

forbiddenhealing

Sure, diets were better, cleaner and satisfying...but people were more physically active, more socially connected face to face and traditional farming/fishing supplied whole nutrition.....The planet hadn't been contaminated with industrial chemicals and metals, there was no mass media rendering the population hypnotized into submission, there were no idiot pharmaceutical doctors, mandatory vaccines, devious marketing madness, cell phone/electromagnetic pollution....There were large families and abundant nature/not filthy overcrowded cities, there was no inflation, government money laundering or constant war...no endless chronic stressors. There was free speech and open debate and America was not under the thumb of Israel, China, UK and NATO. Americans were bold, ballsy and not psychologically crippled by traitorous politicians and their media machine.

Posted On 04/10/2024

juststeve

Thank you! One big spot on yes following another!

Posted On 04/10/2024

Guillermou

Significant appreciations. We live in a society that promotes individualism, the psychological and emotional isolation of people, to keep us separated from each other and from our own roots. Both Iraide and I consider that the process of self-knowledge involves recognizing our roots, re-embracing our true history. Currently, our society has become ill because the frenetic pace that requires us to always be producing does not allow us to stop to observe each other and the world, and be grateful for what we have. But our ancestors knew that this noble act of giving thanks is one of the most beautiful tools we have to face life.

When we pause and integrate the wisdom of our ancestors, to learn from their autonomy and knowledge, we heal everything we carry in our lineage and free our future generations. That's where the importance of recovering the connection between mind and body comes from, where we understand that healing is not just about taking a pill. Rather, it involves becoming aware of a series of care, observing the body and its balances, that is, carrying out a series of rituals that give us meaning as human beings. Our ancestors had another type of relationship with the land, marked by deep respect and reciprocity.

They understood that nature was not a resource, but rather an equal, and they knew that medicinal fruits and herbs could be great allies to take advantage of this wealth. It is possible to stop and even reverse the current disease epidemic using a strategy we have access to right now. It is not a new medication, device, or surgical procedure. The solution is ancestral health. By following the blueprint for healthy living that our hunter-gatherer ancestors laid out for us so long ago, we can avoid the long list of exceptionally modern chronic diseases, stay naturally lean and fit, and age gracefully.

Posted On 04/10/2024

Guillermou

Our early ancestors spent their days in the wild hunting and foraging, they may have also kept their brains alert. The highly active lifestyle that prevailed in those times and the prevention and treatment of Alzheimer's disease and other age-related diseases. About two million years ago, our ancestors covered long distances (mixing moderate and intense bouts of aerobic activity throughout the day) as a means of survival. In stark contrast, today's average American starts his day by getting ready for work or school, then travels by car or train to an office where he will likely spend hours in meetings or in front of a computer.

For the more active among us, exercise may consist of an hour in the gym three or more days a week and perhaps a few short walks throughout the day. But contrary to popular belief, that level of activity doesn't completely erase the damage we do to our bodies during the other 23 hours of the day, which we spend largely sitting in a desk chair or at the dining room table, reclining. in the table. family or sleeping sofa. Some of the clearest examples of this include studies and observations of 21st century hunter-gatherers who report that when they leave their villages and change their traditional customs for a Western lifestyle, they develop diabetes, obesity, and cardiovascular complications.

We also know, without a doubt, that hunter-gatherers did not consume refined sugar, flour, and seed oils, or what I call "the three horsemen of the apocalypse," because they promote overeating and inflammation, which is at the root of all diseases. modern disease pubmed.ncbi.nlm.nih.gov/1668799

Posted On 04/10/2024

Dordee

Exactly! They did not sit in front of the TV, sit in a car when traveling, sit at a desk all day. My mother;s parents had a small rocky ridge farm in Ozarks and father's had a garage same area. They both worked hard! I still have grandma's recipe for white bread. A handful of flour (the right heft), a pinch and a dab of everything else. I also have the crock bowl she made it in. Grandma Rose made more sweets, the garage gave them more income. Grandpa used to down a backberry cobbler and thn say If I could get a taste it might be good, then start out on the second.

BUT, he did heavy work! Still, he and grandma ended up diabetic and passed in their 50's. Grandma Graham lived to 93. 2 months before she passed from thyroid disease, she was on her hands and knees scrubbing the kitchen floor because you just can't get it clean with those fancy mops! We also ate a lot of wild greens, foraged for wild foods, drank milk straight from the cow, made our own butter. No store bought food!

Posted On 04/12/2024

Guillermou

It is essential that time, climate, geography and customs must be considered to define the diet of our ancestors. The man who lived on the coast did not have the same diet as on the plateau, the man who lived in Africa did not have the same diet as in the Nordic countries. Hunter-gatherers in a northern climate may have a largely animal-based diet, while hunter-gatherers near the equator may rely heavily on plant resources. Customs, although conditioned, also influenced. The links in my comment explain it in more detail, as well as the consideration of the Omnivora Diet.

There is evidence that during the early phases, where man was developing the great brain feature of our species, the diet changed from plant-based to including meat and fat. The development of tools and weapons and the development of the social structure for hunting animals was necessary to become an omnivore. Gut bacteria help produce brain-derived neurotrophic factor, necessary for the development of new brain cells and essential for plasticity and learning. Then came fire, agriculture and groupings in villages that made life more sedentary, with greater exposure to diseases, which were aggravated by industrialization.

The adoption of agriculture, especially cereals, had clear disadvantages. With agriculture came social inequalities, disease. The cavemen enjoyed more abundant fresh food. They did most of the work without the energy of oil and machines, with their sweat, no rest in the daily struggle, to find wild food and avoid starvation, to defend themselves from animals and other tribes. We left this stage only 10,000 years ago, when in various parts of the world people began to domesticate plants and animals.

Posted On 04/10/2024

Guillermou

The agricultural revolution gradually spread until today when it is almost universal, and few hunting-gathering tribes survived. Man adopted agriculture because it is a more efficient way to get more food with less work. Crop harvests yield many more tons per acre than root and berry picking, since the crops can be stored. Agriculture gave us more free time than hunter-gatherers. But agriculture also promoted a sedentary lifestyle and with it diseases. However, in the world there are still supposedly primitive tribes of people, like the Kalahari Bushmen, who continue to live that way and have plenty of free time, sleep enough, and work less hard than their farming neighbors.

All of this depends on the habitat where you live. If it is rich in hunting, fishing and berries you can live with a high quality of life. www.sciencedaily.com/.../141216082143.htm.---- About brain evolution www.yourgenome.org/.../evolution-of-the-human-brain (2023).-- www.ncbi.nlm.nih.gov/.../PMC5624727 (2017).---- .---- Two requirements for the evolution of a large brain: Sociability: Executive functions, self-control, altruism are functions of the frontal lobe for the most part. The second requirement is DHA. Gut bacteria help produce brain-derived neurotrophic factor, which is necessary for the development of new brain cells and is essential for plasticity and learning.

There is evidence that during the early phases, where man was developing the great brain feature of our species, the diet changed from plant-based to including meat and fat. The development of tools and weapons and the development of the social structure for hunting animals was necessary to become an omnivore. Also. Humanity's "sister species" and "last common ancestor" appear to be on the "missing link" --evolutionnews.org/2017/07/the-human-ape-missing-link-still-missing/

Posted On 04/10/2024

juststeve

Gui, the constitution of an Inuit - Eskimo, who in the Arctic relied heavily on Whale Fat, fish would very likely respond very differently on a diet consumed by peoples from around the equator. Another consideration is how these different constitutions from different regions in today's world are shuffled together in many kinds of genetic combinations, so who would know what as how this can affect an individual. Yet regardless, one thing is certain, peoples whose 'tribes' had long and established integration with their local, regional environments by most observations did very well for health and longevity.

