

Download 100 Million Years Of Food What Our Ancestors Ate And Why It Matters Today

To eat like your ancestors is pretty easy, he says. In Europe, the cookbook record stretches back for centuries, and Asia also has extensive historic documentation of what made the table. A few weeks ago, I made the point that even though we may not have access to our paleolithic ancestors' (yes, all of them) food journals, and even though there were many different paleolithic diets depending on climate, latitude, topography and other environmental contexts, the ancestral eating paradigm remains viable, helpful, and relevant to contemporary interests.

Emancipation Weekend. By Malik Hamilton. On 19 June 1865 the last of millions of black slaves were freed from slavery in America. Two and a half years following the issuing of the Emancipation Proclamation by President Abraham Lincoln, General Gordon Granger of the Union Army announced aloud the contents of "General Order No. 3," announcing the total emancipation of slaves.

Eat like your grandma: Why you should skip the kale salad The healthiest food may be your family's ancestral diet. by Sarmishta Subramanian, Maclean's Updated Oct 25, 2016