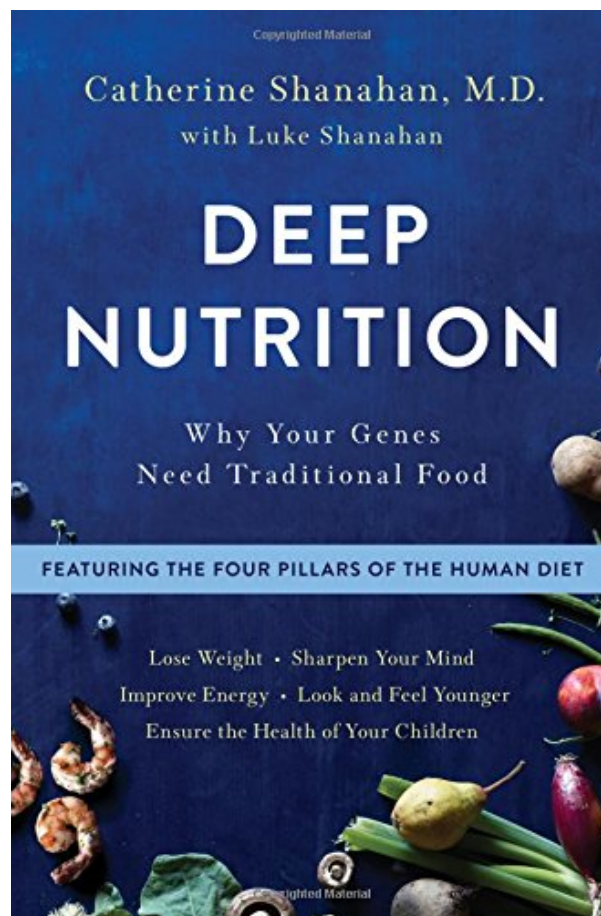
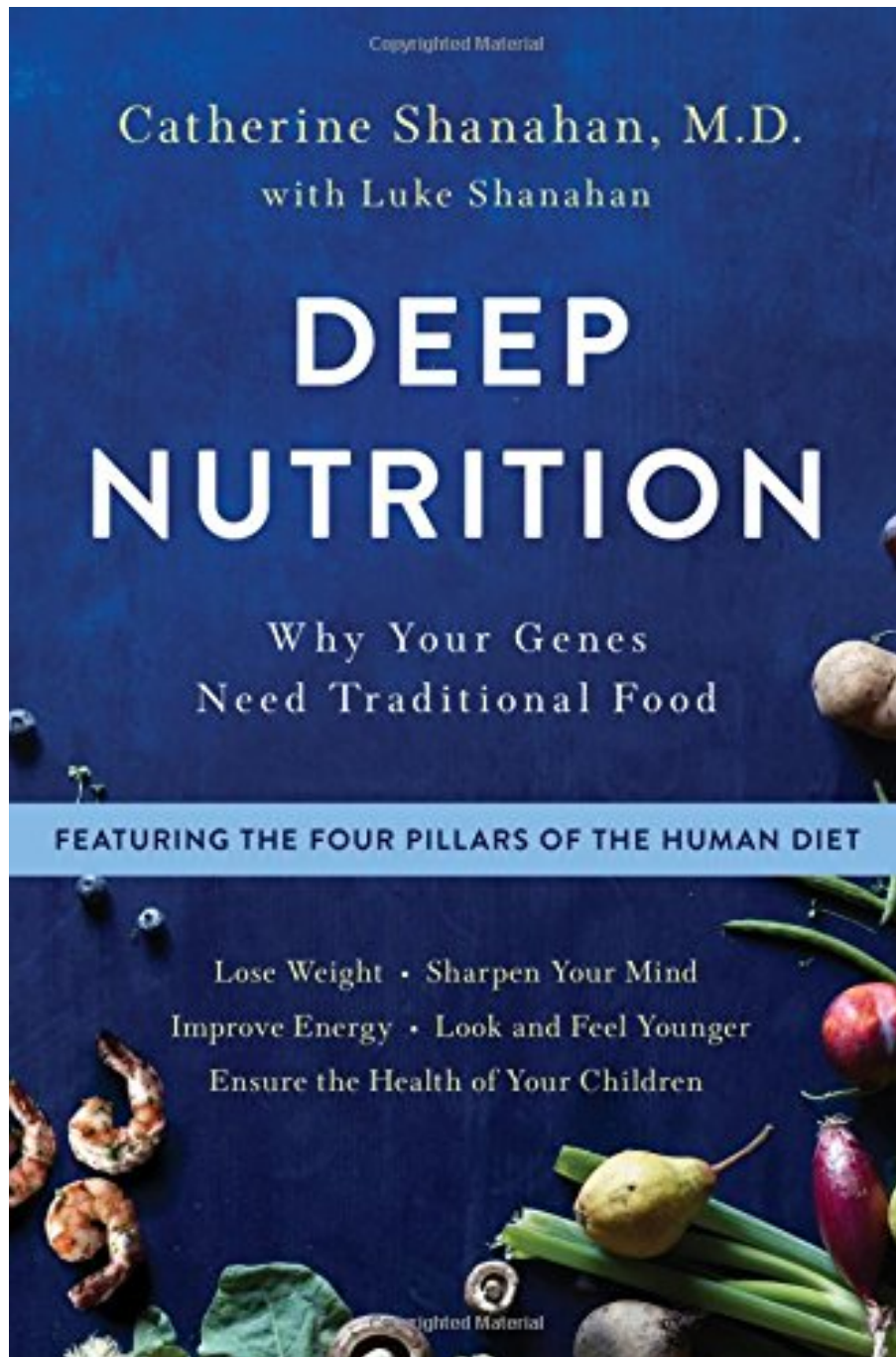


