

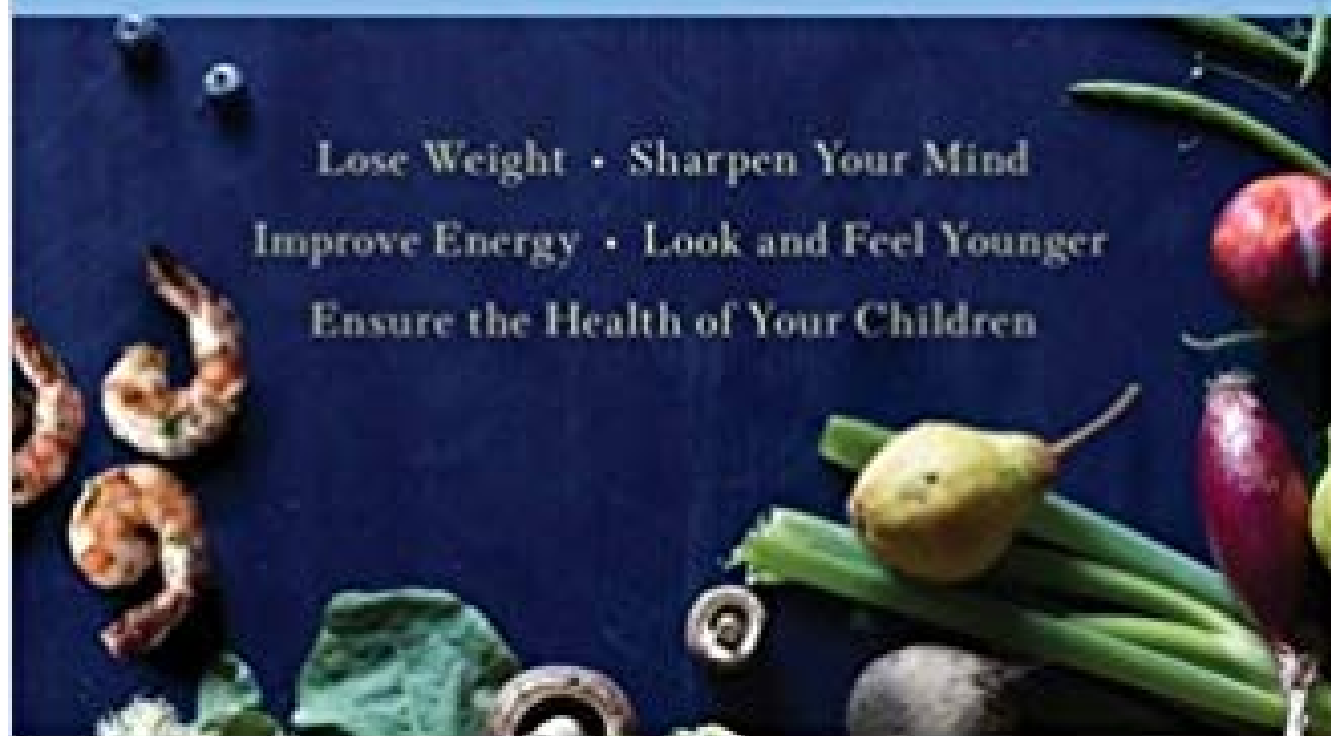
Catherine Shanahan, M.D.
with Luke Shanahan

DEEP NUTRITION

Why Your Genes
Need Traditional Food

FEATURING THE FOUR PILLARS OF THE HUMAN DIET

Lose Weight • Sharpen Your Mind
Improve Energy • Look and Feel Younger
Ensure the Health of Your Children



Catherine Shanahan M.D.

