

"A book that will help you lose weight, keep it off, and prevent and reverse lifestyle disease.  
A book every health-conscious person should own and every doctor should prescribe they patients!"  
—RICH ROLL, bestselling author of *Finding Ultra* and *The Plantpower Way*

# PROTEIN AHOLIC



HOW OUR OBSESSION WITH MEAT  
IS KILLING US AND  
WHAT WE CAN DO ABOUT IT

GARTH DAVIS, M.D.  
WITH HOWARD JACOBSON, Ph.D.

# Proteinaholic

**Wolfgang Guggemos**



## **Proteinaholic:**

Proteinaholic Garth Davis, Howard Jacobson, 2015-10-06 A book that will help you lose weight keep it off prevent lifestyle disease and even reverse it Every doctor should prescribe it Rich Roll bestselling author of Finding Ultra and The Plantpower Way 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 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 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 groundbreaking book reveals the truth about the dangers of protein and shares a proven approach to weight loss health and longevity Exhaustively researched and fascinating Publishers Weekly A groundbreaking book Neal D Barnard MD President Physicians Committee for Responsible Medicine Adjunct Associate Professor of Medicine George Washington University School of Medicine A life changer in the truest sense of the word Booklist

**What the Health** Eunice Wong, 2017-02-22 What The Health is the official stand alone companion book to the groundbreaking documentary of the same name directed by Kip Andersen and Keegan Kuhn directors of the award winning documentary Cowspiracy The Sustainability Secret If the film is a peephole then this book knocks down the entire door diving into expanded interviews extensive research and personal narratives Scientific literature shows that eating saturated fat mainly found in animal products like meat dairy and eggs is more strongly associated with death than smoking cigarettes Think about that If at a neighborhood cookout the dad next door offered you and your child a cigarette and a light how would you react And yet we accept with thanks the glistening beef burgers from that same dad What's the difference between taking the cigarette and the burger The smell and the taste The social assumptions The habits The lack of knowledge Journey with Kip and Keegan as they crisscross the country talking to physicians dietitians cardiologists pediatricians bariatric surgeons lawyers economists activists and food safety advocates in a passionate search for the truth about the food we eat and the stunning implications for our health and the country's cascade of killer diseases Along the way they meet Ren Miller whose home is routinely drenched by manure cannons from the factory farm next door slaughterhouse vet Dr Lester Friedlander who blew the whistle on Mad Cow Disease political prisoner Jake Conroy and world class athletes like former NFL defensive lineman David Carter and ultra endurance athlete Rich Roll who completed 5 Ironman triathlons in under a week and many other fascinating characters each with their own piece of the

puzzle There is a health revolution brewing Many people know theres something terribly broken about the industrial food medical and pharmaceutical systems but they dont know what it is Its no wonder because there is an intricate political and corporate apparatus in place to keep them from finding out People think heart disease cancer and diabetes are inherited not realizing that what theyve actually inherited are the eating habits of their parents and grandparents Lifestyle choices like diet and lack of exercise are responsible for about 70 percent of deaths in this country Diseases that kill millions can be prevented or even reversed What The Health takes you on an adventure uncovering the lethal entwining of the food medical and pharmaceutical industries with our own government and the corporate legislative web designed to confuse the public and keep Americans chronically and profitably ill

*Analysis & Review of Proteinaholic* Fastreads, 2018-01-31 Less another diet book and more a call to plant based eating Garth Davis M D and recovering proteinaholic puts forth a potentially life changing message for the masses in his book Proteinaholic This FastReads Analysis offers supplementary material to Proteinaholic How Our Obsession with Meat Is Killing Us and What We Can Do About It to help you distill the key takeaways review the book s content and further understand the writing style and overall themes from an editorial perspective Whether you d like to deepen your understanding refresh your memory or simply decide whether or not this book is for you FastReads is here to help Absorb everything you need to know in under 20 minutes What does this FastReads Analysis Include A synopsis of the original book Key Takeaways Review and analysis from each section A short bio of the author Supplementary Info Recommended Reading About the Original Book Garth Davis M D kicks off with a titled confession as a recovering proteinaholic A bariatric surgeon weight loss expert author and television celebrity Davis launches into an argument for plant based eating over the other trends in the modern day dieting industry Not so much against animal protein as it is for plant based eating the topics vary from chronic illness to anthropology In short the battle against American obesity can be won The discussion offers tasty morsels for both layman and academic supported by scientific research personal victories and medical sense BEFORE YOU BUY The purpose of this FastReads Analysis is to help you decide if it s worth the time money and effort reading the original book if you haven t already FastReads has pulled out the essence but only to help you ascertain the value of the book for yourself This analysis is meant as a supplement to and not a replacement for Proteinaholic

