The TRUTH About Milk (Soy, Cow's, Almond, Coconut, and more...)

By Mike Geary & Catherine Ebeling

Real Milk vs Almond Milk vs Soy Milk vs Coconut Milk (and others)

By: Cat Ebeling & Mike Geary
Co-author of the best-sellers: The Fat Burning Kitchen, The Top 101 Foods that Fight Aging & The Diabetes Fix

The Battle of Milk vs Non-Dairy Milk Alternatives

Milk—it does a body good, right? So goes the old Dairy industry slogan for cow's milk that most all of us grew up on. But for many of us, milk from cows just doesn't work if you are one of the 30-50 million people in this country (National Institute of Children's Health & Human Development), who cannot drink cow milk because they are lactose intolerant. And another 1.5 million (or more) may have a genuine dairy allergy to casein, a protein in cow's milk (US Census Bureau, 2010).

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Plant based “milks” are way up this year with giant chains like Starbucks offering alternative milk products for those who are vegan, avoid dairy milk for environmental or animal rights reasons, or have allergies/intolerances —or just plain don’t like it.

Early entries in the alternative milk market included soy milk and rice milk. While soy milk has enjoyed shelf space for a decade or more, newer entries like hemp, almond, cashew, macademia nut, coconut and even pea protein ‘milk’ are generally healthier and tastier options than soy milk.

Here is a run-down of the current plant-based milk substitutes compared to real milk:

Real dairy milk still sits on top as the leader, but dairy milk sales are dwindling, especially in light of the many alternatives that are flooding the market. Milk has gotten a bad rap lately, and in light of what goes on at large scale industrial dairies, it’s no wonder. Conventional dairy is full of antibiotics, growth hormones, bad fats and even nasty stuff like pus, from the constant infections that dairy cows get due to the unnatural and unhealthy conditions they have to endure.

While it is true that we humans are the only ones who consume the milk of another animal meant to nourish their babies, milk has become a constant in our society and a reliable source of nutrition—if you get it from the right place.

Real Milk vs Almond Milk vs Soy Milk vs Coconut Milk (and others)

While conventional dairy production includes high temperature pasteurization, and homogenization of its fat, raw milk comes straight from the cow, full of enzymes and nutrients that make its vitamins and minerals more bioavailable, as well as easier to digest. For many with milk allergies or sensitivities, raw milk is the answer, as the pasteurization not only destroys many of the helpful enzymes which make it easier to digest, and the heat degrades and distorts milk protein molecules making it a foreign substance that causes allergies. If organic milk is available, it is generally a step above conventional milk, but still not ideal. Organic milk avoids the antibiotics and growth hormones that are in conventional dairy milk.

Grass fed milk contains nutrients that are vastly superior to conventional milk and organic milk, and comes from cows who are much healthier, eating their natural diet. Grass fed milk contains a higher amount of healthy omega 3 fats, conjugated linoleic acid (CLA) which have a variety of health benefits including immune system, bone mass, heart health, and lean body mass. Grass fed milk also contains a very unique and vital nutrient, vitamin K2, which helps our bodies utilize calcium in our bones and teeth, fights cancer and heart disease, and inflammation.

However, raw milk is even better–loaded with enzymes, beneficial bacteria, vitamins, minerals, and protein—all of which are severely degraded or destroyed when it is pasteurized. Raw milk is not readily available in stores as most states still strictly regulate raw milk, and it must be purchased through farmers' markets or small dairy farms. Raw milk is usually far fresher and better tasting than any conventional or organic milk you find at your grocery store.

And if you can get organic, grass-fed raw milk you have the perfect combination!

Bottom Line: Conventional dairy milk is not good for you, bad for the environment and bad for the cows who produce it. Organic milk is slightly better as it avoids the growth hormones and excessive antibiotics in conventional dairy. Grass-fed milk contains better fats and vitamin K2, which actually helps prevent clogged arteries. Raw milk is the best choice, easier to digest, less likely to produce allergic reactions, and full of nutrients, enzymes and beneficial bacteria. And it tastes way better. Organic, grass fed, raw milk is really the best way to go if you are going to drink cow's milk. Also, it should be noted that goat milk is considered to be easier to digest for most people than cow milk, and a good option to consider. Here's an article about 5 reasons to drink raw goat milk.

