

# Download 100 Million Years Of Food What Our Ancestors Ate And Why It Matters Today

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. 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. 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. Basically, he advocates eating the same foods as our ancestors ate hundreds and thousands of I love food — maybe too much. Such is the case with Steven Le's book: 100 Million Years of Food: What Our Ancestors Ate and Why It Matters Today. No, it is not because my middle name is Lee, close to his family name; this book has some great concepts, while being quite fun to read. It takes the reader on many adventures from eating insects in Thailand, to how parasites can contribute to your health.