

PREVIEW_ Peter Ballerstedt - Presentation (San Diego 2017) 1

Peter Ballerstedt: Without getting too snarky about it, if the researchers and clinicians that we've been listening to for the last three days are right, it may well be that the folks on the left are the ones that are better for your health than the ones on the right.

Now hopefully we can change that. But too long we've had this mythology, this demonization of meat and I want to examine some of those ideas because I want us to be able to advance the cause of an alternative diet for people that are manifesting metabolic syndrome.