The old standby alternative milk, is not as popular as it once was, and is now being surpassed by almond milk, coconut milk, and other healthier choices. Soy is considered a decent source of protein, because it contains all the amino acids you need in your diet. However, avoid soy protein isolate as it can also create deficiencies of vitamins E, D, B12, calcium, magnesium, manganese, molybdenum, copper, iron and zinc. Soy milk has come a long way with flavor and most of the commercial brands taste pretty decent now.

Soy Milk:

Soy milk is also considered a pretty highly processed food and contains something called 'phytic acid' which actually can block absorption of essential minerals – calcium, magnesium, copper, iron, and especially zinc – in the intestinal tract.

One of the problems is that the majority of soy is GMO soy (which has it's own host of potential problems), but even if it is labeled as organic, soy milk still contains plant estrogens that can disrupt natural hormones in the body, for men and women. Soy is thought to be 'feminizing' to men and possibly be the cause of excess weight gain and even gynecomastia, or 'man-boobs'. While soy has also been thought to interfere with healthy thyroid function, latest studies show negligible effects on thyroid function.

Bottom Line: There are better alternatives out there now than soy milk.

Almond Milk:

Almond Milk has become the darling of the plant-based milks. Almond milk is taking over the market and now makes up about two-thirds of the plant-based milk market in the U.S. But, while a handful of almonds is loaded with nutrition like protein, fiber, antioxidants and healthy fats, to get the equivalent nutrition of a handful of almonds, you would need to drink about 48 ounces of almond milk for the same nutrition, and a massive amount of calories.

Almonds themselves require a large amount of water to grow, and almond milk, of course takes even more. So the amount of almonds you actually get in a glass of almond milk is pretty low. In fact, almonds are often actually the third ingredient, depending on the brand of almond milk you are drinking. Cartons of almond milk can contain as low as 2% almonds, the rest water, sugar, added vitamins and minerals, and thickening agents like carrageenan, and guar gum, which can upset stomachs. However, some brands are moving away from the carrageenan and adding an emulsifier-thickener-stabilizer known as gellan gum that seems to be less irritating to the digestive system.

Bottom Line: Not bad if you just want a little on your cereal or in your coffee now and then, but don't start guzzling it because you think it is as nutritious as a handful of almonds. Go for the unsweetened version if you can, otherwise, it's a lot of empty calories with little nutrition.

Coconut Milk:

Coconut Milk isn't the same stuff you get straight from the coconut–it is processed a bit more. And don't confuse the canned coconut milk with the more processed coconut milk in the carton. They are two very different products! Coconut milk has a smooth, creamy flavor, and generally does not have much of a coconut taste. And if you are a first timer with plant-based milks, this may be a good one to try, as it generally has a pretty neutral flavor with no aftertaste like some plant-based milks.

Coconut milk is loaded with medium-chain triglycerides (an easily-digested healthy fat that helps burn fat), potassium, a host of fortified vitamins, and calcium. As with the other plant based milks, avoid the kinds with added sugar, and go for the unsweetened variety. Coconut milk is lower in protein and calcium generally than almond milk. Because coconut milk generally has a thicker, creamier texture, it works well in coffee drinks and makes a great cappuccino—which is probably why Starbucks has added it to their alternative milk choices.

Bottom Line: A decent milk substitute, but low in protein. ***Tasty tip***: If you want a better tasting option than just almond milk or coconut milk by themselves, try mixing a carton of almond milk with a can of coconut milk… you end up with a much better taste with the 2 of these blended rather than either one separately.

Cashew Milk:

Cashew Milk is another nutty, creamy alternative to cow's milk. This recent addition is made by blending water-soaked cashews with water. This smooth beverage is a good source of fiber, antioxidants, copper (which helps produce and store iron) and magnesium (a mineral needed for proper nerve and muscle function). It can be added to everything from cereals to homemade puddings, to coffee.

