











































2



























2



















































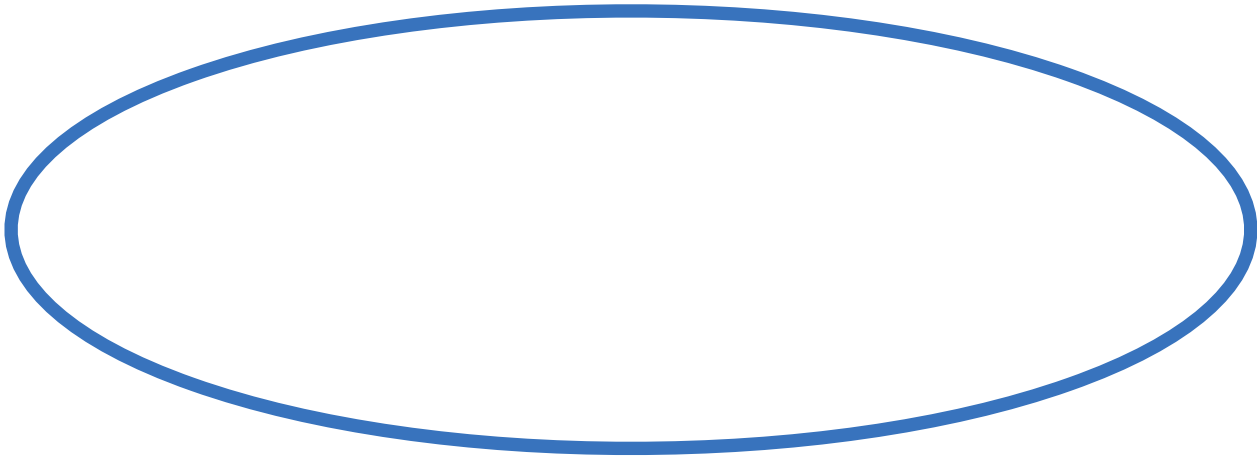


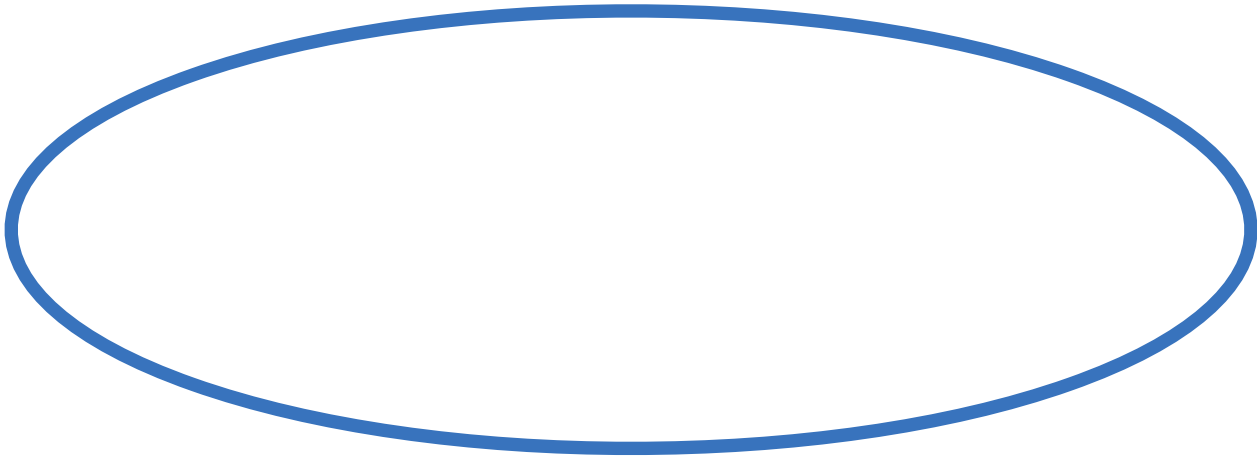


