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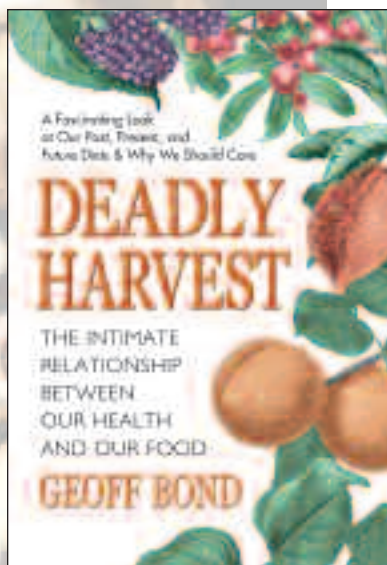
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HEALTH/DIET

DEADLY HARVEST

The Intimate Relationship Between Our Health & Our Food

Geoff Bond



With a record number of overweight people and an alarming increase in degenerative diseases, many of us find ourselves turning to meds or fad diets in an effort to drop excess pounds or recover our health. Since most drugs come with dangerous side effects, modifying our diet would seem relatively safe and simple. But what if our foods were doing more harm than good, and fad diets only made matters worse? *Deadly Harvest* is a groundbreaking book that carefully examines how the foods we eat today have little in common with the foods of our ancestors, and why this fact is so important to our health. It also offers a proven program to enhance health, combat illness, and improve longevity.

Author Geoff Bond is a nutritional anthropologist who has for years investigated both foods of the past and our prehistoric eating habits. Using the latest scientific research and studies of primitive tribal lifestyles, Bond first explains the actual diet that our ancestors followed—a diet that was and *still is* in harmony with the human species. He then describes how the foods in today's diets disrupt our biochemistry and digestive system, leading to health disorders such as allergies, arthritis, cancer, diabetes, heart disease, osteoporosis, obesity, and more. Most important, he explains the appropriate measures we can take to avoid these diseases—and even beat them back—through healthy eating.

Contrary to what many people believe, the disorders that plague our society are not inevitable, but are the unfortunate result of modern dietary choices. *Deadly Harvest* not only explains why these problems have arisen, but offers a blueprint for improving our diet, our health, and our quality of life.

ABOUT THE AUTHOR

Geoff Bond graduated with honors in applied sciences from London University, and completed postgraduate professional qualifications in 1968. He spent his early career living and working in remote African villages, where he widened his earlier studies in anthropology, biochemistry, and evolutionary human development. Using both research and firsthand observation of tribal societies, Bond developed guidelines for living in harmony with our naturally adapted lifestyle. He is the author of *Natural Eating* and, with his wife, Nicole, the co-author of *Healthy Cooking*. He also lectures extensively both in America and Europe, and is a frequent guest on television and radio shows.

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