Bottom Line: Similar creamy flavor like almond milk, but cashew milk is not big on protein, and you should avoid the kinds with added sugars.

Rice Milk:

Rice Milk was one of the early additions to the alternative milk market, right after soy milk, and tasted much better—with little aftertaste. However, rice milk is a pretty thin, watery and sugary milk substitute, so if you are looking for something to pour on your cereal, rice milk is a little more like flavored water. Rice milk also has a pretty high glycemic value and isn't a great choice for someone trying to lose weight or control their blood sugar. It's kind of similar to drinking sugar water, actually. Rice milk doesn't have much in the way of protein, but may have some calcium and other nutrients added in as fortification.

Bottom Line: Rice milk is a possible substitute if you have dairy and/or nut allergies; however, it isn't a nutritional superfood, and it's thin and watery, and loaded with sugar usually.

Hemp Milk:

Hemp Milk: is produced from the seeds of the hemp plant, but don't worry you won't get high eating your breakfast cereal! Hemp seeds are known for their complete protein (contains all essential amino acids, along with healthy omega 3 and omega 6 fats. Hemp seeds are often seen as an ingredient in protein powders and and even used as flour. Hemp milk is another great milk if you are allergic to nuts or coconuts, and want a thicker, more substantial milk that contains a bit more nutrition than some of the other plant-based milks.

And unlike soy milk, hemp doesn't contain oligosaccharides, those complex sugars that can cause gas. The smooth, slightly nutty flavor makes it work for a variety of things, including breakfast cereal, baking, and even sauces and gravies (just don't get the vanilla flavored type for gravy).

Bottom Line: A decent tasting substitute for dairy milk, especially if you have nut or soy allergies, with a smooth creamy texture, healthy fats and protein.

Pea Protein Milk:

Pea Protein Milk is the new kid on the block, following a variety of nut-based milks including almond, cashew, coconut and macadamia milks. For those of us with nut allergies, pea protein is a welcome addition—and it's dairy, soy and gluten-free as well. Pea protein milk is a great milk for vegetarians and vegans, as it delivers a similar serving of protein comparable to cow's milk.

While pea protein milk uses sunflower oil, it also has added omega 3 fats, along with iron, vitamin D and calcium. And...it has a great, smooth, creamy flavor. Milk substitutes are often guilty of lots of added sugars to improve the taste, but if you choose the 'Original" flavor, it only contains 6 grams of sugar, making it one of the better tasting, low sugar options. One more added benefit—pea protein milk uses 93% less water than dairy milk, making it far far friendlier to our earthly resources.

Bottom Line: Pea protein milk is a good bet for a milk substitute, especially if you have nut and dairy allergies. Lower in sugar, higher in protein and other nutrients. Tastes good!

Blending them together: Once again, the best taste is probably if you combine pea protein milk with either almond milk, coconut milk, or both. Blending various plant milks usually has a better taste than any single plant milk by itself. I've experimented in the past with blending hemp milk, almond milk, and coconut milk together in a blender with a little stevia, and then pouring into a pitcher, and the taste was MUCH better than any of those 3 milks by themselves!

While all of these plant based 'milk' products are gaining ground, the ingredient lists on some of these can be high in sugar and thickening agents like guar gum and carrageenan, that can often upset digestive systems. With that in mind, it's best to choose the unsweetened versions and just add your own stevia or monk fruit sweetener if you like it a little sweeter. Many of these so-called 'healthy' plant milks could be classified more as a processed food than a 'natural' food. So beware, read the label thoroughly, and make your own informed choices based on your own particular needs and tastes.

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Are Soy Milk, Soy Protein, Tofu, and other Soybean-Based Foods Good For You?

A look into some of the possible dangers and negative effects on your health of eating too much soy -- Can soy even increase belly fat?

