



# **The Ray Peat Survival Guide: Understanding, Using, and Realistically Applying the Dietary Ideas of Dr. Ray Peat**

*Joey Lott*

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## Trying to Survive on Milk, Gelatin, Orange Juice, and Coffee?

Is it working for you? If not, there may be a better approach. You've likely come across the work of Ray Peat after many adventures in other dietary dogmas. You struggled with those and kept searching for another way. You thought you found it with Peat...but then you turned into a "Peatarian." The fact is, there's no such thing! The Ray Peat Survival Guide will sort you out and remind you why you got interested in this guy in the first place. After all, you're trying to escape all those crazy diets, right?

## The Internet Has Lied to You

Interested in the work of this Ray Peat guy, but confused by what you've read on the internet? Have people on blogs and in forums made you believe that you have to avoid muscle meats and supplement with aspirin, but you're not sure you want to? The Ray Peat Survival Guide is here to help. Learn the basics of what Peat actually preaches, not the mixed up version you've heard everywhere else. Discover the answers to the following questions and more: What is the deal with starches and sugars? What about my thyroid? Should I be taking supplemental hormones?

## Don't Turn This Into Another Diet

You've been down that road before. You wanted to be pure, perfect. You wanted everlasting health, but it just never worked out. You ended up sick and hungry instead. You thought following Ray Peat's advice would change all that, but you find yourself restricting foods and being overly dogmatic again. Well, it's time to chill out and read this book. Learn to let go of the struggle and finally be free. Ultimately, YOU are the authority.

Read this book today and get this easy to understand Peat information all in one place.

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