



The Beer Diet (A Brew Story)

Evo Terra

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“Forget every diet you’ve ever considered, because this one is the best one ever!” – Shepard Smith, Fox News Anchor
My diet can beat up your diet. I’m not kidding. After one month of nothing but beer and sausage, I lost 14 pounds and cut my cholesterol in half. I did it without powders or pills, without blending food into sludge, and without getting divorced. I did it by drinking carb-loaded, gluten-filled, and alcohol-containing quality craft beer. I did it by eating fat-filled, chemically-injected, and highly-processed meat tubes of glorious sausage. And all under a doctor’s supervision. Why did something that should be bad turn out to be so good? Here’s the nasty truth about fad diets: The science behind them is questionable, if not pure crap. But that doesn’t stop popular opinion, the news media, or quasi-celebrities from climbing on board the latest trend. As a result, an entire generation has been conditioned to think this food is good for you and that food is bad for you. It may make for an interesting talk show, but your stomach and a few billion years of evolution aren’t watching. Like all living creatures, our bodies are designed to break down food into proteins, amino acids, and trace minerals — and use them. We get into trouble when we overload that system, shoving more food down the pipe than the system can handle. My doctor and I started with the proposition that, in moderation, you could eat just about anything and lose weight. We were right, but we made some unexpected discoveries along the way. Follow along as patient and physician walk you through this tasty — and a little buzzy — month-long journey to better health. “My new hero!” – Shmonty, 93.3
KDKB Morning Show Host

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