

PREVIEW_Erynn Kay - Presentation (Breckenridge 2018) 1

Dr. Erynn Kay: What kind of diet results in the physical excellence that he speaks of to lead to freedom from modern illness? Before we talk about that we have to talk about what the modern diets that he was looking at looked like.

Basically the modern diets included one or several of the following: white sugar, white rice, white flour, canned goods, syrups, jams and vegetable oils. Yum! Sounds good! And obviously there's a lot of refined and processed carbohydrates there and that was a big part of the problem.

Another issue is the food quality and the nutrients that were present. So a lot of the more modern diets were lacking in nutrition. The characteristics of traditional diets were interesting when he was comparing traditional diets he found that there was a wide variety of foods consumed. Not all traditional diets looked the same.

And there was a wide variety in the macronutrient content. But he did find the following commonalities. There were no refined or denatured foods consumed. All those diets contain animal foods, so no vegetarian populations.

And the whole animal was consumed. So they used the bones to make broth and ate organ meat. Some of the animal foods were eaten raw. Raw liver anyone? Perhaps with a nice Chianti?