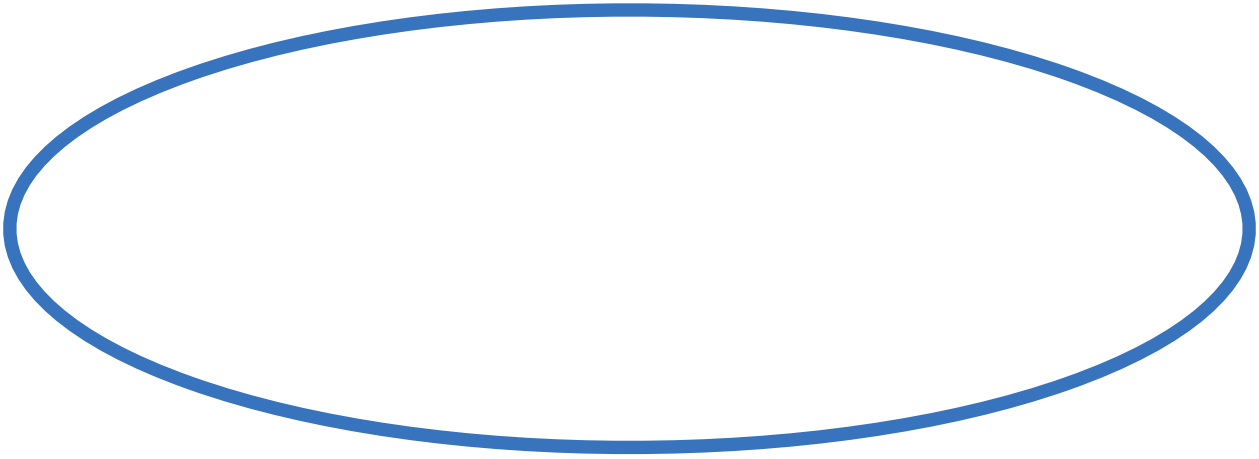


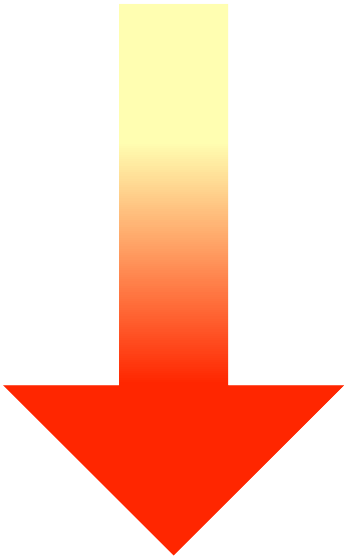


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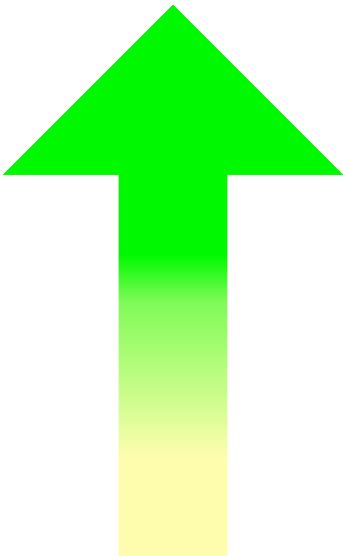


