

Content Information and Location

Ancestral Diet Vs. Modern Diet

Section #1 Purpose Of Food

Section #1 Summary

Food Choices

Ancestral – Whole
Today – Processed

Intelligent Metabolic Design

Nutrition Selections Determine

Metabolic health & function

Metabolic dysfunction & disease

Section #2 Ancestral To Modern Diet Shift

Section #2 Summary

Fats

Stable, Non-Oxidizing Saturated Fats
Non-Stable, Oxidizing Polyunsaturated Fats

Fault In The Food System

Whole & Recognizable
Processed Unreadable

Diet Shift

Ancestral Diet
Modern Diet

Section #3 Infectious to Degenerative Disease shift

Section #3 Summary

Last 100 years Drastic Increase In

Deaths From Degenerative Disease
Diagnoses in Degenerative Disease



