

	Philosophy	Strengths	Weaknesses	Inconsistencies
<i>Paleo</i>	<p>Eat the way humans ate through most of our evolutionary history--what we are genetically adapted to eat, as this should be healthiest. Few published studies in peer-review journals support claims.</p> <p>Loren Cordain is credited with popularizing Paleo lifestyle in 2002.</p> <p>Popular authors:</p> <ul style="list-style-type: none"> Robb Wolf Diane Sanfilippo S Boyd Eaton Arthur De Vany Joseph Mercola Loren Cordain Michael Eades Mary Dan Eades Mark Sisson 	<p>More people than realize it, have undiagnosed problems with gluten, and thus experience huge improvements on paleo or low-carb diets.</p> <p>Dairy is another cause of symptoms in many people. Eliminating dairy AND gluten is a double bonus!</p> <p>Avoids processed foods and sugar.</p> <p>Discourages eating industrially produced animal foods, which have additional adverse health and environmental consequences.</p>	<p>Too much inflammatory animal protein, saturated fat and cholesterol. Likely to increase cancer and coronary artery disease.</p> <p>Discourages eating legumes which have many health benefits and are affordable.</p> <p>If whole planet ate this way, food insecurity for poor would significantly increase, So would major enviro problems.</p> <p>Usually high in Na and Oil</p> <p>Paleolithic humans rarely lived into their 70s and 80s when chronic disease is more common.</p>	<p>Many authors demonize legumes – which ancestors likely did eat – yet allow oils, which no Paleolithics ever encountered.</p> <p>The animal foods ancestral humans really ate no longer exist. Hundreds of biologically active chemicals (linked with cancers and immune system dysfunction) contaminate the body of every animal on this planet.</p> <p>Many anthropologists and archeologists disagree with Paleo proponent’s interpretation of the data and think early humans were mostly plant eaters.</p>
<i>Plant Based</i>	<p>Based on science, maximizes nutrients, promotes gut microbes that reduce inflammation, lengthens telomeres to slow aging, speeds transit through colon, to prevent cancer, conserves kidney function, reverses diabetes and CAD.</p> <p>Popular authors:</p> <ul style="list-style-type: none"> Caldwell Esselstyn Brenda Davis T Colin Campbell John McDougall Vesanto Melina Joel Fuhrman Neal Barnard Michael Greger Pam Popper Garth Davis 	<p>Dairy, egg, fish and animal protein-free.</p> <p>If low-oil and whole foods, has been shown to reverse many chronic diseases.</p> <p>Drastically lowers exposure to environmental toxins.</p> <p>A plant-based diet can feed more than 8 billion people, using less fossil fuel, water and land than currently used to feed the world.</p> <p>Cuts GHG emissions and water usage.</p>	<p>Plant Based may substitute gluten containing foods for meat and dairy. 2/3 of us carry genes predisposing us to react to gluten. Testing misses many who would benefit from GF diet. Some people may feel worse on PB diet because of gluten and or grains.</p> <p>Some consuming plant based consume too much highly processed food, salt and oil which can lead to overeating and other health problems.</p>	<p>A diet rich in processed foods can still promote disease.</p> <p>Some local (organic) greens are sprayed with blood, bone meal and fish emulsion, which carry health risks – veganic agriculture is not yet widely available</p> <p>Not all whole plant based foods are healthy to consume in abundance. Large amounts of dates and coconut—especially for people who overconsume calories, can promote disease</p>