



THUMBNAIL  
NOT  
AVAILABLE



DOWNLOAD PDF

## The New Evolution Diet: What Our Paleolithic Ancestors Can Teach Us about Weight Loss, Fitness, and Aging

By Arthur De Vany

Rodale Incorporated. Paperback / softback. Book Condition: new. BRAND NEW, The New Evolution Diet: What Our Paleolithic Ancestors Can Teach Us about Weight Loss, Fitness, and Aging, Arthur De Vany, Believe it or not, our DNA is almost exactly the same as that of our ancestors. While scientific advances in agriculture, medicine, and technology have protected man, to some degree, from dangers such as starvation, illness, and exposure, the fact remains that our cave-dwelling cousins were considerably healthier than we are. Our paleolithic ancestors did not suffer from heart disease, diabetes, high blood pressure, or obesity. In fact, a good deal of what we view as normal aging is a modern condition that is more akin to disease than any natural state of growing older. Our predecessors were incomparably better nourished than we are, and were incredibly physically fit. And certainly none of them ever craved a doughnut, let alone tasted one. In fact, the human preference for sweet tastes and fatty textures was developed in an environment where such treats were rare, and signaled dense, useful energy. This once-helpful adaptation is the downfall of many a dieter today. It's what makes it hard to resist fats and sweets, especially when...



**READ ONLINE**  
[ 2.7 MB ]

### Reviews

*A high quality ebook as well as the typeface employed was exciting to read. It is actually loaded with wisdom and knowledge You wont sense monotony at at any moment of the time (that's what catalogues are for concerning when you request me).*

-- **Declan Wiegand**

*The very best pdf i at any time read through. This is for all those who statte there had not been a worthy of studying. You wont sense monotony at whenever you want of your own time (that's what catalogs are for concerning when you request me).*

-- **Fabian Kuhlman II**