

## PREVIEW\_ Georgia Ede - Interview (FL JAN 2017) 1

**Ivor Cummins:** Your recent blog poster ad was fascinating and it was looking at, "How healthy really are vegetables?" We all hear it, everyone assumes it, but what's really the science? Does it bear out always that loads of vegetables are healthy?

**Dr. Ede:** Well, not in my opinion though. I came across this because I had my own health problems in my early 40s. Mysterious, but yet quite common conditions, like IBS, and fibromyalgia, and chronic fatigue and so forth and through trial and error by changing my diet I was able to correct all of those issues, but the diet that I ended up with was very strange.

And it really was a low plant high animal food diet. And I thought, "This diet is going to kill me. It's going to get me heart disease and high cholesterol and everything." So I became very interested in the science of, you know, understanding the difference between the nutritional effects of animal food, specifically meat and by meat I don't just mean red meat, I mean fish and poultry and any kind of animal flesh as opposed to plant foods. And everything I thought I understood about that was wrong.