



# Cathedral Village Wellness News

2146 Robinson Street • Regina, SK. • (306) 757-HEAL

## Permission—part 2

By Dr Julie Zepp Rutledge ND

I am so grateful to everyone who takes the time to read my newsletters and it astounds me when I send them out and receive feedback from them, often within the day or two. I know how bombarded by emails we all are and how hard it is to keep up with the information overload so when you select from your inbox my emails to read I am honored!

Thank you too for your feedback, as it is always appreciated. I received many emails in response to my last article on “Permission” in the Winter 2012 issue of *Cathedral Village Wellness News*. If you did not have a chance to read this article, it is available on my website [www.drzepp.com](http://www.drzepp.com) under the Resources/ Newsletters section.

Many of you expressed that the article helped you to be more at peace with acknowledging and honoring your feelings and emotions. I also received feedback that you had a better understanding and appreciation for the wisdom of the body and how to better tap into and use your own intuition.

From this article also arose the need for clarification, and further guidance around the difference between feelings and emotions and how to feel without getting “stuck” in a place of discomfort.

This is also something I work with in practice a lot—guiding and coaching people on the feelings to sit with and those to move away from (please notice my use of the words “to move away from” rather than suppress!). It is most definitely a skill

that is important to develop in order to avoid placing our focus and energy somewhere that takes us further from our ultimate goals rather than bringing us closer to them.

So what I would like to share with you this season is a sort of “quick reference” guide to learning to determine the differences between the “healthy” and “unhealthy” versions of common emotional experiences. I love how the universe works as since my last article I have had the opportunity to further my study of the brain, mind and their connection to our health through some wonderful books and on-line courses and seminars. The “quick reference guides” I am going to give to you come from one such amazing resource called *You are Not Your Brain* by Dr. Jeffrey Schwartz.. It has helped me to further develop my understanding and awareness (and, I’ll admit, passion and obsession!) of the ways that our brains are wired and how they influence our minds and bodies through their programming.

In his book Dr. Schwartz distinguishes between “emotions” and “emotional sensations” and I like this as a way to understand our emotional experiences and therefore to help us know how best to respond to them.

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Save the date!  
**Cathedral Centre for Wellness**  
**OPEN HOUSE**  
**Saturday May 4th**  
**1 to 4pm**

## Permission—part 2

By Dr. Julie Zepp Rutledge N.D.

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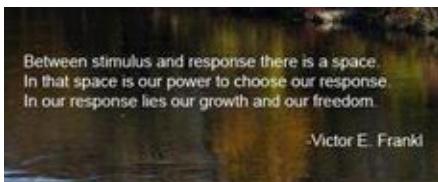
Being able to differentiate true emotions from unhelpful and often destructive emotional sensations is necessary so that we can more clearly and constructively respond to situations that arise rather than giving in to self-soothing behaviors that might lead to further guilt, regret or general ill health.

The following tables describe healthy emotions and unhealthy emotional sensations. Read through the defini-

tions and see if you can gain a sense of which (healthy or unhealthy) version plays in your head most often.

Doing so requires attention and mindfulness to help distinguish between the two and also the awareness that often the healthy version is there but hidden beneath the unhealthy sensation.

I want to include another description



from Schwartz's book relating to "should" statements. I find it helpful as understanding the power of a "should" statement helps us identify when we are moving away from what is real and true (a true emotion) towards what feels real but is false (an emotional sensation often created as a result of a "story" we are creating).

**Unhealthy "should" statements—** shame, cripple, derail or otherwise demoralize you (when directed toward you) or incite unhealthy anger (when applied toward others) that lead to no productive

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**Healthy anger—** recognizes that you are being taken advantage of (or were hurt) in some way and encourages you to take care of yourself in a respectful, compassionate manner. It is a mobilizing force that helps you notice that you are not following the path of your true self for some reason and that you need to make a healthy change.

