



## 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](#)  
[ 1.79 MB ]

### Reviews

*This publication is wonderful. It really is rally interesting throgh reading period of time. I am just very easily will get a delight of reading a published book.*  
-- **Roma Little**

*This ebook may be worth purchasing. it absolutely was writtern quite flawlessly and beneficial. I discovered this ebook from my dad and i suggested this pdf to discover.*  
-- **Maximilian Wilkinson DDS**