The native indigenous peoples with long held observations passed down from the elders we can pretty well count on kept close track of those things leading to a long life with the best health. If they hadn't, we wouldn't be here. It is quite telling when the superior civilized found themselves stranded in conditions natives thrived in, if when found still surviving, would be in the most dire conditions, and emaciated. More likely to be found would be their skeletal remains. The natives once thriving if over took by usurpers, colonist would rapidly decline in the quality of their health and longevity.

Posted On 04/10/2024

stoneharbor

Gui and Just, I appreciate that you have gone further back in man's history than just reviewing our 100 year old cook books. All that you say is relevant to compare with our modern diet. Even our diet 100 years ago. Yes, genetics does figure in to what our bodies are like today. I once had a few discussions with a Croatian lady who was also a Doctor Mercola follower and who was writing her dissertation about the development of the Human brain. Her research showed some evidence that our brain probably grew to its current size and power mostly from the ingestion of fish which was actually much easier to obtain on a daily basis than meat from land animals in Prehistoric times. So it may be actually beach dwellers rather than "cave men" who helped bring us to our great level of intelligence. An interesting thought.

Posted On 04/10/2024

juststeve

Sure is an interesting thought Stoneharbor. Humans despite all kinds of negatives prefer to live at or near oceans, seas all kinds of bodies of water. Fish, seafood, water sourced foods and the peoples' who live in those places despite hurricanes, flooding, maybe a major tsunami unmoved with survivors who turn around set up shop with a close eye to stay out of the way when more of the same should occur in the future. Similar kind of thing is observed in cultures who coexist with volcanoes.

Posted On 04/10/2024

Guillermou

Thanks Just and stoneharbor. There is evidence that during the early phases, where man was developing the great brain characteristic of our species, the diet was plant-based including meat and saturated fat and DHA. The development of tools and weapons and a social structure for hunting animals was necessary to become an omnivore. Gut bacteria help produce brain-derived neurotrophic factor, which is necessary for the development of new brain cells and is essential for plasticity and learning. Two requirements for the evolution of a large brain: Sociability: Executive functions, self-control, altruism are functions of the frontal lobe for the most part.

The second requirement is DHA. Gut bacteria help produce brain-derived neurotrophic factor, necessary for the development of new brain cells and essential for plasticity and learning. Then came fire, agriculture and groupings in villages that made life more sedentary, with greater exposure to diseases, which were aggravated by industrialization. The adoption of agriculture, especially cereals, had clear disadvantages. With agriculture came social inequalities, disease. The cavemen enjoyed more abundant fresh food. They did most of the work without the energy of oil and machines, with their sweat, no rest in the daily struggle, to find wild food and avoid starvation, to defend themselves from animals and other tribes.

We left this stage only 10,000 years ago, when in various parts of the world people began to domesticate plants and animals. A healthy diet, with live foods, no vaccinations, avoiding drugs and environmental pollution, and exercise is the basis for not suffering from diseases and increasing the quality of life. Saturated fats, which are healthy, have been attacked when in reality it is ultra-processed foods, loaded with sugar and omega 6 fatty acids that oxidize and cause all kinds of pathologies.

Posted On 04/10/2024

Guillermou

Chronic illnesses are so prevalent now that it's almost impossible to imagine life without them: Six in 10 American adults have a chronic illness, while four in 10 have two or more chronic conditions. About 50 million people in this country suffer from an autoimmune disease such as Hashimoto's disease, rheumatoid arthritis or multiple sclerosis. It is estimated that 2.2 billion people worldwide are overweight or obese; Among the most populated countries, the highest prevalence of obesity can be found in the United States. Our ancestors lived largely free of these diseases. Chronic illnesses may be our "new normal." Paleontological and archaeological findings have confirmed this, but perhaps the best evidence is the fact that the remaining hunter-gatherer societies (who live as close as possible to the way our Paleolithic ancestors did hundreds of thousands of years ago) generally do not suffer from the disease.

A study of the Tsiman people in Bolivia found that they have an 80 percent lower prevalence of atherosclerosis than ours in the United States and that nine out of 10 Tsiman adults between the ages of 40 and 94 have completely clear arteries and are at no risk of heart disease.

. The researchers also found that the average 80-year-old Tsiman man has the same vascular age as an American in his 50s. Studies of the Hadza of Tanzania reveal that less than 2 percent of Hadzan adults are overweight. And type 2 diabetes is so rare among these and other contemporary hunter-gatherer populations that there are few reports examining its prevalence.

www.nejm.org/.../NEJMoa1614362 .----

www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm .---

www.sciencedaily.com/.../170612094128.htm .--- [www.thelancet.com/.../PIIS0140-6736\(17\)30752-3/abstract?elsca1=tlpr](http://www.thelancet.com/.../PIIS0140-6736(17)30752-3/abstract?elsca1=tlpr) .--- onlinelibrary.wiley.com/.../obr.12785 .---

Posted On 04/10/2024

Guillermou

An interesting article: WHAT OUR DNA CAN TELL US ABOUT THE HISTORY OF HUMANS Almost every cell in our bodies contains DNA. DNA is a molecule that stores the instructions for how our bodies work and it is passed on from parents to their children. In this article, we show you how DNA can be used as a time machine, taking us back many thousands of years and revealing stories of our ancestors. For instance, we can find out about the ancient history of humans, and tell where and with whom our ancestors likely lived. DNA can also tell us about a country's recent history, uncovering stories of how ordinary people lived or moved about.

kids.frontiersin.org/.../frym.2020.00106 .--- Also: ANCIENT DNA BRINGS US CLOSER TO UNLOCKING SECRETS OF HOW MODERN HUMANS EVOLVED Advances in studying ancient DNA from prehistoric remains provides us with new insight into the life of our African ancestors and the emergence of the modern human. projects.research-and-innovation.ec.europa.eu/en/horizon-magazine/anci.. .----

Posted On 04/10/2024

Krofter

I agree Guillermou, JS and Stoneharbor. Having adhered to my own version of this ancestral diet for much of my life, I find it suits me well. However, the ancestral diet outlined in the article is very Eurocentric. Because I'm largely of European descent likely explains why my version of this ancestral diet suits me well. However, it seems safe to say that it may not be ideal for natives of Asia, Africa, North and South America, all of whom had very different diets for tens of thousands of years. Just as there is no such thing as magic bullet medications, there is no magic bullet diet. Thankfully, we are all different.

Posted On 04/10/2024

Guillermou

I very much agree Krofter. Diet and food availability shaped genetic variation in humans and left distinct signals of adaptation among geographically and culturally diverse populations. Lactase persistence in adults is the prime example of positive food-based selection. of this study was to identify variants that show signs of positive selection in genes encoding cofactor transporters (hereafter referred to as CTs and listed in Additional file: (Table S1). We postulate that adaptation to different ecological niches may also select for other genes. involved in the transport and metabolism of nutrients, especially those that affect multiple cellular and biochemical processes, such as cofactors or their micronutrient precursors.

