



undermining our immune systems and causing intestinal permeability and disturbed biochemistry.⁶⁻⁷ The result is constipation, diarrhoea and bowel disease.

Forager food was far more chewy than what we eat today.⁸ Studies have found that this is an important factor triggering proper growth of our jaws. Modern soft diets are one reason why weak jaws and cramped teeth have become common just in the last few decades.⁹

Blood sugar blues

Throughout human history the diet was low glycaemic, meaning it didn't cause a big rise in blood sugar. Our bodies simply don't know how to handle today's high blood sugar spikes.

The hunter-gatherer diet was also low insulinaemic. Today, many people have chronically elevated insulin levels. Why is this a problem? Because too much insulin depresses the immune system, so increasing the risk of cancers.^{10,11} It also promotes inflammation, raises blood cholesterol,¹² depresses mood,¹³ increases blood clotting¹⁴ and has many other negative consequences.¹⁵

It all started to go wrong some 11,000 years ago, when for the first time in the history of the human species, people began to cultivate and eat cereal grains.

- ❁ Grains are starchy and are rapidly converted into sugar, which pushes up blood glucose and insulin levels and increases the storage of body fat.
- ❁ Grains are poor in micronutrients, so by making grains the basis of our diet we starve our bodies of thousands of compounds they need to work properly.
- ❁ Grains contain anti-nutrients that cause us problems. Gluten is an obvious example but others are lectins, alkyl resorcinols and many more.¹⁶

There is a tuber that Shakespeare only knew as pig-food and yet which has come to dominate our diets just in the last two hundred years. It is the potato – and

Continued on page 12 ➤