O diecie Innuitów (eskimosów) z północnej Kanady

"*The danger is that you may reason from this good health to a great longevity. But meat eaters do not appear to live long. So far as we can tell, the Eskimos, before the white men upset their physiological as well as their economic balance, lived on the average at least ten years less than we. Now their lives average still shorter; but that is partly from communicated diseases.*

It has been said in a previous article that I found the exclusive meat diet in New York to be stimulating - I felt energetic and optimistic both winter and summer. Perhaps it may be considered that meat is, overall, a stimulating diet, in the sense that metabolic processes are speeded up. You are then living at a faster rate, which means you would grow up rapidly and get old soon. This is perhaps confirmed by that early maturing of Eskimo women which I have heretofore supposed to be mainly due to their almost complete protection from chill - they live in warm dwellings and dress warmly so that the body is seldom under stress to maintain by physiological processes a temperature balance. It may be that meat as a speeder-up of metabolism explains in part both that Eskimo women are sometimes grandmothers before the age of twenty-three, and that they usually seem as old at sixty as our women do at eighty". (Vilhjalmur Stefansson, "*Adventures in Diet*")

Komentarz: niedobór węglowodanów w diecie rekompensowany jest produkcją węglowodanów z białek, a co za tym idzie dużym spożyciem białka. Duża ilość białka powoduje jednak przyspieszenie procesów metabolicznych: ludzie szybciej dojrzewają, ale i szybciej starzeją się.