

# Menu

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## Appetizers

Eliminate sugar

Eliminate wheat

Eliminate seed oils/plant oils

## Main Course

Reduce Eating Window

Ketogenic Lifestyle

Manage Your Medications

## Dessert

Water

Exercise

Sleep

Breathing

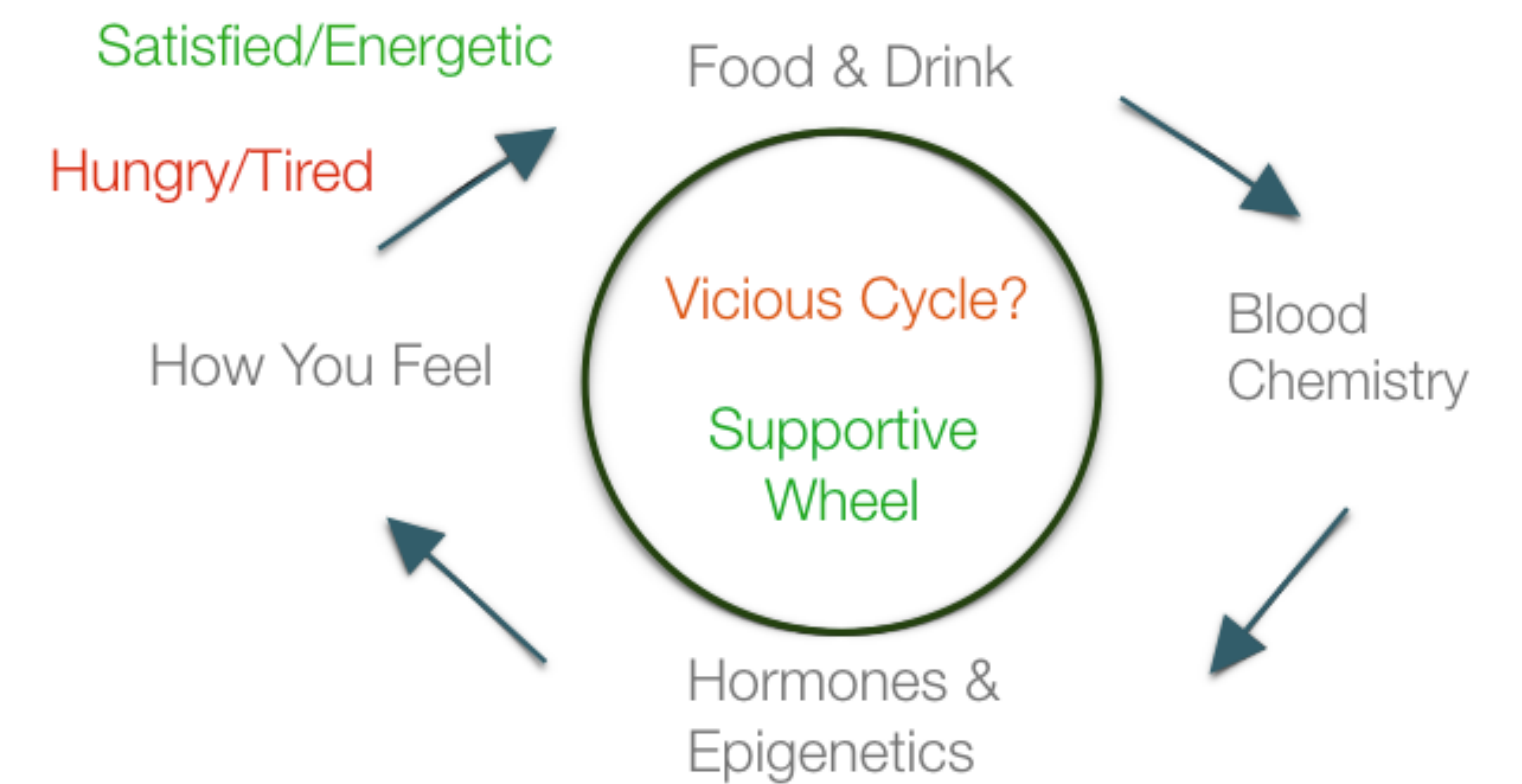
Manage Your Expectations



A-C-T

Food Fixes

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Manage Your Explorations

# If You'd Appreciate A Mentor - Work With Darag

The screenshot shows the website for Darag Rennie, titled "DaragRennie.com Simplifying Life's Lessons". The navigation bar includes "Home", "Happiness", "Health", "Work with Darag", "About", and "Contact Me". A search bar is present with the text "Enter search keyword". Below the navigation, there are tabs for "Blogposts", "Happiness", "Health", "Sitemap", and "Legal".