**Analysis of Proteinaholic** ReeRoos, 2017-12-15 Less another diet book and more a call to plant based eating Garth Davis M D and recovering proteinaholic puts forth a potentially life changing message for the masses in his book Proteinaholic This ReeRoos Analysis offers supplementary material to Proteinaholic How Our Obsession with Meat Is Killing Us and What We Can Do About It to help you distill the key takeaways review the book s content and further understand the writing style and overall themes from an editorial perspective Whether you d like to deepen your understanding refresh your memory or simply decide whether or not this book is for you ReeRoos is here to help Absorb everything you need to know in under 20 minutes What does this ReeRoos Analysis Include A synopsis of the original book Key Takeaways Review and analysis from each section A

short bio of the author Supplementary Info Recommended Reading About the Original Book Garth Davis M D kicks off with a titled confession as a recovering proteinaholic A bariatric surgeon weight loss expert author and television celebrity Davis launches into an argument for plant based eating over the other trends in the modern day dieting industry Not so much against animal protein as it is for plant based eating the topics vary from chronic illness to anthropology In short the battle against American obesity can be won The discussion offers tasty morsels for both layman and academic supported by scientific research personal victories and medical sense PLEASE NOTE This is an unofficial analysis and review of the book and not the original book It is meant as a supplement to and not a replacement for Proteinaholic **Eat Real to Heal** Nicolette Richer,2018-09-30 Disease Fighting Healthy Foods This is not a fad diet This is for real And it works I recommend this book to anyone who wants to live a long and healthful life Sylvia Dolson author aspiring centenarian and animal welfare advocate 1 Best Seller in Juices Smoothies and Special Diets Cancer Change your diet and power up your immune system If you want to feel active clear minded and strong enough to fight off disease it all starts with the food you put into your body Eat Real to Heal shows you the organic plant based foods you should be eating Focusing on diet nutrition and meditation this book teaches you how to power up your immune system and give yourself the best possible chance at beating chronic diseases like diabetes arthritis acne psoriasis fibromyalgia and even cancer Fortify and detoxify with vegan recipes Eat Real to Heal shows you how to create and follow a meal plan that utilizes nutritious vegan recipes made with pure and organic ingredients that are quick easy and delicious Also learn about juicing managing stress detoxifying your home breathing exercises and yoga that connect you with your body and the Gerson Therapy Reach optimal health in just 5 weeks If you ve been diagnosed with a serious or a non life threatening illness you re in remission you want to stop taking medications or you re just looking to feel better this book is for you The easy to follow advice and instructions in Eat Real to Heal will get you feeling vibrant strong and energized and give you the best possible chance at preventing and beating all kinds of chronic diseases from acne to diabetes to cancer in just five weeks Eat Real to Heal teaches you how to Upgrade your eating habits and your lifestyle Flood your body with nutrients and detoxify your system Boost your immune system and turn your body into a disease fighting machine If you read Eat to Beat Disease the Eat to Beat Disease Cookbook or The Complete Anti Inflammatory Diet for Beginners you will want to read Eat Real to Heal What the Health Kip Andersen,Keegan Kuhn,Eunice Wong,2018-12-18 The definitive stand alone companion book to the acclaimed documentary now with 50 plant based recipes and full color photos to help you start changing your health for the better There s something terribly broken in our industrial food medical and pharmaceutical systems What s going wrong Can we really avoid the leading causes of death just by changing our diet Kip Andersen and Keegan Kuhn creators of the revolutionary What the Health and the award winning Cowspiracy documentaries take readers on a science based tour of the hazards posed by consuming animal products and what happens when we stop What the Health will guide you on an adventure through this maze of misinformation with