Deep Nutrition: Why Your Genes Need Traditional Food



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One of the Best Health and Fitness Books of 2017 ? Sports Illustrated A self-published phenomenon examining the behaviors that kept our ancestors disease-free?right now with a prescriptive arrange for “The Human Diet plan” to help us all live long, vital, healthy lives. examined diets all over the world known to help people live longer, healthier lives?diets just like the Mediterranean, Okinawa, and “Blue Zone”?and identified the four common dietary practices, developed over millennia, that unfailingly produce strong, healthy, intelligent kids, and active, vital elders, generation after generation. Cate displays how all calories aren't created equal;Physician and biochemist Cate Shanahan, M. These four nutritional strategies?fresh food, fermented and sprouted foods, meat prepared on the bone, and organ meats?type the foundation of what Dr.Deep Nutrition offers a prescriptive plan for how anyone will start eating The Human Diet to:*Improve disposition*Eliminate cravings and the necessity to snack*Boost fertility and also have healthier children*Sharpen cognition and memory*Eliminate allergies and disease*Build stronger bones and joints*Get more youthful, smoother skinDeep Nourishment cuts through today’s culture of conflicting nutritional ideologies, showing the way the habits of our ancestors might help us lead much longer, healthier, more vital lives.”Rooted in her experience as an elite athlete who used traditional foods to remedy her own debilitating accidental injuries, and combining her research with the latest discoveries in neuro-scientific epigenetics, Dr.D. food is details that directs our cellular development. Our family history does not determine our destiny: everything you eat and how you live can transform your DNA with techniques that affect your health and the health of your own future children. Cate calls “The Human Diet.



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This book is awesome, even though the recipes have become heavy in ... This book is awesome, even though the recipes have become heavy in animal products and I have not eaten red meats in over 40 years. I am a MD and have practiced medicine for over 48 years. Her science is exceptionally profound and adds to all of my prior reading. I've study 300 books in the last 3 years, all pertaining to this subject! I can make my very own recipes, without all the meat, which is not good. I'm the kind of person that must know "why," it isn't enough to show me to do something without knowing why. Would recommend! I have offered this detail for the advantage of the younger visitors who have seen an extremely different picture of health in the overall population of this country. So I know just a little about keeping good wellness and sanity when confronted with adversity. There is nothing further from the reality. Robert L Youngblood MD. Confused about polyunsaturated fat Dr Shanahan says polyunsaturated body fat is bad for us which I agree, but if you look at some of the body fat like avocado essential oil they contain both polyunsaturated fat and monounsaturated fat. If I had to pick one book this would be it. I agree with the doctor on almost anything but since I have already been on a ketogenic diet for years and actually look and feel more youthful than I did so 10 years ago, I think the upper limit of carbohydrate intake ought to be no more than 50 gms/day. That is a most fascinating book and I've reads scores of books on nutrition. Dr. It really is an amazing book that will switch your perspective on "healthful".9999% of MDs. We both feel better and she has bought this publication for a number of friends/family members. Nutrition is usually blown off by the medical establishment and medical academic institutions to be totally irrelevant to health. Godspeed to all or any who tread here! The doctor addresses so many issues in this reserve. An amazing conversation on the spacing of kids and a mother's nourishment is directly on. She says that having kids in rapid succession is definitely deleterious to the appears, brains, and health of the subsequent kid. No obstetrician or family members medication doctor will ever let you know this since they are oblivious and do not know this. Of program there are exceptions to any guideline however in general I believe that is true. I have pondered this notion regarding my own family and birth purchase. I love the information concerning cultures (health and long-lived) from around the globe. Anyone who has actually studied cholesterol/LDL knows this is simply not the culprit of coronary disease but carbohydrate intake that leads to hyperinsulinemia and then to insulin level of resistance which in turn causes many diseases. This is an amazing and incredibly interesting book! Nothing at all else really mattered if you ask me. Fascinating exploration of human functioning far, far past "healthy eating" advice Big go through, but super detailed and mainly because much an anthropological tale as a nutritional one. Fascinating description of the technology and how our body works. This Book Has Changed MY ENTIRE LIFE Without A Doubt! Very Informative My wife is obsessed with this book! Anyone that's thinking about how humans form the way they perform and how our anatomies work will get way more than their money's worth from Deep Nutrition. This is a book I'd present to anyone I care about hoping they'd adapt their food choices to boost their health and standard of living. Best nutrition book I've read I'm sure I have read about 100 diet and wellness books, this is the first I've read that rather than recommending we balance our omega 6 intake, explained the chemical substance reactions on a molecular level that occurs whenever we ingest vegetable oil. One grandmother got 12 children and the other 4. I've also cut my sugars way down, nonetheless it was a little more tough. We all virtually know that sugar is harmful to health and offers no nourishment or food value whatsoever, but I discovered from "Deep Diet" that vegetable essential oil is definitely poison and is a major reason behind the deterioration of our brains. The book is well crafted and interesting--not dry, not really boring. Her explanation of the cascading free radical harm to the unprotected brain and eyes is of especially great significance and usefulness in understanding the explosive incidence of dementia in the US population. Regarding health issues it is often times that the explanation is too technical to be understood by a layperson. Not so with this book. She also highlights how "normal" degrees of cholesterol and LDL are continuously lowered by the medical program in order to benefit big pharma and obtain as many people as

