

# GREATER VIEW HEALTH

... and the ideal diet for *Homo sapiens*



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## Get the Big Picture: the Greater View

Firstly, we are *Homo sapiens* . . . a species. You have heard about endangered **species** like the Chinese Great Panda, Asian tigers, the Tasmanian devil, the whales of our oceans and others. And we all understand each species has *very particular and different requirements*...especially their diet.

- Lions must eat only meat; a horse eats grass and grains - but would become very ill on minced beef; goldfish die quickly on the wrong food

We already know from keeping animals that disease and death can arise in a species - **just from eating inappropriate foods**. In fact - every species on the planet has an *ideal diet*. Why would we humans be any different?

So . . . what is the ideal diet for our species, *Homo sapiens*?

Where do you find that? Food pyramid charts? A nutritionist? Your doctor? The side of a cereal pack?

All of these do give nutritional advice – *but not one of them* is working from the hard scientific evidence now available. The truth is - they all seem to be piggy-backing off some *old world* view of nutrition set out in the nineteenth century.

### The truth about nutritional advice and food pyramids

The first food consumption advice for general publication arose in the late nineteenth century – as a collaboration between US congressmen and the powerful farmers' lobbies – though which of these groups had knowledge of human nutrition is unclear. Nonetheless, recommendations for eating grains and dairy products were captured in posters – later to become food pyramid charts. These misleading documents endure as fixtures in school classrooms around the world.

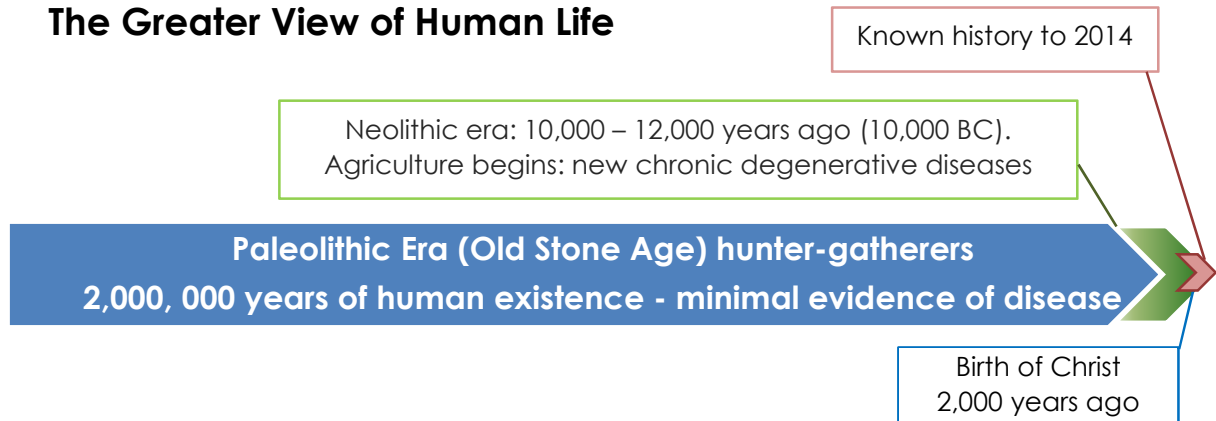
It is confronting to think of food pyramids as misleading. But back when they were first created - nobody had much knowledge about our species. However recent discoveries published in the 1980s – just thirty years ago - set the record straight. The new knowledge has exposed a gaping mismatch between the science of humankind, anthropology, and entrenched beliefs about an ideal diet.

Despite what you may believe about 'wholesome grains and the goodness of milk' – neither nutritionists nor doctors are up to date with the research<sup>i,ii,iii,iv</sup>. But archaeologists and anthropologists are. For decades now, they have examined fossils using leading edge technology and made new discoveries about our species - and our ideal diet. A summary of the findings is presented in the **Greater View Diagram**:

## Our first 'helicopter' view of human history

**The Greater View Diagram<sup>v</sup> of human life:** Two million years of Paleolithic (Old Stone Age) human<sup>vi</sup> existence is **shown in blue**. The small green section is the Neolithic (New Stone Age) Era - roughly ten to twelve thousand years ago.

### The Greater View of Human Life



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1. BLUE SECTION: Palaeolithic peoples were nomadic hunter-gatherers and survived successfully for **more than two million years**.
  - They ate fresh meat, fish, green leafy vegetables, fruits, nuts, eggs and water.
  - But **no grains, no milk products, no nightshades**. Minimal salt and sugar.
  - NO DISEASE: Paleolithic fossils show no evidence of chronic or infectious diseases (e.g. no osteoporosis, no cancer, no arthritis or tooth decay; no leprosy, no tuberculosis)
  
2. GREEN SECTION: Around 12,000 years ago, Neolithic era - first farming began.
  - Cultivating grasses delivers **wheat and barley** crops - and keeping livestock like sheep and cows for meat leads to the **practice of milking**
  - Evidence of chronic diseases first appears in fossils from this era: osteoporosis, rheumatoid arthritis and others

We already know the cause of some diseases:

- Tobacco smoking causes lung, throat and other cancers – the nicotine and other toxins in the smoke are proven culprits
- Pollution of our air and water causes disease: lead poisoning from car emissions; mercury contamination in our fish catches; chemicals in our rivers
- What about holes in the ozone layer? And food additives? Artificial sweeteners? Asbestos? Chemicals? Preservatives?

Yes, these things can certainly all make us sick. But we cannot blame them for the Neolithic diseases. They are all *modern effects*. They could not have caused the diseases suffered by Neolithic farmers. It must have been something else.

