

Eating "Naturally"

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Here's my take on what's "natural" for humankind to eat. I'm talking here about our GENOME, which was formed a long time before domesticated animals, agriculture, and supermarkets. My ancient, ancient ancestors (whose genome was very, very similar to mine) were hunter-gatherers who successfully gathered a greater deal more than they successfully hunted. It's really hard to down an ungulate with a stick or a rock, especially when the deer or antelope can run 3-4 times faster than you. So these Paleolithic guys and gals ate lots of stuff that they could pull out of the ground or off trees or pick off bushes. I channel a Paleolithic guy named Georgius who assures me he ate mostly veggies, fruits, nuts, and seeds. The most sophisticated food preparation thing he did was soak grains overnight in water in a hollow gourd so that he could chew and digest them. He got to eat meat about once or twice a year when he got really lucky throwing a rock at a rabbit or chasing a coyote away from an antelope it downed. I have science to back me up. The only essential vitamin or mineral found only in meat (not in plant foods) is vitamin B-12. The human body can store B-12 for many years. So if you eat meat about once every year, you're all set with respect to what you need from meat. As for milk, I agree that it's unnatural for human adults to drink it. However, my ancestors did gather eggs. BTW, there's plenty of protein in nuts, seeds, legumes, and grains. So, I'm a "near vegan", which accords well with my desire not to cause any more suffering than really necessary.

George