

Carnivore Diet

Post by "Cassius" of November 3, 2019 at 9:32 PM

Ethan i try to get as close to keto as i can. Currently i am reading a lot of Jason Fung's fasting advice and I am finding good success with that. If you pushed me hard enough you could probably get me on a rant that the standard American diet is about as upside down as the standard American philosophy but I better not go there.