I asked Catherine to write up a little bit more about soy because every day I see so many people that don't realize that **soy is *NOT* A HEALTH FOOD!** Most people have been deceived and mislead by billions of dollars of advertising that soy protein, soy milk, soybean oil, and processed soy foods are "healthy"... when the truth is that soy has many anti-nutrients and negative factors on the body that we should be concerned about.

In fact, there is evidence that soy foods could possibly even INCREASE YOUR STOMACH FAT if you eat too much soy or too often.

Take a read below, and discover some unsettling facts about soy...

-Mike Geary

The Dark Side of Soy

Only a few decades ago, unfermented soybean foods were considered unfit to eat - even in Asia. These days, people all over the world have been fooled into thinking that unfermented soy foods like soymilk and soy protein are somehow "health foods". If they only knew the real truth!

The soybean did not serve as a food until the discovery of fermentation techniques, some time during the Chou Dynasty. The first soy foods were fermented products like tempeh, natto, miso and soy sauce.

At a later date, possibly in the 2nd century BC, Chinese scientists discovered that a puree of cooked soybeans could be precipitated with calcium sulfate or magnesium sulfate (plaster of Paris or Epsom salts) to make a smooth, pale curd - tofu or bean curd. The use of fermented and precipitated soy products soon spread to other parts of the Orient, notably Japan and Indonesia.

Growth-depressant compounds are deactivated during the process of fermentation, so once the Chinese discovered how to ferment the soybean, they began to incorporate soy foods into their diets.

The Chinese NEVER ate large amounts of unfermented soy foods or soymilk

The Chinese did not eat unfermented soybeans as they did other legumes such as lentils because the soybean contains large quantities of natural toxins or "antinutrients". First among them are potent enzyme inhibitors that block the action of trypsin and other enzymes vital for protein digestion.

These inhibitors are large, tightly folded proteins that are not completely deactivated during ordinary cooking. They can produce serious gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake. In test animals, diets high in trypsin inhibitors cause enlargement and pathological conditions of the pancreas, including cancer.

Soybeans also contain haemagglutinin, a clot-promoting substance that causes red blood cells to clump together. Trypsin inhibitors and haemagglutinin are growth inhibitors. Weaned rats fed soy containing these antinutrients fail to grow normally.

Soy also contains goitrogens - substances that depress thyroid function.

Although soy has been known to suppress thyroid function for over 60 years, and although scientists have identified the goitrogenic component of soy as the so-called "beneficial isoflavones", the industry insists that soy depresses thyroid function only in the absence of iodine.

The University of Alabama at Birmingham reports a case in which consumption of a soy protein dietary supplement decreased the absorption of thyroxine. The patient had undergone thyroid surgery and needed to take thyroid hormone. Higher oral doses of thyroid hormone were needed when she consumed soy -- she presumably used iodized salt so iodine intake did not prevent the goitrogenic effects of soy.

A very large percentage of soy is genetically modified and it also has one of the highest percentages of contamination by pesticides of any of our foods.

Soybeans are high in phytic acid, present in the bran or hulls of all seeds. **Phytic acid is a substance that can block the uptake of essential minerals - calcium, magnesium, copper, iron and especially zinc - in the intestinal tract.**

The soybean has one of the highest phytate levels of any grain or legume that has been studied, and the phytates in soy are highly resistant to normal phytate-reducing techniques such as long, slow cooking. Only a long period of fermentation will significantly reduce the phytate content of soybeans.

When precipitated soy products like tofu are consumed with meat, the mineral-blocking effects of the phytates are reduced. The Japanese traditionally eat a small amount of tofu or miso as part of a mineral-rich fish broth, followed by a serving of meat or fish.

People who substitute tofu or bean curd for meat can get severe mineral deficiencies

Vegetarians who consume tofu and bean curd as a substitute for meat and dairy products risk severe mineral deficiencies. The results of calcium, magnesium and iron deficiency are well known; those of zinc are less well known, but equally as bad. Far far more healthy is to eat pure grass fed meats, cheese, and butter, all high in nutrients and protein rich.

