

# Hunter-Gatherer Hardwiring

## The human instinct for paleolithic foods and their contemporary analogues

Paul Bergner, 10-5-03

Students in six different classes were given the following exercise in intuitive eating.

“Just before shopping, before selecting food in your kitchen, before selecting a restaurant to eat at, and before selecting food from a menu, perform the following exercise:

- 1) Take a few breaths, and then make the affirmation that you intend to set aside all your preconceptions about what foods are good or bad for you today.
- 2) Take a few more breaths, and make the affirmation that you intend to consult your highest and most accurate intuition about what foods are good or bad for you today.
- 3) Be open to the many ways that intuition can give you a response.
- 4) When you get a response, pose the question to your intuition whether the response is a true intuition or a craving.

Three classes of college students did the exercise during the Fall in three successive years. Three classes at a school training clinical herbalists performed the exercise in the following Spring seasons. The total number of students was 116. Students kept journals of their intuitive food choices, and the experiences were discussed during each class, for 3 months in the college students, and for six weeks in the herb students.

The following is a comprehensive list of foods that appeared in the students' intuition journals. In the data many foods appeared repeatedly. The most common foods were: **various fish, various squashes, fruits, eggs, salmon, meat, almonds, carrots, nuts, greens, soup, raw fish, sea vegetables, and fresh vegetables.** A few high-glycemic foods appear on the list, but processed packaged foods, or those containing added sugars or trans-fatty acids did not appear in a single journal, except when the intuition recommended avoiding them (See Group II below).

### Group I: Paleolithic-type foods and their analogues

Acorn squash	Banana	Butter
Ahi tuna	Bean sprouts	Butternut squash
Almonds	Beet greens	Cabbage
Olives	Beets	Calamari
Apple juice	Bitters	Carrots
Apples from the tree	Black sesame	Cashews
Apples	Blueberries	Cauliflower
Arugula	Bok choy	Celery
Asian pears	Bone marrow	Chicken
Asparagus	Bones	Chicken soup
	Broccoli	Chicken
	Brussels sprouts	Cobocha squash
	Buffalo	Corn on the cob
	Burdock	Corn

Cucumers  
 Curried squash  
 Dandelion greens  
 Dates  
 Dried seaweed  
 Duck  
 Eel  
 Egg salad  
 Eggplant  
 Eggs  
 Figs  
 Fish  
 Flax seeds  
 Fruit  
 Garlic  
 Ginger  
 Grapefruit  
 Grapes  
 Green salad  
 Greens  
 Halibut  
 Hamburgers  
 Hummus  
 Jicama  
 Kale  
 Kelp  
 Lamb  
 Leeks  
 Lettuce  
 Mango  
 Meat  
 Melons  
 Mushrooms  
 Nettles tea  
 Nori  
 Nuts  
 Olive oil  
 Onions  
 Orange  
 Oyster mushrooms  
 Oysters  
 Parsley  
 Pasta with olive oil  
 Pea pods  
 Peaches  
 Peanut butter  
 Peppers  
 Persimmon  
 Portabella mushrooms  
 Prunes  
 Pumpkin

Pure nut butters  
 Radishes  
 Raisins  
 Raw food  
 Raw greens  
 Raw fruit  
 Red chard  
 Red meat  
 Ripest fruits  
 Roasted peppers  
 Roots  
 Salads  
 Salmon  
 Salmon burgers  
 Sardines  
 Scallops  
 Seaweed  
 Sesame oil  
 Shitake mushrooms  
 Shrimp  
 Soup  
 Spinach  
 Squash  
 Steak  
 Steamed greens  
 Stewed veggies  
 Strawberries  
 Sunflower seeds  
 Sushi with fish  
 Sweet potatoes  
 Tomatoes  
 Tuna  
 Tuna salad  
 Turkey burgers  
 Turnips  
 Vegetable broth  
 Vegetables  
 Walnuts  
 Water  
 Wild rice  
 Wild salmon  
 Yams  
 Zucchini

## **Group II: Foods the intuition recommended to avoid**

Bread (common)  
 Pastries (common)  
 Muffins (common)  
 potatoes  
 dairy (common)  
 wheat (common)  
 hot cereals  
 spicy food  
 alcohol  
 carbohydrates (common)  
 coffee  
 vitamins (common)  
 fried foods  
 Less meat (one student)

## **Group III: Non-Paleolithic foods which appeared only occasionally in the intuition journals**

Barley  
 Brown rice  
 Cheese  
 Grains  
 Kidney beans  
 Oats  
 Potatoes  
 Quinoa  
 Rice  
 Rice noodles  
 Rice and beans  
 Seitan  
 Spelt noodles  
 Tempe  
 Vinegar  
 Yogurt