

Speaking of "Rational Animals," this is one of my favorite books.
It helps us see some of the signals in many human behaviors when so much seems like noise unless we view it through the appropriate lens.

<https://www.amazon.com/Rational-Animal-Evolution-Smarter-Think-ebook/dp/B00BKRW52S/>

Never mind the law of conservation of beliefs: as we age, it becomes harder to admit we are wrong, supposedly because we were wrong for so long and have little time left to be right.

This innate human tendency is why many of my favorite people have grey hair but remain cognitively flexible and curious.

Alas, even somebody like Pete Carroll, the football coach who was great at this a decade ago, still lost the plot anyway.

It's ok to be wrong; it happens to everybody, but staying wrong is not ok.

If you know better, you should do better
If you don't know better, you can't do better
But once you know better, you now have no excuse

Does he have an opinion of Dr. Michael Mew?

The British functionalist?

Who thinks because PUFAs haven't been ruinous to his health yet, that means they aren't ruinous?

Then why are the plebs so unhealthy?
What's his thesis?

He has a perverse interest in people remaining unhealthy
Could be a good human
But he still makes his Mistress payments from other humans being unhealthy, right?

First off, it's entirely possible IMO that British groceries haven't been quite as ruined as in the US, although I think Alzheimer's is the number one cause of death over there.

Maybe the oils he's buying aren't completely terrible.

Eating a low-sugar diet is likely less ruinous to your cell membranes.

There are such things as paradoxical reactions in humans.

Likely way less glyphosate over there.

Nothing kills everybody except Rabies, right?

And I think a few people are believed to have even survived rabies.

Way less fructose, which is approximately 9x as damaging as cane sugar because of the need for phosphorylating it in the liver before it can be burned for energy in the mitochondria

Similarly, What is RR's exact thesis?

Vegetable oils aren't entirely ruinous for human health?

Are they better than saturated fats?

Is there no difference functionally between them?

Is he aware that coconut oil, through some trick of biology, is the only fat humans consume that doesn't require bile to be digested?

Is he aware of how broad-spectrum antimicrobial coconut oil is? It is excellent when SIBO [small bowel bacterial overgrowth] is as prevalent as it is in the States.

What's his working model of obesity?

Does he have a guess on how much of his diet comes from PUFAs?

How about the average Brit?

Per Dr Michael Eades, it's approximately 33-34% of total calories in the US.

I know the French don't eat much of this Frankenstein food BS.

Brad Marshall would likely be happy to explain to him exactly why PUFAs are ruinous.

Olive oil is not as wonderful as we are told, never mind how much of it is counterfeit.

This is likely because some people caught on to ruinous vegetable oils and switched to olive oil, and elites can still cull them by contaminating their beloved olive oil.

Olive oil is a mono-unsaturated fat and is better than PUFA; however, it still has one less-than-ideal opening on its carbon chain. [allowing oxidation and inflammation]

Presumably, he's aware of Gary Taubes, who explained how Ancel Keys (supposedly the inventor of the K ration that they gave to grunts in Nam)

He excluded 16 countries with high fat intakes and relatively low heart disease rates to make his lipid hypothesis fit the data.

He kept eight countries if I recall.

The country with the highest fat intake, Greece, had the lowest heart disease. This completely disproves the lipid hypothesis; the model is too simplistic to have explanatory power.

Most fat in the diet of Greeks back then wasn't olive oil; it wasn't even from fish; it was from lamb; lamb fat is approximately 70% saturated, by the way.

We later learned that the eight countries with high fat intake and high heart disease rates consumed vegetable oils, margarine, and trans fats/shortening.

If RR is otherwise healthy, good for him.

My father did lots of cocaine, angel dust, freebase, opium, black beauties, and quaaludes in his youth.

He's extremely healthy for a 70-year-old normie who mostly follows mainstream advice.

I still don't think we'd recommend people do lots of drugs in their youth

I'm speaking of the ideal, not adequacy

The blue zone and the Mediterranean diet are myths. [This refutes the "Blue zone" theory: <https://unbekoming.substack.com/p/blue-zones>]

Japanese people don't eat the way it's said they do; all that theory is based on a brief period after WW2 when their agriculture was destroyed.

Vitamin E can help stop PUFAs from peroxidizing.

Presumably, he knows the body uses peroxide endogenously to kill microbes; how does he think PUFAs do inside this milieu?

Maybe your body doesn't manufacture much peroxide endogenously, so it could have lower oxidative stress.

Thinking a single YouTube video is the piece de resistance of refutation signals is weak. [RR cited a video.]

I'm assuming functional medicine is a subspecialty mainly for the rich in the UK. It's very concierge-y. Good for him for not sacrificing himself on the humanist altar of the NHS.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9330197/>

Polyunsaturated fatty acyl chains (PUFAs) concentrate in the brain and produce numerous oxidative chemical degradation products. It is widely assumed that these products result from free radical chain reactions, and reactions of this type have been demonstrated in preparations where a single PUFA substrate species predominates. However, it is unclear whether such reactions can occur in the biologically complex milieu of lipid membranes where PUFA substrates are a minority species and where diverse free radical scavengers or other quenching mechanisms are present.

