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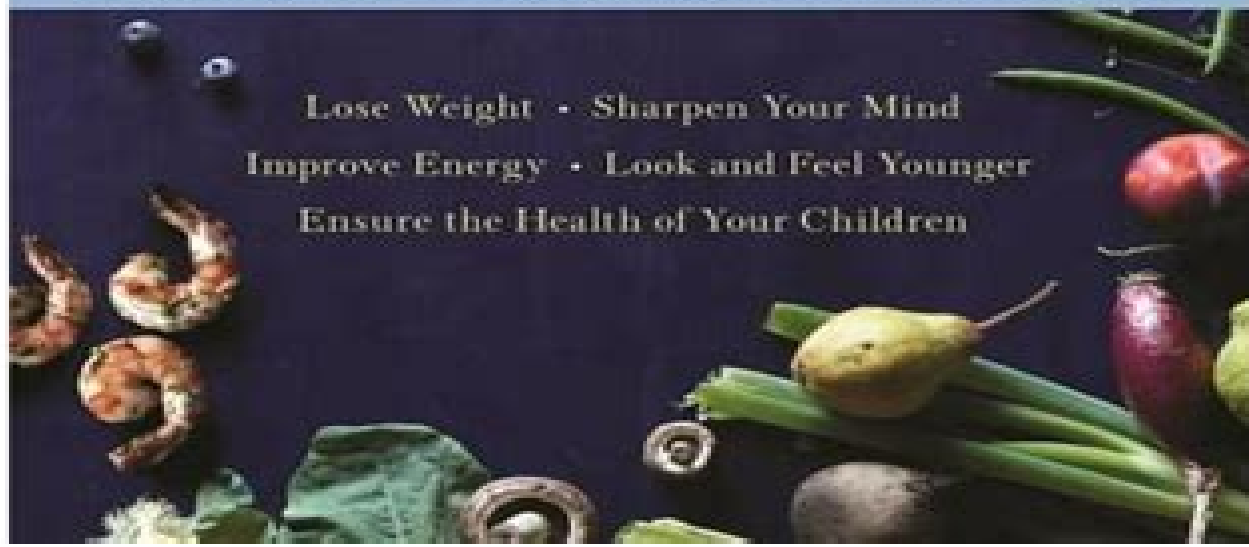
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with Luke Shanahan

DEEP NUTRITION

Why Your Genes
Need Traditional Food

FEATURING THE FOUR PILLARS OF THE HUMAN DIET

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Improve Energy • Look and Feel Younger
Ensure the Health of Your Children



Deep Nutrition Why Your Genes Need Traditional Food



Summary Books

Deep Nutrition Why Your Genes Need Traditional Food:

Deep Nutrition Catherine Shanahan, M.D., Luke Shanahan, 2017-01-03 Shanahan 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 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 She offers a prescriptive plan for how anyone can begin eating The Human Diet

Summary of Deep Nutrition Summary Books, 2017-03-15 This is a summary of bestselling author Catherine Shanahan M D s Deep Nutrition Why Your Genes Need Traditional Food by Catherine Shanahan M D This summary is intended to give you an in depth overview of the key concepts and ideas of the book At Summary Books we read every chapter extract the meaning and leave you with a new perspective and time to spare We do the work so you can understand the book in minutes not hours This concise book summary will help you cut through the 512 page full version of Deep Nutrition and quickly understand the key concepts and ideas The original book is detailed as 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

Summary of Deep Nutrition by Catherine Shanahan Alpha Minds, 2017-04-02 This book summary is created for individuals who want to flesh out the essential contents but are too busy to go through the entire book This book is not intended to replace the original book Cate Shanahan M D is not your ordinary doctor A physician and biochemist Dr Cate has

examined diets such as the Mediterranean Okinawa and Blue Zone diets known around the world known to help people live longer healthier lives Developed over millennia Dr Cate believes that these strategies cut through today s culture of conflicting nutritional ideologies and have the ability to produce strong healthy intelligent children as well as active vital elders throughout generations Wait no more take action and get this book now

Summary of Catherine Shanahan's Deep Nutrition by Milkyway Media Milkyway Media,2018-09-06 Deep Nutrition Why Your Genes Need Traditional Food 2008 by Catherine Shanahan a physician and nutrition expert explores how ancient nutritional wisdom can be applied to today s lifestyle for maximum health and wellness benefits Shanahan studied global cuisines and discovered basic commonalities which she calls the Four Pillars of World Cuisine In their own ways these nutritional strategies support optimal gene functioning which leads to heightened health Purchase this in depth summary to learn more *Summary of Deep Nutrition - [Review Keypoints and Take-aways]* PenZen Summaries,2022-11-29 The summary of Deep Nutrition Why Your Genes Need Traditional Food presented here include a short review of the book at the start followed by quick overview of main points and a list of important take aways at the end of the summary The Summary of Deep Nutrition is about modern diets and how they re making people sick The dangers of eating food that is mass produced what this food is doing to our bodies and how we can revert to a more traditional way of eating that will keep us healthier in the years to come are all discussed in this series of blinks Deep Nutrition summary includes the key points and important takeaways from the book Deep Nutrition by Catherine Shanahan M D Luke Shanahan Disclaimer 1 This summary is meant to preview and not to substitute the original book 2 We recommend for in depth study purchase the excellent original book 3 In this summary key points are rewritten and recreated and no part text is directly taken or copied from original book 4 If original author publisher wants us to remove this summary please contact us at support mocktime com