the same fresh engaging approach that made the documentary so popular Journey with Andersen and Kuhn as they crisscross the country talking to doctors dietitians public health advocates whistle blowers and world class athletes to uncover the truth behind the food we eat With the help of writer Eunice Wong they empower eaters with knowledge about the lethal entwining of the food medical and pharmaceutical industries and about the corporate web that confuses the public and keeps Americans chronically and profitably ill Plus discover 50 recipes to help you reclaim your life and health including Creamy Mac PB J Smoothie Winter Lentil and Pomegranate Salad Mom s Ultimate Vegan Chili Black Bean Fudgy Brownies Baked Apple Crumble with Coconut Cream If the film was a peephole then the book knocks down the whole door featuring expanded interviews extensive research and new personal narratives There s a health revolution brewing What the Health is your invitation to join

*Dr. Mollen's Anti-Aging Diet* Art Mollen, Judith Sachs, 1993-06-30 From the author of Run for Your Life and The Mollen Method a dramatic new health program that provides dramatic benefits as it protects the kidneys digestive and skeletal systems from the ravages of excess protein consumption Easy to follow guidelines three weeks of menu plans 50 recipes and more

**Proteinaholic** Garth Davis, 2016 Protein gilt als Grundstoff des Lebens unerlässlich für eine ausgewogene Ernährung Diät und Sportprogramme sind vollgepackt mit Protein und Fitnesstrainer schwören darauf Eiweiß soll beim Abnehmen helfen Mit einer proteinreichen Ernährung so scheint es kann man eigentlich nichts falsch machen Aber stimmt das wirklich Als Chirurg und Spezialist für Gewichtsabnahme war Dr Garth Davis lange schon frustriert über die wachsende Anzahl der Betroffenen doch erst als er selbst von bergewicht geplagt wurde hat sich Davis die Langzeitwirkungen einer proteinreichen Ernährung genauer angesehen und festgestellt dass zu viel Protein sehr schädlich sein kann Es macht dick krank und meine Ein Blick über den Tellerrand zeigt gerade in den Ländern in denen am wenigsten Protein konsumiert wird leben die Menschen am gesündesten während die proteinbasierte westliche Welt immer kränker wird In Proteinaholic kombiniert der Arzt die Erkenntnisse seiner bahnbrechenden Forschungen mit seinen Erfahrungen in der Praxis Er zeigt auf wie wir in der westlichen Welt zu Proteinabhängigen wurden und welche Folgen dies für unsere Gesundheit hat Seine revolutionären Erkenntnisse besagen dass Fleischkonsum sogar zuckerkrank machen kann und Krebserkrankungen begünstigt Davis erklärt wie eine gesunde Ernährung aussehen sollte die tatsächlich unser Leben verlängern kann Er gibt nützliche Tipps zur Umstellung sowie einen ausgewogenen Wochen Ernährungsplan für die ersten Tage Mit Proteinaholic führt Davis zurück auf einen Weg der Ausgewogenheit Gesundheit und Langlebigkeit

**Use the Weight to Lose the Weight** Josh LaJaunie, Howard Jacobson, 2020-03-10 If you're obese you probably don't see yourself as an athlete You may think that you're lazy unmotivated and undisciplined and beat yourself up for not having the strength of will to lose the weight I'm here to tell you that the opposite is true despite what the naysayers have been telling you for years you are actually working much harder than any of your skinny friends You've been carrying a human weight vest and it's made you strong But you've also been carrying the unkind and destructive words that people have hurt you with and they have made

