Ex-Carnivore MD Says to Remove Vegetables! (RESPONSE) @Paulsaladinomd Transcript

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Claim: Remove vegetables from the diet

Remove vegetables. This is obviously controversial, but I think it's important. Removing leaves and stems and seeds from your diet will improve your health, especially seeds.

Now, seeds are seeds, nuts, grains, and beans. Beans and grains are problematic for humans from a digestive enzyme perspective containing digestive inhibitors.

Critique of grains, beans, nuts, and leaves

It's interesting that he left out that cooking, which we typically do with grains and legumes, destroys most if not all of those enzyme inhibitor. Don't believe grains are a good thing for humans or adding anything to your life.

I actually don't think nuts are adding to anything in your lives. Leaves are highly defended and have problematic compounds in them that are not good for you.

Counterpoints on cooking, nutrients, and mortality

So he says that he doesn't thinks grains or nuts add anything into our lives, whatever that means, but it does appear that they can add years to our life And of course they do provide us with fiber, micronutrients, phytonutrents and unsaturated fats to name a few.

And he finishes by saying that leafy greens contain problematic compounds, but it doesn't look like they're that problematic because green leaf-y vegetable consumption is also associated with a lower risk of mortality.