

Download 100 Million Years Of Food What Our Ancestors Ate And Why It Matters Today

100 Million Years of Food: What Our Ancestors Ate and Why ...

100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today [Stephen Le] on Amazon.com. *FREE* shipping on qualifying offers. A fascinating tour through the evolution of the human diet, and how we can improve our health by understanding our complicated history with food. There are few areas of modern life that are burdened by as much information and advice

100 Million Years of Food: What Our Ancestors Ate and Why ...

In 100 Million Years of Food, Le has a few theories about what we can do to live longer, lose weight and not come down with as many diseases, such as type 2 diabetes and heart problems. Basically, he advocates eating the same foods as our ancestors ate hundreds and thousands of I love food — maybe too much.

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100 Million Years of Food: What Our Ancestors Ate and Why ...

Such is the case with Steven Le's book: 100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today. No, it is not because my middle name is Lee, close to his family name; this book has some great concepts, while being quite fun to read. It takes the reader on many adventures from eating insects in Thailand, to how parasites can contribute to your health.

100 Million Years of Food: What Our Ancestors Ate and Why ...

There are few areas of modern life that are burdened by as much information and advice, often contradictory, as our diet and health: eat a lot of meat, eat no meat; whole grains are healthy, whole grains are a disaster; eat everything in moderation; eat only certain foods—and on and on. In 100 Million Years of Food, biological anthropologist Stephen Le explains how cuisines of different cultures are a result of centuries of evolution, finely tuned to our biology and surroundings. Today ...

100 Million Years Of Food by Stephen Le

100 Million Years of Food (2016) is about the foods our ancestors ate and how that diet relates to our eating habits today. These blinks will take you way back in time to explore the evolution of eating.

100 Million Years of Food: What Our Ancestors Ate and Why ...

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100 million years of food : what our ancestors ate and why ...

100 Million Years of Food argues that our ancestral diets and lifestyles are the best first line of defense in protecting our health; the optimal diet is to eat what your ancestors ate. In this clear-cut and compelling book, we learn not only what to eat, but how our diets are the product of millions of years of evolution. (source: Nielsen Book Data)

100 Million Years of Food: What Our Ancestors Ate and Why ...

Fast-food diets, as well as strict regimens like paleo or vegan, in effect highjack our biology and ignore the complex nature of our bodies. In *100 Million Years of Food* Le takes us on a guided tour of evolution, demonstrating how our diets are the result of millions of years of history, and how we can return to a sustainable, healthier way of eating.