

Andrew Kaufman With Paul Saladino: Stepping Away From Dietary Dogma

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by [Andrew Kaufman, MD](#)

sourced from Andrew Kaufman MD newsletter

May 31, 2024

When it comes to diet and nutrition, the last place you want to go for advice is the medical establishment. Their definition of a “healthy” diet will likely put you on the stretcher...

That means that you’re going to have to do your own homework, and that’s no small feat considering all the conflicting views on what a “healthy” human diet actually is, especially when it comes to men’s health...

Knowing full-well that grocery shelves are filled with synthetic, hormone-disrupting garbage—slowly turning strong, defiant men into docile yellow-bellies—the ability to recognize which foods will optimally strengthen you both physically and mentally becomes critical in these times...

I’ve been tumbling down this neverending nutritional rabbit hole for a long time now, and I’ve encountered many invaluable voices. But there’s one individual who stood out like nobody else... the illustrious Dr. Paul Saladino.

Paul has been at the forefront of the carnivore community for a long time, so much so that he has even worn the title of "Carnivore MD"... And he's an archnemesis of Big Pharma and its evil twin-brother, Big Food...

Occasionally dropping by places like McDonald's and Chipotle to reveal the harmful ingredients contained in their infamous "Happy" meals and Mexican burritos made him extremely popular on Youtube...

(It's useful to know when your son's Chicken McNuggets are fried in seed oils and contain a whopping 30 ingredients you couldn't pronounce if you tried.)

After 2 years of doing the carnivore diet, Paul eventually decided to add organic fruit and honey into his diet. And since those foods don't exactly typify a carnivorous diet, he morphed it into the rubric of 'animal-based,' with the addition of various organ meats and raw dairy products.

Being a broad-minded thinker, and no stranger to controversy, like myself; Paul was bound to be a guest on my Healthy Living Interviews series, and today we finally made it happen!

During our remarkable discussion, Paul reflects on his long-distance journey of becoming a psychiatrist, and how he eventually parted ways with the allopathic priesthood and adopted a natural approach to healing...

"On the first day of medical school, they told me: '50% of what you'll learn is going to be wrong.' I found it very ironic when a physician questions anything dogmatic in medicine and then gets thrown out of the kingdom."

We also touched on the difference between beneficial and unhealthy carbohydrates, the xenoestrogen deluge and its effects on men's hormones, and the perils of seed oil consumption.

I have much appreciation for Paul and his inspiring work. It's rare to find avid contrarians like himself who continue to point our collective understanding of health in the right direction.

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The Health Benefits of Fermented Kombucha Beverage

[The Health Benefits of Fermented Kombucha Beverage](#)

by [Sally Fallon Morell](#), *Weston A. Price Foundation*

May 21, 2024

This recipe is from the “Beverages” section of [Nourishing Traditions](#) and can be found on page 496. It reflects the fifth of our 11 Wise Traditions Dietary Principles: [enjoy lacto-fermented condiments and beverages](#).

It seems surprising, even ironic, to conclude a health food cookbook, in which we have warned against sugar, yeasted foods and tea, with a tonic made from sugar, yeast and tea! But the kombucha “mushroom” (which is actually a symbiotic colony of yeast and bacteria) acts on sugar and tea to produce not only acetic and lactic acid but also small amounts of a potent detoxifying substance, glucuronic acid. Normally this organic acid is produced by the liver in sufficient quantities to

neutralize toxins in the body— whether these are naturally produced toxins or poisons ingested in food and water. However, when liver function becomes overloaded, and when the body must deal with a superabundance of toxins from the environment—certainly the case with most of us today—additional glucuronic acid taken in the form of kombucha is said to be a powerful aid to the body's natural cleansing process, a boost to the immune system and a proven prophylactic against cancer and other degenerative diseases.

More importantly, kombucha is the cure for a hot day—it tastes delicious and refreshing. A fizzy, dark colored, energizing beverage, at the same time acidic and slightly sweet, this gift to the world from the Ural mountain region of Russia qualifies as the soft drink of the twenty-first century, the answer to the scourge of cola drinks that now wreaks havoc with the health of Western populations.

Read the article: [In a world full of soda, be a kombucha.](#) for more background!

The following recipe makes 2 quarts:

INGREDIENTS

- 3 quarts filtered water
- 1 cup sugar [organic cane sugar]
- 4 tea bags of organic black tea
- $\frac{1}{2}$ cup kombucha from a previous culture
- 1 kombucha mushroom

INSTRUCTIONS

1. Bring 3 quarts filtered water to boil.
2. Add sugar and simmer until dissolved.
3. Remove from heat, add the tea bags and allow the tea to steep until water has completely cooled.
4. Remove tea bags. Pour cooled liquid into a 4-quart pyrex bowl and add $\frac{1}{2}$ cup kombucha from previous batch.

5. Place the mushroom on top of the liquid.
6. Make a crisscross over the bowl with masking tape, cover loosely with a cloth or towel and transfer to a warm, dark place, away from contaminants and insects. [Alternatively, put a loose cloth over the container and tie it in place so it doesn't fall in!]
7. In about 7 to 10 days the kombucha will be ready, depending on the temperature.
8. It should be rather sour and possibly fizzy, with no taste of tea remaining.
9. Transfer to covered glass containers and store in the refrigerator. (Note: Do not wash kombucha bowls in the dishwasher.)
10. When the kombucha is ready, your mushroom will have grown a second spongy pancake. This can be used to make other batches or given away to friends.
11. Store fresh mushrooms in the refrigerator in a glass container—never plastic. A kombucha mushroom can be used dozens of times. If it begins to turn black, or if the resulting kombucha doesn't sour properly, it's a sign that the culture has become contaminated. When this happens, it's best to throw away all your mushrooms and order a new clean one.
12. Note: White sugar, rather than honey or Rapadura, and black tea, rather than flavored teas, give the highest amounts of glucuronic acid. Non-organic tea is high in fluoride so always use organic tea.
13. A word of caution: Some individuals may have an allergic reaction to kombucha. If you have allergies, start with a small taste to observe any adverse effects. If you react badly, use beet kvass several weeks to detoxify and then try again.

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