

## Preface

**“Man, alone amongst the living creatures, tries to deny the laws of nature”**

Why: do the Japanese live much longer than Americans?

Why: were our prehistoric forebears taller than we are today?

What: is it about the Greeks that they are healthier than Americans?

Why: do some people think it is normal to have: **bad digestion, constipation, arthritis, cellulite, heart disease, obesity, osteoporosis?**

### **Think about this:**

When you go to the zoo, there are signs:

**“please don’t feed the animals”**

The zoo-keepers know that the animals have to be fed with foods that are appropriate to their species!

**This book is about:  
defining and practicing  
the feeding patterns  
appropriate to our species**