possible on statins. Combined with brief overviews of how our Paleo ancestors ate really helps to understand how the normal American diet has devolved right into a fast-food tradition of easy and fast and how that's killing us. If you were alive in the 50s, you may remember that illness and disease were not widespread as they are today. Both units of my grandparents resided into their 90s without having ANY hospital stays. I am totally convinced, and I'll never eat vegetable oil again. We are informed that avocado essential oil is healthy for all of us which is complicated? My great grandmother approved at 97, after her husband died, she lived by itself and prepared, cleaned, and acquired a garden until the end. I am 86 years old, in good health and work every day, including as the caregiver for my partner for the last 8 years. Deep Health Primer I am researching and learning about health for over 50 years and this is the best & most comprehensive reserve I've ever on the subject matter of nutrition and wellness generally. I could continue and on, but I understand people are busy. That is a fabulous reserve for those that are looking for in-depth answers with their health problems and what to do to heal from years of poor eating habits. I'd give it ten stars if that were possible. Very Informative Began this and couldn't place it down, very useful and well written to discuss the true suggestions of nutrition. I cannot exhibit just how much I appreciate her function. Amazing book I read this publication from a friend and then had to get my own duplicate. Shanahan makes so many great points that should never be discussed or even known by 99. In end for all of us, it's all about calories in us. America Bought Into a Lie About Fat and Cholesterol. Here's The Solution. Since they aren't prepared they're not oxidized meaning that almonds are best for us? I am getting more copies for family. I certainly got the activate the pants I had a need to begin eating healthier and more consciously. The two factors I was optimizing for was macronutrient content material and price. If everyone practiced the teachings in this book miraculous improvement in health will be obtained. But I think that was a mistake. As Dr. Shanahan mentions in the publication, there are long-lasting detriments to consuming in this fashion -- it might alter your genes, which not only affects you, but your future kids in the event you decide to involve some. calorie consumption out. In the book, Dr. Shanahan's real life patients. 2) Consume fresher whole foods (avoid items that can last forever). 3) Eat meat on the bone, and make use of bone broths for its collagen. 4) Eat fermented foods for probiotics. 5) Have some vitamin-packed organ meat at least once weekly. It's something that's clear and you could work gradually towards, probably over six months like a few of Dr. Shanahan provides how to follow "The Human Diet" in an easy-to-follow framework: 1) Reduce vegetable oil and sugars intake in your diet. It's something I'm certainly working towards now. Great product Great product Informative read. Wife and others look for this book very useful and interesting..!so much more in here than simply nutrition advice. A little over this past year I actually purchased this book and I was so impressed regarding all the things I didn't know about oils and how they effect your wellbeing. I was in pretty good shape at that time I browse this book with no health issues or weight problems. Once I read this publication I noticed that I better end up being proactive if I want to continue to be healthy in later years and avoid all the chronic diseases that plague our current culture. I have been on a ketogenic life-style for a year today and all of my average blood markers have improved. My goal is to get the word out concerning the junk the average person eats and how entire foods will improve your wellbeing now and assist you to avoid disease later on. THANK YOU Dr. I also thank you for giving me an excellent purpose in lifestyle and even if I only save one person from chronic disease and miserable health I consider all my initiatives really worth it. Shanahan for blessing me with your book and interesting intellect... It has transformed our diet plan for the better. I should understand as I am an MD. An an absolute must go through for all! I'm assuming the avocado essential oil was processed this means it got oxidized and the ones unsaturated fats can produce free of charge radicals. They were bright and alert--no indications of dementia or alzheimers either. Also almonds(nuts) have polyunsaturated fat, however they aren't processed at least I am hoping. As a powerlifter, I used to consume all sorts of awful foods with regard to bulking.



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