cancer*. Seyfried is a popular interview guest regarding the topic of cancer.

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## Dr Cate Shanahan, MD ★

Catherine Shanahan, M.D. is a board-certified family physician. She trained in biochemistry and genetics at Cornell University before attending Robert Wood Johnson Medical School. She practiced medicine in Hawaii for a decade, where she studied ethnobotany, as well as the culinary habits of her healthiest patients. Her books include Deep Nutrition and The Fatburn Factor. She currently runs a metabolic health clinic in Denver, Colorado and serves as the Director of the Los Angeles Lakers PRO Nutrition Program.

### Books

- The Fatburn Fix
- Dark Calories

### Links

- <https://drcate.com/>

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## Mark Sisson ✕

**Mark Sisson** (born July 20, 1953) is an American fitness author, food blogger, former distance runner, [triathlete](#), and [Ironman](#) competitor.<sup>[1]</sup> He frequently posts to his website and blog, Mark's Daily Apple.



Sisson was born in [Maine](#) and is the oldest of four siblings. He attended [Williams College](#), where he was a pre-med candidate and earned a biology degree.<sup>[2]</sup>

Sisson and his wife, Carrie, have two children.<sup>[3]</sup> He is a follower of the [paleo diet](#)<sup>[4]</sup> and markets his own version of it, called the "Primal Blueprint" diet.<sup>[5]</sup> As part of this initiative, he started a food blog, "Mark's Daily Apple," in 2006 and has also written a number of diet and exercise books,<sup>[6]</sup> including the bestselling book, *The Keto Reset Diet: Reboot Your Metabolism in 21 Days and Burn Fat Forever*.<sup>[7]</sup>

Sisson finished 4th in the February 1982 [Ironman World Championship](#).<sup>[8]</sup> In the 1970s, he was a record-setting runner for the Portland (Maine) Track Club.<sup>[9]</sup> He had a top-5 finish in the 1980 [U.S. National Marathon Championships](#) and earned a qualifying spot for the 1980 [U.S. Olympic Trials](#).<sup>[2]</sup>

Sisson served for 15 years as chairman of the [International Triathlon Union](#) (ITU) Anti-Doping Commission and as the ITU's liaison to the [International Olympic Committee](#).<sup>[8]</sup> He was asked to step down from the roles due to [conflict of interest](#) in 2003 when he **started his own dietary supplement company**, Primal Nutrition.<sup>[8]</sup>

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## Dr David Unwin, MD ★

Dr. David Unwin is a UK-based general practitioner and clinical expert in diabetes who has been a strong advocate for lifestyle medicine, particularly low-carb diets, in preventing and managing chronic diseases such as type 2 diabetes, obesity, and cardiovascular disease.

### Key Points

1. **NHS Innovator of the Year Award:** Dr. Unwin won the prestigious NHS Innovator of the Year award in 2016 for his work with diabetes patients, demonstrating the effectiveness of a low-carb lifestyle approach.
2. **Low-Carb Diet Sheet:** Dr. Unwin has developed a simple and accessible low-carb diet sheet, which provides a framework for individuals to adopt a low-carb lifestyle.
3. **Royal College of General Practitioners (RCGP) Expert Clinical Advisor:** Dr. Unwin was appointed as an expert clinical advisor by the RCGP in 2015, recognizing his expertise in patient communication and type 2 diabetes.
4. **Low-Carb Program:** Dr. Unwin collaborated with the Low Carb Program, an online platform that provides education and support for individuals adopting a low-carb lifestyle. The program has been used by hundreds of thousands of people worldwide.
5. **Public Health Collaboration Conference:** Dr. Unwin has presented at the Public Health Collaboration conference, sharing his research and expertise on low-carb diets and their applications in various health conditions.
6. **Research and Publications:** Dr. Unwin has published research on the effectiveness of low-carb diets in his practice and has contributed to various publications, including the Journal of Diabetes

Research and Clinical Practice.

7. **Influence and Recognition:** Dr. Unwin has been recognized as one of the top 50 most influential GPs in the UK and has been featured in various media outlets, including the BBC and The Telegraph.


## Key Findings and Insights:

1. **Type 2 Diabetes Remission:** Dr. Unwin's research has shown that up to 50% of his patients with type 2 diabetes have achieved remission through a low-carb lifestyle approach.
2. **NAFLD and Liver Function:** Dr. Unwin's work has highlighted the importance of liver function and the potential benefits of low-carb diets in reducing non-alcoholic fatty liver disease (NAFLD) and improving overall liver health.
3. **Cardiovascular Risk Reduction:** Dr. Unwin's research has demonstrated that low-carb diets can reduce cardiovascular risk factors, including triglycerides, blood pressure, and cholesterol levels.

## Conclusion

Dr. David Unwin is a leading advocate for low-carb lifestyle medicine in the UK, with a strong track record of research, publication, and clinical practice. His work has shown the potential benefits of low-carb diets in preventing and managing chronic diseases, and his influence has extended beyond the UK, inspiring others to adopt similar approaches.

