

Carnivore Diet

Post by “Joshua” of November 12, 2019 at 12:21 AM

I share Elayne's skepticism of certain absolutist diet trends. I guess I'm specifically responding to the anthropological and anatomic claims of Paleo/Primitive and Veganism. The truth is that diet has always been astonishingly varied. The Inuit might live on whale, the Ancient Chinese on rice and millet; a staple for various primitive tribes was inner tree bark which they pounded into paste. The early Mongols, it is reported, even nourished themselves during thin seasons by drinking not just mare's-milk, but the fresh blood of their living horses.

Thanks to a worldwide network of palatial refrigerated warehousing known as the Cold Chain¹, your choices are nearly endless. You just have to go with what your body and lifestyle agree with!

¹Did you know, for instance, that there are vast artificial [Cave](#) networks of underground temperature-controlled warehouses in the limestone bluffs of Kansas City?