DEEP NUTRITION: WHY YOUR GENES NEED TRADITIONAL FOOD BY CATHERINE SHANAHAN M.D.



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One of the Best Health and Wellness Books of 2017 ? Sports Illustrated

A self-published phenomenon examining the habits that kept our ancestors disease-free?now with a prescriptive plan for “The Human Diet” to help us all live long, vital, healthy lives.

Physician and biochemist Cate Shanahan, M.D. examined diets around the world known to help people live longer, healthier lives?diets like the Mediterranean, Okinawa, and “Blue Zone”?and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation. These four nutritional strategies?fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats?form the basis of what Dr. Cate calls “The Human Diet.”

Rooted in her experience as an elite athlete who used traditional foods to cure her own debilitating injuries, and combining her research with the latest discoveries in the field of epigenetics, Dr. Cate shows how all calories are not created equal; food is information that directs our cellular growth. Our family history does not determine our destiny: what you eat and how you live can alter your DNA in ways that affect your health and the health of your future children.

Deep Nutrition offers a prescriptive plan for how anyone can begin eating The Human Diet to:

- *Improve mood
- *Eliminate cravings and the need to snack
- *Boost fertility and have healthier children
- *Sharpen cognition and memory
- *Eliminate allergies and disease
- *Build stronger bones and joints
- *Get younger, smoother skin

Deep Nutrition cuts through today’s culture of conflicting nutritional ideologies, showing how the habits of our ancestors can help us lead longer, healthier, more vital lives.

- Sales Rank: #2669 in Books
- Published on: 2017-01-03
- Released on: 2017-01-03
- Original language: English
- Number of items: 1
- Dimensions: 9.56" h x 1.54" w x 6.44" l, .0 pounds
- Binding: Hardcover

- 512 pages

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Most helpful customer reviews

600 of 627 people found the following review helpful.

This Book Gets 10 Stars on a Scale of 5

By claudia

Deep Nutrition: Why Your Genes Need Traditional Food by Catherine and Luke Shanahan (she's an MD) is now in my own personal Top Ten books of all time. I could never say enough good things about this book; it's off the charts.

