



# The Ancestors Diet: Living and Cultured Foods to Extend Life, Prevent Disease and Lose Weight

*Case Adams Naturopath*

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## **The Ancestors Diet: Living and Cultured Foods to Extend Life, Prevent Disease and Lose Weight Case Adams Naturopath**

The Ancestors Diet settles the debate regarding the foods the earliest humans ate and what our bodies were designed to eat with scientific rigor and practical wisdom, drawing from evidence from over two thousand studies and research papers. The evidence illustrates the diet humans were genetically and metabolically designed to eat also happens to be the healthiest, most delicious and colorful diet, along with being one of the least restrictive diets. The Ancestors Diet also happens to be the easiest, safest and most scientifically-proven way to lose weight and keep the weight off. Included in the book are the surprising answers to gluten sensitivity, dairy and other controversial food topics. And the Ancestors Diet is the diet scientifically proven to extend life and reduce the incidence of numerous conditions including heart disease, diabetes, arthritis, asthma, dementia, digestive disorders, liver diseases and strokes, only to list a few. What else would we expect from the diet our bodies were biologically designed to eat?

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