

My Beef on *Skinny Bitch*

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There is a smart-mouthed read that is capturing the attention of many. It is titled *Skinny Bitch: a no-nonsense, tough love guide for savvy girls who want to stop eating crap and start looking fabulous*. The authors mince no words as to the dark underbelly of the food industry. Frankly, they use language that I often fantasize about using myself to get people's attention (and do sometimes mutter in conversation with my dogs while on walks). If only I wasn't so politically correct.

We tend to be a culture that enjoys grabbing onto the most recent diet craze. People call or write to ask my opinion with every new book, including this one. Although you may be shocked into an awakening by some of the truths they tell or the language they use, before embarking on the *Skinny Bitch* plan, hear me out on a few bones I have to pick with their food philosophy.

Yes, refined sugar is the devil, soda is liquid Satan and pasteurized dairy can create a host of digestive complaints, allergy responses and mucous.

Raw milk, on the other hand is a very nutrient packed component to a nutritionally sound diet. Dr. Price, who studied native cultures researching the underlying cause of their good health, found communities of robust people thriving on dairy products. The milk and cheese, however, came from well cared for cows, freely grazing on grass instead of grains and were not shot up with hormones and anti-biotics. The milk was raw, not pasteurized which kills the living daylights out of the vibrant aliveness and good gut bacteria that raw milk has.

The authors also suggest eliminating eggs. Hello? The most complete protein and best brain food on the planet? Are you kidding me? Yes, our commercial chicken and egg production with its lack of caring, crowded conditions and intravenous antibiotic drips (I exaggerate here just a little) is an embarrassment to mankind, but a local, free range, organic egg is one of the healthiest foods you could consume.

The same goes for meats. The authors shun all animal products, labeling any food plan that contains animal protein as The Dead, Rotting Decomposing Diet.

Our primitive ancestors subsisted on diets consisting largely of meat and fat, augmented with vegetables, fruit, seeds and nuts. Studying their bones reveals that they had excellent bone and muscle structure with flawless teeth. Dr. Price found in his research that primitive cultures whose diets consisted largely of grains and legumes had more dental caries. Skulls of prehistoric people subsisting on almost entirely vegetable foods corroborate. These skulls have

teeth containing dental caries, abscesses and give evidence of bone problems. The authors claim the myth is that we need animal proteins. The real myth is their claim that we are supposed to be a vegetarian race. (I will write more on the importance of animal proteins: next article. Keep posted.)

To their credit, the authors advocate lots of fresh fruits and vegetables. But in the protein and fat department, there is poor advice. These women suggest egg and cheese substitutes, fake steaks, soy ice cream and lots of tofu. Yikes. That is a health dilemma in the making. The body, being of nature, doesn't recognize and can't make use of the synthetic molecules of these processed and denatured foods. To follow the guidance to eat a vegetarian diet rich in fake proteins may garner you some health benefit or weight loss in the short term, but could ultimately cost you in the long run.

My encouragement is that rather than buying into the scare, is to look for and support your local organic farmers. The movement back to wise farming practices is growing. Cast your vote with your grocery dollar.

Nourishing Traditions by Sally Fallon is a great reference book when considering the folly of relying on man-made, fake, processed food substitutes versus the wisdom that nature provides us is. This book has become a staple of many homes here in Telluride.

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