



**We are fed by a food industry
which pays no attention to health**

Wendell Berry



**And treated by a health industry
which pays no attention to food**

Dr Darag Rennie - LCHFDietMentor.com

The Lies That Keep Us Sick, Fat And Tired

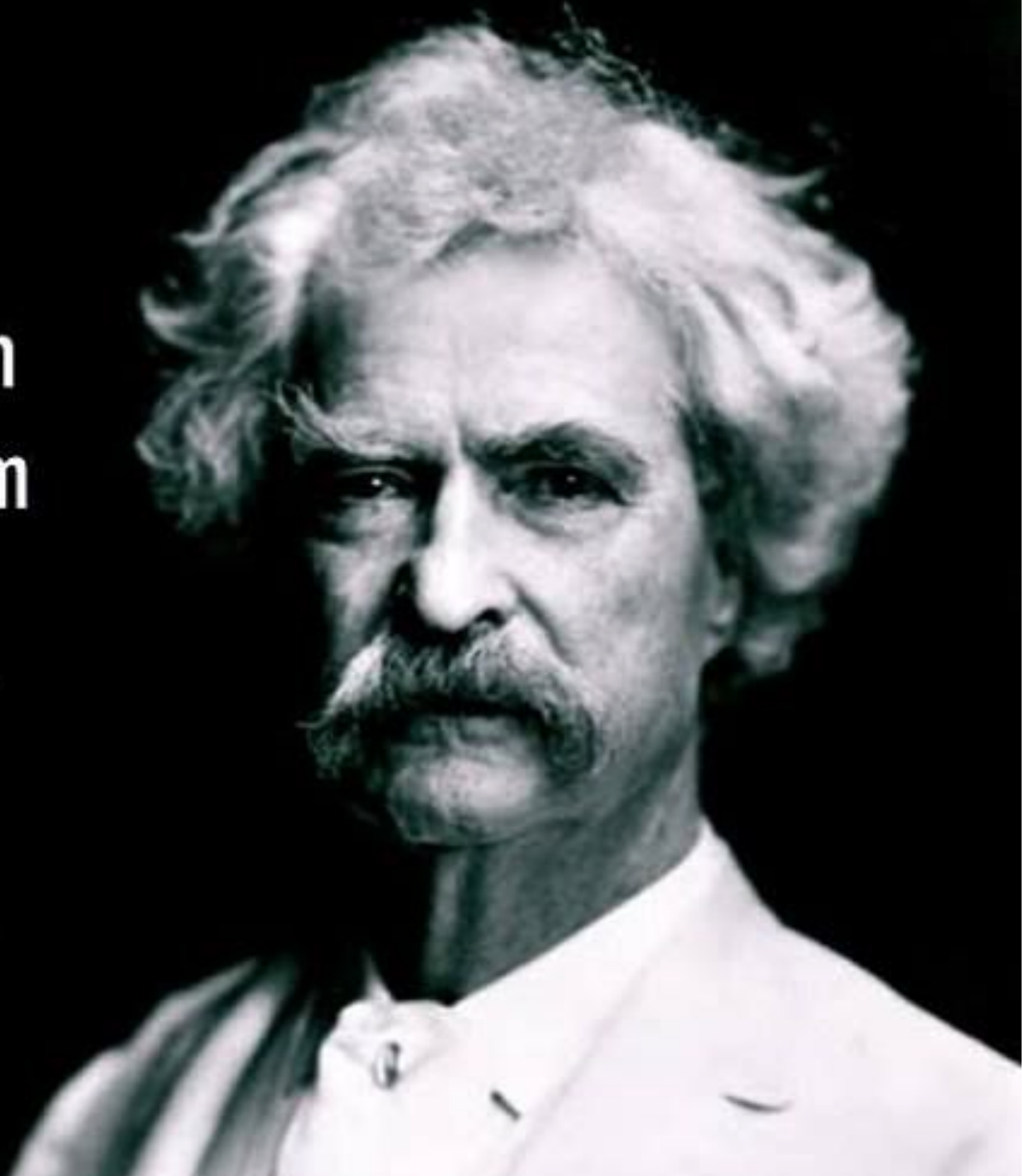


