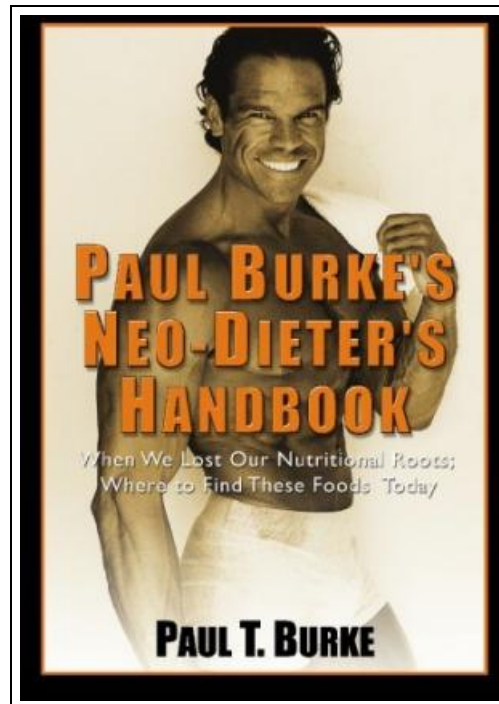


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Reviews

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Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English. Brand new Book. Paul Burke 's second book focuses on nutrition-three decades of research compiled for those who enjoy learning about health, exercise, weight training, fitness, and the right nutrition to enhance all of the above. This masterpiece of research, experience, and wisdom contains all-from the nutritional habits of prehistoric man to the "nutrition" of today's processed food. This book will answer such questions as: - Why should we stay away from chicken, pork, and beef if the animals are not pasture fed or not on a "non-grain" diet? - Why were mutant plants the source of present-day domesticated grains? - What are the numerous downfalls of animal domestication? - Why was every great human plague historically restricted to animals before jumping to humans? - Why did the Grist Mill change human longevity forever? - Why do doctors die at age 56-58 on average? - Why did pre-colonial Native Americans die of harsh weather or old age, but not disease? Burke takes the reader through the stages of human evolution with various indigenous cultures and their eating habits-from the massively muscled and healthy hunter-gatherers of 40,000 years ago to the culture of domesticated plants and animals. Burke's recommendations about the good and bad in his "Body Building Paleolithic Diet" may shock you, but the consequences of animal and plant domestication will shock you even more-things that neither the government nor family doctors talk about! After laying the evolutionary groundwork, Burke builds the anthropological/Paleonutritionolgy case for why one should not eat domesticated grains such as wheat and barely. About 40,000 years ago, the body no longer needed to organically change. Then, about 10,000 years ago, the last of the great Neo Paleolithians discovered something that would change everything-from what we ate...



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