Genetic variation in cofactor transporters may be clinically useful to investigate and help explain variability interindividual in response to dietary interventions. In fact, the individual distribution of CT SNP, reflecting their genetic background, could influence the expression or activity of these important mediators of micronutrient-derived ADME cofactor and biological effect. Therefore, Our findings support the importance of considering an individual's genetic makeup along with their metabolic profiles (e.g. e.g., homeostatic measurements of vitamin levels, for example) when tailoring and analyzing responses to personalized dietary interventions aimed at optimizing health.

www.ncbi.nlm.nih.gov/.../PMC5628472 (2017)

Posted On 04/10/2024

Guillermou

Furthermore, evolutionary studies reveal that humans adapted genetically to their ancestral diets and local environments, as well as diverged genetically, giving rise to observed global patterns of sequence variation. The ability to digest lactose in adulthood is much more common among Northern Europeans than among East Asians or Africans. In addition to these evolutionary studies, genome-wide association studies (GWAS) have uncovered many genetic variants associated with specific nutrition-related traits, including nutrient absorption, lipid metabolism, nutrient utilization, and accumulation.

of fats, which in turn can give rise to interactions between genes and diet. and human diseases
Consequently, individuals in large modern populations with diverse genetic ancestry, such as the US, may have a wide range of metabolic responses to the same food or diet, calling into question the one-size-fits-all dietary approach. This study sets out ethical considerations and practical applications for the use of genetic information to inform dietary choices and the future role that genetics may play in adopting changes beyond population-wide healthy eating guidelines.

Our genetic diversity as a species was driven in part by natural selection as modern humans found new diets as they spread globally from Africa to Asia, Europe, and eventually the Americas. As a result, dramatic differences in the genotypic frequencies of many nutritionally important variants can be observed in diverse racial/ethnic populations. www.mdpi.com/.../3118 (2020).--
www.sciencedirect.com/science/article/abs/pii/S006526602100016X (2021).--
www.sciencedirect.com/science/article/abs/pii/B9780443153150000080 (2024).---
jhrlmc.com/.../664 (2024).--

Posted On 04/10/2024

Dordee

We used to honor our ancestors, respect them and their ways. Now we are taught to treat them as excess baggage to be dumped in nursing homes.

Posted On 04/12/2024

MoMac46

I still use my Mrs Beeton's cookery book that I got when I married 55 years ago, though not as much as I live alone now. As a child I had 3 meals a day, my mum was a good cook. I lived too far from school out in the country and walked 3 miles to school so had school meals which always had a main meal and a milky pudding. My mum did not have a vacuum cleaner or washing machine so everything was labour intensive. Ours was a small farm with hundreds of pigs and hens, the work was hard and we all had to help. No weight problems with the exercise we got from daily living. The weather was better then as we didn't have the chemtrails blocking the sun like we do now and showering their chemicals down on us and polluting our air soil and water. It's no wonder people are sicker with everything processed and doctors pushing drugs and vaccines. And in the UK a king who is a big part of the 2030 agenda and a member of the WEF club, all coining in big profits while Britain becomes destroyed.

Posted On 04/10/2024

sue2613

And now a sick king, hoist with his own pretard.

Posted On 04/10/2024

PithHelmut

Having poisons sprayed on us and the water and land is just unacceptable. It makes me livid to see them doing it - like they are rubbing our noses in it. Everyone needs to get mad about this but nobody wants to talk about it. If the media doesn't cover certain subjects, the people don't talk about it. This is a strange phenomenon I have noticed about society. It needs to change and people should become astute to the fact that the media is part of mind control mechanics to have everyone compliant and sick. And yes moving our body is another thing we need to do more of like our parents/grandparents day.

Posted On 04/10/2024

rrealrose

Have been reading several substacks recently, one found this 2017 report from Chatham House in the UK that reads like an outline of Agenda 2030: The emerging global crisis of land use | Chatham House International Affairs Think Tank - - www.chathamhouse.org/.../emerging-global-crisis-land-use - - this appears an update to earlier articles and books from The Club of Rome and others, outlining an ongoing crisis that does not exist. If you look at current supermarkets, shelves are already stocked according to some of this crisis ideology. Can only detect and react when one is aware of "the globalists" plans to destroy the middle class and monetize the natural environment.

Posted On 04/10/2024

Cabochon

There are a number of these nebulous "charity" organisations based in the UK, rrealrose. As well as Chatham House, the Wellcome Trust and the Tavistock Institute are likely WEF partners. The material on their websites will leave you none the wiser as to what they are up to but screeds of meaningless verbiage occasionally throw up the usual code words such as "sustainability" and "climate change". "How have individuals shown their personal resilience during the coronavirus crisis, and how does this help our communities be more resilient in the future. What do resilient organisations look like now? How can they think differently about leadership and followership to stay resilient in the face of ongoing uncertainties?" Spooky. I worked for a branch of the Tavistock Institute in the 1960's, typing up "research" papers ready for publication. When I left, it dawned on me that I had no idea what the papers were about which, on reflection, may have been the reason they employed me.

Posted On 04/10/2024

Dordee

YES! at 5 I was given the job of feeding the chickens! We would often spend the day foraging for greens, berries with Grandma. The boys and men did the hunting, chopping wood , etc. No electric when Mom was growing up, Bagnell Dam hadn't been built yet! Kerosene lamp to do homework by, walked 4 miles to school and when old enough, Mom cleaned the drs office for notebook paper. Uncle Bob cut wood to heat wash water hauled from the spring. There was no time to sit and do nothing. I have learned to cut recipes to suit 1 person only. It is hard to do. I also improvise!

Posted On 04/12/2024

eah32083

A lot of this is pure fiction. My great grandparents and grandparents lived in the South and were very poor. They ate what they could find or afford. They ate mostly corn in various forms, greens, and pork. And white flour for biscuits and bread. They would have some syrup with the cornbread and biscuits if they could afford it. My mother's family was so poor, they foraged in the woods for poke weed and other greens, and sometimes had to eat possum. I doubt there's a recipe for possum in any of those fancy cookbooks, which most people couldn't afford, anyway. My mother didn't like it, she said it was greasy.

Many, many Southerners died from Pellegra because they had no B vitamins in their diet. My grandfather was one of those, he died when my grandmother was pregnant with baby #8. The oldest boy, age 12, had to quit school and go to work to support the family. There was no balanced diet back then, and even if they had the money, they wouldn't have recognized that yellow and orange veggies and fruits were necessary. Their poverty and subsistence eating was not uncommon back then. This article does not take into consideration the real situation with many, many Americans when those nice cookbooks were written.

Posted On 04/10/2024

kirstenwriter

You make good points. But early 20th centuries editions of Joy of Cooking had a section on game with recipes for squirrel, possum, bear, raccoon, woodchuck, beaver, beaver tail (!), venison, and rabbit. I know because I bought a used copy so I would have those recipes. You never know, right? Possum recipe starts "if possible trap possum and feed it on milk and cereal for ten days before killing." Steps to prepare are removing hair and scent glands, parboiling, then roasting. No note on whether it would be greasy

Posted On 04/10/2024

Dordee

And a lot of white beans, Jowl and cornbread! Poke, dock, lambsquarters, etc. I have all of them growing in my yard so can avoid plants contaminated with pesticides, herbicides, etc. We also foraged for berries, drank milk straight from the cow, made our own butter. Grandma passed at 93 and 2 months before was on her hands and knees scrubbing kitchen floor because you just can't get the floor clean with those fancy mops. Those wild greens were one reason we were healthy, vitamins, etc. we needed. I have defeated terminal Lymphoma with prayer, organic, wild greens and NO PROCESSED FOODS, SUGAR! BEEN CANCER FREE SINCE 2001. I am now back in the country with a source of grassfed meats, eggs and milk.