you weak I was a fat guy 420 pounds or more at my heaviest that s an estimate you know fat people don t step on scales and I had lost and regained a hundred pounds at least five times before I finally figured out what was missing Before I embraced both weights the physical and the psychological and used them to build the body and mind that I could be proud of This book is my attempt to give you the uncensored straight talk about how to lose a lot of weight and what it s actually like I was shocked to discover that not everything got better or felt better when I grew lean I discovered that many of the strategies I used to lose the weight didn t work to keep it off I found that focusing on positivity all the time was a bad idea that I could embrace the anger at how I d been treated as a fat person to transform myself If you re squeamish about frank and vulgar language put the book down now It s not for you But if you re ready to hear the rough unvarnished and ultimately liberating truth I ll hold nothing back You ll discover how to use the weight to lose the weight and gain your life **Sick to Fit** Josh LaJaunie, Howard Jacobson, 2018-12-10 If you re overweight or obese If you re constantly tired bloated constipated achy sluggish depressed or anxious If you re diabetic or pre diabetic If your doctor keeps warning you about the risk of cancer heart disease or other lifestyle reversible calamity If you re constantly worried about your blood pressure weight insomnia eating habits But you still find it next to impossible to stick to a healthy diet exercise and lifestyle plan Then you might be going about things the wrong way Let s face it despite a flood of information and advice we re getting sicker and fatter all the time That s because the vast majority of conventional advice is outdated wrong headed and just plain ineffective Within this storm of bad news and bad advice there s a growing tribe of outliers who have managed to lose hundreds of pounds reverse impossible to cure diseases and even to their own shock and delight become fit and high performing athletes Their stories don t get a lot of media attention because they aren t selling anything No pills powders or potions No expensive workout gadgets No late night infomercial magic formulas They simply rediscovered some basic natural truths about the human animal What we re designed to eat How we re designed to move And how we re meant to think and feel When we get away from our natural heritage we suffer When we return to it we thrive Read Sick To Fit to discover how Josh LaJaunie went from a 420 pound food addict to the cover of Runner s World magazine as well as live appearances on Good Morning America and The Today Show Discover the simple secrets for a healthy life that have transformed dozens of members of the Missing Chins Run Club and clients of WellStart Health from sick and sad to fit and fulfilled In Sick To Fit you ll learn the one food rule that banishes confusion eliminates the need to count calories or restrict portion size and makes you impervious to the marketing and clickbait BS perpetrated by the food industry how to honor your culture and heritage without suffering from the diseases that are killing your people coming from the Bayou of South Louisiana Josh knows a thing or two about being a foodie how to use social and family pressure to get stronger and more committed how to prevent self sabotage after initial success how to start exercising safely if you re overweight by 20 or 200 pounds the four question FAST Assessment the Swiss Army Knife of sustainable behavior change how to master life s stressors so they don t turn into binges how to never fall off the wagon

again even if you've failed at dozens of diets before and much more. Written with behavioral health expert Howard Jacobson PhD, *Sick To Fit* combines Josh's journey with cutting-edge nutritional, exercise, neurological, and habit science. *Sick To Fit* is your roadmap to better health and a more joyful life. *Sick To Fit* is a captivating, inspiring, and practical story of an epic transformation. And don't be deceived by how entertaining this page-turner of a book is. What you're about to have fun reading is scientifically proven, and it just might change your life.

Ocean Robbins, Author, *31 Day Food Revolution*, CEO, Food Revolution Network, <http://foodrevolution.org>. A diet book with lots of information leaves you with lots of information. But a book that teaches you how to change your dietary and lifestyle habits and do it in a way that is compelling, engaging, and eminently practical, a book like that can change your life. *Sick to Fit* takes everything that we know about what makes people change in business and life and applies it to eating and lifestyle habits.

I've read a tremendous number of books on diet, fitness, and health, and this one is the best.

Peter Bregman, Author, *Leading with Emotional Courage*, CEO, Bregman Partners, <http://peterbregman.com>.

