



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

By M.D. Garth Davis, Howard Jacobson

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

## Users Review

**From reader reviews:**

**Latasha Hisle:**

This *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This particular *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* without we understand teach the one who looking at it become critical in imagining and analyzing. Don't end up being worry *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* can bring whenever you are and not make your carrier space or bookshelves' come to be full because you can have it in the lovely laptop even telephone. This *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* having fine arrangement in word and layout, so you will not sense uninterested in reading.

**Reta Zimmer:**

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their own friends. Usually they performing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try look for book, may be the publication untitled *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* can be good book to read. May be it can be best activity to you.

**Rosie Zimmerman:**

Reading can called imagination hangout, why? Because when you are reading a book specially book entitled Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It your thoughts will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely will become your mind friends. Imaging each word written in a reserve then become one web form conclusion and explanation that maybe you never get ahead of. The Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It giving you an additional experience more than blown away the mind but also giving you useful information for your better life in this era. So now let us present to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

**Wanda Pence:**

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