Posted On 04/12/2024

lilmissy

Grandmother lived to 104, only took potassium and d3. Raised on a farm. She would always say, we ate in season. If we butchered, we ate meat for a good while. When that was out, we would make bread, neighbors made butter and we shared and would have onion sandwiches for dinner. But and the biggest but of all. They all worked hard, physically. They used their calories that they took in. Sunday was porch sitting and family time. Enjoying each other and playing the fiddle and banjo. Our plates are huge now, so is serving size and most sit around watching tv and surfing the internet.

Posted On 04/10/2024

Marago

Same here lilmissy. My Grandmother lived to 103. Same life style you describe. My Gams life was full of energy and love of life. She retired from employment at age 95. My Grandpa would have been right there with her, but sadly died during hip replacement surgery at age 89. We saw my Gparents every Sunday. Family dinner at 1:00 pm. "Supper" at 5:00 pm – we played fun games and shared family life stories. My Gparents took zero prescriptions – like me, thankfully following in their footsteps. Dr. M's article here is one of the best for all humanity. Thank you Dr. Mercola!

Posted On 04/10/2024

Dordee

Or Sundays we gathered around the piano and sang. Radio didn't even work good, so made our own entertainment, made home made ice cream with milk from th Guernsey, honey. Not only are plates large, fast food restarants push bigger, largest sandwiches of all processed foods. Haven't eaten any restarant food over 20 years. maybe that is the reason I only have stupid accidents, not diseases. Get in a hurry, do not look where you are going ,you fall and break an arm or wrist. Now that I look where I am going , no more falls. At 83, going on 84, looking forward to 93.

Posted On 04/12/2024

bolke

I can't believe that eating three meals a day, at exactly the same time every day, is natural.

Posted On 04/10/2024

grulla

Why not? I eat only two meals a day for the past 11 years due to Dr. Mercola's recommendations of intermittent fasting, aka time restricted eating, (IF/TRE), at 5AM and noon. I turn in early in the evening with at least 3-4 hour of well digested and emptied stomach, have lost 35 lbs. weight, and my regularity couldn't be much better, always early in the morning.

Posted On 04/10/2024

PithHelmut

Isn't it amazing that not only has the quality of food taken a dive but also the quality of the data. So infant mortality is the factor that raises or lowers lifespan rates? Really? Can't we get better data than this? I have to shake my head at how complicating things is made just to obfuscate the real thing they want to hide - profiteering. Imagine if we ate well - clean foods, natural - how our modern advancement would benefit us. We have to remember too that we are being poisoned from every direction - from the skies above us, in the water and in the soil with glyphosate. Yet nothing changes and not many people are livid about all this being done without our consent. People need to start making a fuss.

Posted On 04/10/2024

Dordee

Making a fuss takes time, away from fun, energy and you might make the powers to be angry with us. I lost a friend of 60 years because I critized Fauci and Gates!

Posted On 04/12/2024

A big thank you to Ashley's detailed information on Longevity. Long used to fog up and distract the general public as to the true nature of what is going on around us. Resting to comfortably on the former data from the early sixties when the States excelled in so many things, and longevity being a big one. Since then it has all collapsed, yet in the Public Social Collective Mind it has not taken hold just how badly the States have dropped in nearly every Metric. This has been used to promote a narrow medical system along with fogging things up playing with Relative Risk vs.

Absolute Risk, Risk vs. Reward or Reward vs. Benefit. It is refreshing to see a fresh look at days gone by to show so clearly how so much wool has been pulled over We, the People's Eye's as health defenders and how they are actually the opposite. The lucrative narrative for too long has been you know nothing, We are the Science. When the Side Effects of Cottonseed Oils turned into artificial lard begin to surface and people began dying of heart attacks, yet despite a major cause of it all, still being promoted as the Staff of Life.

It's all spread out from there ever since. Pollution, additives, toxins, meh, deny, distract, invent ever larger boogie men - fear porn to draw attention away from any mention of those things. Demonize, destroy the once long known basics because they are the quality, the Real Wealth of Life and Living, the real competition that artificial has no hope to compete with on a fair and level playing field.

Posted On 04/10/2024

Guillermou

Just, and there is a serious problem with children and young people. Young people are often the target of deceptive advertising tactics by junk food companies, showing our heroes and icons promoting junk food. In Australia, cricket, one of the favorite sports, is sponsored by a big fast food brand. Elite athletes, like cricket players, don't fuel their bodies with fried chicken, burgers and fries! One study showed that teens ages 12 to 17 see more than 14.4 million food ads in a single year on popular websites, with cakes, cookies, and ice cream being the most frequently advertised products. Another study that examined YouTube videos popular with children reported that 38% of all ads involved food or drinks and 56% of those food ads were for junk food.

Despite the serious state of obesity in these populations, sugary drink companies continue to increase their advertising aimed at black and Hispanic children, which may negatively influence the childhood obesity epidemic in the United States. Because the Supreme Court has determined that free commercial expression deserves full First Amendment coverage, advertisers' rights often inhibit productive methods of protecting children from junk food ads. www.liebertpub.com/.../chi.2018.0037 (2018).-- www.mdpi.com/.../1253 (2020).--- journals.healio.com/.../19382359-20220706-03 (2022).-- scholarsarchive.byu.edu/.../8 (2023)

Posted On 04/10/2024

juststeve

Yes Gui, the slick Messaging using culture heroes to shill one product after another the Sport Celebrity wouldn't dream of offending their bodies with. Using celebrities of all types and kinds to pursue a Throw Away Culture Mindset chasing the latest newest shiny thing. So much misleading and drawing attention away so in the end there is a loss of awareness of what really has value, importance.

Posted On 04/10/2024

DArcys

"Sugar was a luxury in Europe until the early 19th century, ...", so, healthier, more nutrient-rich sweeteners were used before that. Dairy products were not pasteurised and not from overbred animals. All food was organic and not pollutant-laden. Flour (wheat) was not from high-gluten varieties, as the modern common breeds are.

Posted On 04/10/2024

per8886

Four days of water fasting is a fantastic panacea that has helped me many times and without which I would today probably be dead.

Posted On 04/10/2024

Dordee

Not saure i could handle 4 days. But i do not eat unless hungry.

Posted On 04/12/2024

mkhart

I remember how my grandparents ate, though my grandfather died at age 68 from severe heart disease. He ate all of these things and we did too. BUT, with all of the changes, additives and food bastardizations that have been allowed in this country (for the sake of making food cheaper' and profits for manufacturers) those same food items are not a good choice. We now have to pay more for food that is raised, grown or processed in the same manner that it was decades ago. And, with there's really no guarantee that those clean' food items are even clean' like they were back then. There's toxins, additives, etc everywhere in our environment, and those things leach into our clean' food. It's a sad world when some manufacturer can make a case for adding a toxic waste product to our food supply. It's a sad world when corporations can put real farmers out of business and buy out their natural food competitors.

Posted On 04/10/2024

kirstenwriter

Had to jump back to share a thought on this. My grandfather also passed of heart attack. He was depression era. One thing I have considered about that is Ubiquitous Crisco. Everyone in my family had a huge can of it in the kitchen and we used it for all of our baking and pan frying. Maybe 30-40 years of daily Crisco was enough to kill a man?

Posted On 04/11/2024

Almond

Our ancestors prob ate much less sugar than indicated by these recipes. desserts were not everyday fare. I think they got a lot of their energy from fats. Families were larger, so one recipe did not allow huge portions, either. Sugar was a store-bought ingredient which meant it cost money and required a trip to town, so it was prob not until railroads came to inland parts of the country (not easily accessible by steamboats) that much sugar was used. (Of course, maple sugar was a very healthy option in New England.) In colonial days, sugar came in a "loaf" and had to be shaved off, which was a tedious process.

