

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

Because humans were hunter-gatherers for hundreds of thousands of years, we evolved to use and favor the diverse plant and rich meat intake of our hunting and foraging history. Farming and its core crops (e.g. grains), by contrast, only came on the scene approximately 10,000 years ago and took at ...Let thy Food be thy Medicine and thy Medicine be thy Food - Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-Directors James Colquhoun and Laurentine ten Bosch.. With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong ...Asthma inhalers as bad for the environment as 180-mile car journey, health chiefs say By Henry BodkinThe story of the largest financial fraud in history as told by those who were there, including victims, employees, family members, FBI agents, and Bernie Madoff himself; includes archival news ...