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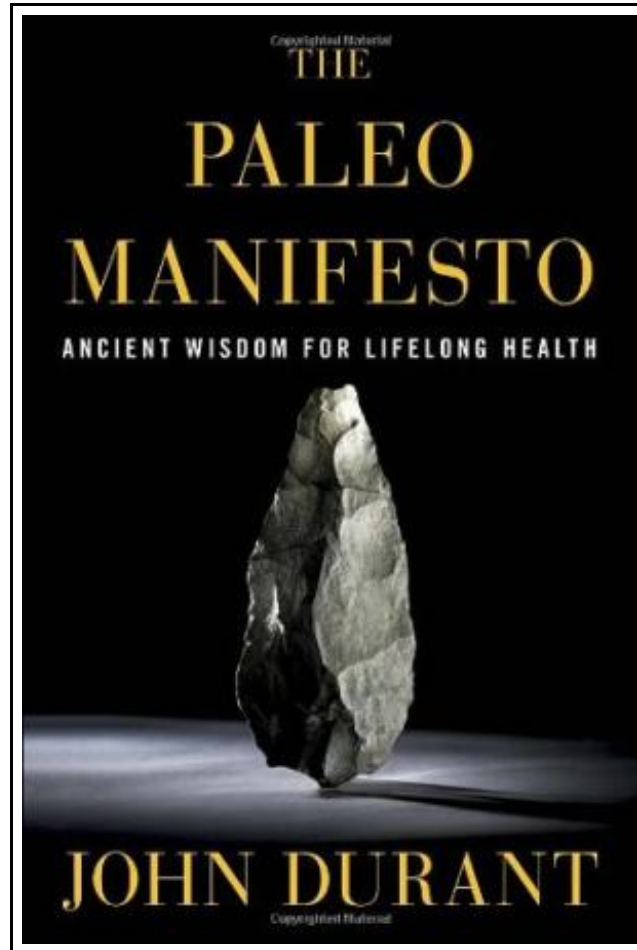

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Reviews

It in a of my personal favorite pdf. Of course, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book. (Nicholas Ratke)

PALEO MANIFESTO: ANCIENT WISDOM FOR LIFELONG HEALTH

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Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. In The Paleo Manifesto: Ancient Wisdom for Lifelong Health, John Durant argues for an evolutionary and revolutionary approach to health. All animals, human or otherwise, thrive when they mimic key elements of life in their natural habitat. From diet to movement to sleep, this evolutionary perspective sheds light on some of our most pressing health concerns. What is causing the rise of chronic conditions, such as obesity, diabetes, and depression? Is eating red meat going to kill you? Is avoiding the sun actually the best way to avoid skin cancer? Durant takes readers on a thrilling ride to the Paleolithic and beyond, unlocking the health secrets of our ancient ancestors. What do obese gorillas teach us about weight loss? How can Paleolithic skulls contain beautiful sets of teeth? Why is the Bible so obsessed with hygiene? What do NASA astronauts teach us about getting a good night s sleep? And how are Silicon Valley techies hacking the human body? Blending science and culture, anthropology and philosophy, John Durant distills the lessons from his adventures and shows how to apply them to day-to-day life, teaching people how to construct their own personal habitat that will enable them to thrive. The book doesn t just address what we eat, but why we eat it; not just how to exercise, but the purpose of functional movement; not just being healthy, but leading a purposeful life. Combining the best of ancient wisdom with cutting edge science, Durant crafts a vision of health that is both fresh and futuristic. From the Hardcover edition.

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