

## The Bear and Zero Carb

For those of you with an interest in Zero Carb, the person who started Zero Carb as we know it and even called it that was Owsley Stanley III AKA "The Bear". A good friend of mine recently sent me a link to a Jimmy Moore Blog post from 2006 (The Bear died in 2011 in a car accident). In the post Jimmy Moore posts an email from The Bear declining an interview but giving a short and to the point summary of Zero Carb. Here is what the Bear said: ""You will find everything I have to say on my totally carnivorous WOE in my closed forum thread on lowcarber.org.

I have found that people are so socialized to eat vegetable rubbish that the number of people who can actually permanently get onto the carnivorous path is maybe one in fifty thousand or less.

Our bodies are those of carnivores. Carbs are damaging to us, both in making us fat and in causing insulin release. Our minds and the acculturation which we receive from birth overrides instinct and provide the only reason we eat anything. If you are unfortunate like virtually everyone in today's society and receive early training to eat primarily vegetation with high amounts of carbs and avoid fats, then you are unlikely to ever adapt to the proper human diet.

So, I have to tell you that I do not have the time to waste on a 'blog' on any subject, but particularly on one which in fact would only cater to food-obsessives who want a constant stream of 'reasons' to eat the right food and 'proof' it is good for them.

Trust me, I have eaten as a total carnivore for 48 years, I am nearly 72 and I still have much the same body as I did at 30. Experience is the ONLY proof. The rules of the path are so simple as to be a no-brainer.

They reduce to the following:

- Eat only food from animals
- No vegetables
- Limit liver intake
- Avoid liquid milk (except for butter and cheese)
- Eat as much fat as you like
- Don't cook your food much
- Avoid salt

And the most important one: Eat your meals as a matter of course, don't waste any time thinking about food--it is merely a way to stay alive, and must not rule your life.

By the way, for many obese people "low carb" does not work--only "zero carb" does (defined as less than 5 g/day).

Cheers

Bear

This Zero Carb Doc sees nothing in what he said that would make me think he would disapprove of my approach to Zero Carb. Here's the link to Jimmy's post.

<http://livinlavidalocarb.blogspot.com.au/2006/10/my-almost-not-quite-interview-with-bear.html>