**Unhealthy anger—** is clouded by deceptive brain messages, especially thinking errors involving false expectations and "should" statements. It causes you to see people or events from a skewed perspective and then to act in a destructive way that hurts you (and potentially others) and takes you farther away from your true goals and values.

**Grief and sadness—** healthy, true emotions that allow you to experience and process loss and pain. The grief may be the loss of someone close to you or a change in roles in your life. Similarly the sadness can be related to not having your true needs and emotions tended to as a child or acknowledging the time or opportunities you lost over the years when you were subservient to your deceptive brain messages. In all respects, grief and sadness are a normal part of our experience and are the result of honoring our true self—the part of us that wants to connect with people on a deep emotional level, give and receive the 5 As (attention, acceptance, appreciation, affection, allowing), and live in accordance with our true goals and values. These emotions do not judge or ridicule you, but acknowledge the human condition and your incredible ability to connect and love. Processing these emotions in a healthy, respectful way—feeling the pain, but continuing to move forward—allows you to heal and grow stronger. These kinds of true emotions tend to come in waves, are time-limited, and are related to specific situations or losses.

**Depression and self-hatred—** result from deceptive brain messages and thinking errors that berate, belittle, disparage or otherwise demean who you are, what you care about, or what you are trying to achieve. These negative thoughts are the direct opposite of how your Wise Advocate and anyone who loves you actually sees you. They damage you by keeping you from advocating for yourself or engaging in actions that are beneficial and healthy for you. These types of emotional sensations tend to be persistent and incorporate a negative view of you.

**Productive anxiety—**a signal that something is wrong or possibly dangerous or threatening. It could be that you are close to missing an important deadline, you are truly about to make a mistake, or you are acting in a way (or submitting to treatment) that is not healthy or good for you. This kind of anxiety or stress is limited and spurs you into action by encouraging you to align your actions with your true self.

**Destructive anxiety—**leads to no positive or healthy outcomes. It is repetitive, relentless and nonsensical when viewed by the wise advocate. This kind of anxiety and stress does not encourage you to take proactive healthy actions, but instead causes you to waste time, act in unhealthy ways, and miss out on positive constructive activities and events. For instance, it can make you constantly worry about things over which you have no control, engage in repetitive or addictive behaviours, avoid people/ places/ events and so on.

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By Dr. Julie Zepp Rutledge N.D.

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outcomes. These statements are contaminated by impure intentions not related to your true self—such as getting you to do something for someone else or getting someone to do something for you. “Should” statements directed towards you make you feel bad about who you are or what you have accomplished (or not) and can readily lead to depression, anxiety or other uncomfortable emotional sensations, whereas “should” statements directed towards others cause you to become irritable, angry, frustrated, dismissive or intolerant of others. In all of those cases your reaction is fueled by deceptive brain messages and thinking errors, not true intentions to help yourself or others.

Imagine we were overlooked for a promotion at work. The true sadness we feel as a result is often masked by unhealthy anger that is created by a story that we tell ourselves: “we should have gotten that promotion, our colleague that did didn’t deserve it—our boss doesn’t know anything.” The anger is unproductive and makes us feel powerless and therefore generally causes us to move towards self-soothing behaviors like over-indulging on unhealthy foods or alcohol in attempt to make us feel better (but that ultimately make us feel worse as they are not in alignment with our long term goals for ourselves).

If instead we are taught to grieve the true feeling of sadness rather than give weight to the “story” we tell ourselves we are able to more quickly regain perspective and act in alignment with how we want to live.

So in the above situation we are able to perhaps to first express and acknowledge our anger and frustra-

tion in a journal or to a trusted friend (who won’t let us get stuck in these unhelpful sensations!), sit with the discomfort they create without trying to self soothe, and look to feeling the true deep feelings we may feel about the situation.

In this case we may cry and mourn the loss of the potential job (and acknowledge the deep hurts that may be triggered by this event—maybe a deep program of being “not good enough”), taking steps to heal the wound thereby truly starting to feel better. When we feel good, inside, we are more likely to take positive actions for ourselves and therefore we may choose to go for a walk to clear our heads from the day then come home and make a healthy dinner, vowing to rise above the drama of the work place and not allow it to sabotage your desire for a healthy life.

