

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

100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today [Stephen Le] on Amazon.com. *FREE* shipping on qualifying offers. A fascinating tour through the evolution of the human diet, and how we can improve our health by understanding our complicated history with food. There are few areas of modern life that are burdened by as much information and advice. 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. Basically, he advocates eating the same foods as our ancestors ate hundreds and thousands of years ago — maybe too much. 100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today [Stephen Le] on Amazon.com. *FREE* shipping on qualifying offers. A Fascinating Tour Through the Evolution of the Human Diet and How We Can Improve Our Health by Understanding Our Complicated History with Food. There are few areas of modern life that are burdened by as much information and advice. Such is the case with Steven Le's book: 100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today. No, it is not because my middle name is Lee, close to his family name; this book has some great concepts, while being quite fun to read. It takes the reader on many adventures from eating insects in Thailand, to how parasites can contribute to your health.