



stress than our ancestors ever experienced. Constant pressure, frustrations and demands on our time trigger the release of stress hormones several times a day that were only designed to be invoked rarely.<sup>36</sup> These hormones are not only a factor in many diseases but also increase appetite, sugar cravings and fat deposition.<sup>37-40</sup>

### What can we do?

We cannot turn back the clock and live as we did 60,000 years ago. But you can adjust some of your life choices to be more in harmony with the savannah lifestyle. For a start, try to eat according to the hunter-gatherer food pyramid. Make your diet varied, flexible and adventurous. Remember that

one of mankind's greatest attributes has always been a capacity for exploration and adaptation.

Some small lifestyle changes can be highly effective. Foragers wake up slowly with the dawn, so try a sunrise simulator to wake you up instead of a stressful alarm clock. Bigger changes, such as giving up your job and working for yourself, or moving to a less stressful, healthier environment, may need working on!

In conclusion, for optimum health, we have to go back to our roots. We have to align the way we live today with the way nature intended. No one can do it for you; you have to take control. You know the way – so just go out and do it – oh yes you can! 🌱

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See pages 46-47 for references.