## Work with Darag

**You can work with me in a number of ways. It depends on what you want to focus on. Happiness? Health?**

**Happiness**

You can work with me over the phone, skype or in person. Listening and intuiting are key strengths of mine along with compassion, patience and humour. Self-realization has been my major passion over the past 33 years. Helping others find the source of [happiness](#) within and to learn to live from that place is both an honour and a joy.

One on one time with me is: \$75 an hour. \$40 for 30 mins.

**Health**

Studying and working as a doctor showed me enough illness to know we had to take care of our [health](#). The biggest instruments of mass destruction aren't nuclear missiles that we have no control over but something that we do have intimate control over – our knives, forks, spoons and anything we use to put food/drink in our mouths. One of the problems I see is that we think we are eating healthily when we are not. It's an unfortunate side effect of the nutrition wars that are happening between vested interests that confusion abounds as to what's healthy and what's not for an individual.

What we all need to understand and appreciate is that the food and drink you put in

**Free 5 Resources Report. Sort out the diet confusion. Get on a proven, workable track. Save yourself years of struggle and drama. – Click Image Below.**

**5 Resources To Help You End Your Battle With Food & Your Weight**

Welcome to this report. You may see I did for many years, but like you're fighting a losing battle with food and your weight. The battle only seems to get harder as you get older. No matter how hard you try, even though you may have seen glimpses of success, you always seem to be on the losing side. You may think though you were chosen by your genes. The hard to see you are not. You can't let be motivated by them. I believe if you apply what you learn here, you truly can put an end to the battle and actually win the war. As in any war, it helps to know who your enemies and allies are. If you're not clear on that, you really don't stand a chance and you will get yourself up for a lot of effort and time consequences. Get clear on your enemies and allies and the war is already half won. That's where this report will be helpful.

To give you some insight into my own journey, as you can see, I came from genetic stock that had plenty of thirty genes. I was one of the few overweight kids in my class when it was time to be chubby. Believe me, I felt that. I've been on some kind of weight loss diet since I was 14.

I went through Medical School in the 70's. Exactly the time when the fat was the enemy. Heavy came out in full force. As a result of that I went on for into a low fat diet as possible for becoming a vegetarian and then a whole food vegan. I spent the next 20 years thinking I was doing the right thing. Even though my weight was a constant struggle, I learned healthy enough.

That was until the 30's when, over a 3 year period, I developed various signs of inflammation and disease. It started with rheumatoid, where I would wake up with my arms pinned shut with the kind of pain I had seen in old men. This was followed by relatively quick progression for psoriasis on my face and the big one - testicular cancer. To add insult to injury, when I was in cancer recovery, my blood tests went bad after 35 years on a low fat diet and my doctor gave me a shot of insulin that used to eat more whole grains (that was all I had been eating) and less rice (I hadn't been eating any kind of meat). It was me that started seeing red at that point.

**FaceBook Fan Page**

**Darag Rennie**  
159 likes



# Keeping In Touch

The image shows a Facebook page interface. At the top, the search bar contains the text "LCHF, Paleo, & Ketogenic Lifestyles with Dr Darag Rennie". The user profile "Darag" is visible in the top right corner. Below the navigation bar, the page name "LCHF, Paleo, & Ketogenic Lifestyles with Dr Darag Rennie" is displayed next to a profile picture of a man. The main content area features a post with a composite image. The left side of the image shows the "The Thinker" statue. The right side shows a chimpanzee in a thinking pose. A blue vertical banner in the center contains the text: "Human Beings Are The Only Animals That Eat According To Their Philosophy". Below the image are interaction buttons: "Liked", "Following", "Share", and a "Learn More" button. At the bottom of the post is a "Write a post..." input field with options for "Photo/Video", "Get messages", and "Feeling/Activ...".