

4 Pillars of Sustainable Health

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EatEvolveInspire.com

<https://www.facebook.com/groups/eatevolveinspire/>

Health resources if you want a deeper dive:

Dr. Peter Attia - <https://www.peterattiamd.com/>

Dr. Matthew P Walker – Center for Human Sleep, <https://psychology.berkeley.edu/people/matthew-p-walker>

Dr. David Sinclair, author Lifespan –everything we know about aging is about to change]
<https://lifespanbook.com/>

Dr. Robert Lustig, author “*Hacking of the American Mind*” <https://robertlustig.com/>

Sugar: The Bitter Truth <https://youtu.be/dBnniua6-oM>

Dr. Jason Fung, MD, “[*Life in the Fasting Lane*](#)”

Dr. Joe Dispenza: <https://youtu.be/La9oLLol5Rc>

Dr Mark Hyman: <https://drhyman.com/> <https://my.clevelandclinic.org/departments/functional-medicine>

“The Salt Fix: Why Experts Got It All Wrong - and How Eating More Might Save Your Life” [Dr. James J. DiNicolantonio](#)

Obesity is a disease of the brain <https://youtu.be/fL5-9ZxamXc>

Dr Thomas Seyfried: "Cancer as a metabolic disease" <https://youtu.be/KusaU2taxow>

Dr. Joseph Mercola – <https://www.mercola.com/>

The Magic Pill – Netflix or YouTube <https://youtu.be/6duhSjYyj0k?t=4>

Dr. Malcolm Kendrick - Why Cholesterol Levels Have No Effect on Cardiovascular Disease
<https://www.crossfit.com/essentials/malcolm-kendrick-ddc-lecture>

Charles Duhigg, author “*The Power of Habit*” <https://amzn.to/3czRMlr>

Eatwild.com <http://eatwild.com/> find locally sourced meat, fish, eggs and veggies, state-by-state

US Wellness Meats <https://grasslandbeef.com/>

Ancestral Supplements - <https://www.ancestralsupplements.com/>