Please note that though this process sounds easy, it certainly isn’t. The process takes patience, mindfulness, awareness, self-compassion and support, often professional, in order to effectively move through situations and learn the skills to navigate through these murky emotional waters and heal deep wounds.

By about this point in my article, if not long before, you may be asking yourself why a Naturopathic Doctor is spending so much time discussing the brain and brain health and mindfulness and gaining control over our destructive habitual thoughts and identifying and honoring true emotions and learning how to feel into our bodies and listen to our own inner wisdom.

Well, in my over eight years of practice I am continually gaining an appreciation for

the fact that my patients are all incredibly intelligent and many have all of the information they need on how to get healthy and most truly want to get there and I have come to understand that to create a truly healthy and integrated brain is what allows us to stop sabotaging ourselves and so to implement health strategies we know are good for our physical health, rather than succumb to comfort habits. Dr. Daniel Amen sums it up beautifully in the following quote that I will leave you with:

It is your brain that decides to get you out of bed in the morning to exercise, to give you a stronger, leaner body, or to cause you to hit the snooze button and procrastinate your workout. It is your brain that pushes you away from the table telling you that you have had enough, or that gives you permission to have the second bowl of Rocky Road ice cream. It is your brain that manages the stress in your life and relaxes you so that you look vibrant, or, when left unchecked, sends stress signals to the rest of your body and wrinkles your skin. And it is your brain that turns away cigarettes, too much caffeine, and alcohol, helping you look and feel healthy, or that gives you permission to smoke, to have that third cup of coffee, or to drink that third glass of wine, thus making every system in your body look and feel older. Your brain is the command and control center of your body. If you want a better body, the first place to ALWAYS start is by having a better brain.

— Daniel G. Amen, Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted ♥

By Dr Marika Geis ND

When I think of two years olds a vision of the Merry Melodies Tasmanian Devil comes to mind: A screaming whirlwind of dust leveling everything in its path or in the case of my own children, launching themselves off the couch and flushing my watch down the toilet along with a whole roll of toilet paper. The last thing I would imagine would be a child cautious about moving too fast because their joints were hot and swollen, or having to take breaks several times throughout the day to recharge because it takes so much to work through the discomfort and stiffness of *juvenile idiopathic arthritis* (JIA). Yet this was exactly the case when I met little Katie in August of last year. Her parents had noticed that her big toe was quite swollen and didn't seem to be going away on its own. Two weeks later her parents noticed that Katie would move carefully in the morning and take her time initiating movement. To them it seemed as she was moving like someone sore and stiff. A week after that her knees became involved; they were swollen and warm to touch. Her mother, a registered nurse, promptly took her daughter to the doctor and did some preliminary blood-work. The results showed that inflammation was present but did not point to a cause. Treatment options at the time were to prescribe Naproxen (a non-steroidal anti-inflammatory or NSAID associated with bleeding in the digestive tract), to do cortisone shots in

the affected joints which, with repeated use, degrades connective tissue and lastly to prescribe prednisone, a steroid drug associated with several damaging side effects. The parents opted for the naproxen with the intention of buying a little time before the other treatments became necessary. At this point they came to our clinic looking for ways to augment her treatment given that, despite the naproxen, the number of joints involved was growing.

It's important to understand the prognosis of kids with JIA/JRA as these children are at increased risk for the involvement of other organ systems, have mobility issues stemming from chronic inflammation and potential joint deformities. Conventional treatment is 'comprehensive' in that it involves pharmacotherapy, physical therapy, academic counselling, occupational therapy and psychological counselling. For kids with more than one joint involved complete remission is rare. Although Katie's parents were absolutely prepared to do whatever was required of them they couldn't help but wonder if there wasn't something that was being overlooked.

