Homo carnivorus

Barry Groves, PhD
‘You are what you eat’

You should eat what you are designed to eat

Dr Magnus Pike
What Are We Designed to Eat?

Humans are:

- Carnivore
- Omnivore
- Vegetarian
- Vegan
- Fruitarian
- Breatharian

Perhaps we are all of them?

“We are all individuals”

“One size doesn’t fit all”

“You have to have a diet designed for you personally”

Body typing
Nature is Simple

- No-one has tell a wild animal what, when and how much to eat
- Primitive tribesmen don’t use calorie charts and personal trainers

- Two basic types of animal:
  - Herbivores eat plants
  - Carnivores eat herbivores
Body Typing is Nonsense

- All members of a species are designed to eat the same foods
- All rabbits eat grass
- All lions eat zebras
- All humans are *Homo sapiens*
- All humans are designed to eat the same diet
So, What Should We Eat?
Which Mammals are Designed to Eat a High-fat Diet?

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Gorilla’s Diet

Macronutrient profile per 1 kg

100 g dry matter
11.8 g protein 47 kcals 58%
7.7 g available carb 30 kcals 37%
0.5 g fat 4.5 kcals 5%

19.0 g 81.5 kcals

Gorilla’s Diet

74 g of intake is vegetable fibre

Gorilla is a “hindgut digester”

Bacterial fermentation in the gorilla’s cæcum and colon converts vegetable fibre into short-chain fatty acids (SCFA) @ 2 kcals/ g (fibre)

## Gorilla’s Diet

**Overall energy (kcal) per 1 kg**

<table>
<thead>
<tr>
<th>Component</th>
<th>Energy (kcal)</th>
<th>Percentage</th>
<th>Total Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>47</td>
<td>58%</td>
<td>20.5% Prot</td>
</tr>
<tr>
<td>Available carbs</td>
<td>30</td>
<td>37%</td>
<td>13.1% Carb</td>
</tr>
<tr>
<td>Fat</td>
<td>4.5</td>
<td>5%</td>
<td>1.9%</td>
</tr>
<tr>
<td>SCFA from fibre</td>
<td>148.0</td>
<td>81.5%</td>
<td>66.4% Fat</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>229.5</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Short chain fatty acids are 100% saturated.
Nutrient Absorption And Utilisation In Ruminants

‘Foregut digesters’

All proteins, carbs and fibre fermented in the stomach

http://vetmedicine.about.com/
Nutrient Absorption And Utilisation In Ruminants

“[short chain fatty acids] . . . are of paramount importance in that they provide greater than 70% of the ruminant’s energy supply.”

70-80% kcals fat (saturated)
20-30% kcals protein

NO CARBS!

http://vetmedicine.about.com/
Nutrients for Carnivores

Carnivores prefer fatty parts of animals

70-80% kcals fats
20-30% kcals protein

NO CARBS!
Traditional human diets

- 60-80% kcals fat
- 20-25% kcals protein
- 0-15% kcals carbs
All Mammals are Designed to Eat a High-fat Diet
Primates
Chimp Eating a Colobus Monkey

Goodall J. Miss Goodall and the Wild Chimpanzees. *National Geographic*, 1966
Dian Fossey. Search For the Great Apes. *National Geographic*, 1975
www.second-opinions.co.uk
Tarsier

Entirely carnivorous primate
Ancient Evidence

Fossil sites

Cave paintings

Coprolites

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If You Want to Get Ahead,
Get a Brain
If You Want to Get Ahead, Get a Brain
Why Did It Happen?
Climate Change!

- Ice Ages 2.5 million years
- Long cold winters; short cool summers
- Few plants for short periods
- Heavy reliance on animal foods
Palaeolithic animals carried a lot of body fat

Hominids smashed skulls and long bones for the fats within

These included 20 and 22 carbon fatty acids
Vegetable Fats Are Not Suitable

- 20 and 22 carbon fatty acids (AA, DTA, EPA, DHA) are essential for brain development
- But linoleic acid (ω-6) and α-linolenic acid (ω-3) are 18 carbon fatty acids

“humans maintain an inefficient ability to chain elongate and desaturate 18 carbon fatty acids to their product 20 and 22 carbon fatty acids”

“. . . preformed dietary 20 and 22 carbon fatty acids were increasingly incorporated in lieu of endogenously synthesized fats derived from 18 carbon plant fatty acids.”

- Our brain growth could never have happened without these fats


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For the vast majority of animals, an animal's metabolic rate is related to its mass.

\[ \text{Metabolic rate} \sim \text{Mass}^{0.75} \]

Max Kleiber, Sc.D

Kleiber’s Law

- The size of an organ concerned with metabolic turnover should comply with Kleiber’s law.

- If it is in accordance with Kleiber’s law, each part’s quotient is 1.00.

- A quotient > 1.00 means the organ is larger than expected.

- A quotient < 1.00 indicates a size smaller than expected.
Where Humans Differ – Brain

- Encephalization Quotient
- Size = 7.44
- Energy usage = 28.8

Where Does Energy For Brain Come From?

- **Need:**
  - Either larger gut; larger absorptive surface
  - Or a very energy-dense diet
Where Humans Differ – Gut

A test of major areas of the human digestive tract gave the following results:

- Stomach quotient = 0.31
- Small intestine quotient = 0.76
- Cæcum quotient = 0.16
- Colon quotient = 0.58

Cæcum
“The human colon may contribute as little as 2-9% to total energy.”

Where Does Energy For Brain Come From?

- Brain is ~2% of total body weight
- Brain uses ~20-25% of total resting energy
- Small gut

- Very nutrient and energy dense diet needed
- Fat is the only macronutrient
- Animals the only practical source
Our Love Affair With Fat
‘And Abel was a keeper of sheep, but Cain was a tiller of the ground.

