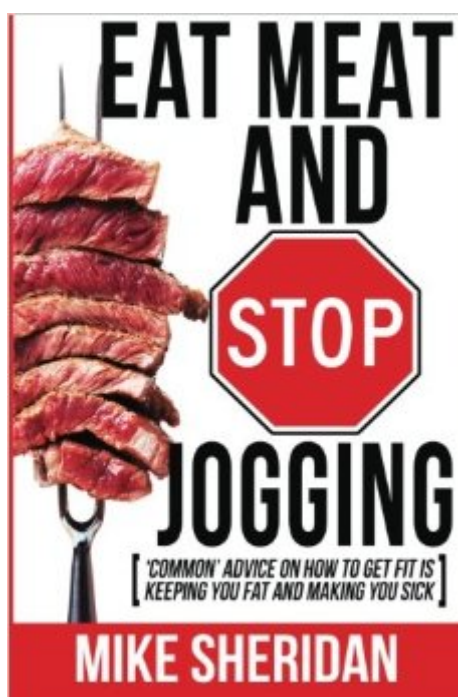


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# Eat Meat And Stop Jogging: 'Common' Advice On How To Get Fit Is Keeping You Fat And Making You Sick



## Synopsis

Nutrition and Fitness Expert, Mike Sheridan, uncovers everything that's 'wrong' with fat loss and exercise advice in *Eat Meat And Stop Jogging*. Inspired by personal practice and supported by credible research, Mike discusses the flaws in the prevailing recommendations to get fit, and illustrates the negative affect on our health and body composition. Despite conventional beliefs, *Eat Meat And Stop Jogging* contends that the instruction to limit red meat, restrict calories, increase fiber, run long distances, avoid saturated fat and reduce cholesterol is increasing our waistline, decreasing our lifespan, and leading to an unnecessary struggle.

## Book Information

Paperback: 208 pages

Publisher: Lean Living INC (April 24, 2014)

Language: English

ISBN-10: 0993745547

ISBN-13: 978-0993745546

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 10.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (201 customer reviews)

Best Sellers Rank: #141,139 in Books (See Top 100 in Books) #109 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #284 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #1254 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

## Customer Reviews

I bought this book as someone who has realized the benefits of strength training over cardio and who eats meat for my health. I was hoping to find interesting new information, studies etc. I was wrong. This book costs 2.99 for a reason! It literally took me an hour to read, and lists reasons why you should eat meat and why grains are evil and why you shouldn't focus on cardio. Then just when you're thinking "What should I do next?" the book ends by telling you to buy another book (*Live It, Not Diet*) to find out more. Long story short: this book provides nothing new. It repackages the Paleo Diet claims most of us are already aware of. And if you aren't aware of this stuff, there is no way this book will provide you with enough info to convince you to work out and eat the way he is recommending. I already do most of the stuff he is recommending and found lots of his arguments annoying (for example, the idea that our ancestors would have laughed at people running for hours

and expending all their energy doing so... okay, sure, but they probably would have laughed equally hard at people lifting heavy things and putting them back down for hours! What's your point?) I just think there are so many other great resources on the market there's no reason to buy this "book." If you are interested in why eating meat could be a part of a healthy diet read Sally Fallon or some Paleo books.

I listened to my doctor when he told me to eat less meat and more bran, and I followed my wife's lead when she stopped cooking with butter, and started buying low-fat stuff. Over that time period, I've become noticeably fatter. All while increasing my level of exercise considerably. With anything else, I would've abandoned the plan. But for some reason, I kept following it. Maybe because everyone else was too? That's where this book got me. Right in the introduction, the author asks: Why are we following the same advice from 40-50 years ago, when it's created the highest obesity and disease rates in history? He then goes on to successfully pick apart most of the conventional advice on nutrition and exercise. Opening my eyes to the flaws in my approach over the last 20 years, and motivating me to stop accepting excess fatness and sickness because it's common. I'm looking forward to getting started with the Live it Not Diet plan, and sharing both of these great books with the people I care about. Might even send my doctor a copy!

This book has a ton of useful information. I learned a lot of when reading this. It talks about why you need meat and the important nutrients you lose when you are on a vegetarian or vegan diet. It also brought up the topic of gluten, which I found interesting, and what it does to our bodies. What statins can do to our body, and even the topic of exercise and how some of it can be harmful. Highly Recommended.

• Eat Meat and Stop Jogging: • Common™ Advice on How to Get Fit is Keeping You Fat and Making You Sick • starts off with a very controversial premise: that the diet recommendations for weight loss and better fitness are actually increasing our waistlines, decreasing our lifespans, and leading us to struggle unnecessarily to maintain or improve our physical fitness. • Eat Meat • begins with a guide on what it takes to lose weight and develop a healthier figure, with some in-depth discussions that really help you to understand the • hows • and • whys • of dieting. The book gives many insights into the benefits of animal proteins, and it just makes sense that eating meat should prove beneficial to the human body. This book is an easy to read guide with evidence and explanations on why building muscle and over-exercising might actually be a bad

thing. It's well written, well organized, and very insightful. A must read for anyone who is worried about their physical fitness.

Honestly, the title and premise of 'Eat Meat and Stop Jogging' had me skeptical at first, but I also found it to be an intriguing approach compared to all of the other mainstream, generic e-books that are currently saturating the market, so that's what ultimately led me to giving 'Eat Meat and Stop Jogging' a chance. With that being said, I can now say that I am more than glad that I decided to give it a chance, as the author has simply gone way above and beyond my initial expectations in several ways, whilst leaving me with an author name to keep an eye on. There's plenty of myths that are dispelled through scientific studies (oh, and plenty of sources for those, like myself, who love to fact-check) and, from what I have gathered while reading the book, the author focuses on giving a neutral, unbiased perspective which is obviously essential when it comes to any kind of books in the health niche (I suppose there is some natural bias behind the writing, but I feel that the author isn't afraid to openly criticize certain points of what he is talking about). Some of the formatting, especially when it came to the pictures, seemed quite off. But other than that, I don't really have any issues with the book. I'd recommend this to anyone looking for a no-BS, unique approach to staying fit.

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