Saturated fat is bad for you

You get everything you need from a healthy diet

**“It's easier to
fool people than
to convince them
that they have
been fooled.”**

- Mark Twain -

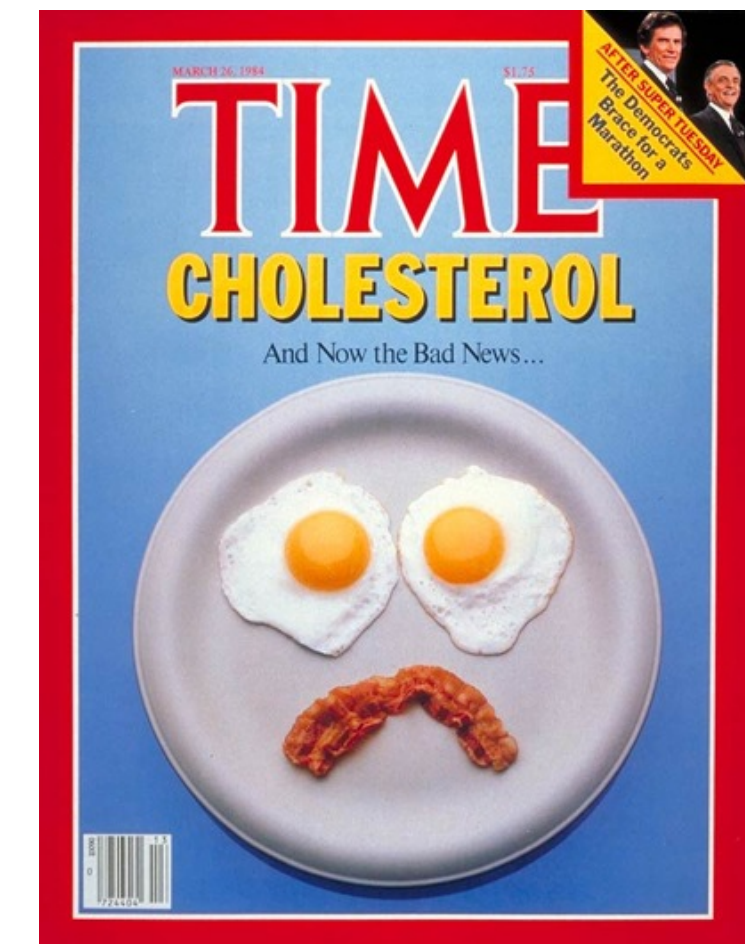
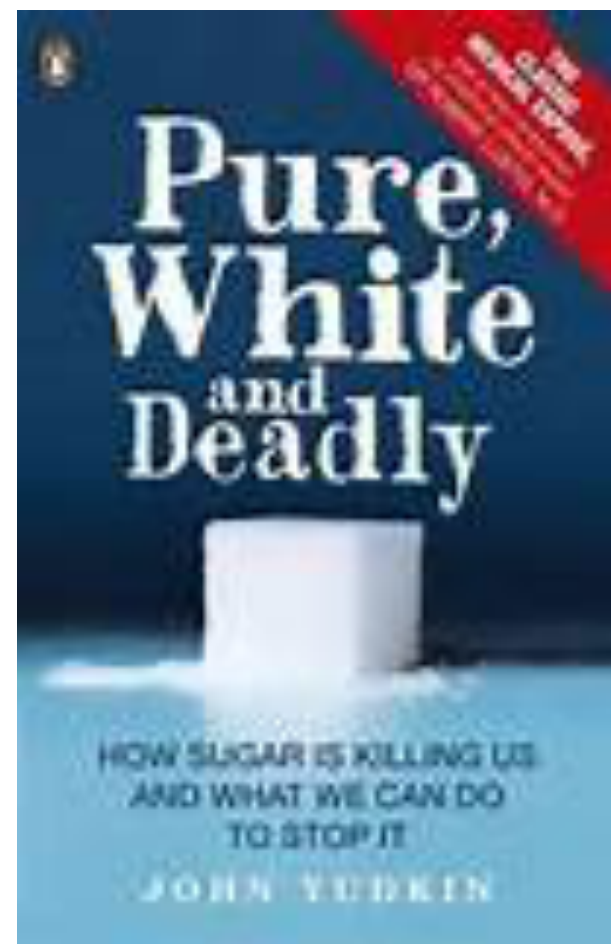