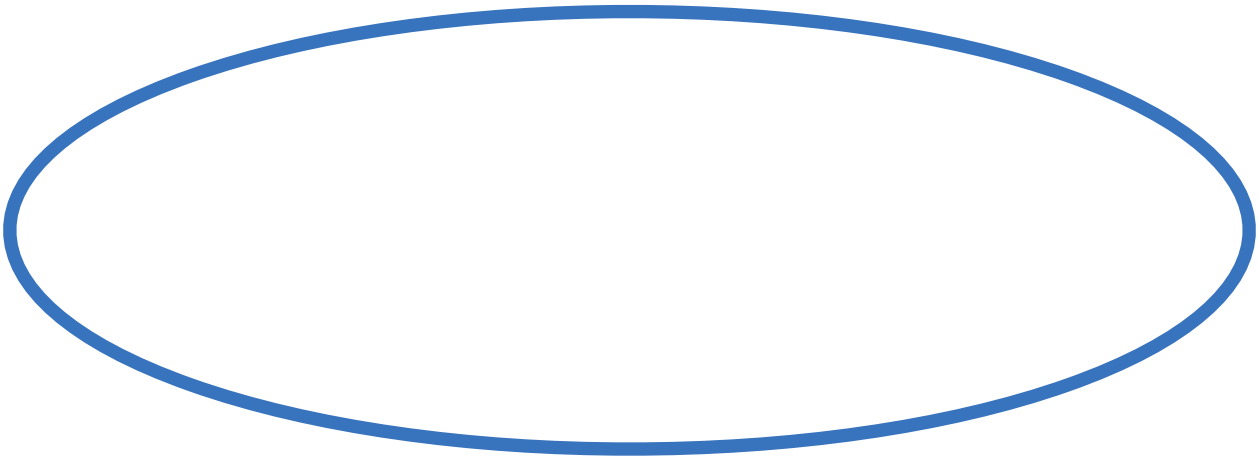


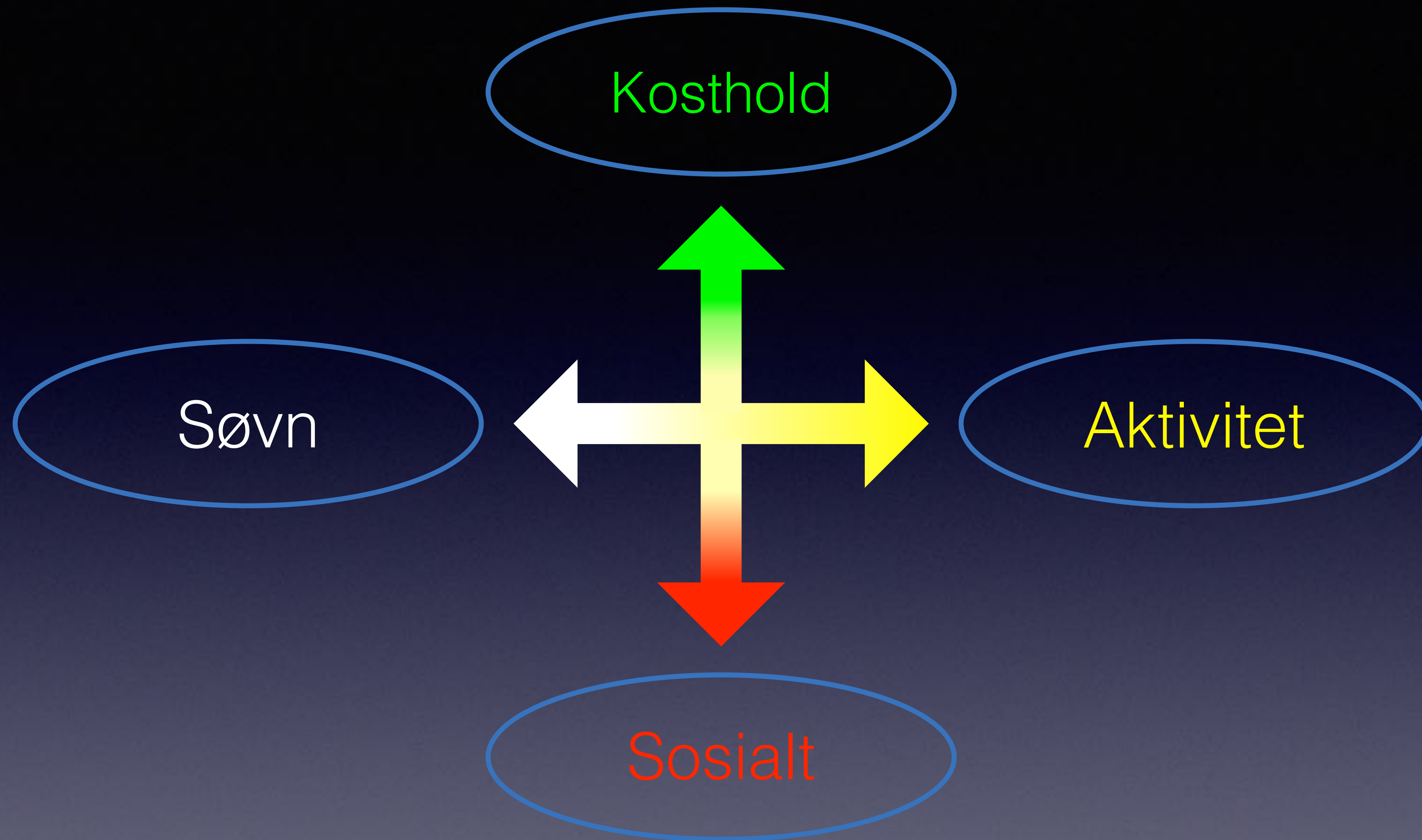




known







Kosthold + søvn + fysisk aktivitet + sosial støtte ➡ psykisk og fysisk sunnhet

Før jordbruksrevolusjonen

- Materiell overflod
- Rikt, variert kosthold
- Lite sykdom
- Variert hverdag
- ☞ **Variert bruk av kropp og hjerne. God helse. Stor hjerne.**
- Trygt samfunn med familie og venner. Få fiender.