‘And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord.

‘And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering.

‘But unto Cain and to his offering he had not respect.’
‘And Pharaoh said unto Joseph . . . “come unto me; and I will give you the good of the land of Egypt, and ye shall eat the fat of the land”.’ (Genesis 45:17-18)

‘And in this mountain shall the Lord of hosts make unto all people a feast of fat things . . . of fat things full of marrow.’ (Isaiah 25:6)
The Bible

New Testament

- When the prodigal son returned home, his father ‘slew a **fatted** calf’.
The Greeks

“Patroklos... cast down a great fleshing block in the firelight, and laid thereon a sheep’s back, and a fat goat’s, and a great hog’s chine rich with fat.”

Homer, *The Iliad*, Book IX
Scandinavian Eddas and Sagas

“There [in paradise] the feast will be set with clear wine, fat and marrow.”
Vedas Upanishads (2,000 BC)

- Fat meat, wild and domestic, highly prized
- Clashes between tribes protecting the forest where wild game was available
- Royalty of the period, with abundant access to fruit, had famous toothaches.
Australian Aborigines

Aborigines liked fat meat
Never ate vegetables

Cannibals
Left thin corpses
Dug up fat ones

Dr Carl Lumholtz (1851-1922)

Sir George Hubert Wilkins (1888-1958)
Other Peoples

- Lapps and Saami – reindeer
- Siberians – reindeer
- Inuit of Greenland and Canada – seals, fish
- North American Plains Indians – buffalo
- Marsh Arabs – camels
- Berbers – camels
- Nagas – pigs
- Maasai – cattle
- Samburu – cattle
- Gauchos – cattle
- And more . . .
The British Too

“Beef of the best quality is of a deep red colour; and when the animal has approached maturity, and has been well fed, the lean is intermixed with fat, giving it the mottled appearance which is so much esteemed.”

If meat didn’t have much fat, that was a sign of poor quality.
Mediterranean Diet

Butter

Pork fat

>50% fat pâté

>50% fat sausage, salami, chorizo, etc

60-80% fat cheeses

35.1% fat cream

Fat meat

Fat bacon

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Summary

“Fat is the most valuable food known to man.”

Professor John Yudkin

1910-1995
The Neolithic Revolution

- Agriculture began at end of last Ice Age

- Transition from hunting and gathering bands, to agriculture and settlement

- Dramatic change in human lifestyles

The Neolithic Revolution

<table>
<thead>
<tr>
<th>Food group</th>
<th>Totals (million tonnes) (estimated edible dry matter)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereals</td>
<td>1,545</td>
</tr>
<tr>
<td>Tubers (potatoes, etc)</td>
<td>136</td>
</tr>
<tr>
<td>Pulses (beans, lentils)</td>
<td>127</td>
</tr>
<tr>
<td>Meats, milk and eggs</td>
<td>119</td>
</tr>
<tr>
<td>Sugar</td>
<td>101</td>
</tr>
<tr>
<td>Fruits</td>
<td>34</td>
</tr>
</tbody>
</table>

Brain size reduced by 8%

Coronary Heart Disease (CHD) – A New Disease

CHD mortality data – England & Wales
Ancel Keys
Implicates
Dietary Fat

Diet / heart – It Doesn’t Make Sense!

**Too much animal fat?**

‘For a modern disease to be related to an old-fashioned food is one of the most ludicrous things I ever heard in my life’.

Surgeon General Dr T L Cleave

**Lack of ‘omega’ polyunsaturates?**

How can this present epidemic be caused by a lack of something we have never eaten?
“Healthy Eating”

Carbohydrate based
Low-fat

Consequence:
Dramatic rise in diseases

Obesity
Diabetes
3 times as many cancers
Heart disease
And many more . . .
Our Brains are Now Shrinking – Faster!

- Tests and brain scans on volunteers aged 61 to 87 years.
- Retested five years later
- Saw significant levels of brain shrinkage
- Meat-free diet six times more likely to suffer brain shrinkage
- Vegans have most shrinkage
  - >5% over 5 years

AT START OF TRIAL
- Smallest ‘normal diet’ brain – 1456 ml
- Biggest vegan brain – 1455 ml

Incidentally . . .

When captive gorillas are fed on fruit and high-carb, low fibre (low-fat) diets, they suffer premature cardiovascular disease.

Less Saturated Fat Eaten = Higher CHD Death Rate

World Health Organization


Percentage total energy from fat

Age-standardized death rates from CHD
Carnivores Fed ‘Healthy’ Rice and Vegetables!

- Obesity
- Diabetes
- Cancer
- Heart disease
- Arthritis
- Etc . . .

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Civilised Man is The Planet’s Only Chronically Sick Animal

- **Fact:** No wild animal or human culture living on its natural diet suffers the chronic diseases we do.

- **Fact:** Our pets suffer the same diseases we do – and for the same reasons.

- **Fact:** Wherever we travel in the world, we export our dietary dogma.

- **Fact:** Previously healthy populations are made ill by contact with us.
The Problem

- The food we (are told to) eat today has little similarity to what we are adapted to eat.

- Our ‘healthy diet’ is the cause of the dramatic increases in previously rare or unknown chronic degenerative diseases:

  Cancer, heart disease, Alzheimer’s, Parkinson’s, obesity, diabetes, osteoporosis, multiple sclerosis, IBS, macular degeneration, and over 60 more . . .
The Answer

- **Our traditional diet**
  - Based on fat meat
  - Small amounts of non-starchy vegetables and nuts
  - Smaller amounts of fruit

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Professor Joel M Kauffman,
University of the Sciences, Philadelphia.

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“The trouble with making all these changes so that you live longer is that all the extra years come at the end – when you’re old!”