## Links

- Public Health Collaboration: <https://phcuk.org/> Low Carb Program: <https://www.lowcarbprogram.com/articl...>
- Dr. Unwin on Twitter:  [/lowcarbgp](#)
- Norwood Surgery Southport: <https://www.norwoodsurgerysouthport.n...>
- Freshwell App: <https://lowcarbfreshwell.co.uk/app-2/>
- [Dr. David Unwin, MD - Diet Doctor](#)
- Video - [Ketogenic Metabolic Therapy to Treat Diabetes and Kidney Disease](#)
- [Dr David Unwin's Low Carb Diet](#)
- <https://pubmed.ncbi.nlm.nih.gov/34468402/>

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## Dr Matt Walker PhD ★

He is a prominent neuroscientist and psychologist known for his research on sleep and its impact on human health and disease. He is a professor at the University of California, Berkeley, where he also serves as the

founder and director of the Center for Human Sleep Science. Walker has received numerous awards and funding from institutions such as the National Science Foundation and the National Institutes of Health. He is also a Kavli Fellow of the National Academy of Sciences.

Walker's work focuses on understanding the role of sleep in various aspects of health, including Alzheimer's disease, Parkinson's disease, cancer, depression, anxiety, insomnia, cardiovascular disease, drug abuse, obesity, and diabetes. His research employs a variety of methods, including brain imaging (MRI, PET scanning), sleep electroencephalography recordings, genomics, proteomics, autonomic physiology, brain stimulation, and cognitive testing.

Walker is the author of the New York Times bestseller **"Why We Sleep: Unlocking the Power of Sleep and Dreams,"** which has been widely acclaimed for its insights into the importance of sleep. He has also been featured in numerous media outlets, including CBS 60 Minutes, National Geographic Channel, NOVA Science, NPR, and the BBC.

In addition to his academic work, Walker is a sought-after speaker and has given talks at prestigious events such as TED, where his presentation "Sleep is Your Superpower" has received over 20 million views. He has also served as scientific counsel for technology companies like Google, Hello, and Fitbit.

## Links

- Website <https://www.sleepdiplomat.com/>
- Animated Book Summary [https://www.youtube.com/watch?v=k\\_ztODszMiU](https://www.youtube.com/watch?v=k_ztODszMiU)

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## Dr Amy West, MD

Dr Amy West is a Physical Medicine and Rehabilitation Specialist with over nine years of experience in the medical field. She graduated from Harvard Medical School in 2014 and is affiliated with Long Island Jewish Medical Center and Glen Cove Hospital. Dr West has expertise in treating conditions such as Arthritis and is also a specialist in sports medicine, physical medicine, and rehabilitation.

Dr West's focuses include non-operative sports medicine, musculoskeletal ultrasound, peripheral joint injections, electromyography (EMG), and concussion management. Her clinical and research interests include female athletes, adaptive sports, lifestyle medicine, transgender athletes, and nutrition. She is active in the CrossFit community, serving on the CrossFit Games Medical Team and participating in various CrossFit functions and outreach events. Dr West has been featured on multiple podcasts and has authored peer-reviewed video and written publications.

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## Dr Eric Westman ★

Dr Westman is an obesity medicine specialist and trusted expert in the therapeutic power of carbohydrate restriction, and clinical research, and has treated patients using low-carb keto diets for over twenty-five

years.

He makes keto SIMPLE, so that YOU can LOSE weight, REVERSE chronic disease and GET the RESULTS you want.

Get started NOW by grabbing our FREE GUIDE – 10 Tips for Starting Keto Right.

👉 <https://adaptyourlifeacademy.com/star...>

Visit our website to see all the online, self-paced courses we offer on keto diets, low-carb cooking, diabetes, cancer, mobility, and more:

👉 <https://adaptyourlifeacademy.com/all-...>

Adapt Your Life Academy Online Courses:

<https://adaptyourlifeacademy.com/all-...>

Bestselling Book – END YOUR CARB CONFUSION:

<https://www.amazon.com/Your-Carb-Conf...>

END YOUR CARB CONFUSION COOKBOOK:

<https://www.amazon.com/End-Your-Carb-...>

FREE QUIZ to determine your personal carb threshold:

<https://adaptyourlifeacademy.com/carb...>

Dr Eric Westman, Associate Professor of Medicine at Duke. He is Board Certified in Obesity Medicine & Internal Medicine, & founded the Duke Keto Medicine Clinic. He is a Fellow of The Obesity Society. He is the author of The New Atkins for a New You, Cholesterol Clarity, Keto Clarity, and End Your Carb Confusion & co-founder of Adapt Your Life.

## Links

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- Website
- YouTube <https://www.youtube.com/@AdaptYourLife>

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## Dr Anthony Youn

Dr. Anthony Youn is a nationally recognized, board-certified plastic surgeon. He is known as America's holistic plastic surgeon and is the author of the best-selling books *The Age Fix* and *Playing God*. Dr. Youn also hosts the popular podcast *The Holistic Plastic Surgery Show*. His new book, *Younger for Life*, is a complete holistic guide to turning back the clock using the process of Autojuvenation.

- Video 2:10:43 - [Fix Your Diet & Lifestyle To Heal Your Skin: Reverse Acne, Aging & Wrinkles](#)
- 

## Author & Conclusion

[David C Black](#): [mailto:FB](#)

Let me know if you want to provide corrections, additions, or have any other comments.

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**The end**