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Synopsis Diet is key to understanding the past,

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present, and future of our species. Much of human evolutionary success can be attributed to our ability to consume a wide range of foods. On the other hand, recent changes in the types of foods we eat may lie at the root of many of the health ...

History of the Human Diet | alive

Book Review: "The Human Diet: Its Origins and

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Evolution" I recently read this book after discovering it on another health site. It's a compilation of chapters written by several researchers in the fields of comparative biology, paleontology, archaeology and zoology.

**Human Diet: Its Origin and Evolution, 2002 |
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The truth of the original human diet, one corroborated by my own research, is told in our dental structure and other body structures. Dr. Richard Lehne, a German dentist and scientist, has examined and compared the teeth of different mammals, relating them to their known diets.

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Diet is key to understanding the past, present, and future of our species. Much of human evolutionary success can be attributed to our ability to consume a wide range of foods. On the other hand, recent changes in the types of foods we eat may lie at the

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root of many of the health problems we face today.

The Evolution of Diet - National Geographic

Human evolution, the process by which human beings developed on Earth from now-extinct primates. Viewed zoologically, we humans are *Homo sapiens*, a culture-bearing upright-walking species that lives on the ground and very likely first

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evolved in Africa about 315,000 years ago. We are now the only living members of what many zoologists refer to as the human tribe, Hominini, but there is abundant ...

**human evolution | Stages & Timeline |
Britannica**

Human nutrition deals with the provision of



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essential nutrients in food that are necessary to support human life and good health. Poor nutrition or Improper nutrition is a chronic problem often linked to poverty, food security or a poor understanding of nutrition and dietary practices. Malnutrition and its consequences are large contributors to deaths, Physical defomities and disabilities ...

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**Human Diet: Its Origin and Evolution: Ungar,
Peter S ...**

Human diet [electronic resource] : its origin and evolution / edited by Peter S. Ungar and Mark F. Teaford. Format Online Resource Book Published Westport, Conn. : Bergin & Garvey, 2002. Description viii, 206 p. : ill., maps URL Access for

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The Evolution Of Human Diet -- ScienceDaily

"Recent African origin," or Out of Africa II, refers to the migration of anatomically modern humans (Homo sapiens) out of Africa after their emergence at c. 300,000 to 200,000 years ago, in contrast to "Out of Africa I", which refers to the migration of

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archaic humans from Africa to Eurasia roughly 1.8 to 0.5 million years ago. Omo-Kibish I (Omo I) from southern Ethiopia is the oldest ...

**Recent African origin of modern humans -
Wikipedia**

Or can added dietary salt play a role in optimal health and wellbeing, despite its theorized absence

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from the original Paleo diet? In Part 2 of my series on salt, I will be discussing the physiological roles of salt in the human body, and what the evidence says (or doesn't say) about our need for dietary salt.

Whole Health Source: Book Review: "The Human Diet: Its ...

The Paleolithic diet, Paleo diet, caveman diet, or

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stone-age diet is a modern fad diet consisting of foods thought to mirror those eaten during the Paleolithic era.. There are different variants of the diet; some are predominantly plant-based but the most recent popular variants focus on animal products. The diet avoids processed food and typically includes vegetables, fruits, nuts, roots, and

...

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Human nutrition - Wikipedia

Peter Ungar, professor of anthropology in the J. William Fulbright College of Arts and Sciences, has edited a book, *The Evolution of Human Diet: The Known, the Unknown, and the Unknowable*, in ...

New Insights into the Evolution of the Human

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Diet from ...

“The human diet goes back at least two million years. We had a lot of cavemen out there.” In other words, there is no one ideal human diet.

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**Shaking up the Salt Myth: The History of Salt |
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143–166. 50. McPherron SP, Alemseged Z, Marean
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for stone-tool-assisted consumption of animal
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