## 'Species-appropriate' foods

Suddenly disease is not the mystery we thought it was! Also - the concept of 'incurability' may need review. Some foods are *appropriate for our species* - and we thrive on them:

### Species-appropriate foods for humans:

- Fresh vegetables – especially green leafy types
- Fresh lean meat
- Fresh fish and seafood
- Fruit
- Eggs
- Nuts, seeds
- Water

This list above gives the foods eaten by Paleolithic peoples, 'Paleo' foods.

However some foods were *not available* to Paleolithic humans. So our species has not yet achieved the evolutionary changes necessary to fully digest them. We simply do not have the biological equipment necessary to process them. Therefore they are *not appropriate* for *Homo sapiens*. Anthropologists call them 'modern' foods:

- ⇒ Grains including wheat, barley, corn, sorghum, rye, rice, oats – *poaceae* grasses
- ⇒ Milk and dairy products from: cows, goats, sheep, buffalo and *all other mammals*
- ⇒ Sugars - in quantities greater than found naturally in fruits
- ⇒ Nightshade vegetables native to South America – introduced to most of us only a few hundred years ago
- ⇒ Salt - in the quantities eaten today
- ⇒ Fat meat – as found today
- ⇒ Alcohol, additives - and concentrates as in supplements

The solution to disease suddenly seems simple! To stay well and avoid disease – we only need to *adjust our diet*.

But does that mean we all have to go 'Paleo' to avoid illness?

That would be one option. But another is to simply discover which foods are causing your particular symptoms . . . find out your **food intolerance**.

### *Negotiating with your body . . . food intolerance*

As you might have guessed - *some adaptation of the species* to 'modern' foods has occurred in twelve thousand years. And this allows a degree of 'tolerance' – meaning some of us are young enough to eat them without suffering inflammation or other symptoms.

Our bodies are most tolerant when we are young. But as we age - we grow *less tolerant* (even intolerant) to them. Many people notice chronic illnesses appearing in middle age or earlier: arthritis, heart conditions, diabetes, autoimmune diseases and cancers.

'Modern' foods like wheat and cheese generate 'foreign' particles which our bodies cannot process. We get symptoms . . . the first appearance of **food intolerance**. While most of us are reluctant to blame favourite staples like bread and milk – others take steps to get proof of intolerance and start on the path to wellness.

Anyone can pinpoint their *particular problem foods* - and monitor them in the diet. Results from the **foodintol**<sup>®</sup> **Survey 2012** <sup>vii</sup> from nine hundred subscribers who discovered their problem foods - reinforce the concept, as does extensive peer-reviewed research.

- *Just like any other species - humans become ill on the wrong food – but get well when they have only species-appropriate foods*

So - how do we protect ourselves from disease – while still enjoying a variety of favourite foods?

1. **Choose mostly species-appropriate foods** (fresh green leafy vegetables, fresh meat, fresh fish and seafood, fresh fruit, eggs, seeds, a few nuts - and water.)
2. **Negotiate with your body regarding other foods (discover your food intolerances and stay with that regime)**

Not sure how to do that? All you need is a blank exercise book and a food guide. Simply remove the food from your diet for three weeks - and track changes in symptoms using a journal. Then reintroduce that food once and note any changes.

## *Greater View Health trumps nutritional 'norms'*

The *Greater View* is not what you have been taught. But it is the science. It is easy to understand – and it will pop up every time you catch a cold, develop a headache – or hear about a friend's diagnosis.

Our eighteen years research of the medical journals has brought us to the *Greater View* of human life – and peer-reviewed science is trustworthy.

- Regarding our health – we are *Homo sapiens*. So begin with the foods which, according to the scientists - are *ideal* for our species, *Paleo foods*.

Keep in mind that any person or company still recommending grains or milk products as 'essential' to the human diet is sadly misinformed about our species. As consumers - we must not be afraid to query food manufacturers' claims about the benefits of their products. Companies are accountable only to their shareholders, so their goals are almost entirely commercial. Unfortunately most doctors, dieticians and nutritionists

have not embraced the startling anthropological findings from the 1980s – so are not working with up to date information.

Here at the *Institute* we have been publishing independently verified information about food-disease links since 2003. The *Greater View* has led to a whole new theory of disease, *Xenos Theory* published in the book 'On The Origin Of Disease' – by Deborah Manners, Director the Food Intolerance Institute of Australia. It is available at <http://www.foodintol.com/shop>

It is our mission to keep you informed on the latest findings, and we remain committed to consumer education regarding foods and disease.

## References

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- <sup>i</sup> Cordain L, Cereal Grains: Humanity's Double Edged Sword. World Review of Nutrition & Dietetics, 1999;84:19-73
- <sup>ii</sup> Eaton et al. Stone Agers in the fast lane: chronic degenerative diseases in evolutionary perspective. *Am J Med.* 1988 Apr;84(4):739-49
- <sup>iii</sup> Konner M Eaton SB Paleolithic nutrition: twenty five years later. *Nutr Clin Pract.* 2010 Dec;25(6):594-602
- <sup>iv</sup> Eaton SB et al. Stone age nutrition: implications for today. *ASDC J Dent Child.* 1986 Jul-Aug;53(4):300-3.
- <sup>v</sup> Reproduced from Manners, D. *Beyond the Paleo Fence* The Food Intolerance Institute of Australia 2014
- <sup>vi</sup> Modern humans are descended from early hominins who had more than 99% the same DNA.
- <sup>vii</sup> Survey results at <http://www.foodintol.com/food-intolerance-survey-2012>