Up until Katie, I had never treated anyone with JIA/JRA but as naturopaths we routinely treat multiple manifestations of autoimmune disease of which JIA/JRA is one. The working naturopathic theory behind autoimmunity is one that I am sure

you've heard of before although perhaps in different contexts. *Leaky gut syndrome* or *gastrointestinal permeability* is a process by which material from the cavity of the intestines enters into the bloodstream through the tissue wall before it's intended to. Once in the bloodstream, the regional lymphatic tissue, correctly recognizing it as foreign, begins making an abundance of antibodies in an attempt to neutralize this 'threat'. The problem is that in certain populations where the genetic susceptibility exists, those antibodies, having a similar structure to some of our bodies own tissues will now go and attack various systems throughout the body. The thyroid in Hashimoto's hypothyroidism, the myelin sheath in Multiple Sclerosis, the joint capsule in Rheumatoid Arthritis, the colon in Crohn's Disease, The liver in Autoimmune Hepatitis....the list goes on. From a naturopath's point of view, it matters less how it manifests and more that it's autoimmune in nature.

There are several ways by which permeability in the gut arises. In children, one of the more common ways is through foods. At birth and by design, babies are born with several gaps in the tissue lining the intestines as this is how babies absorb proteins and fat from mom's breast milk. As baby grows and their intestines mature they can gradually begin to tolerate different foods provided that the food matches their capacity to digest it. In many cases however, foods, often allergenic foods, get introduced too early, are recognized as 'foreign' and the above

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process of antibody production begins. In Katie's case it wasn't so easy to pinpoint possible food sensitivities given that gluten, a common allergen wasn't introduced until 8 months of age and dairy wasn't introduced until 12 months of age. She did not present with any significant digestive concerns although she did manifest eczema, a classic sign of 'leaky gut'. This, despite the parents having done all the right things.

We discussed the possibility of starting a hypoallergenic diet prefaced by a Food Sensitivity test for what's called an IgG response (or 'delayed' immune response) to 96 different foods. This, in addition a small number of supplements to help heal the gut and modulate the

immune response. They did the test and began the dairy, soy, corn, egg, gluten, and sugar free diet in earnest. What they noticed initially was that the swelling was on its way down. However, Katie was also still taking Naproxen so it was difficult to tell what was helping. When the results came back it allowed Katie's family to further refine her diet. As it turned out grapes and citrus were high on the list as were the foods she was already avoiding. Remarkably, her eczema disappeared indicating to her mother that her gut was indeed permeable and in the process of healing. Another significant development was that Katie was able to have a fever during a cold without aggravating her joint symptoms, something that previously went hand in hand. Slowly but surely the swelling was going down and her range of motion was improving. Finally, to do

away with the residual inflammation, Katie's parents opted to proceed with the cortisone shots allowing for full recovery of her range of motion. To date, Katie is now in complete remission, off the Naproxen, bouncing off the walls and threatening to flush her mother's watch down the toilet. There have not been any further flare ups in her joints or skin, she is sleeping better, has more energy and is fearless in her exploits.

This story has a tremendous ending. It's a testament to what children can endure and how well and completely they can heal once the true cause has been found. These parents have literally changed the trajectory of their daughter's life. I feel so fortunate to have participated in this family's journey and witness our body's innate wisdom and the healing power of nature. Thank you Katie!!♥

## Sports Nutrition: Optimizing Energy and Performance

By Dr. Allison Ziegler N.D.

One of my favorite things about Spring is the feeling of going for a run in the warm breeze and experiencing the excitement in air felt by all the fellow fitness enthusiasts around Wascana Lake. With Spring comes an increased activity level, as people are excited to get back outside and back to running, biking, rollerblading, swimming, and all other activities that are made easier without the snow. With an increase in activity level comes the importance of understanding sports nutrition in order to optimize performance and energy levels.

### Bioenergetics

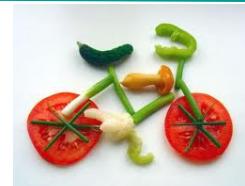
Before we can understand why what we eat matters regarding exercise, we must first understand what happens in our body during exercise/sports.

