FROM EATING "MORE MEAT" TO EATING "LESS MEAT"

Let me summarize and update you about this topic. I see many patients who suffer from autoimmune diseases. The so-called paleolithic diet has undoubtedly some merit to help them from the dietary point of view, and **meat** represents key component of such diet together with other sources of proteins and fats (such as **fish**, **eggs**, and **shellfish**). I did advocate paleolithic diet for my autoimmune patients, at least generally speaking.

The fact remains that I typically recommend highly individualized dietary programmes based on comprehensive biological tests, which may depart from standard paleolithic diet, e.g. including pulses or – at least for some patients – a form or another of dairy products depending on allergies (IgG antibodies against casein or beta-lactoglobulin) and on lactose intolerance.

Today, things have evolved. I now heavily rely on apoE genotype because presence of E4 allele(s) rules out high-cholesterol foods such as red meat (together with dairy products and coconut oil, which is a staple ingredient in standard paleolithic diet). Besides, I am concerned about the quality of meat given modern "*confined animal feeding operations*" (CAFOs) leading to extreme concerns both regarding what it does to humans and animals.

Let me state it clearly: CAFOs show totally unacceptable medically (heavy antibiotics/hormones use, plus high contamination/infection levels), even more ethically. What is done to poor animals is nothing less than criminal.

That is why you start hearing from myself during consultations or reading on this website recommendations to reduce meat consumption. Indeed, I am becoming concerned, and that includes worries about sustainability of heavy meat intake when we consider that we haven overpassed 7 billion humans on earth. In tune with this move, I have offered my QUOTE #27 to one of my patients who wanted to speak out. I thank her for a lovely communication that she has entitled '**BEEF**': please read it in my "News".