

"The New Evolutionary Diet captures the essence of the Paleo Diet concept."
—LOREN CORDAIN, PhD, author of *The Paleo Diet Cookbook* and *The Paleo Diet for Athletes*

THE NEW EVOLUTION DIET



WHAT OUR PALEOLITHIC ANCESTORS CAN TEACH US
ABOUT WEIGHT LOSS, FITNESS, AND AGING

ARTHUR DE VANY, PhD

WITH AN AFTERWORD BY NASSIM NICHOLAS TALEB,
AUTHOR OF *FOOLED BY RANDOMNESS*

Arthur De Vany and

The New Evolution Diet: What Our Paleolithic Ancestors Can Teach Us
about Weight Loss, Fitness, and Aging



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Our paleolithic ancestors didn't suffer from heart disease, diabetes, high blood pressure, or obesity. While scientific advances in agriculture, medication, and technology have safeguarded man, to some extent, from dangers such as for example starvation, illness, and exposure, the fact remains that our cave-dwelling cousins had been considerably healthier than we are. Contrary to popular belief, our DNA is nearly exactly the same as that of the ancestors. In fact, a great deal of what we look at as normal aging is a modern condition that is more comparable to disease than any organic state of getting older. The target is to create a strong body with a high resting rate of metabolism and a large physiologic capacity to move through life easily— And certainly none of these ever craved a doughnut, let alone tasted one. In fact, the human preference for sweet tastes and fatty textures was developed within an environment where such treats had been uncommon, and signaled dense, useful energy. This once-helpful adaptation may be the downfall of several a dieter today. It's why is it hard to resist fats and sweets, especially when they are all around us. The strategy is founded on three simple principles: 1. under no circumstances to burn calorie consumption. you were dynamic or you starved or were eaten. This created solid selective pressure for genes encoding a good, physically adept individual capable of very high activity levels. 3. Our energy expenditures rank high among all animals. At least they once did. Benefit from the pleasure of meals and don't count or restrict calorie consumption. By eliminating modern foods, including carbohydrates, dairy, and all processed foods from our diets, we can undo much of the damage caused by our modern food environment. We have been not living as we were built to live. The New Evolution Diet by Arthur De Vany, PhD is a roadmap back again to the better health our ancestors once appreciated. Eat three satisfying foods a day filled up with non-starchy vegetables, fruits, and high-quality, lean proteins 2. Usually do not starve yourself, but perform go starving episodically, for brief intervals, to promote a low fasting bloodstream insulin level and boost metabolic fat-burning. Humans are being among the most energetic of species, and we bring energetically expensive brains to boot. Exercise less, no more, but with more playfulness and strength. Our predecessors were incomparably better nourished than we are, and were incredibly toned. Our genes were forged in an environment where activity was mandatory—



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My body got utilized to it and I experience no suffering any longer from going through a work time with no meals and eat just one meal at the end of the day. It influenced me to change my approach to workout to where I spend much less time working out and enjoy it better. I was influenced by the food ideas introduced in this publication to make some changes to the way I eat and also do fasting times. Bring variety in to the activity and oh go without food or water for some time Good Straightforward, logical, nothing groundbreaking or crazy, basically what most of us already know but have to be retold about how to eat. This book left a direct effect This book opened my mind to concepts in food and exercise that I was never alert to. Many things to learn and put into action if you are a implementer. Eating meat 3 x a day because the author implies he does seems excessive to me. Look forward to reading his FB web page as it includes a very considerable literature of Art's Paleo practice. Personally i think really good. Quite definitely ties with NN Taleb's lifestyle. Without having any prior knowledge to the type of approach to eating and working out, I feel this makes sense which I will read further going to gain more knowledge. He also appears oblivious to harmful chemical compounds in processed food items. I anticipate achieving results as Art shows in this book. want more details It's a great publication in that it offers a pretty comprehensive overview of how/why the common person's current program of eating and exercise are off/wrong. This overview I found to be invaluable, but I needed to see more details. If you need to learn about the merits of the Paleo diet, please examine "The Paleo Diet plan" by Loren Cordain. I'm not necessarily into blogs, therefore i would have rather preferred a 500+ web page tome with all of the information. It's a matter of personal choice. my trainer recommended this if you ask me After being confronted with potential HBP, my trainer recommended this to me. Previously 6 weeks I've a lot 17 pounds, my BP is down and I am savoring cooking again. I cannot recommend this enough. Overall lots of benefits could be picked up from this book. Loved it Extremely informative with some really great time tested specifics. As an Intensity Based Gym Owner, I recognize that I needed to change things up to match what is going on with my own body as I am going thru growing older. I enjoyed the book I enjoyed the publication, but thought there were lots of unscientific and unsubstantiated declaration. Four Stars Good diet recommendations Good read and incredibly factual if 1 believes in randomness in everything completed. It's not an instant fix diet reserve- but instead a guide from what has worked for Artwork De Vany. Definitely one of my favorite books that I come back to for inspiration and have adopted for over five years. Very accessible. Great stuff! As a 50 something, I was looking to adjust just how I was looking at fitness and nourishment as my fat burning capacity has been changing for a couple years now. Basically an abundance of wisdom that was learned over years that you get for the price of a publication. Can't wait to implement the concepts. Turns all conventional considering exercise and diet in its head This book has helped me realize why the world is on an diabetic epidemic and what to do about any of it. Simple answer trim sugar and carbohydrates from your own food. Publication was in great shape. Fasting brought incredible outcomes after a few times. Excellent Paleo Guide I'd recommend this publication to anyone thinking about the Paleo lifestyle. New beliefs As a new Artwork De Vany believer, I am not used to his procedures but intrigued. Suggest the reserve to everyone to apply and adopt whatever he/she sees fit. The Best Part of This Book Was the Post-Script If you are looking for an N=1 study of how an old man is going to outlive you because he doesn't eat carbs, you've found it. This reserve is normally a monologue of a self-righteous economist fancying himself as a dietitian. The writer himself notes by the end of his publication that the book can be an overview/introduction to this method of eating/exercising/living and that if you would like more in-depth information on things, you should sign up to his paid blog. The best part of this book was the post-script by Nassim Nicholas Taleb, which I discovered it quite insightful and enjoyable after

suffering through the main script. Maybe not for everyone, but well worth a read. Read as you person ideas and tale it's good if you're thinking about how people consume and how that impacts them. Great! Very insightful. Don't perform repetitive regimented physical activity.



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