Bioenergetics is a term that describes the energy system in the body. Each cell produces a molecule called Adenosine Triphosphate (ATP). ATP is the "energy currency" in the body, meaning that it supplies the energy for every bodily function including exercise. During exercise, when immediate energy is required, the body does not use the nutrients

from food directly, but from the ATP produced in the muscles. There are three energy systems involved at some point during the duration of the exercise, which are all aimed to produce ATP.

#### 1. ATP/Creatine

ATP/Creatine is the energy system that is most dominate at the onset of an exercise to cause muscle contraction. The ATP/Creatine system consists of multiple reactions in the muscle cells resulting in ATP as the final



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# Sports Nutrition—Continued

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product, yielding energy for the initiation of the high intensity activity, such as running.

## 2. Anaerobic Glycolysis

The term ‘anaerobic’ means reduced oxygen and the term ‘glycolysis’ means the breakdown of sugars. Therefore, ‘anaerobic glycolysis’ refers to the process by which the body breaks down sugars during periods of reduced oxygen to produce ATP as that energy source. When the body utilizes sugar to produce energy (ATP) in an environment of reduced oxygen, lactic acid is a byproduct of the reaction. Accumulation of lactic acid interferes with the reactions responsible for overall ATP production by making the muscle tissue more acidic. Increased muscle acidity then interferes with the ability for muscle excitation and contraction, leading to fatigue and stiff and sore muscles. The anaerobic glycolysis system becomes dominate as the duration of the exercise increases and oxygen delivery to the tissues becomes decreased.

## 3. Aerobic Oxidation

Unlike anaerobic, the term ‘aerobic’ means in the presence of oxygen. Thus, this energy system refers to the breakdown of sugar to produce ATP in the presence of oxygen. The aerobic system is the system that is most efficient and produces the most energy. It is enhanced through cardiovascular health as the heart and vasculature is the mode of oxygen delivery to the muscles and other tissues. Continual exercise increases the function and efficiency of the cardiovascular system; consequently, improving the aerobic energy system.

## Nutritional Needs for the Athlete

Understanding the above energy systems is important with regards to understanding sports nutrition because the nutrients used to fuel these systems comes from the diet. Carbohydrates fuel the first two systems and the third system is the only one that can use carbohydrates, protein and fat to produce ATP.

### Carbohydrates

Carbohydrates are always the most important fuel source before and during exercise because they are the form the body can most quickly use to make ATP for energy and they are used in all three energy systems. Carbohydrates are always the limiting fuel, meaning they are the most important source for continued energy during exercise. The common ‘hitting the wall’ phenomena experienced during long intervals of exercise is due to running out of carbohydrates as that fuel source.

### Protein & Fat

Exercise increases the breakdown of protein; therefore, protein is a very important part of recovery post exercise to aid in tissue repair. Fats are less important during and after exercise. Although they are an unlimited source of fuel, they should be avoided during and after exercise because they slow the rate of stomach emptying, which will delay the rate of absorption of nutrients needed for energy and repair.

### Timing of Meals

#### 2-3 Hours Before Event

- ~ 30-60 g of carbohydrates
- ~ Moderate protein (2:1 ratio of carbs:protein)
- ~ Hydration 400-600 mL of water

#### During

Activities of 60 min+ require 6-10% carbohydrate solution (30-60 g) per hour eg. Gatorade or other electrolyte drink

### Recovery

Recovery is the period of time after a workout to allow regeneration of muscles and tissues. Workouts of medium to high intensity lasting longer than 40 minutes require recovery. Signs that recovery is lacking include muscle soreness and fatigue lasting more than 12 hours, frequent injury and/or frequent illness. Typically, the optimal time to ensure proper recovery nutrition consists of a 30-minute window following the activity. During the first 30 minutes post-workout, the activity of the enzymes in the body responsible for replenishing the sugar stores are most heightened. Do not compromise the recovery meal, as it is the most critical for working out and continual activity performance. Optimal recovery nutrition consists of the following.

