

Matthew Lysiak - Fiat Food

Introduction

- *Fiat Food* investigates how **inflation and fiat money** corrupted global diets and human health.
 - Builds on themes from Saifedean Ammous' *The Fiat Standard*, extending the analysis into **nutrition, food policy, and health outcomes**.
 - Matthew Lysiak, an investigative journalist, frames the book as a **crime investigation** into how government, industry, religious ideology, and fiat incentives reshaped what people eat.
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Part I: Personal Origins

- Lysiak grew up in the 1990s, eating according to the **Food Pyramid** (6–11 servings of grains, avoid fats, replace with seed oils).
 - At age 16, he was diagnosed with **cancer**, sparking a lifelong question: *What caused this?*
 - Doctors denied diet was a factor, but intuition suggested otherwise.
 - The experience, combined with loss of trust in institutions (especially post-COVID), led him to dig deeper into food and fiat money.
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Part II: Fiat Money and Food

- **Nixon's 1971 closure of the gold window** untethered the dollar, enabling unrestricted money printing.

- Inflation allowed governments to mask the true cost of war and social programs.
 - **Food policy was reshaped to hide inflation's effects:**
 - Cheap industrial substitutes were promoted over nutrient-dense traditional foods.
 - Official dietary advice shifted repeatedly but always in the same direction: **less meat, more grains and processed foods.**
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Part III: Religious Roots of Anti-Meat Ideology

- The **Seventh-day Adventist Church**, founded by Ellen White (who claimed divine visions after brain trauma), played a central role.
 - White taught that **meat caused lust and sin**; abstinence from meat preserved purity.
 - Dr. **John Harvey Kellogg** (yes, of Corn Flakes) worked to design foods that suppressed libido and replaced meat.
 - The Adventist legacy still drives institutions:
 - The **American Dietetic Association** and major nutrition studies trace back to Adventist networks.
 - **Loma Linda University**, Adventist-run, has received over \$160 million in government grants to produce vegetarian-leaning studies.
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Part IV: The Rise of Ancel Keys

- **Ancel Keys' "Seven Countries Study"** (1950s–60s) falsely linked saturated fat to heart disease.
- Despite flawed and cherry-picked data, his charisma and lobbying made his **diet-heart hypothesis** official policy.
- By 1980, U.S. dietary guidelines formally demonized meat and saturated fat, while elevating grains and seed oils.
- The **1992 Food Pyramid** institutionalized this with a disastrous prescription:

- Base diet on grains.
 - Lump natural animal fats together with sugar as “foods to limit.”
 - Results: an explosion of **obesity, diabetes, infertility, and chronic disease**.
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Part V: Industry and Fiat Incentives

- **Agribusiness** and **Big Food** companies profited enormously from subsidized grain and processed food production.
 - **Seed oils** (soy, corn, canola) became central dietary staples because they are cheap to mass-produce.
 - Fiat inflation enabled:
 - **Corn subsidies** and grain overproduction.
 - Rigged science and PR campaigns to normalize fake food.
 - Shaming and guilt campaigns against traditional diets (e.g., eggs, red meat).
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Part VI: Science or Pseudoscience?

- Modern **nutrition science** mirrors **climate science**:
 - Funded to justify policies that hide inflation.
 - Promotes austerity in food/energy consumption while preserving fiat power.
 - **Observational studies** dominate (correlation without causation).
 - Data often comes from Adventist vegetarians or industry-funded research, ensuring predetermined conclusions.
 - “Everything in moderation” becomes the mantra, ignoring addiction and engineered hyper-palatable junk.
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Part VII: Consequences of Fiat Food

- **Metabolic health collapse:** skyrocketing rates of obesity, diabetes, cancer, and infertility.
 - **Cognitive decline:** processed diets impair clear thinking, creating a docile population easier to control.
 - **Loss of autonomy:** individuals outsource judgment to “experts” credentialed by fiat-funded institutions.
 - **Cultural degradation:** even family recipes, once based on ghee, tallow, butter, and meat, were replaced by industrial substitutes.
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Part VIII: Resistance and Renewal

- A growing counter-movement (doctors like Shawn Baker, Nina Teicholz, and independent thinkers) is breaking the illusion.
 - Results-based “bro science” often outperforms credentialed “nutrition experts.”
 - **Carnivore and low-carb diets** demonstrate cognitive clarity, health restoration, and improved performance.
 - Bitcoin offers an economic parallel:
 - Just as Bitcoin restores sound money, rejecting fiat food restores sound nutrition.
 - *Fix the money, fix the food. Fix the food, fix the mind.*
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Key Takeaways

1. **Inflation drives dietary destruction** – cheap substitutes are promoted to mask rising costs of real food.
2. **Religious zeal + industry profit = anti-meat dogma** – Adventist ideology and Ancel Keys shaped policy for generations.
3. **Credentialism is weaponized** – “experts” justify policies serving state and

corporate interests, not public health.

4. **Fiat food makes people weaker, sicker, and easier to control** – it is a slow war on autonomy and vitality.
 5. **Bitcoin and real food are aligned** – both restore natural order and human flourishing.
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Discussion Questions

1. How does fiat money directly incentivize the promotion of fake food?
 2. Why did religious anti-meat ideology find fertile ground in 20th-century U.S. nutrition policy?
 3. Compare Ancel Keys' methods with modern "climate science." What parallels do you see?
 4. How does processed food affect not only health but also cognition and political compliance?
 5. What role can Bitcoin play in breaking the fiat–food feedback loop?
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Suggested Further Reading

- Saifedean Ammous, *The Fiat Standard*
 - Matthew Lysiak, *Fiat Food*
 - Nina Teicholz, *The Big Fat Surprise*
 - Kate Shanahan, *Deep Nutrition*
 - Gary Taubes, *Good Calories, Bad Calories*
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