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PODCAST

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#223

**THE KEY
TO OPTIMAL
HUMAN HEALTH,
BIODIVERSITY,
AND PROSPEROUS
CIVILIZATION**

WITH ROBB WOLF



75 MIN

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The Key to Optimal Human Health, Biodiversity, and Prosperous Civilizations with Robb Wolf

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Deciphering the impact of our dietary choices on our own health, social and cultural discrepancies, and the future of the environment, is increasingly challenging among the mass of information that most of us face daily. **There is a case for eating beef that offers an opportunity for environmental restoration, preservation of traditional cultural practices, and an equal chance at health for as many populations as possible.** Robb Wolf has done the research, isolated the facts, and uncovered revelations that debunk years of dietary dogma.

You'll learn:

- Crucial considerations that may be at odds with common nutritional propaganda.
- What industrial, mono-cropped food systems mean for the future of the planet.
- How consciously raising livestock can actually reverse climate change.
- Why the direction of Big Food hits those near the bottom of the socio-economic ladder hardest.
- The dangers and dispassion behind the movement to eliminate global traditional food systems.

Listening guide:

- 4:30 Robb's recent work.
- 8:20 The importance of biodiversity.
- 14:30 Are the claims that surround meat consumption accurate?
- 25:30 Beef vs poultry and pork.
- 37:00 Preventing and reversing desertification.
- 47:40 The cost for developing nations.
- 56:30 Ancestral practices.
- 1:05:00 Meat consumption and aging.

Robb Wolf, a former research biochemist, is the New York Times & WSJ Best Selling author of [The Paleo Solution](#) and [Wired To Eat](#). Robb's newest book is [Sacred Cow](#), co-authored by Diana Rodgers, R.D. Robb has transformed the lives of hundreds of thousands of people around the world via his [top ranked iTunes podcast](#), books and seminars.

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