



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

By Garth Davis M.D., Howard Jacobson

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## Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It By Garth Davis M.D., Howard Jacobson

An acclaimed surgeon specializing in weight loss delivers a paradigm-shifting examination of the diet and health industry's focus on protein, explaining why it is detrimental to our health, and can prevent us from losing weight.

Whether you are seeing a doctor, nutritionist, or a trainer, all of them advise to eat more protein. Foods, drinks, and supplements are loaded with extra protein. Many people use protein for weight control, to gain or lose pounds, while others believe it gives them more energy and is essential for a longer, healthier life. Now, Dr. Garth Davis, an expert in weight loss asks, "Is all this protein making us healthier?"

The answer, he emphatically argues, is NO. Too much protein is actually making us sick, fat, and tired, according to Dr. Davis. If you are getting adequate calories in your diet, there is no such thing as protein deficiency. The healthiest countries in the world eat far less protein than we do and yet we have an entire nation on a protein binge getting sicker by the day.

As a surgeon treating obese patients, Dr. Davis was frustrated by the ever-increasing number of sick and overweight patients, but it wasn't until his own health scare that he realized he could do something about it. Combining cutting-edge research, with his hands-on patient experience and his years dedicated to analyzing studies of the world's longest-lived populations, this explosive, groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss, health, and longevity.

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### Editorial Review

#### Review

“Exhaustively researched and fascinating.” (**Publishers Weekly**)

“A groundbreaking book from one of America’s leading physicians, *Proteinaholic* will revolutionize your understanding of your body and how to keep it healthy. Garth Davis, MD, is a medical visionary whose wisdom and wealth of experience have opened a powerful new pathway to the best of health. (**Neal D. Barnard**, MD, President, Physicians Committee for Responsible Medicine, Adjunct Associate Professor of Medicine, George Washington University School of Medicine, Washington, DC)

“Dr. Davis is in the ‘trenches’ applying science to patient care and a true expert. His experience and research is groundbreaking and *Proteinaholic* is a must read that will be the basis for reclaiming our health. This book will be in exam rooms in my clinic. (**Joel Kahn** MD, FACC – Clinical Professor of Medicine, Wayne State University School of Medicine and author of *The Whole Heart Solution*)

“*Proteinaholic* is a ... book that will help you lose weight; keep it off; prevent lifestyle disease and even reverse it. A book every health-conscious person should own and every doctor should prescribe their patients. (**Rich Roll**, bestselling author of *Finding Ultra* and *The Plantpower Way*)

“*Proteinaholic* documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting nutritional myths ... Protein deficiency is unknown on any natural diet; protein poisoning is epidemic worldwide.” (**John McDougall**, MD, founder of the McDougall Program)

“*Proteinaholic* hits the nail on the head. Our over-consumption of animal protein has lead us down the path to nutritional suicide and this wake-up call from Dr. Davis is important to save lives.” (**Joel Fuhrman M.D.**, author of the New York Times bestsellers *Eat to Live*, *Eat to Live Cookbook*, *The End of Dieting*, *The End of Diabetes* and *Super Immunity*)

“This is a book that will change lives. If you heed its wise and clear advice, your body will thank you for the rest of your life.” (**John Robbins**, President of the Food Revolution Network and author of *Diet For A New America* and *The Food Revolution*)

“Dr. Garth Davis has hit the nail on the head with this eye opening look at America’s most misunderstood macronutrient-protein. Read it and rescue yourself before it’s too late!” (**Rip Esselstyn**, health activist and bestselling author of *The Engine 2 Diet*)

“A brilliant tour de force of how and why our ‘addiction’ to animal protein is killing us. This book just may save your life and make all of your moments healthier.” (**Robert Ostfeld**, M.D., MSc. Director, Cardiac Wellness Program, Associate Professor of Clinical Medicine, Montefiore Medical Center)

“Through extensive analysis of popular protein-pushing diet plans and meticulous assessment of nutritional research, every claim and recommendation is fully annotated, making this reasoned and reasonable treatise a life changer in the truest sense of the word.” (**Booklist**)

From the Back Cover

Cut Through the Noise. Know the Research.

Protein Is Making Us Sick, Fat, and Tired.

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

About the Author

Dr. Garth Davis is a leader in the field of bariatric medicine and the medical director of bariatric surgery at Memorial Hermann Memorial City Medical Center and the Davis Clinic for surgical and medical weight management. Dr. Davis is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons and of the American Society for Metabolic and Bariatric Surgery. He lives in Houston with his family.

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**From reader reviews:**

**Estella Powell:**

Reading a book tends to be new life style in this particular era globalization. With reading through you can get a lot of information that can give you benefit in your life. Using book everyone in this world can share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their particular reader with their story or their experience. Not only the storyline that share in the books. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors in this world always try to improve their skill in writing, they also doing some investigation before they write for their book. One of them is this Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It.

**Dan Gray:**

Typically the book Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It has a lot details on it. So when you check out this book you can get a lot of advantage. The book was authored by the very famous author. Mcdougal makes some research ahead of write this book. That book very easy to read you can obtain the point easily after looking over this book.

**Theresa Piercy:**

People live in this new time of lifestyle always aim to and must have the spare time or they will get wide range of stress from both day to day life and work. So , once we ask do people have time, we will say

absolutely indeed. People is human not just a robot. Then we question again, what kind of activity have you got when the spare time coming to anyone of course your answer will unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, the book you have read is actually Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It.

**Robert Hensley:**

In this time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The particular book that recommended for your requirements is Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It this reserve consist a lot of the information in the condition of this world now. This particular book was represented just how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Typically the writer made some study when he makes this book. That is why this book suited all of you.

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