My mother-in-law raised her family mostly on honey when my husband was still young. There were that many wild bees and hives at the time. Certain men in the community were considered experienced at removing the hives--I am sure they got a portion of the honey for their risk-taking. Apple and watermelon juices were boiled down to a syrup as well as molasses. Foods were more often preserved with vinegar (pickling), larding, salting or smoking than with large amounts of sugar.

The earliest jams were simply fruit simmered down until it thickened to a desired consistency. If it was perfectly ripe, very little added sweetener was needed. People's taste buds were more adapted to less sweet natural flavors. Chocolate was not taken for granted--or even heard of in many parts of the country. I recall a baker telling me you can make excellent whole grain bread without sugar.

Sugar was useful for brewing, but many other sweeteners were traditionally used. Even flour was not taken for granted. I recall some of the early settlers talking about when wheat was first raised. Getting flour required one young man to walk 20 miles with a 50# sack of grain on his back to have it ground at a grain mill--then half of the grain would be paid to the miller for the milling. The burden on the trip home was much lighter! he also carried a small wood stove home on his back one trip. -con.

Posted On 04/10/2024

Almond

-con.- So, what did the early settlers eat for sweets? Cornmeal mush was a common way to start the day. Vegetables would be roasted or fried until the natural sugars came out and caramelized. Such as potatoes, beets, carrots. My favorite way to cook sauerkraut is to saute some onion in butter, drain the sauerkraut, drizzle lightly with honey and cook until dry and the edges of the pan are browned and a bit crispy. Pies contained less sugar and sweeter riper fruit. Dried fruit concentrated sugars. Molasses taffy. Sometimes, in-season, I will put large cake pans of berries or cherries in the refrig to eat whenever we want--or boxes of apples, peaches, grapes left on the porch--or, later, in cold storage.

When people got the energy they needed from fats, they were less likely to crave sugar. Foods like egg custards. Pemmican is one of the nearly perfect foods... protein for strength, berries for sweetness and fat for energy. I am horrified when I go online to look up recipes to see how much sugar many desserts contain. If I look up "recipes from scratch", many will include a box of cake mix, instant pudding, and cool whip, in addition to at least 2 more cups of sugar. Very discouraging. I use stevia for many recipes and canning fruit. It works esp. well for rhubarb/squash pudding and most fruit pies. Yogurt and fruit smoothies. Good quality fresh food stands alone and needs little enhancement.

Posted On 04/10/2024

stoneharbor

It's interesting to see in one post a discussion dedicated to the the amount of sugar in the diet. I Agree that it has taken a larger share of our diet these days than what was represented in the old cookbooks. However, all the old cook books I ever read still had an ample chapter on desserts. I adopted my feelings on sweets 48 years ago: I eat no foods with any additional sweetener, whether it's sugar or sugar substitutes. In fact I hardly eat any fruits except tomatoes and other ones that people call vegetables. I've never been sorry I went off of sugar. I see it only as an addicting substance. Some people are more addiction prone than others. But if you are prone to addiction then you probably are eating far too many sugar fortified foods and destroying your body day by day unless you made a plan to avoid the temptation. I'm guessing that many people who found they had the addiction and went off of sugar are rather pleased with the results.

Posted On 04/10/2024

ThePazyryk

I'm a bit skeptical of some of the claims in the article. Back when those cookbooks were published, it was mostly the wealthy and middle class (which was much smaller before WWII), bought and followed them, as the bulk of the population was illiterate, semi-literate or functionally illiterate (just like modern times), and consisted of farmers, tradesmen, urban industrial workers and non-English speaking immigrants. The dietary staple of most people back in the day was grains, particularly wheat, corn, and oats; usually consumed in the form of bread, porridge, or grits. Potatoes were also widely eaten in especially in certain northern regions.

Meat was also regularly eaten, though not as often as now due to availability, "primitive" supply chains and limited preservation methods, mostly through salting, smoking, or canning. Dairy was also consumed, with many families having access to cows for milk. Except for the upper-classes, sweets and desserts were typically reserved for special occasions or occasional treats. Also seafood has been an important part of the diet of coastal places, like New England and Louisiana (not to mention Britain, Scandinavia and Southern Europe, where locals have traditionally outlived Americans).

Posted On 04/10/2024

Almond

stoneharbour and all... I suspect many of the very rich dessert recipes were for upper classes or special occasions. White sugar, as we know it today, simply did not exist in abundance centuries ago in many parts of the world. Sugar may have been more common in port cities, but not on the frontier, for example. I recall growing up, that we did not routinely eat dessert. Like many people, it was simply something we could not afford except for Sunday dinner or weekends. What do you mean by old cookbooks? My cookbooks from early America do not call for sugar in the amounts we see today. The exception may have been in brewing, esp. wine and brandy, although honey and molasses (treacle) were used for beers and ales.

Dates and raisins were used as sweeteners. When sugar was called for, it was often "brown sugar", but not what we call brown sugar today. It may have been raw sugar or maple sugar which was considerably cheaper along the eastern seaboard. Bread pudding was originally sweetened with raisins or other dried fruit instead of sugar. Jam (conserves) was used as a sweetener. Nutmeg was a common spice added to many foods because it was small, lightweight, kept well whole and was easy to transport by ship or even overland. Even mincemeat contained very little sugar, unlike today--I have a recipe calling for 50 apples, plus suet and other ingredients that only contained one cup of sugar.

A recipe of apple fritters only calls for 2 T. of sugar. Some cakes were exceptions. "Christmas" cake is an obvious example. Wedding cakes. "Silver" cake. Even pound cake which contained 2 cups of sugar was not everyday fare. Try to find a modern recipe for a cake that does not contain more than one cup of sugar... recall, too that sponge cakes required beaten eggs. This was done with a handheld rotary beater and might take 15 minutes of steady work and motion to whip the eggs or whipped cream topping. People ate more simple foods and carried recipes in their head

Posted On 04/10/2024

andiroadrunner

Dear Almond; If you wrote a book of recipes and techniques on how to process your wild game; I would buy it. I love reading your posts, because the knowledge you share comes from experience honed from years of trialing what works in practical manners of sustainability, coupled with wisdom passed down from previous generations. And thank you for the reference you gave to me for Mrs. Beeton's book way back when...

Posted On 04/10/2024

Almond

stoneharbour and all, continued.... If you think back to the days of school lunches, at least when I was young, there were lots of days of peanut butter sandwiches and an apple. Cookies were homemade and a rare treat--except when our school sold oatmeal cookies as a fundraiser. For many people, Hostess cupcakes, Little Debbie cakes, candy bars, sodas, etc. were not regular budget items. We did not indulge in ice cream after every meal, either.

Posted On 04/10/2024

sue2613

Almond, my mother made an apple pie with no syrupy, gel like filling. It was Macintosh apples, spices, and a dash of lemon, with a pie crust. I lost the recipe and have not found any similar recipe. The recipes now call for gooey ingredients and the filling is mushy.

Posted On 04/10/2024

Almond

andiroadrunner and all... Maybe one day I will consider it. Presently, I am too busy living my life to write it down. Perhaps that is as it should be.

Posted On 04/10/2024

Almond

Sue... I do not know whether this will work for you. My original recipe still uses sugar, but you can substitute stevia if you slice your apples first and toss them in a bowl with stevia to make sure it coats the apples evenly. You should use a somewhat tart apple variety that will release juice during baking or your pie will be very dry. Apple varieties may not produce identical fruit under different climate conditions in different parts of the country, so I will not tell you what kind of apple variety is best to use.

