

PREVIEW_ Robb Wolf - Presentation (Breckenridge 2018)

Robb Wolf: If we were to ask, "Is there an optimal ancestral diet?" My answer is no. There's not a singular optimal ancestral diet or human diet per se and knowing my audience was probably a uniform intake of breath and puckering it backside when I say that.

But hang with me here, I'm still in good company but I just kind of want to reorient the way that we frame a lot of these questions because I think that some of the ways that we've gone after trying to even ask questions, the hypothesis generation processes kind of let us down some blind alley.

So I want to point out some cultures, and you guys are, I am sure, super familiar with this stuff, but there are quite a number of cultures with diets that work, and by diet I mean the nutrition that they eat daily, not the thing that they're trying to do after the 1st of the year, just so we're clear on that.

But we have everything from the Inuit to the Kitavans, Okinawan, many of these people are considered to be in what's called blue zones. They're really interesting, they do have some very interesting commonalities.

Largely whole unprocessed foods, a host of lifestyle characteristics that are very uniform and consistent, we're going to talk about that more at the end of this whole kind of discussion, but what's really oddly missing is the uniformity of macronutrients.

You look at the Kitavans on the one hand and their upwards of 70% carbohydrate diet mainly from tubers and then the Inuits could not be more different than that.

But pretty uniformly what they have as far as outcomes, which I think is the thing that we need to focus so much more on both clinically and also from our research perspective, which again Dr. Ede was talk about just a few minutes ago, when we focus on the outcomes and we look at these kind of blue zone populations, these pre-westernized populations, they're largely free of Western degenerative disease.

They die from something eventually, and it usually is something like heart attack or stroke or something like that, but it happens much, much later in life and they have what's called a compressed morbidity curve. So they tend to stay quite healthy and then they die.