



I am not a nutrition professional. I'm an engineer by degree and employment and a nutrition and fitness enthusiast by hobby.

I discovered paleo diet concepts through Robb Wolf, and have since adopted a mostly low-carb paleo diet. Going low-carb and gluten free lowered my blood pressure and cholesterol, for which my doctor wanted to prescribe statins (I refused to take them, and now don't "need" them).

I also sleep better and don't suffer from stomach pains that plagued me for most of my life (gluten issues). I find it daunting to talk to people about these issues because the misinformation is so widespread and entrenched, so I was very happy to discover NMS. I hope my small donation helps spread accurate information about diet and health.

Carl
NMS Member