I'm a health nut from way back, always telling my friends the latest about Omega-3's, the horrors of trans-fats, the crucial need for Vitamin D and more. I learned most of it first from my sister, I admit, but I found Barry Sears by myself. My sis actually has a 1938 publication by Weston Price, and first got going with Adele Davis. I've read countless books, magazine articles, newsletters, and manuals trying to understand what's what. I'd trade all I've ever read about diet, nutrition, and health food for the book produced by Catherine and Luke Shanahan.

Regarding the massive amount of research these two have done, they have really sifted the chaff from the wheat. (Oh, but too bad about that metaphor, wheat is kind of on the outs now for me.) What we should be eating, and WHY, is what this book is all about. This narrative has unusual insights and connects things you would never expect to see in a book about nutrition. This book is so engaging and well written; you certainly come away with a bit of the personality of its authors (a couple of minor typos are not a problem for me, unlike the reviewer who gave it two stars).

Your paradigms will shift! You know sugar is a problem. How bad? Pretty bad. You need to know why. Catherine and Luke explain it is so well you will wonder why candy is ever allowed in schools. But cheer-up, nutrient rich foods are nothing if not delicious! The more flavor, the more nutrition. Rich cream is good for you, and butter! Who knew? Olive oil is still OK, but I did not know how much damage the canola, soy, sunflower, and other veggie oils were doing. I had no idea.

Vegans will have the biggest challenge in their path to health. Our bodies did not evolve eating soy and veggies alone. Soy has major issues, well explained here. I'm now eating liver and liking it (I am shocked, actually), making my own yogurt from raw milk and loving it (remembering trips to Greece), and learning to ferment veggies (delicious).

French cooks, Julie and Julia fans, rejoice. Those French sauces, creamy or made of stock from slow cooked bones, are not only yummy, but super healthy!

Young adults who are getting married and thinking about babies, PLEASE, PLEASE, PLEASE read this

wonderful book before you conceive. There are way, way, too many unhealthy kids in the world. You want one that is as perfect as possible. Deep nutrition starts before conception.

Boomers....do you want to be in the joint replacement brigade, dealing with cancer or heart disease, forgetting stuff all the time? Of course not. READ THIS BOOK!!

Amazon readers are always told "If you liked this book, you will like _____" I didn't think it was possible to have another book out there as good as this one, but Nora Gedgaudas wrote one. Her book, Primal Body--Primal Mind: Empower Your Total Health The Way Evolution Intended, is one you probably should buy at the same time you order this one. These two books are joined at the hip. They fit together perfectly with minimal duplication. They both give jaw-dropping insights into who we are bio-chemically, and what we can do to survive in a world where profits drive food production and medical care.

If you don't have health care (I mean sick care), BUY these books. You'll be fine, unless you are hit by a truck.

5 of 5 people found the following review helpful.

Fascinating exploration of human functioning far, far beyond "healthy eating" advice

By Tyler Benedict

Big read, but super detailed and as much an anthropological story as a nutritional one. Fascinating explanation of the science and how our body works...so much more in here than just nutrition advice. Anyone that's interested in how humans form the way they do and how our bodies work will get way more than their money's worth from Deep Nutrition. This is a book I would gift to anyone I care about in hopes they'd adapt their food choices to improve their health and quality of life.

21 of 23 people found the following review helpful.

Read this book early last year and loved it. Although

By Denise

Read this book early last year and loved it. Although, I was a little skeptical about eating more fats. Then I read the Perfect Health Diet and it was supporting this same idea. I started coming across these supporters of higher fat in the diet more often with other readings. Then I read the "Big Fat Surprise" and all my doubts went away. Come to find out that public health science is known for its bad studies, worse interpretations and cherry picking data for abstracts. Gary Staubs is also a great read if wanting more information and answers about how we got here, the idea that low fat and cholesterol are bad for humans. It is hard not to get angry after learning that our health policies are all a sham and worse detrimental to our health. After seeing my parent suffer from heart problems, who were strict adherers of this hypotheses, I now wonder what it would take to take down the AHA?

See all 357 customer reviews...

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