Zinc is called the intelligence mineral because it is needed for optimal development and functioning of the brain and nervous system. It plays a role in protein synthesis and collagen formation; it is involved in the blood-sugar control mechanism and thus protects against diabetes; it is needed for a healthy reproductive system. Grass fed beef is very high in this necessary nutrient, in contrast to soy.

Soy processors have worked hard to get these anti-nutrients out of the finished soy product, particularly soy protein isolate (SPI) which is the key ingredient in most soy foods that imitate meat and dairy products, including baby formulas and some brands of soy milk.

Soy Protein Isolate is an Industrially Produced Food -- Far from Natural or Healthy!

SPI is not something you can make in your own kitchen. Production takes place in industrial factories where a slurry of soy beans is first mixed with an alkaline solution to remove fiber, then precipitated and separated using an acid wash and, finally, neutralized in an alkaline solution.

Acid washing in aluminum tanks leaches high levels of aluminum into the final product. The resultant curds are spray - dried at high temperatures to produce a high-protein powder. A final indignity to the original soybean is high-temperature, high-pressure extrusion processing of soy protein isolate to produce textured vegetable protein (TVP).Nitrites, which are potent carcinogens, are formed during spray-drying, and a toxin called lysinoalanine is formed during alkaline processing.

In feeding experiments, the use of SPI increased requirements for vitamins E, K, D and B12 and created deficiency symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc. Phytic acid remaining in these soy products greatly inhibits zinc and iron absorption; test animals fed SPI develop enlarged organs, particularly the pancreas and thyroid gland, and increased deposition of fatty acids in the liver.

Yet soy protein isolate and textured vegetable protein (TVP) are used extensively in school lunch programs, commercial baked goods, diet beverages and fast food products. They are heavily promoted in third world countries and form the basis of many food give-away programs.

Soy Protein Isolate was once considered a waste product (before they discovered they could make money promoting it as health food!)

Advances in technology make it possible to produce isolated soy protein from what was once considered a waste product - the defatted, high-protein soy chips - and then transform something that looks and smells terrible into products that can be consumed by human beings. Flavorings, preservatives, sweeteners, emulsifiers and synthetic nutrients have turned soy protein isolate, the food processors' ugly duckling, into a new age swan.

"The quickest way to gain product acceptability in the less affluent society," said an industry spokesman, "is to have the product consumed on its own merit in a more affluent society." So soy is now sold to the upscale consumer, not as a cheap, poverty food but as a miracle substance that will prevent heart disease and cancer, whisk away hot flushes, build strong bones and keep us forever young. Or so they want you to believe!

The competition - meat, milk, cheese, butter and eggs - have been duly demonized by the appropriate government bodies. Soy serves as meat and milk for a new generation of virtuous vegetarians.

The soy industry hired Norman Robert Associates, a public relations firm, to get more soy products onto school menus. The USDA responded with a proposal to scrap the 30 per cent limit for soy in school lunches.

The 'NuMenu' program would allow unlimited use of soy in student meals. With soy added to hamburgers, tacos and lasagna, dieticians can get the total fat content below 30 per cent of calories, thereby conforming to government dictates. With the soy-enhanced food items, students are receiving better servings of nutrients and less cholesterol and fat, so says the soy industry. We now know this to be a negative, rather than positive addition to their food supply.

You've been deceived into thinking Soy Milk is healthy

Soy milk has posted the biggest gains, soaring from $2 million in 1980 to $300 million in the US just a few years ago. Recent advances in processing have transformed the gray, thin, bitter, beany-tasting Asian beverage into a product that Western consumers will accept - one that tastes like a milkshake, but without the "guilt"... they claim.

The long and demanding road to FDA approval actually took a few unexpected turns. The original petition, submitted by Protein Technology International, requested a health claim for isoflavones, the estrogen-like compounds found plentifully in soybeans, based on assertions that only soy protein that has been processed in a manner in which isoflavones are retained will result in cholesterol lowering.

