

PREVIEW 1 Dr. Peter Ballerstedt –

Grass-Based Health and the Ruminant Revolution (SD 2016)

Dr. Ballerstedt: We heard this quote from Mike Eades, the very first talk that we were privileged to hear... "We didn't evolve to eat meat, we evolved because we ate meat." And again that's going to conflict with...

That's going to conflict with a narrative that's out there. Right? But we need to learn to recognize those narratives for what they are, not for the basis of policy and dietary recommendations for a population. Now I have my doctorate, but I'm not that kind of doctor and I didn't stay at the Holiday Inn express last night...

But I think we can go out on a limb and say that we have not realized the promised benefits that we were told we could achieve by adopting the dietary guidelines. We have not seen a reduction in obesity and related chronic illness.

If anything we've seen, an increase. If you wish to talk about social justice issues, we can talk about social justice issues. And if we want to talk about a war on women, we can talk about a war on women. This policy has been a disaster.

And I dream of the day when the public understands that their consumption of the products in the background... ...lessens their need for the products in the foreground, diabetes care, and happily that day is fast approaching.

My concern is that there are some attitudes that we carry within this community that aren't well examined and I'm afraid they might get in the way of our effectiveness and delay that day coming. And so I hope to present maybe some seeds of doubt and we can go on from there. The revolution that we seek will be powered by ruminants.

Ruminants rule!