

# EVOLUTIONARY EATING

by Linda Fiverson



**History** has played a tremendous role in our nutrition. Since World War II, malnutrition in the United States and other industrialized countries has shifted the trends of what's nutritious...

The Depression of 1930 ushered in new dietary guidelines based on food scarcity – 12 groups. World War I gave birth to the “wartime nutrition guide” – 7 groups (fruits, vegetables, beans, bread, potatoes, eggs, cereals). Today we have five groups.

We put our focus on “globesity”. The government was more focused on calorie consumption than health. The end result was that millions suffered from an epidemic of “fatness” associated with serious health disorders.

When do you suppose “Think Thin” became part of the standard of beauty? After the caveman! In those days they had to go without food for extended periods of time so it was okay to fill up and accumulate body fat. This is the way they coped with the threat of starvation. The body knows how to compensate and can even over-compensate to the point of adversity. It triggers the starvation reflex and holds the fat for those droughts!

It makes sense that if we starve ourselves to lose weight, our bodies may also incorporate this concept and react by shutting down to protect us from the starvation that WE actually started! I believe our overeating began when food nutrition standards started to dictate our eating habits. We were no longer eating for our survival.

You would think that we would be eating more healthfully with all of the modern conveniences but that is not the case. Did you ever think that eating like our “stone-aged” ancestors would help us live longer, feel healthier and lose weight?

Do you think Wilma Flintstone had to watch her weight? Fred was fat but do you think he thought about all the cholesterol he ate from those many brontosaurus burgers? Did Wilma and Betty have pressure on them to look “perfect” in their skimpy Caveman dresses? Do you think Bam Bam ate Fruity Pebbles? Scientific evidence reveals that in prehistoric times *before* dieting disease rates were dramatically lower.

If you do some of your own research, you'll see that our prehistoric ancestors were hunters and gatherers and ate only fruit, grains and protein. Since our genes haven't changed we should seek to consume food that is beneficial to the body and its “evolutionary needs”. We're not TOO different genetically than Fred and Wilma!

We have to ask ourselves why we have such a predominance of obesity if our bodies are designed to be fit? They ARE very smart bodies you know!

For 99 percent of the time that humans have been on earth our ancestors evolved on a diet of plants and very lean wild game. They lived “free” of heart disease, cancer,

diabetes, hypertension, osteoporosis, cataracts and other illnesses. Agriculture developed 10,000 years ago followed later by The Industrial Revolution. Thus, there were catastrophic changes to our dining habits as well! Hunters and gatherers were converted into farmers and then plunged into a world of automation.

These last few thousand years of changes outpaced the bodies' ability to keep up with them. The problem is that it takes tens of thousands of years for our bodies to adapt to *even* the smallest changes to our environment.

We are cave dwellers dressed in designer jeans but we are programmed to thrive on vegetation. Yet we are eating Crispy Cream donuts, cheeseburgers, fast foods, soda and Starbucks' Frappuccino's! Get the picture yet?

I have used the analogy before that our bodies are like cars. If we don't supply them with the foods that are the building blocks they need, our system will break down just like our cars would stall if we poured grease or sand into their fuel tanks.

Our diets today are killing us because they are "alien" to our bodies. Could we stay alive breathing carbon monoxide? Don't think so!

Now, since we are not living in caves or hunting woolly mammoths can we keep ourselves better nourished? Processed foods are unfamiliar to our bodies thus creating "diseases of civilization". This all started with The Industrial Revolution. It was then that Dr. W.O. Atwater created the first dietary standards for Americans. Whole grains began getting refined and sugar became commonplace in man's diet.

Think about this...100,000 generations of people --- hunters and gatherers. 500 generations depended on agriculture. Only 10 generations lived since the Industrial Age. AND...only 2... yes, 2 have grown up with highly processed foods.

If you even make "some" changes you will see noticeable differences in your weight and disease risk. You may even reverse the damage you have already done.

It makes sense to consider "turning back the clocks". If you re-evaluate your body's ancient heritage and re-connect with your evolutionary roots you will maximize your health, energy, mental abilities and clarity!