In 1998, the FDA made the unprecedented move of rewriting PTI's petition, removing any reference to the phytoestrogens and substituting a claim for soy protein - a move that was in direct contradiction to the agency's regulations. The FDA is authorized to make rulings only on substances presented by petition.

Are soy isoflavones actually toxic?

The abrupt change in direction was no doubt due to the fact that a number of researchers, including scientists employed by the US Government, submitted documents indicating that isoflavones are toxic.

The FDA had also received, early in 1998, the final British Government report on phyto-estrogens, which failed to find much evidence of benefit and warned against potential adverse effects.

Even with the change to soy protein isolate, FDA bureaucrats engaged in the rigorous approval process were forced to deal nimbly with concerns about mineral blocking effects, enzyme inhibitors, goitrogenicity, endocrine disruption, reproductive problems and increased allergic reactions from consumption of soy products.

One of the strongest letters of protest came from Dr Dan Sheehan and Dr Daniel Doerge, government researchers at the National Center for Toxicological Research. Their pleas for warning labels were dismissed as unwarranted.

Research that ties soy to positive effects on cholesterol levels is incredibly immature, said Ronald M. Krauss, MD, head of the Molecular Medical Research Program and Lawrence Berkeley National Laboratory. He might have added that studies in which cholesterol levels were lowered through either diet or drugs have consistently resulted in a greater number of deaths in the treatment groups than in controls - deaths from stroke, cancer, intestinal disorders, accident and suicide.

Cholesterol-lowering measures in the US have fueled a $60 billion per year cholesterol-lowering industry, but have not saved us from the ravages of heart disease.

The health risks of soy are finally becoming known in the media

The media have not only questioned the health benefits of soy but begun reporting on the risks. In July, the Israeli Health Ministry warned that babies should not receive soy formula, that children should eat soy no more than once per day to a maximum of three times per week and that adults should exercise caution because of increased risk of breast cancer and adverse effects on fertility.

The Ministry based its advice upon the conclusions reached by a 13-member committee of nutritionists, oncologists, pediatricians and other specialists who spent more than year examining the evidence. They concluded that the estrogen-like plant hormones in soy can cause adverse effects on the human body and strongly urged consumers to minimize their consumption of soy foods until absolute safety has been proven.

Soy has the potential to disrupt the digestive, immune and neuroendocrine systems of the human body and its role in rising rates of infertility, hypothyroidism and some types of cancer including thyroid and pancreatic cancers.

Soy is also highly allergenic. Most experts now place soy protein among the top eight allergens of all foods, and some rate it in the top six or even top four. Allergic reactions to soy are increasingly common, ranging from mild to life threatening, and some fatalities have been reported.

People are finally starting to learn that soy is NOT a miracle health food, and more and more expert scientists are issuing warnings about soy.

I hope this article has convinced you to consider reducing or eliminating your consumption of soy foods, soy milk, or soy protein. Fermented soy such as tempeh, natto, and miso are ok on occasion and in moderation.

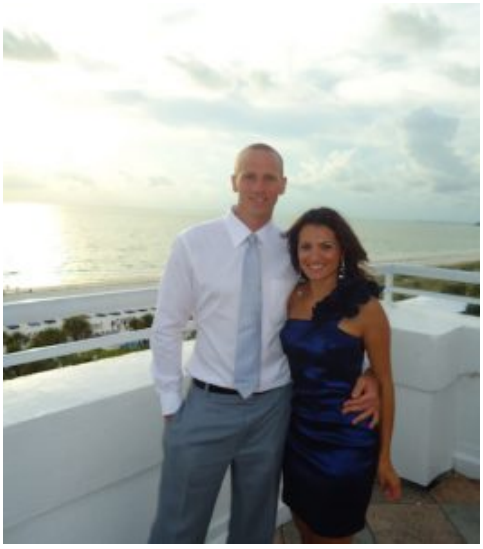
-Catherine Ebeling - RN, BSN

Read These Next...

* 1 Simple trick to REVERSE your Diabetes, naturally (while getting off drugs ASAP)
* These 23 "healthy" foods HARM your metabolism & pack on belly fat (avoid these!)

