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The New Ancestral Diet

By Dagne C Aiken, Richard C Aiken MD PhD

Go Ahead Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.We as primates have struggled mightily during the past 85 million years to find and eat enough food for survival. Fortunately, every one of your ancestors was successful so that you might succeed in that same endeavor. However, today that survival is in jeopardy. Recently and suddenly, from an evolutionary standpoint, the problem of subsistence in civilized countries has inverted: we have plenty of food but are not making selections that lead to long-term survival. Our plant-based ancestral diets for which we have become genetically adapted have become animal-based. For thousands of millennia, primate nutrition happened while seeking a wide variety fruits and vegetables sufficiently energy-dense to supply our needed daily calories. Today we still seek energy-dense foods, but in the form of high fat animal products or sweet processed foods. Nutrient-dense foods, formerly our staples, are tolerated as side-dishes. Taste, the most primitive of our senses, over the eons existed for our survival (as all the other senses), that is, to deselect plants sufficiently bitter as likely toxic or non-digestible. With the expansion of our...



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