



## Remember Your Roots

Our genes and DNA have evolved over millions of years to be what they are today, and probably won't be changing much in the near future. By looking back to our caveman ancestry, we can see how much our present lifestyles do not align with our genetic makeup. Our DNA still thinks we are cavemen.

We can reverse illness and bring our bodies back to a state of ease, instead of *disease*, if we live our lives with similarities to our caveman ancestry. For eons we ate mostly weeds, berries, nuts (a plant based diet) and very little animal protein (meat, fish, eggs, dairy), contrary to what most people believe. This was mainly because plants don't run as fast as animals. The bulk of their diet was plants.

God and evolution have made our bodies poison processing machines. One way we remove poisons from our body is by eating foods containing a lot of fiber. Fiber binds to toxins in our systems and are then 'flushed' out. Our cavemen ancestors consumed ten times more fiber than we do today, and probably were exposed to 1/10 the amount of toxins. Animal protein does not contain fiber; it is only found in the plant kingdom. Another way poisons leave our body is by perspiration.

We naturally excrete oils through our skin as a way to keep our skin from cracking and maintaining its pliability. New studies are revealing a direct correlation between the highly processed oils, such as hydrogenated (found in today's processed foods), and skin cancer. The unnatural oils accumulate in our skin and the sun's rays interact with these oils in a negative way. This would explain how skin cancer has become much more common as our consumption of these oils have increased. It makes sense that the sun, which is so important to our health, is not the real problem.

When you cut your hand your body miraculously closes the wound and heals itself. The same thing can be accomplished with most chronic internal illnesses afflicting our bodies today. By consuming the proper varieties of phytonutrients, found in plants, we have the ability to reverse illness.

As stated by Michael Gregor, M.D., "*Humanity's dominion over animals has had a negative effect on our health. Most modern infectious diseases were unknown before the domestication [of animals] led to a mass spillover of animal disease into the human population.*" The sharp increase in chronic illnesses (cancer, heart disease, etc.) is in direct proportion to our increase in consuming a higher percentage of animal protein in our diets.

Spend time, every day, walking. Cavemen had no cars, they spent most of the day hunting and gathering, covering great distances on foot.

Cavemen did not eat three square meals a day. They were opportunists, eating seasonally available foods. Eating a lot of fresh food when they found it and sometimes going more than four hours without a meal. When was the last time you salivated before eating? This used to be a common occurrence in our past. Saliva is very important in the initial process of breaking food down to be easily absorbed by your body.

Occasionally experiencing hot and cold temperatures is good for you. Cavemen had no thermometers in their caves. Temperature extremes were common for them and helped them strengthen their immune systems.

Remember your roots when it comes to your diet. Your body needs the phytonutrients and fiber in fruits and vegetables to thrive. Too much animal protein, processed oils, processed foods, etc. are doing great damage to your body. Lastly, don't forget to MOVE, just like your ancestors.

From all of us at Hardscrabble, Zino and Harvest Moon, thanks for your support and have a healthy and happy season.

*Rob Covino*

Reference/ Recommended Reading:

*How Not to Die*

Michael Gregor, M.D.

*A Warrior Blends with Life: A Modern Tao*

Michael LaTorra

To reference any of Rob's  
previous letters please visit  
[http://harvestmoonfarmandorchard.c  
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