**Introduction**

Gary Taubes has played a huge role in the SpecialtyHealth’s Wellness Program    His research in nutrition has been prodigious and his friendship and teaching has helped more than I can possibly tell you.

His first article was in the New York Times in 2002, titled:  *What If It Has All Been a Big Fat* Lie.  He absolutely got ripped by the medical establishment,   so he went to work even harder which is his nature.

*Good Calories, Bad Calories* came out in 2007 (five people working for about five years including one just to translate the German Literature).    When I saw this wonderful book, everything changed for our program.   I was totally hooked from Chapter One: The Eisenhower Paradox. I loved Chapter 13, especially the pieces on Cancer and Dementia/Alzheimer have and had physician colleagues, neurologists and oncologists review the work. They, like me, became Gary Taube’s acolytes (Dr. Malcomb Bacchus, Dr. Charles Quagileri and Dr. Gary Abrass).

I was listening to a webinar in about 2009 with Bill Land (our fitness expert, and former Navy Seal) and Gary Taubes was the presenter. I learned that he had moved from New York to Oakland on a Robert Wood Johnson fellowship. I decided right then that I had to bring him to Nevada to present to our group.   That happened on October 14, 2010, and it was a game changer. Gary Taubes presented *Why We Get Fat: And What to Do about It*. He presented it nonstop for about three hours and NO ONE in the crowd moved (approximately 100 people). He has been back to Reno two other times.

*Why We Get Fat: And What to Do about It* is a must study for all of our insulin-resistant patients.  We coach them through it.  It’s a life changer. Please understand that this is really a science book.  We especially like the Dr. Thomas Dayspring quote enclosed. We agree and use it all the time. That quote allowed me, with the help of a buddy in Chicago Dr. Finley Brown, to introduce Tom and Gary and lead to the video series on our website:   Numbers 1 thru 7.  I was struck with the total respect these two extraordinary men had for each other.  They had just met 10 minutes before we started the interview!!

Gary Taubes finally did speak at the National Lipid Association meeting in May, 2012 after years as being labeled as too controversial.   He did a great job and afterwards there was an unforgettable lunch with (the leaders of HDL Labs: Drs. Dall, Dayspring, McConnell; and Dr. Bill Cromwell, Dr. Robert Lustig, Jackie Cox, myself and others).    The momentum was now clearly going in Gary’s direction.

I loved the Newsweek article that the leaders of the National Lipid Association suggested everyone to read before Gary’s presentation. We have modified it a bit so it works ideally for our First Responders.  It is first in your handout, and I really like Gary’s top ten list that is on page 454 of *Good Calories, Bad Calories*. He was nice enough to update that for me before the first Quantico presentation in September, 2012.    The presentation is included in this handout as well.

We finish this handout with an article that is especially appropriate.  *Sweet Little Lies* that I suspect you will agree speaks for itself.

Study Gary Taubes ladies and gentlemen. REALLY STUDY HIM!! Perhaps in the order we have arranged this handout.  You will not be sorry!!   You will be rewarded!! As I always like to say. “History will be very kind to Gary Taubes. “

EJG