About The Authors

Mike Geary:



Hey there my fellow nutrition/fitness/health/foodie enthusiast! My name is Mike Geary and I've been a Certified Nutrition Specialist and Certified Personal Trainer for over 15 years now, as well as a best-selling author of 5 different books/ebooks with more than 1.2 million copies sold in the last 10 years (I'll list out all of my best-selling books/ebooks for you later.)

I've also been studying nutrition and exercise for almost 25 years now, ever since I was about 15 years old and used to carry around a little book called "The Vitamin Bible" with me everywhere I went. I know, I know...what a **nerdy teenager** I must have been, right? Oh well, at least it gave me my healthy obsession with Nutrition from a very young age, and I've continued to immerse myself in the study of health and nutrition for the last 25 years of my life.

I recently turned 41, but I feel WAY better and healthier than I was 20 years ago when I was in college. This just shows that you don't have to gain weight and let your health fall apart as you get older. Instead, you can decide to get SMARTER with what you put inside your body, and make yourself feel younger even though your chronological age keeps getting older.

About The Authors

And if you think eating "healthy" means eating nothing but dry flavorless chicken breasts and broccoli, you're sadly mistaken... Here's a quick glance at some of the great quality enjoyable food (that's still very healthy as I'll explain throughout this blog), that I LOVE to eat every day, yet that I know is protecting my health...

- Organic coffee or espresso with REAL heavy cream (pasture-raised cream of course) and a small touch of coconut sugar (for the awesome health benefits you can get from grass-fed dairy fat as I explain here)
- 2-3 WHOLE eggs most days of the week, along with grass-fed sausage and veggies (I certainly HOPE you already know that whole eggs are WAY healthier than egg whites, right?)
- Delicious high-fat foods like creamy avocados, butter, coconut cream/oil, dark chocolate, walnuts, almonds, pecans, macadamias, and even paleo muffins made out of delicious nut flours instead of the typical blood-sugar destroying and glutenous wheat flour. You can see my article here with 7 of my favorite lean-body fatty foods.
- Grass-fed steaks, organ meats, veggies with melted pasture-raised cheese, sweet potatoes with real butter, and other rich-tasting but healthy dinners
- A tasty and healthy glass of red wine with dinner (Too much might not be healthy, but 1-2 glasses per day can be very heart-healthy, but also good for your gut health as explained here)
- Delicious rich and creamy healthy chocolate pudding recipe, or maybe m y healthy chocolate superfood fudge recipe...Mmm! Btw, here's another super-tasty healthy coconut oil fudge from our Paleohacks blog.
- and so much more tasty treats that many people don't realize can fit into a healthy lifestyle.

About The Authors

I grew up in Pennsylvania, attended a small college called Susquehanna University, spent 8 years living in New Jersey, and finally have found a permanent home and happiness in the incredibly beautiful rocky mountains of Colorado and Utah. I enjoy skiing most days during the winter in Utah and spend a lot of time mountain biking, hiking, golfing, fishing, kayaking, paddle boarding, gardening, and enjoying other fun outdoor activities and sports here in the mountains.

Although this has nothing to do with nutrition per se, you might want to know just a tad bit more about my personality and what I do for fun when I'm not writing about health, so.... As an avid adventurist, here's some incredibly fun stuff I've done in the last 10 years:

About The Authors

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 6 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon, and Class 5 rapids in Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a "Zero-Gravity Flight" where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in the Andes of Chile and the Canadian Rockies of British Columbia.
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-feet visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Driving Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico for 3 weeks.
- Dog sledding in the Arctic circle of Sweden, along with staying at the famous Ice Hotel in northern Sweden, made entirely of ice!
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising most of the Caribbean
- Traveling through Thailand, Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, Sweden, Hawaii, Dominican, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, Croatia, France, and all over the US/Canada.

