

This is a link to a free PDF (courtesy Google docs, I believe) of the book Strong Medicine, by Blake Donaldson, M.D. Published 1962. Take it for what it is - the time it was written, etc. He was not strict zero carb as we define it here, but he was definitely pro-meat and he was one of the first low carb doctors!

[Strong Medicine, by Blake Donaldson](#)