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# PINCH OF WISDOM

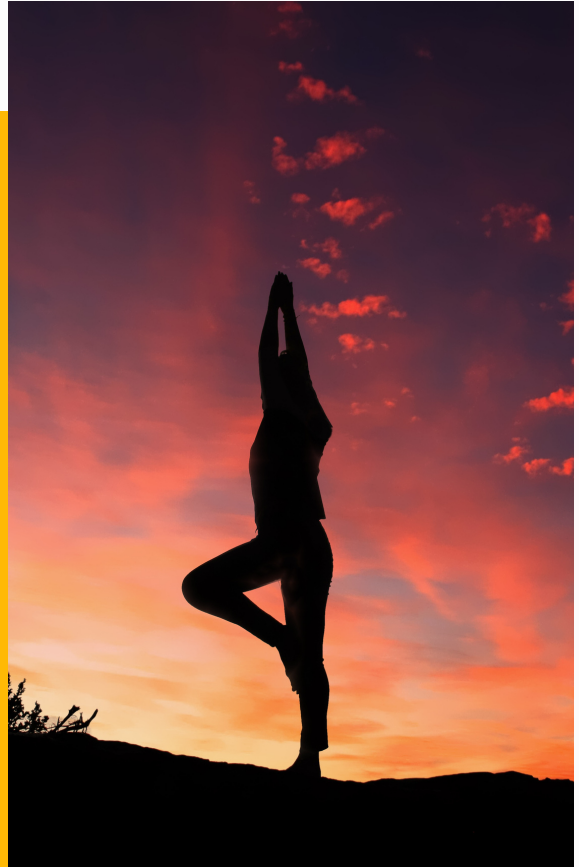
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## Connecting with Our Ancestors

Let's review the chronicle of events that has led us to this epidemic of chronic diseases caused by insulin resistance. There has been a progression to current day's unhealthy diet and lifestyle, we did not start out this way. Instead of turning to food as medicine like our ancestors did, we now mask the surface of the issue with prescription drugs. A pill for this and a pill for that but the underlying cause remains untreated. We can and should revert back to using food as medicine.

Our hunter-gatherer ancestors lived a life of constant change. They had to adapt to different environments as they followed their food. This provided variety in their diet. They ate what was available depending on the season and location. Most importantly their life consisted of whole-nutrient-dense-food and natural movement.

Along comes the Agricultural Revolution. The domestication of animals and mass farming depleted our soil resulting in nutrient-deficient food which brought about anemia, tooth decay and increased spread of communicable diseases.



## PINCH OF SALT

NUTRITIONAL  
THERAPY  
PRACTICE

Moving along to the Industrial Revolution. A sedentary lifestyle replaced natural movement since machines did the work for us. Harmful chemicals and toxins were introduced into the environment in order to keep up with demand from the growing population and the convenience of processed food replaced whole-nutrient-dense-food.

The Rise of Big Food came next. Big Food companies such as Coca-Cola, Nestle, Kellogg's, and Post became some of the biggest influencers over public policy, research, and diet recommendations. They had and have direct influence on nutrition content regulations. Our diet recommendations were and still are driven by profits rather than health. Need we be surprised at the epidemic of chronic diseases we are now facing?

The Chemical Revolution introduced cheap, highly processed, nonperishable food. This era came about during WWII. Chemicals used as weapons during the war, were repurposed and used as fertilizers and pesticides on our farms! This era introduced foreign chemicals into our bodies that serve no physiological purpose.

With the Digital Revolution came a lack of physical activity and increased screen time which has negatively affected our posture. This physiological change has a direct impact on our digestive system functions.

Our digestive system initiates food digestion so that essential nutrients are delivered to all cells of our body.

It is up to us to be conscious of these changes and be aware of what we are being fed. Let's control what we can, educate ourselves on the best quality products and sources out there and move more. Lets reconnect with our ancestors' way of life and do our part to improve our diet, lifestyle, and overall health. We can improve our quality of life by getting to the root of these preventable chronic diseases.

A few examples of what you can do to create balance in your life by including hunter-gatherer behaviors are,

- Eat nutrient-dense-whole-food. Avoid processed food and foods with added sugars. If it does not spoil, do not eat it.
- Buy organic, local, pasture raised, free range, and wild caught animal products whenever possible.
- Move naturally and intentionally. Find reasons to take short walks throughout the day, stretch during your breaks, and take the stairs whenever possible.
- Disconnect from digital screen time. Give your meal the attention it deserves while eating. Spend time outside enjoying nature, getting some sunlight, gazing at the moon.

## References

Hyman, M. (2016). *The blood sugar solution: The bestselling programme for preventing diabetes, losing weight, and feeling great*. London: Yellow Kite.

Evolution of the Modern Diet Student Guide. (2020). Nutritional Therapy Association.