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Proteinaholic documents the simple and easy to understand truth that billions of people have died, and that life on Planet Earth faces extinction, as a direct consequence of product-promoting nutritional myths created and perpetuated by the egg, dairy, meat, poultry, and fish industries. Protein deficiency is unknown on any natural

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In Proteinaholic, Dr. Garth Davis dispels the myths that have been perpetuated by our doctors, our weight loss experts, and the media; sets the record straight about contradictory studies and confusing headlines; and distills these findings into a straight-forward, plant-based solution that will change your life forever.

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