

## Primal Myths

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combining your body's paleolithic needs with modern nutritional and medical research for complete mind body wellness provides sustainable diet strategies to curb sugar cravings promote fat burning and weight loss reduce stress and anxiety improve sleep and moods increase energy and immunity and enhance memory and brain function shows how our modern diet leads to weight gain and diseases of civilization such as cancer osteoporosis metabolic syndrome heart disease and add explains how diet affects the brain hormone balance and the aging process and the crucial role of vitamin d in cancer and disease prevention examining the healthy lives of our pre agricultural paleolithic ancestors and the marked decline in stature bone density and dental health and the increase in birth defects malnutrition and disease following the implementation of the agricultural lifestyle nora gedgaudas shows how our modern grain and carbohydrate heavy low fat diets are a far cry from the high fat moderate protein hunter gatherer diets we are genetically programmed for leading not only to lifelong weight gain but also to cravings mood disorders cognitive problems and diseases of civilization such as cancer osteoporosis metabolic syndrome insulin resistance heart disease and mental illness applying modern discoveries to the basic hunter gatherer diet she culls from vast research in evolutionary physiology biochemistry metabolism nutrition and chronic and degenerative disease to unveil a holistic lifestyle for true mind body health and longevity revealing the primal origins and physiological basis for a high fat moderate protein starch free diet and the importance of adequate omega 3 intake critical to our brain and nervous system but sorely lacking in most people's diets she explains the nutritional problems of grains gluten soy dairy and starchy vegetables which natural fats promote health and which such as canola oil harm it the crucial role of vitamin d in cancer and disease prevention the importance of saturated fat and cholesterol and how diet affects mental health memory cognitive function hormonal balance and cellular aging with step by step guidelines recipes and meal recommendations this book offers sustainable strategies for a primally based yet modern approach to diet and exercise to reduce stress

and anxiety lose weight improve sleep and mood increase energy and immunity enhance brain function save money on groceries and live longer and happier

the quest for lost ancient secrets with robert m schoch ph d special collector s edition presented by the atlantis rising research group explore the planet s greatest mysteries with the courageous and renowned geologist who challenged conventional egyptology with undeniable evidence of water weathering for the great sphinx proving that pre flood civilization existed thousands of years earlier than once believed 309 fully indexed pages 21 chapters personally researched and written by dr schoch previously published exclusively by atlantis rising magazine 100s of spectacular photographs personally taken by dr schoch and his wife catherine ulissey and published here in full size high resolution for the first time chapters include return to the great sphinx of egypt easter island the underground cities of cappadocia gunung padang india s ajanta caves gobekli tepe nazca newgrange tiwanaku and many more download pdf 309 pages 8 5 x 11 format stunning photography in high resolution

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a comprehensive collection of creation stories ranging across widely varying times and cultures including ancient egyptian african and native american publisher s description

this book began with a conviction based on the perception of the enormous number of quite detailed resemblances between the major religious myths and legends of the world

many of these resemblances had been spotted before but it was the author's conviction that taken as a whole they could not be attributed to accident alone they were simply too numerous to be the product of coincidence and must be traceable in some way back to a common originating source a proto myth in other words from which the many myths of the world have derived in the late 1980's the author began to try to reconstruct what this proto myth might have been and locate where and when it might have emerged increasingly the evidence seemed to point to its having been an ancient matriarchal creation myth featuring an earth and a moon goddess the double headed goddess of the title in a cosmogony that explained the origin of the universe in a mythical form the source of the proto myth appears to have been palaeolithic and european or at least eurasian certainly in the northern hemisphere although it was not until the european neolithic age between 8000 and 3000 bc that it reached its apogee as a unifying myth of a great goddess worshipping cult that stretched from ireland to the indus valley the book charts the reconstruction of the myth and describes in passing the kind of society in which it once held sway based on years of historical research the book is written in an accessible style the motivating hypothesis though is none the less well defended for that and seems to be amply justified on the basis of the evidence cited

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