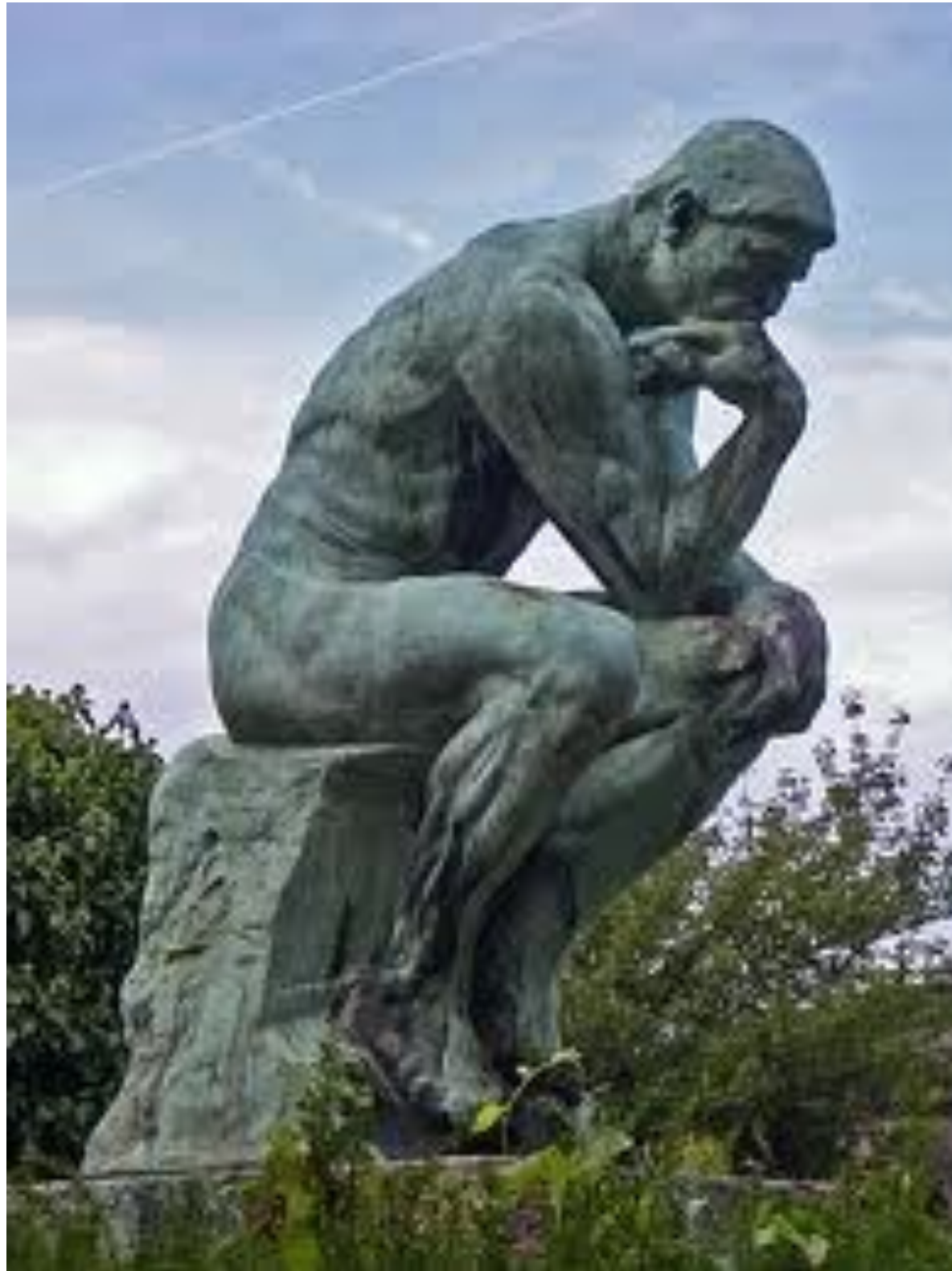


Evolving Food Pyramids [Dr Darag Rennie MBChB](#)



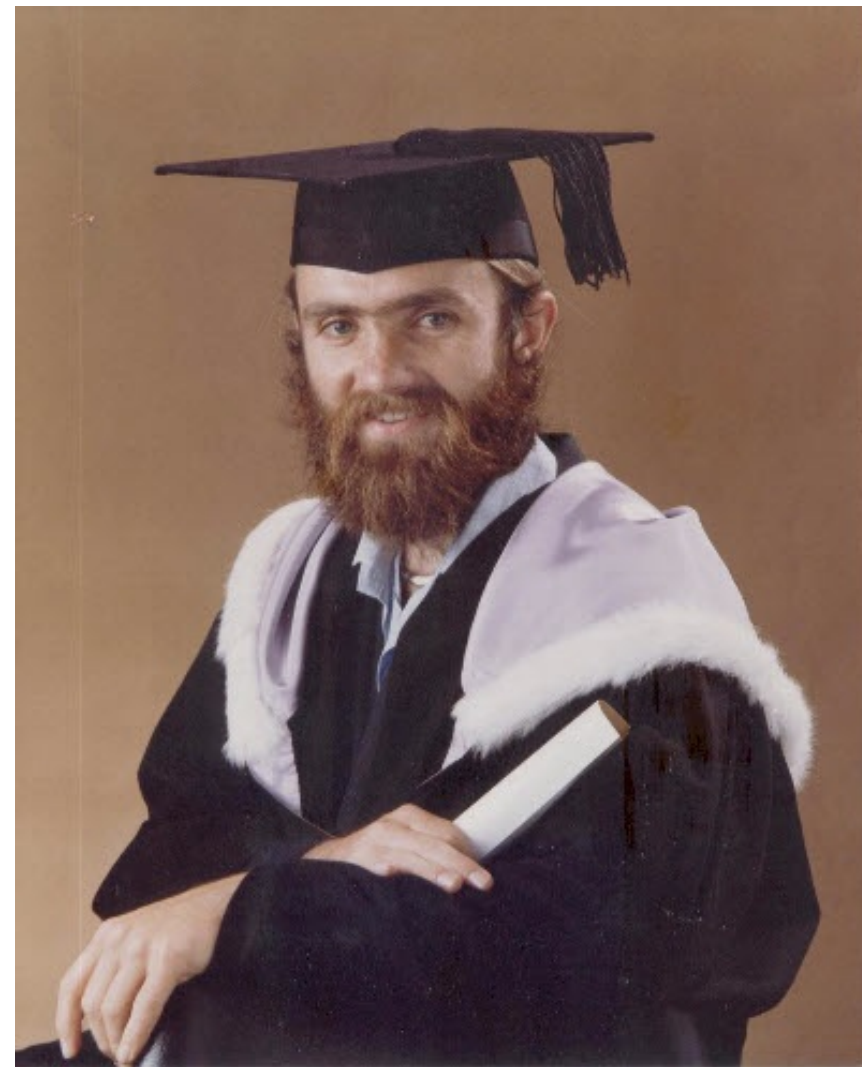
The Lies That Keep Us Sick, Fat & Tired
And What To Do Feel Healthy, Trim & Energetic.

Human Beings Are The Only Animals That Eat According To Their Philosophy



We generally aim to eat what we think
or believe is healthy

About Me



Graduated from Otago Medical School 1978 only to find I was happier helping people live healthy lives rather than fixing disease, and I was terrified of hurting people.

Spirit-Mind-Body-Life connection fascinated me.



Simplifying Life's Lessons so you can
LIBERATE yourself.

Life In **B**alance, **E**xpanding, **R**adiating **A**nd **T**ouching **E**veryone

