

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

Because humans were hunter-gatherers for hundreds of thousands of years, we evolved to use and favor the diverse plant and rich meat intake of our hunting and foraging history. Farming and its core crops (e.g. grains), by contrast, only came on the scene approximately 10,000 years ago and took at ...Why Fire Makes Us Human Cooking may be more than just a part of your daily routine, it may be what made your brain as powerful as it is Let thy Food be thy Medicine and thy Medicine be thy Food - Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-Directors James Colquhoun and Laurentine ten Bosch.. With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong ...The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant eating of foods presumed to have been available to humans during the Paleolithic era.. The digestive abilities of anatomically modern humans, however, are different from those of Paleolithic humans, which undermines the diet's core premise.