**Lap Band Struggles** Duc Vuong, 2016-04-01. Have you had a Lap Band surgery but did not get the results you were expecting? Are you currently researching alternative weight loss surgery options? Or are you looking to avoid another surgery and instead get back on track with your tool? In his much-anticipated book, Dr. Duc Vuong, the Support Surgeon, delves into these topics and explains the possible medical tests you might have to undergo and insurance issues involved. He also discusses the different weight loss surgery alternatives for revision of your gastric band, their technical difficulties, and the pros and cons of each surgery so you can make an informed decision. This book contains easy-to-understand illustrations of the different weight loss surgery revision options like gastric band to sleeve or band to gastric bypass. It also discusses other less common options like gastric plication and duodenal switch. Dr. Vuong also addresses the future applications of the Lap Band. Dr. Duc Vuong is an internationally renowned bariatric surgeon who is the world's leading expert in education for the bariatric patient. His intensive educational system has garnered attention from multiple institutions and medical societies. His passion in life is to fill the shortage of educational resources between patients and weight loss surgeons. Dr. Vuong was featured in TLC's hit show *900 Pound Man: Race Against Time* and is currently working on his own weekly television show, *Praise for Lap Band Struggles*. This is a great resource for any patient looking for information about revisional surgery by a gifted surgeon.

John Maga, a Morton MD, MPH, FACS, FASMBS, Chief, Bariatric and Minimally Invasive Surgery, Stanford School of Medicine. Revising a lap band allows a patient to take their efforts to the next level of success.

Helmuth Billy, Bariatric Surgeon. Dr. V's positive approach to revisional surgery could be the inspiration you need to get back on track.

Dr. Garth Davis, Bariatric Surgeon, author of *Proteinaholic: Lap-Band Rescue*. Duc Vuong, 2016-08-20. Have you had a Lap Band surgery but did not get the results you were expecting? Are you currently researching alternative weight loss surgery options? Or are you looking to avoid another surgery and instead get back on track with your tool? In his much-anticipated book, Dr. Duc Vuong, the Support Surgeon, delves into these topics and explains

the possible medical tests you might have to undergo and insurance issues involved He also discusses the different weight loss surgery alternatives for revision of your gastric band their technical difficulties and the pro s and con s of each surgery so you can make an informed decision This book contains easy to understand illustrations of the different weight loss surgery revision options like gastric band to sleeve or band to gastric bypass It also discusses other less common options like gastric plication and duodenal switch Dr Vuong also addresses the future applications of the Lap Band Dr Duc Vuong is an internationally renowned bariatric surgeon who is the world s leading expert in education for the bariatric patient His intensive educational system has garnered attention from multiple institutions and medical societies His passion in life is to fill the shortage of educational resources between patients and weight loss surgeons Dr Vuong was featured in TLC s hit show 900 Pound Man Race Against Time and is currently working on his own weekly television show Praise for Lap Band Struggles This is a great resource for any patient looking for information about revisional surgery by a gifted surgeon John Maga a Morton MD MPH FACS FASMBS Chief Bariatric and Minimally Invasive Surgery Stanford School of Medicine Revising a lap band allows a patient to take their efforts to the next level of success Helmuth Billy Bariatric Surgeon Dr V s positive approach to revisional surgery could be the inspiration you need to get back on track Dr Garth Davis Bariatric Surgeon author of Proteinaholic

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## **Table of Contents Proteinaholic**

1. Understanding the eBook Proteinaholic
  - The Rise of Digital Reading Proteinaholic
  - Advantages of eBooks Over Traditional Books
2. Identifying Proteinaholic
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Proteinaholic
  - User-Friendly Interface
4. Exploring eBook Recommendations from Proteinaholic
  - Personalized Recommendations
  - Proteinaholic User Reviews and Ratings
  - Proteinaholic and Bestseller Lists
5. Accessing Proteinaholic Free and Paid eBooks

- Proteinaholic Public Domain eBooks
- Proteinaholic eBook Subscription Services
- Proteinaholic Budget-Friendly Options
- 6. Navigating Proteinaholic eBook Formats
  - ePub, PDF, MOBI, and More
  - Proteinaholic Compatibility with Devices
  - Proteinaholic Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Proteinaholic
  - Highlighting and Note-Taking Proteinaholic
  - Interactive Elements Proteinaholic
- 8. Staying Engaged with Proteinaholic
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Proteinaholic
- 9. Balancing eBooks and Physical Books Proteinaholic
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Proteinaholic
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Proteinaholic
  - Setting Reading Goals Proteinaholic
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Proteinaholic
  - Fact-Checking eBook Content of Proteinaholic
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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