My Journey With Food

1973

Fat Demonised In Medical School

1978



1976 - 2010 (34 years) Predominantly Vegetarian

1990 First Pass At Supplements

Wheat and dairy free

Wheat free vegan 10 years



2004 Picture of health?

2005 First Signs Of Inflammation

Blepharitis



Pustular Rosacea

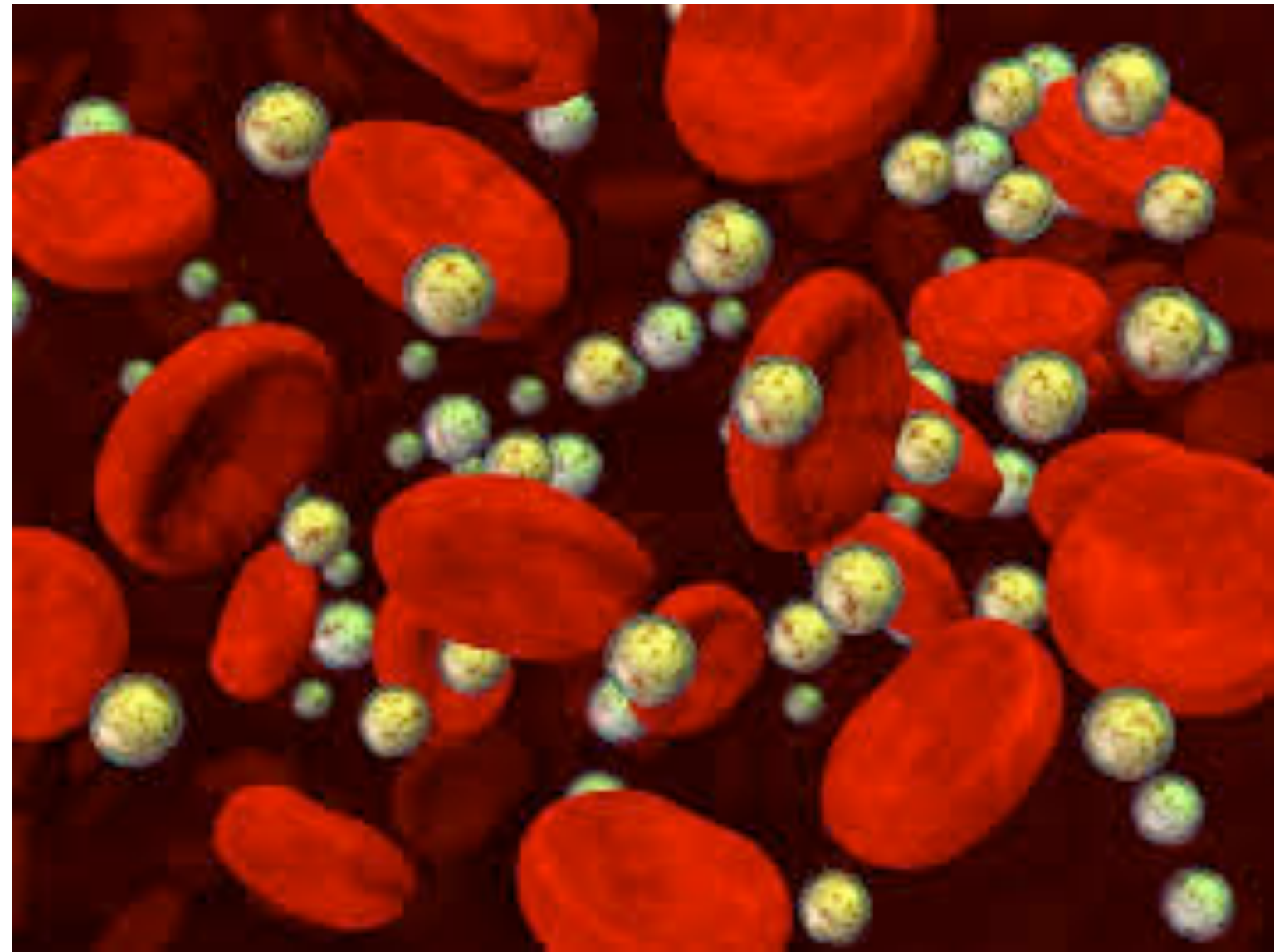


2007 Testicular Cancer

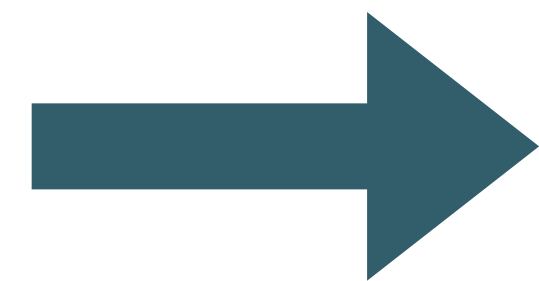


Pre orchidectomy

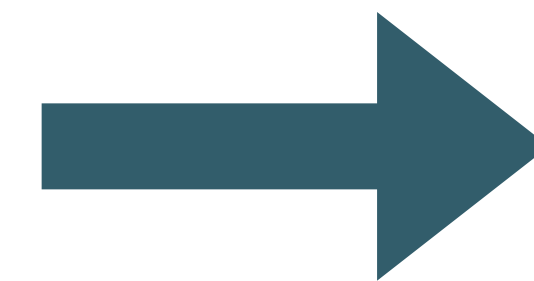
2009 Bad Lipid Profile



Research



Humble Pie



LCHF

Your Story?

Reality Hitting You In The Face?



Optimal Performance?



Age With Grace?

