

**eat like a predator not like prey the paleo diet in** - this article exists for one simple reason i get asked over and over so how does this paleo diet work and i want to give people an answer that is simple solid and above all motivational i want you to finish this article and think yes, **going feral my one year journey to acquire the healthiest** - i think it is also important to realize that the use of wild yeast in bread products with very long fermentation rising times has a very different effect on both the grain and the gut than 10 to 15 minutes rising time in a factory using one strain of yeast does, **increased lifespan from beans nutritionfacts org** - the intake of legumes beans chickpeas split peas and lentils may be the single most important dietary predictor of a long lifespan but what about concerns about intestinal gas below is an approximation of this video s audio content to see any graphs charts graphics images and quotes, **resistant starch your questions answered mark s daily apple** - let me introduce myself my name is mark sisson i m 63 years young i live and work in malibu california in a past life i was a professional marathoner and triathlete, **the acid alkaline myth part 2 chris kresser** - in part 1 of this series i talked about why the basic premise of the acid alkaline theory is flawed and i showed that the evidence doesn t support the idea that a net acid forming diet is harmful to bone health now i want to look at the effect of dietary acid load on other health conditions can the acidity or alkalinity of your diet affect your risk for muscle loss cancer and more, **why the omega 3 omega 6 ratio may not matter after all** - when it comes to omega 6 fats the quick and dirty soundbite resonating throughout the ancestral health community has been omega 6 fats are inflammatory omega 3s are anti inflammatory years ago i wrote a post saying essentially the same thing that an excessive intake of omega 6s and, **olive oil artery function nutritionfacts org** - the relative paralysis of our arteries for hours after eating fast food and cheesecake may also occur after olive oil olive oil was found to have the same impairment to endothelial function as the rest of these high fat meals, **is baking soda an effective treatment for autoimmune disease** - over the last couple weeks i have come across medical news headlines that sounded something like this baking soda an inexpensive treatment aid for autoimmune diseases like arthritis i won t even get into the fact that arthritis is most commonly understood to mean osteoarthritis which is not an autoimmune disease but let s not digress too much

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