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## 100 Million Years Of Food What Our Ancestors Ate And Why It Matters Today

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Today many cultures have strayed from their ancestral diets, relying instead on mass-produced food often made with chemicals that may be contributing to a rise in so-called 'Western diseases,' such as cancer, heart disease, and obesity.

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In 100 Million Years of Food, biological anthropologist Stephen Le explains how cuisines of different cultures are a result of centuries of evolution, finely tuned to our biology and surroundings. Today many cultures have strayed from their ancestral diets, relying instead on mass-produced food often made with chemicals that may be contributing to a rise in so-called Western diseases, such as cancer, heart disease, and obesity.

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In 100 Million Years of Food, Le has a few theories about what we can do to live longer, lose weight and not come down with as many diseases, such as type 2 diabetes and heart problems.

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Our earliest ancestors, who emerged around 100 million years ago, lived in the trees of tropical forests and primarily ate insects.

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In One Hundred Million Years of Food, Stephen Le argues that our ancestral diets and lifestyles are the best first line of defense in protecting our health; simple prescriptions like paleo or vegan diets in effect highjack our biology and ignore evolution, resulting in the current explosion of chronic diseases and allergies.

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In 100 Million Years of Food, Le has a few theories about what we can do to live longer, lose weight and not come down with as many diseases, such as type 2 diabetes and heart problems.

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Today's guest; Stephen Le, author of 100 Million Years of Food. Stephen is an anthropologist who argues that if we want to understand the role of diet in influencing our health, we need to ease off of our obsession with nutritional science and focus more on the role that evolution has played in defi...

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In 100 Million Years of Food Le takes us on a guided tour of evolution, demonstrating how our diets are the result of millions of years of history, and how we can return to a

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sustainable, healthier way of eating.

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Stephen Le is a biological anthropologist, along with being something of a foodie, prolific traveler, and entertaining writer. 100 Million Years of Food chronicles his journeys, investigations and meals, as he tries to find the heart of good eating advice within our ancestral heritage.

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100 Million Years of Food Quotes Showing 1-4 of 4 “ Oak trees can churn out roughly 500 to 1,000 pounds (225 to 450 kg) of acorns a year, albeit during a brief window of a few weeks.

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The revived microbes were trapped in subseafloor sediment for up to 100 million years without food, and the researchers have yet to discover how the microbes could have survived such extreme...

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Liberal Democrat Baroness Randerson challenged ministers about the impact of delays on food supplies. ... Expectations for inflation over a five- to 10-year horizon remained steady

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