



THE SCHWARZBEIN PRINCIPLE II THE TRANSITION Q



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PALEO DIET (PALEOLITHIC, PRIMAL, CAVEMAN, STONE AGE



TREATING DIABETES: PRACTICAL ADVICE FOR COMBATTING A









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The Dietitian's Guide to Eating Bugs by Daniel Calder is a comprehensive guide to the nutritional content of insects. He believes insect breeding and consumption are important elements sustainable living, particularly when it comes to complementing foraged plant material with meat products.

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This article appeared in Wise Traditions in Food, Farming and the Healing Arts, the quarterly magazine of the Weston A. Price Foundation, Winter 2003.

Treating Diabetes: Practical Advice for Combatting a

An Interesting Finding Susceptible strains of rodents fed high-fat diets overeat, gain fat and become profoundly insulin resistant. Dr. Jianping Ye's group recently published a paper showing that the harmful metabolic effects of a high-fat diet (lard and soybean oil) on mice can be prevented, and even reversed, using a short-chain saturated fatty acid called butyric acid (hereafter, butyrate).

Whole Health Source: Butyric Acid: an Ancient Controller

The paleo diet and Primal Blueprint way of eating (a.k.a. Primal) are both based on similar evolutionary science. The story goes something like this. Our modern Western diet bears little resemblance to the eating habits of early humans throughout several 100,000 years of evolutionary history ...

What's the Difference Between Primal and Paleo? | Mark's

Oh gosh. Now It goes further. I did a fasting diet in 2013-2014. It was amazing! I lost 43 pounds! And kept it off! For a year! And then. I stayed with this diet for 6 more months, despite the fact that I was putting on sometimes 10 lbs in a month.