

Our diet has changed more in the last 100 years *than in the previous 10,000!*
And the change isn't good. The impact on our health is huge.

HUNTER-GATHERER ANCESTORS	CURRENT
<p>Health. According to skeletal record, although facing potential starvation, the elements and predators, they were healthy and strong, with good bones, joints and teeth that did not need fillings or braces.</p>	<p>“Health” Care Crisis. The US spends more than any country on medical care, but is 20th to 30th down in most measures of health. Chronic disease is rampant. Obesity and diabetes are epidemic.</p>
<ul style="list-style-type: none"> • Real food only 	<ul style="list-style-type: none"> • Can be made from chemicals. (e.g. lemonade with no lemons)
<ul style="list-style-type: none"> • Variety (e.g. whatever was available)—Nuts, seeds, vegetables, greens, roots, berries, eggs, fish & wild game animals that fed on vegetation. Variety of foods means varied nutrients and less exposure to the downside of a particular food. 	<ul style="list-style-type: none"> • Same few ingredients (white flour, sugar, vegetable oil, processed cheese-food, chicken and beef) rearranged as pizza, hamburgers, spaghetti, macaroni and cheese, cereal and pastries. The main vegetables are potatoes (as French fries) and tomatoes (as catsup).
<ul style="list-style-type: none"> • Foods only in season (unless dried) 	<ul style="list-style-type: none"> • Year round availability of even fruit
<ul style="list-style-type: none"> • From local area where the food and the person were native 	<ul style="list-style-type: none"> • Foods from anywhere in the world
<ul style="list-style-type: none"> • Picked when ripe (when nutrients fully developed) 	<ul style="list-style-type: none"> • Picked for business reasons (e.g. green before complete)
<ul style="list-style-type: none"> • Organic 	<ul style="list-style-type: none"> • Contaminated with pesticides, herbicides, fungicides & irradiated
<ul style="list-style-type: none"> • Naturally-occurring species 	<ul style="list-style-type: none"> • Genetically engineered and genetically modified
<ul style="list-style-type: none"> • Animals not medicated 	<ul style="list-style-type: none"> • Hormones used & 34 million lbs of antibiotics / year in food supply
<ul style="list-style-type: none"> • Free of chemical preservatives, colors, dough conditioners, etc. 	<ul style="list-style-type: none"> • Several pounds of food chemicals per person per year
<ul style="list-style-type: none"> • Natural flavors—not enhanced to create addiction 	<ul style="list-style-type: none"> • Artificially flavored and chemically enhanced (e.g. MSG)
<ul style="list-style-type: none"> • Fresh (full nutrient value) 	<ul style="list-style-type: none"> • Shipped often long distances and stored repeatedly
<ul style="list-style-type: none"> • Not manipulated 	<ul style="list-style-type: none"> • Homogenization, pasteurization and other tortures
<ul style="list-style-type: none"> • Raw (food enzymes and nutrients still intact) 	<ul style="list-style-type: none"> • Cooked & reheated (nutrient losses & requires body's enzymes)
<ul style="list-style-type: none"> • Whole (e.g. vegetables or seeds) 	<ul style="list-style-type: none"> • Refined (parts removed), processed (e.g. white flour)
<ul style="list-style-type: none"> • Nutrient-dense (e.g. a yam) 	<ul style="list-style-type: none"> • Nutrient-poor (e.g. Pringles which is mostly starch)
<ul style="list-style-type: none"> • Calorie-poor (an apple was like a crab apple, eaten whole) 	<ul style="list-style-type: none"> • Calorie-dense (e.g. juice –from many apples bred to be sweet)
<ul style="list-style-type: none"> • Equal balance of Pro-inflammation Omega 6 (vegetable oil) with anti-inflammation omega 3 fatty acids (e.g. flax and fish oil) 	<ul style="list-style-type: none"> • Now consume at least twenty times as much Omega 6 as Omega 3 (grain fed animals and farmed fish are higher in Omega 6)
<ul style="list-style-type: none"> • Natural fats (undamaged). Lower saturated—animals were lean. 	<ul style="list-style-type: none"> • Trans fats, and rancid over-cooked fats. Animals pen-fattened.
<ul style="list-style-type: none"> • Fat prized for its energy and to help with utilizing protein 	<ul style="list-style-type: none"> • Fat is feared (a fad based more on \$\$ and politics than science)
<ul style="list-style-type: none"> • Herbs and bitter foods used (provide nutrients and help digestion) 	<ul style="list-style-type: none"> • Synthetic flavors and bland-flavored iceberg lettuce popular
<ul style="list-style-type: none"> • Grains rarely eaten and often fermented to be more digestible 	<ul style="list-style-type: none"> • Grains are the largest section of the food pyramid
<ul style="list-style-type: none"> • The only milk was mother's milk 	<ul style="list-style-type: none"> • Dairy everywhere and “required” by the food pyramid
<ul style="list-style-type: none"> • Sugar virtually unavailable except in rare seasonal fruits 	<ul style="list-style-type: none"> • Average consumption is 160+ pounds per person per year
<ul style="list-style-type: none"> • Foods had low glycemic effect (low glycemic index) 	<ul style="list-style-type: none"> • High glycemic effect, e.g. refined starch raises blood sugar fast
<ul style="list-style-type: none"> • Naturally-occurring vitamins, absorbable minerals 	<ul style="list-style-type: none"> • “Enriched” means synthetic vitamins and poorly absorbed minerals
<ul style="list-style-type: none"> • Beverage – water, herb tea 	<ul style="list-style-type: none"> • Beverages – coffee, sodas, sweet juices, milk, alcohol