Each region has it's own heirlooms. Fresh and in-season is always best. The rest of the year, we may eat less than ideal apples, but still enjoy our pies. Start with a pie crust laid in a greased pan. Overlap the trimmed edges, so you have dough to work with when sealing. Place about 1 T. of flour on top of the bottom crust and spread it around evenly if your apples are very juicy. This is to thicken any liquids that seep out of the apples so your bottom crust does not get soggy.

Vary the amount according to your apples, if you even need it. Peel, core and slice apples into a larger bowl until you have enough so your crust does not get soggy. If using stevia instead of sugar, add it now and toss apples to coat--otherwise proceed. Dump apples into bottom crust. For a 13" pie in my old pan, I will add a cup of sugar. (This sounds like a lot, but your average supermarket pie is 9".) The amount of sweetener used will vary according to the sweetness and ripeness of your apples.

<=This much comes from experience. Sprinkle with as much cinnamon as desired. Nutmeg is optional, if you like it, but not too much. Wet the edges of the bottom crust with water or milk. Optional--an egg wash on the top crust and/or, a sprinkling of sugar and cinnamon. You could instead use a crumb or lattice topping if you prefer. Lay the top crust on and "flute" edges to seal. Slit vents and bake until done. The best (juicy) pies overflow during baking. Protect oven from spills

Posted On 04/10/2024

Almond

Sue... con.-- I have no idea what results would be with store-bought apples. I suspect they would be dried out and not taste very good. Also, it may be impossible to find apples that are not treated with Apeel. The quality of ingredients will affect your results. Remember, that, years ago, there was more concern about filling tummies than nutrition. Fortunately, when families were large, there were also large gardens and food was basic and organic. So, in winter, before canning was available, women would reconstitute dried apples and thicken them with flour to make "winter pies".

These were eaten because it was what people had. It was considered to be in very bad taste to serve these to a guest to use up your leftover apples once new apples came on. You only enjoyed some pies in-season before canning. Winter pies included dried apple ("schnitz"), pumpkin/squash, mincemeat, raisin or prune, and maybe custard if your hens were still producing eggs and you had a milk cow.

Every year, I dry gallons of apples and pears for lunch boxes and snacking. It has been many years since I made a homemade fruit cake. it was a bit tart and firm unlike more "cakey" modern recipes. I would snip our fruit--apples, pears, cherries, plums instead of raisins and reconstitute them in part brandy. Add nuts (esp. black walnuts I glean or forage). An egg, just enough ancient grain flour to bind ingredients together. I don't recall if I also used a touch of molasses... a few other ingredients and spices.

You would bake it, let it cool and dry a bit. Then, wrap it in a brandy-soaked cloth, set it in a very cool place, rotating (turning) it every few days until needed. You made this well before the holidays so it had time to age in the brandy cloth, occasionally rewetting the brandy as it soaked in or evaporated. Such fruitcakes were expensive (brandy) and labor-intensive, so eaten on special occasions. They were not mass-produced cheaply as today. Nowadays, i make 'pan de higos' instead

Posted On 04/10/2024

Almond

pazyryk and all... Meat was more commonly eaten in the early colonial days because of demographics--most of the population was rural and self-reliant. Game meat was very common as nothing was wasted (rabbits in your garden). People ate a lot of things we would not consider today. You ate what was locally avail. You are correct about cookbooks being for the wealthy and literate. One of the first cookbooks written for the influx of newly-arrived immigrants unfamiliar with American foods was in Milwaukee, Wisconsin around 1905 (THE SETTLEMENT COOKBOOK), relatively late in historical terms. In cities, meat was suspect as sausages and certain other meats were often adulterated, diseased or spoiled because of difficulty preserving meat.

Sausage was one way to cover up bad meat and it was more affordable to the poor. It was considered a luxury to own a milk cow. One of my grandmothers was a milkmaid, but could not afford a cow. For many newlyweds, a cow was considered an extravagant wedding gift. People who had cows did not fear starvation because they could put up and age cheese in spring when milk was abundant. They had milk for making yogurt and cream for butter. Butter could be \$sold\$ in the city. With a few chickens and a garden, people could live well. One of the things that made America great was the ability to own land and real estate.

A man who owns nothing has very few rights, in a practical sense. If you owned property, you could use it for production to earn more money or leverage against it to get loans. An ordinary individual could settle and claim land. use the natural resources to build a home. There were no encumbrances, restrictions on land use or taxes. Not so in most of Europe, at the time, where most land was either owned by the church or privileged classes and rented out to tenant farmers. There was also more of a class society. If you were born on the bottom rung of the social ladder, it was likely you would remain there.

Posted On 04/10/2024

sue2613

Almond, she did use sugar, which I think gave it that nice caramelized flavor and kept it from getting dry. She mixed everything together as you mentioned. We have an orchard nearby where we can pick apples. My mouth is watering. Thanks so much, I will now make an apple pie. Apple crisp is another favorite of mine. My friend had a recipe that used an egg in the crisp and it was fantastic. I don't have that recipe either.

Posted On 04/11/2024

Almond

Sue... P.S. Also, mix a bit of flour with the apples when you toss them--enough to lightly coat them. This will thicken and you will not need to cook your apple pie filling.

Posted On 04/11/2024

sue2613

I know this comment is late, but now that Dr. Mercola will let everyone look at past posts, some people will read it. This website has given me better information on cooking and food than any other site. I have started a folder just for food and recipes from this site. This will be valuable information for the future. It would be nice to have a cookbook someday just from the people who add comments. Occasionally, I come across cookbooks at yard and book sales that were put together by church or school groups that have some gems of information. as I have found here.

Posted On 04/12/2024

Almond

Sue and all... Some of my favorite cookbooks are WWII era and earlier. They used homegrown ingredients. I experience so much frustration to see modern recipes that use processed foods. People need to relearn many basic skills that have been lost. never underestimate the importance of putting a wholesome delicious meal on the table. often, food holds families and communities together while nourishing them. i think there is still an attitude among many people that home-cooked meals waste a woman's time and skills that could be more profitably remunerated in the marketplace. That cooking is some sort of drudgery that any feeble-minded person can do. What could be more important to the household than putting good food oin the table day after day? When did loving and caring for one's family become such an imposition?

Posted On 04/12/2024

Almond

stoneharbour and all... Beware of, and prepare, as much as you can for these methods of submission and control to be imposed upon your life. Control of food. Control of water. Control of energy. These will be the major tools used to force compliance. We are already seeing food shortages and inflation. Lower quality food means intergenerational poor health and people not reaching their full mental potential. water is necessary for life and food production--for many, access to garden water is a "pursuit of happiness and life". Without energy, all systems would fail.

Beyond that, and in conjunction with those.... Control of transportation to limit your travel and access to goods and information, making you dependent. Control of information (mind control). Also consider the meaning of control of currency. What happens when these are taken away from people? Currency is a storage of value, a means of exchange and a measure of confidence in the government. Denying people currency limits their interaction with others and control of their own lives. The govt does not need to be informed about every nickel you spend, either.

Posted On 04/12/2024

Dordee

Honey is good! Me neighbor has bees so get unfiltered raw honey from him.

Posted On 04/12/2024

Sherryld

I could sit here and type for hours about all the stories my MIL and late FIL have told me about their parents who immigrated from Hungary to Canada in the late 1920's and eventually settling in Ontario. Everything in this article describes how they ate and they also worked hard. My husband's grandfather worked in the mines in Nova Scotia when they first arrived and also raised their own chickens, cows, pigs and grew their own fruits & vegetables which the canned. All their food was prepared with lard which came from their pigs.

