



The Meat Fix: How A Lifetime of Healthy Eating Nearly Killed Me

By John Nicholson

Biteback Publishing. Paperback. Book Condition: new. BRAND NEW, The Meat Fix: How A Lifetime of Healthy Eating Nearly Killed Me, John Nicholson, For twenty-six long years, John Nicholson was a vegetarian. No meat, no fish, no guilt. He was a walking advert for healthy eating. Brown rice, lentils, tofu, fruit, vegetables, low fat and low cholesterol - in the battle of good food versus bad, he should have been on the winning side. But the exact opposite was true: his diet was making him ill. Really ill. Joint pain? Tick. Exhaustion? Tick. Chronic IBS and piles? Tick, tick. Not to mention the fat belly and the sky-high cholesterol. His mind may have forgotten its taste for flesh and blood but had his body? Tired of being sick, John decided to do the unthinkable: eat meat and eat lots of it. Going against all the official healthy-eating advice, he returned to an old fashioned red-blooded, full-fat, high-cholesterol diet. The results were spectacular. Twenty-four hours later, he felt better. After forty-eight hours he was fighting fit. Twelve months on, he had become a new person. His health was utterly transformed. He was first shocked, then delighted, then damn angry. The Meat Fix...



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