

Diet, Fasting, And Anti-Establishmentarian Tactics

Post by “Cassius” of August 24, 2019 at 5:30 AM

Good points, Martin, so I changed my "is" to "might be" in that last sentence.

Yes I am not competent to comment on the medicine, other than to state that in my own case, low-carb dieting has been the best method for me to control weight and blood sugars.

The issue I find interesting and relevant to us here is the parallel involved when people in a scientific field find themselves at odds with an entrenched establishment, and how they go about dealing with getting themselves heard in today's world.

For years I have followed various podcasters and websites in this field, and it's interesting to me how they network, share information, have conferences, etc. Usually there seems to be a major book or set of books involved, in this case many of which were generated originally by Gary Taubes, a science writer who is outside of the medical field himself.

In our case there are very few books with a view of Epicurus such as that of Norman DeWitt. Probably the progression in our Epicurus work will need to follow a similar route, with more books that specifically embrace the non-mainstream view.

I suppose we can currently add the book by Gosling & Taylor, and the articles by [Nikolsky](#) and Wenham, but there is much much more to be done.