SO MUCH OF THE FOOD WE EAT TODAY IS NOT ONLY A LIE, BUT A VERY GOOD LIE. MODERN FOOD MAY BE THE MOST COMPELLING LIE HUMANS HAVE EVER TOLD.

- MARK SCHATZKER, THE DORITO EFFECT



It is all about the approach to food and how we process food.

Our 3.5 million year old dietary past holds the key!





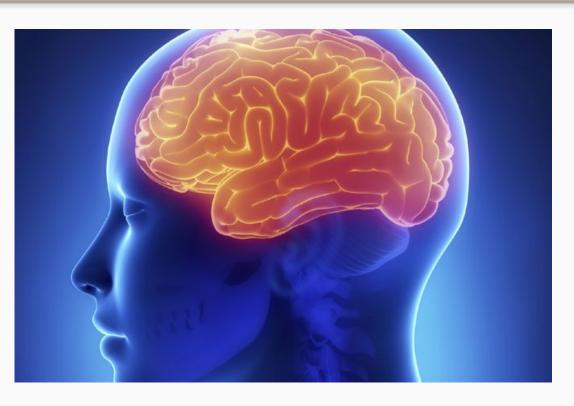


## We do not possess...





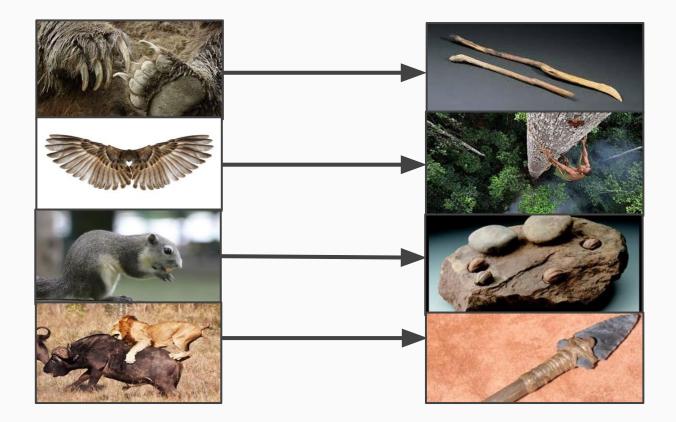
#### But ... we have this!!!



...and we have been using it for millions of years to overcome our biological weakness and to interact with the world!



## and we invented . . .





### We have an incredibly inefficient digestive tract



## Our gut is 60% of what is expected from a similar sized primate



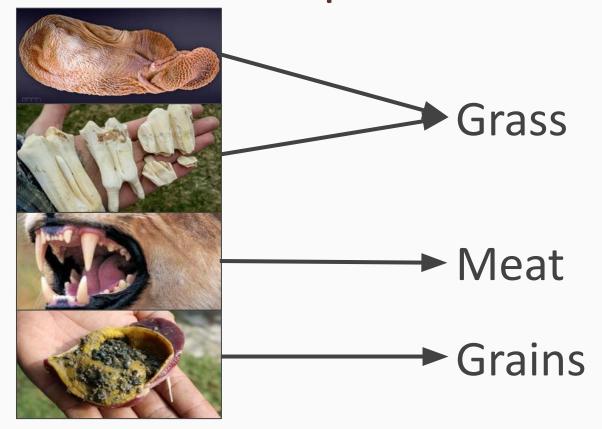


#### Our teeth shrink over time...



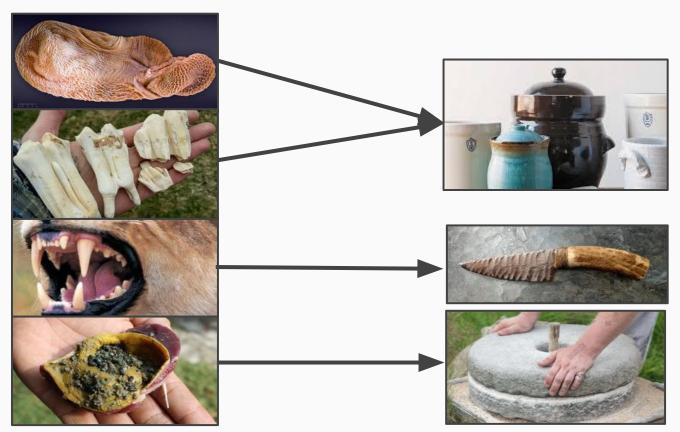


### We do not possess...





### but we invented . . .





#### Our ancestors processed food into the...

- safest,
- most nutrient dense, &
- bioavailable food...

possible for their bodies!





#### Today, we **process** food at the expense of:

- safety,
- nutrient density, &
- bioavailability . . .

for profit!





## CHANGE IN SAFETY, NUTRIENT DENSITY AND BIOAVAILABILITY OVER TIME

GATHERERS	SCAVENGER GATHERERS	HUNTER GATHERERS	FOOD PRODUCERS	CONSUMERS	MSA HUNTER GATHERER
Limited fruits & veg Insects	Intro of Scavenged Meat	Intro of Hunting (first access to offal) Fire	Agricultural Revolution & influx of grains	Industrial Revolution & Modern Western Diet	Fusion of Ancient Approaches to Connect & Navigate
5-7 MYA	3.5 MYA	2 MYA	10-15 KYA	1700s- Current	Future

#### SELECTED FOOD PROCESSING EXAMPLES

- Cooking
- Fermenting
- Nixtamalizing
- Grinding
- Geophagy
- Rendering

- Soaking and sprouting
- Drying
- □ Slicing, chopping, dicing
- Coagulating
- Pre-masticating
- Aging



## Assessing our Modern Foodscape



Glycemic Index: 54



# Relevant, meaningful and accessible applications

- Vegetables need to be detoxified for safety and processed to make nutrients fully accessible to the human body
- Animals complete nose-to-tail approach
- Milk requires fermentation and, if appropriate, coagulation
- Grains, seeds, nuts and legumes requires soaking, sprouting, fermenting (acid or alkaline)

We need to eat hyper-seasonally, source locally ourselves when possible, and cook...from scratch!





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