Food Faiths Catherine L. Newell,2023-08-29 Food Faiths Diet Religion and the Science of Spiritual Eating explores how individuals internalize scientific knowledge regarding health and diet and then incorporate that information into their lives as the basis of a personal spiritual practice In this book Catherine L Newell examines how science is used to justify a dietary lifestyle and investigates the world of spiritual eating which is comprised of practitioners who identify themselves not by a religion but by their diet These diets are based in diverse sciences such as anthropology ecology systems biology nutritional studies biomedicine and physiology adherents view their diet as a lifestyle a path to enlightenment and a nebulously defined point of health This in turn enables the practitioner to locate themselves in relation to other members of their community to older traditions suffused with religious practice and to understand their praxis in relation to the entire biosphere While on one level this project explores how food health and diet can be a source of spiritual fulfillment on another level Food Faiths illustrates how science and religion are subsumed into a culture and merged to form the basis of an individual s lived spiritual practice

Cook for Wellness Celina Hywel,AI,2025-02-14 Cook for Wellness offers a practical guide to improve

your health through simple time efficient cooking It tackles the challenge of maintaining a healthy diet amidst busy schedules emphasizing mindful eating and nutritional awareness The book explores the impact of convenience foods on public health providing insight into essential nutrients and the importance of quality ingredients Discover how small dietary changes can boost energy levels improve mood and enhance long term health without requiring expertise in nutrition science This book distinguishes itself by focusing on sustainable habits that fit individual lifestyles moving beyond restrictive diets It presents practical cooking strategies like meal planning and batch cooking alongside time saving techniques Structured in three parts the book first introduces mindful eating then it discusses cooking strategies and finally it provides recipes that can be easily integrated into everyday life By learning efficient cooking techniques readers will discover that healthy eating doesn't have to be time consuming

Primal Moms Look Good Naked Peggy Emch, 2013-06-04 In a society where pregnant women laugh cry and commiserate about their unavoidable and unsightly pregnancy symptoms it seems crazy to suggest that these symptoms are actually avoidable In *Primal Moms Look Good Naked* Peggy Emch challenges conventional pregnancy wisdom that the fate of a pregnant woman and new mothers is ugly and undesirable and explains how eating the foods we were designed to eat can reduce or even eliminate most of the embarrassing signs new mothers go to extremes to cover up Supported by scientific research observational accounts of traditional peoples and her own journey into vibrant health Emch explains how a beautiful pregnant body is a reflection of the mother and baby's good health Each chapter focuses on a different common pregnancy complaint identifies causes and details ways to prevent and repair them Some of the topics include Stretch marks Cellulite Varicose and spider veins Diastasis Recti Flabby belly Skin problems Emch incorporates her years of experience and research into a practical plan for achieving and maintaining excellent physical health and consequently good looks throughout pregnancy In *Primal Moms Look Good Naked* Emch reveals How a Paleolithic diet can heal your skin tone color and texture How pregnancy cravings and trips to the ice cream aisle in the middle of the night are not normal symptoms of pregnancy How stretch marks and cellulite are signs of dietary insufficiencies How the junk we eat and the healthy food we don't affects not only our bodies but also the bodies of our babies How just a little bit of weight bearing exercise each week can transform our aging bodies into beautiful youthful ones *Primal Moms Look Good Naked* is a complete guide for women seeking a healthy pregnancy and baby It includes a full nutritional guide recipes and an exercise program suitable for women of all athletic abilities

Beautiful Babies Kristen Michaelis, 2013-03-19 Did you know that simple changes in your diet could increase your fertility by 60 percent That what you eat when you're pregnant could affect whether your child will need to wear glasses or braces That increasing your intake of certain nutrients before you become pregnant could radically decrease your chances of suffering from morning sickness In *Beautiful Babies* nutrition educator Kristen Michaelis reveals the truth about diet and pregnancy Based on her research of the nutrient rich diets of healthy and fertile populations around the world she lays out exactly what you should and shouldn't eat when trying to conceive during

pregnancy and while breast feeding In the first half of the book she explains the ways industrialized foods can prevent pregnancy how a low fat diet can increase your likelihood of infertility by 85 percent what to do if breast feeding doesn't work for you why babies can't digest cereal and she gives step by step instructions on how and when to introduce your baby's first foods In the second half of the book she equips you with more than 50 recipes for incorporating traditional fertility boosting foods into your diet Beautiful Babies provides you with everything you need to know about having a healthy pregnancy and nourishing your growing baby

Metabolic Effects Cassian Pereira, AI, 2025-03-17 Metabolic Effects explores the critical link between metabolic health hormonal balance and reproductive well being The book emphasizes how disruptions in metabolism often stemming from modern diets and lifestyles can significantly impact hormones like testosterone and estrogen affecting libido and fertility It highlights the importance of understanding fundamental concepts in endocrinology and metabolism such as how the body processes nutrients and regulates blood sugar to address hormonal imbalances effectively The book is structured into three parts progressing from explaining the metabolic hormonal axis to detailing the impact of metabolic dysfunction Conditions like insulin resistance and metabolic syndrome are explored alongside practical strategies for metabolic optimization through diet exercise and when necessary medical interventions By integrating knowledge from diverse fields like endocrinology nutrition science and exercise physiology Metabolic Effects provides a holistic and actionable approach to improving metabolic health and restoring hormonal balance

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