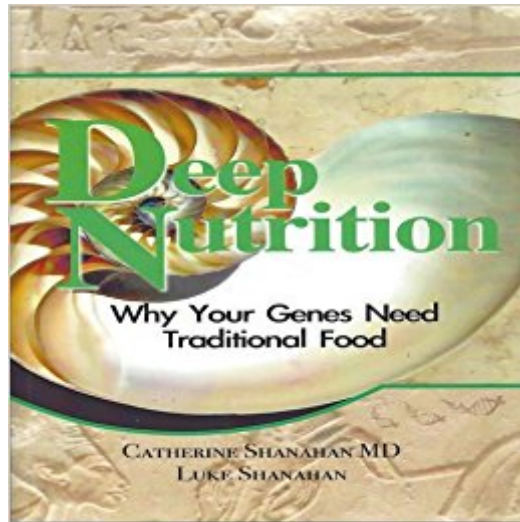




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# Deep Nutrition: Why Your Genes Need Traditional Food



## Synopsis

Deep Nutrition illustrates how our ancestors used nourishment to sculpt their anatomy, engineering bodies of extraordinary health and beauty. The length of our limbs, the shape of our eyes, and the proper function of our organs are all gifts of our ancestor's collective culinary wisdom. Citing the foods of traditional cultures from the Ancient Egyptians and the Maasai to the Japanese and the French, the Shanahans identify four food categories all the world's healthiest diets have in common, the Four Pillars of World Cuisine. Using the latest research in physiology and genetics, Dr. Shanahan explains why your family's health depends on eating these foods. In a world of competing nutritional ideologies, Deep Nutrition gives us the full picture, empowering us to take control of our destiny in ways we might never have imagined. Deep Nutrition is an approved textbook for these health professionals and can be purchased using CEU monies. See the Numedix website for more information. Registered Dietitians Diet Technicians Certified Diabetes Educators Nurses Certified Athletic Trainers Marriage & Family Therapists Licensed Clinical Social Workers Licensed Educational Psychologists Licensed Professional Clinical Counselors

## Book Information

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## Customer Reviews

"Immediately I was struck by the clarity and simplicity of the writing. I didn't realize that fat cells could wander around the body and turn into different cell types. Fascinating!" --Jo Robinson, Author of The Omega Diet "Dr. Shanahan is the Michael Pollan of medicine, telling us what to eat and why to eat it." --JoAnn Deck, Vice President of Ten Speed Press "Even readers who are very familiar with

the works of Weston Price will still discover new and fascinating information within these pages. I enjoyed Deep Nutrition so much that I honestly did not want to finish it." --Marjorie Tietjen, Price-Pottenger Nutrition Foundation  
"I have just finished reading Deep Nutrition and already recommended it to one of my daughters with the intent to insist that all my 5 adult children read this book as well.   
" Everyone was required to read Fast Food Nation...and Omnivore's Dilemma."  
" Ron Singler, MD Medical Director Highline Medical Group, Seattle WA  
"Deep Nutrition offers a fascinating presentation of nutrition, genetics, anthropology, history, medicine, metabolism, and cooking. It is a book that I can refer to my patients as a resource, and to colleagues as a reference."  
-- Lowell Gerber, MD, Medical Director Freeport Cardiology, LLC  
"I read Deep Nutrition by Cate Shanahan M.D. three times and can't wait to read it again. That book is a masterpiece, in my opinion." -- Sean Croxton, Undergroundwellness.com

One of our favorite passages in the book speaks to the importance of our ability to gauge beauty. Contrary to what we typically hear, the fascination for good-looking people is not a new phenomenon created by Hollywood. Nor is it about vanity. Rather, the instinct for beauty reflects a deep-seated, primal survival skill that has enabled us to reliably select the healthiest mates and pass on the healthiest genes to our offspring. Unfortunately, the introduction of industrial food into our bodies has also impacted our genetic expression and, for reasons described in Chapters Two and Three, this means that optimal growth is now relatively more rare and precious than it was in the past. Once we better appreciate how wandering from our ancestral nutritional path can affect us so powerfully, we can better appreciate the power of real food to set our bodies back on track.

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.

BIG BOOK! A lot of info., seems like great information on healthy foods and the reasoning behind the recommendations.

I'm sure I have read about 100 diet and health books, this is the first I have read that rather than recommending we balance our omega 6 intake, explained the chemical reactions on a molecular

level that takes place when we ingest vegetable oil. I am completely convinced, and I will never eat vegetable oil again. I have also cut my sugar way down, but it was a little more difficult.

The author uses easily understandable images and examples to explain complex biological processes in the body. I don't think I have ever read a more compelling explanation as to why certain foods (sugar, and certain fats) are bad for you. Her approach of using parables would surely work for most people, since it doesn't require an extensive medical or nutritional background beforehand. It was an easy read, I could barely put the book down. Throughout the book, she extensively references medical texts, books, research and other sources, she did not just think up a new diet. The only thing I question is her approach to exercise, while yes, adjusting your diet to be more 'species appropriate' will help you lose weight, or get healthier, if that's what you are looking for. Her approach that to me (a personal trainer) almost sounds like 'think yourself thin' is a little stretch. I agree that the mind plays a huge role, and if you are just going through the motions of the exercise without focus on the result and your goal, the results are not going to be what you were hoping for. But the exercise chapter is just one chapter in a very well written book. I would definitely recommend for anyone to read it. Eye opening to say the least. And then go get yourself Weston A. Price: Nutrition and Physical Degeneration

A keeper -- I'll read it in sections -- many times,

With so many theories about what is the best diet to follow, in addition to the misguidance set by the medical and industrial food industry, It is good to know that dissidence like Catherine Shanahan MD and Luke Shanahan are here to dismantle misleading information and simply enlighten readers with the truth that proper diet should come from traditional foods. "Deep Nutrition" reveals that by going back to what our grandparents, great-grandparents, and ultimately our ancestors have ate for centuries, traditional foods are what we should be consuming on a daily basis for optimal health and longevity. The authors give outstanding explanations chapter by chapter as to why traditional foods should be the mainstay in our diet. Backed with loads of scientific evidence, I am convinced that traditional foods provide great health benefits. Ever wondered why the French are among the longest living people in the world, despite having a diet rich in saturated fats, like butter and lard? The French diet is what the Shanahans consider a part of the "Four Pillars of World Cuisine" that includes a healthy diet full of natural saturated dairy and animal fats, meat on the bone, fermented vegetables/dairy products, and chicken/beef bone broth. All of this, however, goes against the

traditional western diet that has been sickening us with disease boosting pro-inflammatory polyunsaturated oils and sugar. The ailments plaguing Americans today are all linked to a common factor- rancid vegetables oils and tons of refined sugar. One would find it difficult to escape the ingredients in processed foods loaded with vegetable oils and sugar even when it claims to be "Organic." "Deep Nutrition: Why Your Genes Need Traditional Food" provides details to all of this and more. The authors' reasonably and scientifically explained findings about the health benefits of traditional foods will transform someone who adheres to American conventional wisdom about what types of foods to eat into one who will no longer tolerate the false claims about what is supposedly healthy from industries, like the Food and Drug Administration.

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