The Meat Mafia – Brett and Harry: Why Food Is Medicine

Brett and Harry have been producing their podcast The Meat Mafia for about a year and a half totally approximately 240 episodes. They set out to find the answer to one question. Why is food medicine? Can food be the solution to more complex problems?

Brett starts off by telling his own personal health story that talks about him landing his first internship when he was 21 in New York City. He began taking the train from New Jersey and he started noticing that he needed to be seated *right* next to the restroom often using it multiple times per train ride. As the summer progressed, he started having more severe issues like blood in his stool.

Brett was soon diagnosed with ulcerated colitis, with bloody ulcers on his large intestine and colon. He was placed on three major medications and was told that he would need to remain on them for the rest of his life. By the age of 24 his quality of life was okay but not great. He then was listening to a podcast where a doctor was talking about the carnivore diet, an animal product-based diet that focuses on eating nutrient dense foods. As humans we have been eating meat and thriving for over 2000 years.

Within 3 days his restroom use dropped substantially, he noticed he was *popping* out of bed with a new sort of energy each day, and his cystic acne was even beginning to clear up. His overall health began to improve. In 2021 he asked his doctor to be taken off of his major medications for his autoimmune disorder. The doctor found that he had 0 inflammation and could be taken off of the drugs.

Around 50 million Americans suffer with autoimmune diseases. A large part of this could be that after World War 2 when the United States had a large surplus of ammonia and manufacturing factories that were vacant, and started to fill them with synthetic fertilizer that was later sprayed onto the plants. The U.S. began using food as a weapon under the guidance of Earl Butts. Using it as a commodity overseas to countries that don’t have food security.

It was at this time that the government began giving guidelines, for the first time ever, around nutrition. Basing the corn, wheat, and soy, the U.S. three largest crops, at the base of the food pyramid, even though none of them are very nutrient dense.

Today we are faced with a hyper processed food system. 63% of Americans calories come from ultra-processed foods.

Both Harry and Brett emphasized that when shopping they follow the method of “if it can’t die, then it’s not actually food.”