About The Authors

You may have heard before that I authored what's become sort of a famous program over the years for six pack abs enthusiasts...a book/ebook called *The Truth About Six Pack Abs* that has sold over 1 Million copies in the last 10 years. This ebook has also been translated currently into Spanish, German, Italian, Portuguese, and French as seen below:

German version of Truth About Abs

Spanish version of Truth About Abs

French version of Truth About Abs

Italian version of Truth About Abs

Portuguese version of Truth About Abs

I'm also super-passionate about skiing and I've authored a program here for hard core skiers to get their legs in the shape of their lives for the skiing season. Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel, if that's one of your goals!

Other popular best-selling books/ebooks that I've written are *The Top 101 Foods that Fight Aging* (all about anti-aging foods, spices, herbs, and other tips), *The Fat Burning Kitchen* (super-popular manual that I co-authored with Cat Ebeling), and a fun little ebook called *Do THIS, Burn Fat — 101 Sneaky (but simple) Weight Loss Tricks* (co-authored with Jeff Anderson.)

I'm also the President and owner of the #1 most popular Paleo Community on the internet, PaleoHacks.com. You can always check for updates at the PaleoHacks blog here.

About The Authors

I'm also a contributing author and advisor for one of the biggest alternative health sites on the internet, called TheAlternativeDaily.com.

In addition, I'm a contributing author and advisor for DanetteMay.com, and Danette is a good friend and one of the top women's fitness experts in the country.

Okay, enough about me! The purpose of this blog isn't about me...I created this blog to help YOU live a healthier, more energetic and youthful life, and actually ENJOY the food you eat, and enjoy the exercise that you do! It's all about happiness in LIFE, and much of that health and happiness starts with one of THE most important aspects of your life...what you EAT!

You can go back to the homepage of this blog here to browse current articles, recipes, and more.

-Mike Geary, aka – The Nutrition Watchdog

Catherine Ebeling:

Catherine (Cat) Ebeling is an RN, BSN (Bachelor of Science in Nursing) with a background in physical therapy and over twelve years as a nationally certified fitness professional.

After learning that she had several food allergies at the age of 20, as well as celiac disease–an autoimmune disease of the GI tract in which the body attacks the digestive system–she starting looking for solutions. Undiagnosed celiac disease can lead to malnutrition, osteoporosis, anemia and many other serious diseases, including cancer.

About The Authors

Once she figured out what caused her health issues, she studied every nutrition and diet book available to find out the best way to be healthy and avoid those foods that she was allergic to.

Cat has had more than thirty years of intense study in diet, nutrition, disease and natural alternatives to drugs for health issues. As an RN and part of the medical community, it became very clear that there was a lot of ignorance among doctors and her peers in regard to nutrition and health, so she often became a resource for both doctors, other nurses, and patients for their dietary concerns.

Through the study of diet and health, as well as her work as a fitness professional, she has learned tried and true ways to lose weight, get healthier, look great, feel young and have tons of energy. Cat has been able to educate thousands of readers worldwide with her many articles on diet and health in her website, www.simplesmartnutriton.com.

This “simple, smart, nutritional” approach has created real results for many people. In addition, through her intensive study of diet, health and nutrition, she has helped many people overcome serious health issues, reduce their medication, lose weight and regain their youth and energy.

Cat is currently traveling, observing and studying diet and health issues around the world, and working on her Masters degree in Nursing and Public Health. She has traveled to Puerto Rico, Mexico, Canada, St. Thomas, Costa Rica, Belize, Columbia (South America), Italy, Germany, France, Spain, Morocco, Thailand and Cambodia.

About The Authors

Catherine graduated Magna Cum Laude with a Bachelor of Science in Nursing from St. Louis University, a prestigious medical and scientific university. She also has an Associate's Degree in Physical Therapy, and a BS in Marketing. In addition, she is a certified Personal Trainer and Nutrition Consultant.

Cat has been an athlete since she was a child, participating in track, gymnastics and cheerleading. Throughout her active adulthood, she has pursued many activities including running, weight lifting, aerobics, spinning, water skiing, snow skiing, competitive mountain, cyclocross, and road biking. Cat attributes her success in athletics as well as her youthful, healthy outlook to a healthy diet and exercise.