

Has a cure for obesity been found at last?

The Amazonian Village Where People Forget to Grow Fat

The diet of the Egalliv, an indigenous people who live deep inside Brazil's Amazon rainforest, is a dietitian's nightmare.

If their village was a hotel and you were a guest, breakfast would see you dig into dasafri, boiled animal fat served with a side dish of an assortment of roasted tubers.

A mid-morning “snack” follows a couple of hours later. The Egalliv are hearty eaters and consume 6 to 7 meals a day.

This mid-morning “snack” consists of generous servings of ifra, a fruit which grows nowhere else. Ifra is high in both saturated and trans fats. The Egalliv wash down this meal with herak, a sweet, fiery alcoholic drink made from the fermented sap of flowers, fruits and tubers.