- ~ Protein: 20-30 g of a liquid source. A liquid source is best, as it empties from the stomach more quickly than do solids, which allows for maximum tissue rebuilding.
- ~ Carbohydrates: 50 g of simple sugars (fruit). This number can be slightly lower in those that are monitoring weight, and higher in more elite athletes where weight and calories are not being restricted.
- ~ Avoid fats and fiber post workout, as they will slow digestion of the required nutrients.

### Recovery Ideas

- ~ Smoothie: Protein powder with berries/fruit (or 1 cup of premade smoothie) Greek style yogurt and fruit
- ~ Egg white omelet with slice of toast and honey
- ~ Elevate Me or other protein bars. ♥

# Film Review: The Perfect Human Diet

By Dr Laura Stark ND

As a Naturopathic Doctor, I see the impact foods can have on an individual's health every day. Eating a diet that supports health is the simplest and probably the most effective way to prevent most diseases. Specific diets or even individual foods can be used therapeutically – as medicines to treat disease and allow the body to heal. Whether this or that food is good or bad is a very commonly asked question in my office. It seems logical that we should be able to gather all of the healthy food information, wisdom and research to have it culminate in "the perfect human diet", but there are so many very different, and often totally contradictory, ways of eating that all claim to be healthy! So is there such a thing as "the perfect human diet"?

This documentary, released around this time last year, is produced and hosted by CJ Hunt and inspired by his own real-life search for "the perfect human diet". With an opening that pointed out that too much diet information presented to the public is based in opinion, I was excited that I would be presented a well-researched exploration of optimal human nutrition. I quickly realized that I was not going to get an unbiased presentation out of this documentary. Spoiler alert! CJ Hunt sets out to present evidence that the diet of our Paleolithic ancestors is "the Perfect Human Diet". Perhaps the piece of steak on the cover is the first give away that this diet consists primarily of animal-based foods (meat, poultry, fish, seafood, eggs) with more limited access to seasonally available nuts, seeds, fruits and land vegetables (including some root vegetables)

that could be foraged for.

First, I feel the need to mention a couple things about this documentary that annoyed me. You may have to glaze over these, like I did, in order to enjoy the informative parts of this documentary. Firstly, there is some silly use of computer graphics that did not help to clarify or link ideas and are in fact a bit distracting. Some animations and diagrams were used with great effectiveness, but things started out weirdly. The other piece that really detracted from the potential quality of the information for me was the hook about the seriousness of the obesity epidemic that resorted to drawing on the fear of terrorism. A bit of a dramatic tribute was given to 9/11 to demonstrate that the number of deaths related to obesity in the US each year is the equivalent of around one hundred 9/11's. Ugh. I would much prefer a documentary that respects the intelligence of its viewers rather than using such fear tactics. Let's get on to the meat of the documentary!

Here are some of my highlights:

Examples of modern research of people still living a traditional hunter/gatherer lifestyle provide evidence for the health benefits of such a diet. The work of Weston Price documented the notable lack of disease and impeccable dental health in tribal peoples around the world and the degradation of health in those people when a modern diet replaced the traditional hunter/gatherer diet.

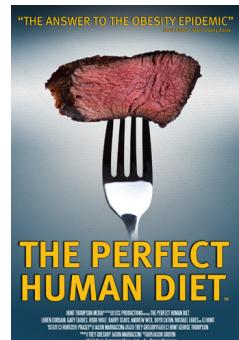
A researcher in Australia was able to demonstrate that a return to a tradi-

tional hunter/gatherer lifestyle, in just seven weeks, could normalize markers of metabolic disease (such as cholesterol, blood pressure, blood glucose, and even obesity) in aboriginal people who had been raised as hunter/gatherers but as young adults had moved into cities and adopted modern diets.

Great anthropological research is presented to support the evolutionary value of the paleolithic diet. The evidence points to the theory that the predominantly animal-based diet of our paleolithic ancestors provided the nutrition necessary for the brain development that culminated in our evolutionary peak - the early Homo sapiens.

