

Diet, Fasting, And Anti-Establishmentarian Tactics

Post by "Cassius" of August 23, 2019 at 2:34 PM

As long ago as 2012 I have been interested in the work of science writer Gary Taubes, especially in his efforts to investigate issue of low-carb diets and their effect on heart disease, diabetes, and the like. I read his "Good Calories / Bad Calories" shortly after it came out, and commented in a [post at NewEpicurean](#) that I thought the tactics he was using to popularize his theories in the face of "establishment" opposition might be applicable to our work with Epicurean Philosophy.

I have continued to follow his work and in part because of that (and because a friend was recently diagnosed with Cancer) I came across this video below by Dr. Thomas Seyfried and his continuation of work from mid-century Germany linking cancer to mitochondrial problems rather than exclusively to genetics. This is an issue that Taubes mentioned in his 2012 book developed to a much higher level.

I see that Seyfried has a number of videos over the last several years, but the one I am linking here impresses me for his passion and his presentation of evidence. I not only find this fascinating, but I continue to think there is a strong parallel between this medical controversy and our Epicurean controversies against "orthodox" interpretations of Epicurus.

Our equivalent to the groundbreaking work of Otto Warburg, at about the same period of time, might be the groundbreaking work of Norman Dewitt.

https://www.youtube.com/watch?v=APwnkpD_Bfl