They made their own soup with chicken feet and other bones and added kohlrabi, parsley root, carrots, onions and other vegetables for flavour and made their own noodles. Their daily meals consisted of meat, potatoes and vegetables with paprika as the spice. The Hungarians by far make the best cabbage rolls. I have been fortunate enough to carry on many of the Hungarian dishes that my husband enjoyed growing up including the Hungarian desserts which are the best out there and the walnut torte is so yummy!

Posted On 04/10/2024

Dordee

Today unless you buy from a farmer or local meat processor you cannot get soup bones, bone in chicken.

Posted On 04/12/2024

rrealrose

Guess its just me again? Roller milling of grains, starting around 1860 or 70, made a significant change from stone ground to rotary grain mills. The shell or bran of the grains was harder, (and is where most of the pesticides and herbicides reside) and when stone grinding, the bran would be slung out through grooves, along sides of millstones. At the end of the day, the miller would sweep up the bran to be fed to farm animals. This contrasts to modern roller mills, where bran and seeds are sliced together into the end products. So please do not assume today's flours are even closely related to flours used in years gone by.

Same is true of the Chinese and most asian cultures removing the bran from their staple rice. They are removing some nutrients, yes; but also removing parts of rice where pesticides and herbicides reside. Whole-grain rice includes this non-digestible bran. 3000 plus years of Asian history, don't know how this can still be ignored. In the US, it is now estimated that wheat in various shapes and forms, now makes up about 20% of the total American SAD diet; again, this may be a giant mistake.

Posted On 04/10/2024

Dordee

Not just you. I had a friend from Vietnam, learned a lot about good food from her. Lived in Mexico while in art school, learned about their foods. Bought food at local open market. It is good to know people from different backgrounds, learn from them.

Posted On 04/12/2024

njlady

the moms of yesteryear were stay at home housewives, whos focus in life was the nurturing and care of her family. There is little time or effort today for that sort of mind set. Women work, go to the salon, get their nails done, have lunch with the friends, shop, chaperone the kids, etc. Besides, the kids are happy with pizza or fast food, pre made food, quick canned or frozen food etc. Some of these recipes took hours to prepare. Also the cost of some of the old recipes would be prohibitive today... the Mayberry lifestyle seems so "old fashioned" to many...so I guess...ya just had to be there!

Posted On 04/10/2024

Dordee

This is how I grew up, Waltons, Mayberry. That is why I am still around!

Posted On 04/12/2024

honeybee22

A very interesting and historical documentation, however I am a little surprised at the lack of commentary on ALCOHOL consumption. My parents drank like fishes and it was very social as well as addictive. I understand that their drinking was 'approved' by the times and conditions. Eventually, they both died in dementia and my father passed much later as his diet was far more traditional and filled with healthy fats. My mother loved margarine unhealthy polyunsaturated fats, drank more heavily and passed early in her 70's. I rebelled and did not drink, smoke or do drugs of any kind for many years after enduring the teens. Going 'naturopathic' was my thing. The changes from that early time period has been a long, long road.

There but there have been constant changes and edits to the lists of Good vs Bad because our experience, perspectives and beliefs change sometimes for the worst and sometimes for the best. Overall, we still have a long way to go in my opinion. Alcohol has to be on the list of minimal to zero consumption. I continually stick with and believe in the whole food with least pesticides chemicals or additives of any kind. Edit those baddies out and you may stand a chance. Many thanks to Dr. MERCOLA and his continued dedication to research and health. He has helped guide my way and I continually subscribe to his newsletter for the amazing content and value it generously brings.

Posted On 04/10/2024

Dordee

MY parents were not drinkers. One New Years I went with friends and drank champagne first time, had hanover. My father slammed every door, stomped up and own steps. I never did that again!! I have fun without alcohol. It like drugs is not necessary to life so why use it?

Posted On 04/12/2024

Docathelake

This is info I can get behind!!! Great post!!!

Posted On 04/10/2024

Anne.Kirsche

I looked at an updated version of my old cookbook and was astonished at how the recipes had changed. The incorporation of processed food ingredients, and most notably, the increased amount of sugar. No, thank you! Twenty-five years ago I started to radically reduce my sugar - not eliminate completely - and very quickly dropped over 70 lbs. Sugar was hidden in unlikely items, which I learned when I started reading labels. I had no idea prior to then that I was consuming so much sugar.

Posted On 04/10/2024

Dordee

Defeated terminal lymphoma in 2000 went cold turkey on sugar, procesed foods, had lots of prayer. In remission now for 24 years! Not bad considering I was supposed to die in 3 months.

Posted On 04/12/2024

Brodson

The spouse has been an excessive sugar addict for most of her 77 years and still going strong. Still consumes 8 liters of cordial concentrate a month, 4 spoons of sugar in coffee and sucks sweets on and off during the day. I suspect she has a pancreas made of steel.

Posted On 04/10/2024

Docathelake

How many teeth does she have left?

Posted On 04/10/2024

rudolfxp68

Brodson, so was my mum until her 88. Then she developed Alzheimer and now after few years she don't recognize any member of our family. Not even me.

Posted On 04/10/2024

anthony.aaron47

No mention of probably the greatest difference between 'then' and 'now' the sheer amount of physical labor that our ancestors performed -- 365 days a year. My grandparents were farmers -- had 280 acres -- including about 150 head of dairy cattle, about 24 - 30 head of beef cattle, 18-24 hogs, and 350-400 chickens. Crops included grapes and apples and pears in the small orchards on the land -- but most of it was rotated through with corn and wheat and alfalfa and oats and purple clover. Work began before sunrise and ended after sunset -- every day of the year.

Posted On 04/11/2024

pth888

Interesting comments by eah32083, kirstenwriter and others about poor people eating whatever they could afford, like cheap corn & syrup, or whatever they could trap or hunt 100 year ago. Clearly, Ashley is recommending Ray Peat diet, high in normal delicious foods most middle-class and even rich people used to eat before WW1. I got a real kick out of the 1882 Model housekeeper recommendation – 1 gallon of beer for a woman, 2 gallons for a man! Sadly, it all changed when the so called scientists started to promote their agenda, or rather the agenda of those who were capturing academia and nutritional and medical research.

Sugar was not an evil as the later “research” was promoting. Sugar was widely used, first in unrefined form, later in conveniently portioned cubes and candy. Interesting history of sugar-cube – www.dpma.de/english/our_office/publications/milestones/inventionsthatm.. – See Ray Peat’s profound ideas: “When sugar isn’t available in the diet, protein will be metabolized to provide sugar” – raypeat.com/.../glycemia.shtml – What makes people fat & sick today? Pollution & toxins in various forms for sure, affects hormones, etc. Nutritionally? Today I went to a supermarket, which has an organic produce section, to buy some veggies.

Most of the organic stuff I needed was sold out (celery, onions, carrots). But I got a good first-hand demonstration – at the cashier I got stuck behind a truly obese/fat lady whose girth was almost as wide as her height. Her cart was loaded with: potato chips, doritos, cheesies, instant asian noodles, bacon, pies, and a bunch of similar processed food, and a large bottle of Maggi which is loaded with monosodium glutamate. No veggies, no fruit, no meat, no milk products. Huffing & puffing she could barely push her cart outside to her large SUV parked in a disabled spot next to the entrance.

Posted On 04/11/2024

csire

Pharmaceuticals, including all vaccines, have had a huge impact on the health of humanity!

