

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!





Compared to other animals we are biologically one of the weakest species on the planet!



We do not possess...



▶ Digging Claws



▶ Ability to Fly



▶ Strong Teeth



▶ Speed or Strength

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 . . .



Grass

Meat

Grains

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

Low
Nutrient
Density

Moderate
Increase in
Nutrient
Density

Drastic
Increase in
Nutrient
Density

Reduction in
Nutrient
Density
Increase in
Plant Toxins

Drastic
Decrease in
Safety and
Nutrient
Density

Increase in
safety, nutrient
density and
nutrient
bioavailability

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
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Glycemic
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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!





EAT LIKE A
HUMAN

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