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Today many cultures have
strayed from their ancestral
diets, relying instead on
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made with chemicals that may
be contributing to a rise in
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In 100 Million Years of Food, biological anthropologist Stephen Le explains how cuisines of different cultures are a result of centuries of evolution, finely tuned to our biology and surroundings. Today many cultures have strayed from their ancestral diets, relying instead on mass-produced food often made with chemicals that may be contributing to a rise in so-called Western diseases, such as cancer, heart disease, and obesity.

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In 100 Million Years of Food, Le has a few theories about what we can do to live longer, lose weight and not come down with as many diseases, such as type 2 diabetes and heart problems.

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Our earliest ancestors, who emerged around 100 million years ago, lived in the trees of tropical forests and primarily ate insects.

~~100 Million Years Of Food by
Stephen Le — blinkist.com~~

Today many cultures have strayed from their ancestral diets, relying instead on mass-produced food often made with chemicals that may be contributing to a rise in so-called 'Western diseases,' such as cancer, heart disease, and obesity.

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In One Hundred Million Years
of Food, Stephen Le argues
that our ancestral diets and
lifestyles are the best
first line of defense in
protecting our health;
simple prescriptions like
paleo or vegan diets in

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effect highjack our biology and ignore evolution, resulting in the current explosion of chronic diseases and allergies.

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In 100 Million Years of Food, Le has a few theories about what we can do to live longer, lose weight and not come down with as many diseases, such as type 2 diabetes and heart problems.

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Today's guest; Stephen Le, author of 100 Million Years of Food. Stephen is an anthropologist who argues that if we want to understand the role of diet in influencing our health, we need to ease off of our obsession with nutritional science and focus more on the role that evolution has played in defi...

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In 100 Million Years of Food
Le takes us on a guided tour
of evolution, demonstrating
how our diets are the result
of millions of years of
history, and how we can
return to a sustainable,
healthier way of eating.

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Why ...~~

Stephen Le is a biological
anthropologist, along with
being something of a foodie,
prolific traveler, and
entertaining writer. 100
Million Years of Food
chronicles his journeys,
investigations and meals, as
he tries to find the heart
of good eating advice within

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Quotes Showing 1-4 of 4 "Oak
trees can churn out roughly
500 to 1,000 pounds (225 to
450 kg) of acorns a year,
albeit during a brief window
of a few weeks.

~~100 Million Years of Food
Quotes by Stephen Le~~

The revived microbes were
trapped in subseafloor
sediment for up to 100
million years without food,
and the researchers have yet
to discover how the microbes
could have survived such

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~~100 million year old sea
microbes survived without
food — CNN~~

Sabre-toothed mammals the
size of bears that lived 250
million years ago had 5-inch
canines 'like steak knives'
- with a saw-like design
once thought unique to meat-
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