Posted On 04/11/2024

cou5020

Before the 1900's the flour they ate was freshly milled. It contained all the fiber, vitamin E, B vitamins and iron and many other nutrients. It was not the flour of today that is stripped of its nutrients so if can sit in the store. It needs to be cooked as soon as it is milled before it starts to oxidize. Check out Bread Becker's podcast. Sue' s healthy minutes. She is very informative.

Posted On 04/10/2024

Omi2be

Basically eat how your parents ate, or, since I am old now eat like I grew up. Once you do not work off as much as in younger years, eat less. Time restricted eating comes in very handy there. I do not eat breakfast since I am not hungry after getting up. The far and few days I am hungry I have 2 meals, as in a very late breakfast around lunch time and the usual evening meal. I notice I get hungry earlier if I had a noon meal vs no food. No manufactured whatever drinks (as a kid soda pop, more like orange or lemon flavored sweet fizzy water was a rarity when we visited the cousins). Grew up un fresh berries in season, fruit juice mom made for winter, apples from our own trees and a ton of veggies from the garden. Meat yes, and all of the animal was used, fascinating when we got to go butchering on the relative's farm. I was still the pudgy kid, all others were thinner. Then after I gave birth I lost all the pudge - others gain after having babies. Go figure.....

Posted On 04/10/2024

bobsmyk

Put all of the blame on eating salty potato chips cooked in seed oils and staying up late watching TV and other screens. This stops us from eating granny's soup and stew and cup of cocoa.

Posted On 04/10/2024

Whieldon

My own favourite 75 years ago was sheep's brains on toast - a bit like scrambled eggs in appearance, though far tastier. And, of course, pig's trotters as we called them then.

Posted On 04/10/2024

SandraShyposki

Promoting the use of refined flour and sugar is dangerous and contradicts many other articles posted at Mercola, as well as Dr. Mercola's own book about sugar. Weston A. Price's research also discovered the dangers of refined flour and sugar. !!!!

Posted On 04/13/2024

iro5345

Excellent information! My family likes chips, but I don't eat them because of the PUFAS. How do I convince my husband and children not to eat them? Thank you for the information about the Armstrong sisters!!

Posted On 04/12/2024

BicycleBoy

Life expectancy is longer now. So there are some things that modern life style has improved upon. There are some changes that are causing diminishing returns as pointed out in this article.

Posted On 04/10/2024

blu1541

Great article, just wanted to add how much more outside activities we had before the internet and smart phones. Fun was found mostly outside playing with Friends. We were starving hunger when we got home from school and indulged on mums home made cookies or fresh fruit but straight back outside for more active fun.

Posted On 04/10/2024

LSquare

Mine were depression-era parents, and their diet consisted of things that Mario Batali and other nouveau chefs are charging a fortune for these days (think: tripe, tongue, gizzards, and animal hearts), but mainly lots of "beans & greens". They died at 60 & 66, due to stroke, heart failure, and diabetes-related complications. I cannot attest that their diet was good for them, because, well, I can't ask them. My only point is is that each generation has both good and mediocre habits, whether food or otherwise. I think that most of us here can pick out at least 80-90% of the good things, and can benefit from the people who've lived and died before us.

Posted On 04/10/2024

msm1840

Thanks Dr. Mercola, love this article. We grow or raise most of our food and have done so for years. We raise Grassfed beef, pasture raised, fertilized eggs (organic, fermented grains) and milk goats. We garden organically and are putting up an 1800 sq ft greenhouse. I make all our own breads, baked goods, etc. and we are 67 and 65 and super healthy. We play pickleball, golf, do our own farming and take zero meds. We LOVE you and really trust your wisdom and are grateful for all you do. Blessings! Mark and Michelle Smith
Rolla, MO 65401

Posted On 04/10/2024

1rennalls

Excellent article, growing up those were the types of food I ate, all my sisters and myself stayed slim even though some of the meals were high in carbohydrates. We ate baked good, scones, cakes, apple, gooseberry, blackberry etc pies and crumbles with custard pored over it. We didn't eat a lot of meat but everything was home cooked and baked. We also had active lifestyles, cycling to school, work and places or walked. I still incorporate what I eat now into those earlier meals and think I have a high metabolic rate as I can't put on weight.

Posted On 04/10/2024

NaturalGrown

Home made tapioca pudding!

Posted On 04/10/2024

wareagle82

"How did we get to the point where 60% of the population has one or more chronic disease and only 12% of the population is metabolically healthy?" The same way bankruptcy is reached - slowly, then suddenly. Present the findings on disease and life expectancy to people and most will indict the health care system - "if only we had universal care." Well, we didn't have universal care before and the results were much different. People like excuses for their behavior, not evidence that causes them to make changes. Life is more sedentary, the grocery shelves are packed with garbage, only a minority exercises, and so forth. But it's easier to blame the medical system than oneself.

Responsibility is hard. It makes you question your choices and habits. Much easier to blame some outside entity. It's the same with economics - people fixate on inequality as if one person's gain requires another's loss. It doesn't. Two people can both do well, even in the same field and even as competitors. Likewise, two people can also fail with one person's results having no impact on the other's. I downloaded the PDF of this and will enjoy looking over the bill of fare as well as re-reading this piece. My wife and I have become more conscious about diet; we already work out, so that's plus but it's only part of the battle.

Posted On 04/10/2024

des9071

Lithium is considered essential for all animals except humans. From what I read, lithium helps human brain cells to renew. Sea life is a source of lithium, so it makes sense that brains would increase in size on a diet of seafood.

Posted On 04/10/2024

brodiebrock12

It's never been rocket science has it, yet people continue to "choose" eating and living in health declining ways. CHOOSE!

Posted On 04/10/2024

raheemavernet

When did we see the surge of sanatoriums? in late 19's! To me, that tells a lot about what was happening in terms of health at that time.

Posted On 04/10/2024

m231231

What so bad about my lucky charms and fruit loops? Actually never tasted them. Boycott the processors. Especially the one down the road from here, thee Betty Crocker. Wouldn't touch her if I was even celibate.

Posted On 04/10/2024

Squirlye

Growing up on the farm in the 40's and 50's we had 3 square, breakfast dinner and supper. If we were out in the fields, or in the barn, mom would wave a white towel, and yell YAHOO, meaning we better get to the house fast. We didn't lack for anything in the line of food.

Posted On 04/10/2024

dealt7faux12

IIRC lard was used a great deal. Lard for pastry and fried food. No hydrogenated vegetable oil. Eggs were fried in bacon fat not vegetable oil.

Posted On 04/10/2024

rw12341

"Nose to tail" ? Of course; it means headcheese and pig tails' soup, among others. My grandma was never - as far I know - sick, died (at her will?) at 92 saying: "Wally (her deceased husband) is waiting for me". Love you, Grandma...

Posted On 04/10/2024

grulla

If you want to purchase unadulterated headcheese, (and many other meat products), from free range livestock, here is a good source that I have had shipped to me at times. And one can negotiate a better price when ordering large(r) quantities over the phone. grasslandbeef.com/search?q=head+cheese&options%5Bprefix%5D=last

Posted On 04/10/2024

lynuzelac

The soup from pig's trotters formed the basis of many soups, especially for people who had joint problems. Likewise brawn.

Posted On 04/10/2024

imaginal110

The American Heart Association, April 10, 2024, recommends liquid oils ("not tropical" which would cut out coconut) and minimizing saturated fats, which come from animals. The complete opposite of past practice and what Dr. Mercola recommends.

Posted On 04/10/2024

ldg9170

Excellent! This is a mini book, not just an article. Thanks for printing!

Posted On 04/10/2024