To support the fact that we are carnivores, our carnivorous digestive system is explained and our nutritional requirement for meat in order to obtain vitamin B12 is noted.

It is also suggested that an evolutionary decline began when our species adopted an agricultural lifestyle and began eating grains. The introduction of grains into the diet is linked with observed changes in skull structure such as a narrowed palette, smaller jaw and crowded teeth as well as nutritional deficiencies identified in bone. It is later stated that grains bind minerals preventing effective absorption, but I was left hoping for more in



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## Film Review: The Perfect Human Diet *Continued*

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-depth grain information to be presented.

So, was I convinced that a paleolithic way of eating is “the perfect human diet”? In short, no. The big mistake is in the documentary’s premise that there is in fact a “perfect human diet”. As a Naturopath, I treat individuals who all have unique concerns and unique dietary needs. Ayurvedic wisdom shows us very clearly that each individual has a unique constitution that, in order to remain in its naturally healthy state, must be fed a diet of foods that have balancing qualities for that particular constitution. Even if our bodies are evolved to eat a paleolithic-looking diet, some individuals will have difficulty with this. For example, a person with low stomach acid will have a hard time digesting meat and therefore not be able to extract the full nutrition from it while at the same time putting extra stress on his digestive system. Until the low stomach acid is addressed, a paleolithic diet is not optimal for this person.

I do not doubt that the diet during the paleolithic period of our evolution contributed to the development of our brains and consequent survival success of our species, but this does not necessarily mean that it is still a perfectly relevant diet for our species today. In our modern world, there are very valid ethical reasons and environmental reasons for not consuming animal products, but this decision is sometimes made to the detriment of the individual’s health. Luckily, the technology of food supplementation can allow people to still obtain the critical nutrients

missing from their diet in order to maintain health. This may not be physiologically optimal, but it can be a realistic solution.

A major issue with eating a modern paleolithic-style diet is in the quality of our food. This was only briefly hinted at in the documentary, mentioning that the meat we eat should come from animals that are also eating their natural diet. The meat we find in the grocery store is typically fed a diet of grains designed to make them fat, treated with antibiotics, and in the US, may even be treated with steroid hormones. It is with this kind of meat quality that we see modern research showing links between meat consumption and colon cancer for example. The quality of our vegetables is also far inferior to that consumed by our ancestors. Today, we have extremely limited variety compared to what they would have obtained by foraging. Our farming techniques also strip the land of vital nutrients that limits the nutritional value of the food we grow. Pesticide and herbicide use contaminate our foods with harmful chemicals and genetically modified crops also create new health dangers in the foods we eat. All of these issues with our food quality are found without even considering any processed foods.

Grains are a very big topic that this documentary did not explore too deeply beyond determining that grains were not a part of our healthy ancestors diets and that the introduction of grains into our diets was associated with observable nutritional deficiencies. There is plenty of mod-

ern research that has suggested some benefits to eating grains and plenty more that elucidates the problems of eating grains. Again, there are major quality differences in the ancient grains our ancestors ate and the grains we have today. Of course, not all grains are created equally either. A significant contributor to the health supporting or hindering potential of grains and legumes is in the methods used to prepare them for consumption. To reduce the mineral binding properties and to make them more easily digested, grains and legumes should be soaked, rinsed, and even sprouted (more optimally) before ever being cooked as a whole grain, ground into flour, etc. It is not very common in North America that we eat our grains this way. There may definitely be a place for well-prepared grains and legumes in the optimal diet for some people. Well-prepared grains can also be exceptionally nourishing for people in a depleted state, as in some serious chronic diseases. Again, it all comes down to the specific health needs of the individual.

I regret to say that I think it may be impossible to parallel the fresh, unpolluted, always seasonal, and exceptionally varied diet of our paleolithic ancestors, but we can use the knowledge of their evolutionary success, our optimally functioning (and individual) physiology, as well as the dangers of our modern food technology to work towards finding health sustaining diets for each of us. ♥