

Ancient Food For Ancient Health And Fat Loss In Modern World



Are you struggling with your health and weight in this fast-paced modern world? Are you constantly bombarded with fad diets and quick fixes promising miraculous results, only to be left disappointed and frustrated? It's time to go back to the roots, to ancient wisdom that has withstood the test of time.

The Importance of Ancient Food

Ancient food holds the key to revitalizing your health and achieving sustainable weight loss. Our ancestors had a deep understanding of the

natural world and the impact that food has on our bodies. They consumed a diet rich in whole, unprocessed foods that provided them with all the essential nutrients their bodies needed.



Contemporary Carnivore Diet: Ancient Food for Ancient Health and Fat Loss in a Modern World (CCD Book 1)

by Ketogenic Endurance(Kindle Edition)

★★★★☆ 4.6 out of 5

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Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 15 pages

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Unlike the highly processed, nutritionally devoid foods that dominate our modern diets, ancient food is packed with vitamins, minerals, and antioxidants. It nourishes our bodies, supports our immune system, and promotes overall well-being.

By embracing ancient food, we can unlock the secrets to optimal health and vitality. Incorporating these traditional foods into our diets allows us to reconnect with our roots and honor our ancestral heritage.

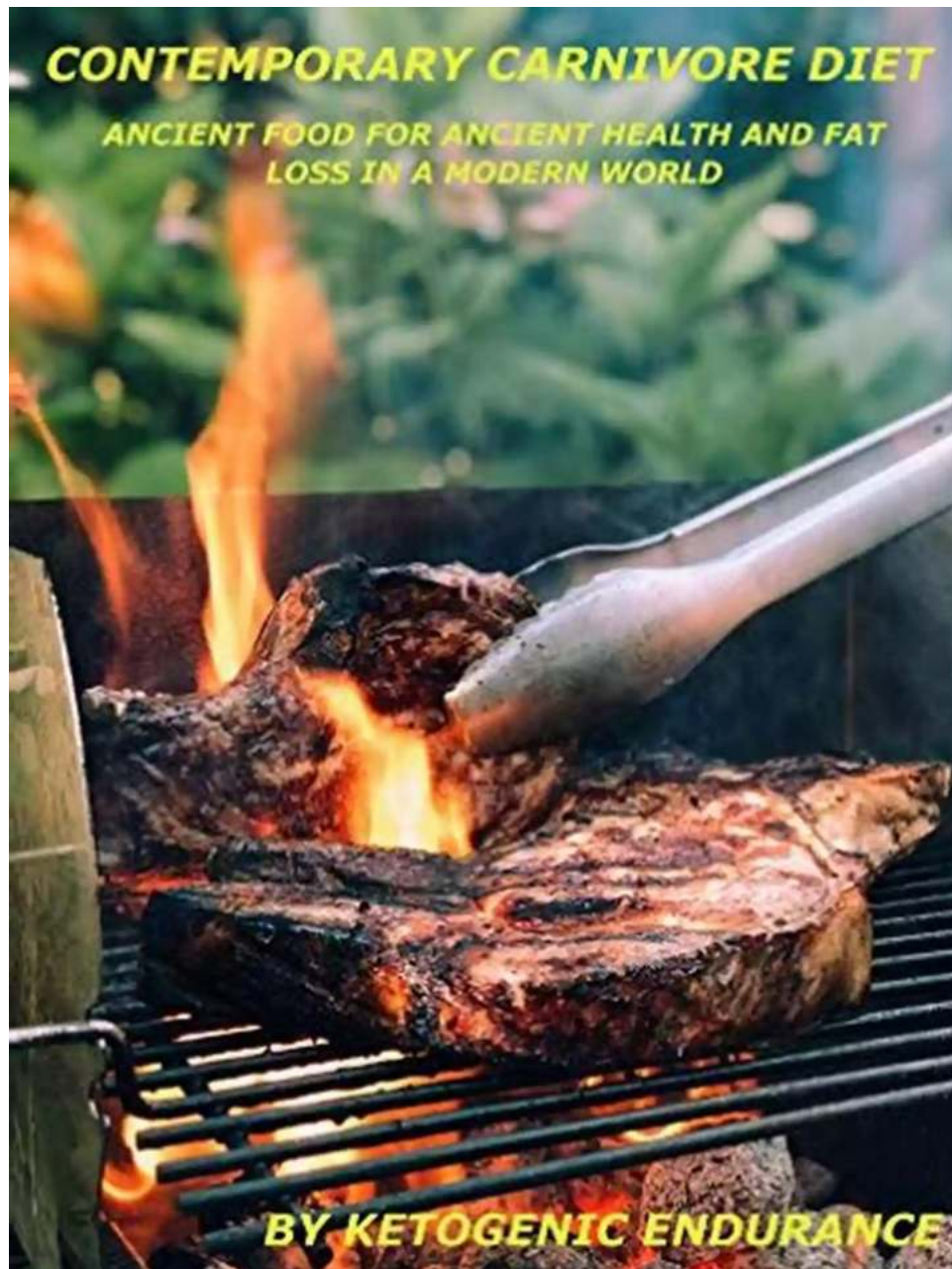
Ancient Food For Fat Loss

In addition to promoting overall health, ancient food can also be a powerful tool for fat loss. The key lies in its nutrient density and ability to keep us

satiated for longer periods.

Modern diets often leave us feeling unsatisfied and craving more food due to their empty calories and high sugar content. On the other hand, ancient food is nutrient-dense, meaning it provides us with a greater amount of nutrients per calorie. This helps to keep us feeling fuller for longer, reducing the need for excessive snacking or overeating.

Ancient food, such as lean meats, ancient grains, and a wide variety of fruits and vegetables, can help regulate our blood sugar levels and promote a healthy metabolism. This can lead to more efficient fat burning and weight loss.



Popular Ancient Food Choices

There are countless ancient food options available that can be easily incorporated into your daily meals. Here are a few popular choices:

- Quinoa: A protein-rich grain that has been a staple food in South America for thousands of years.

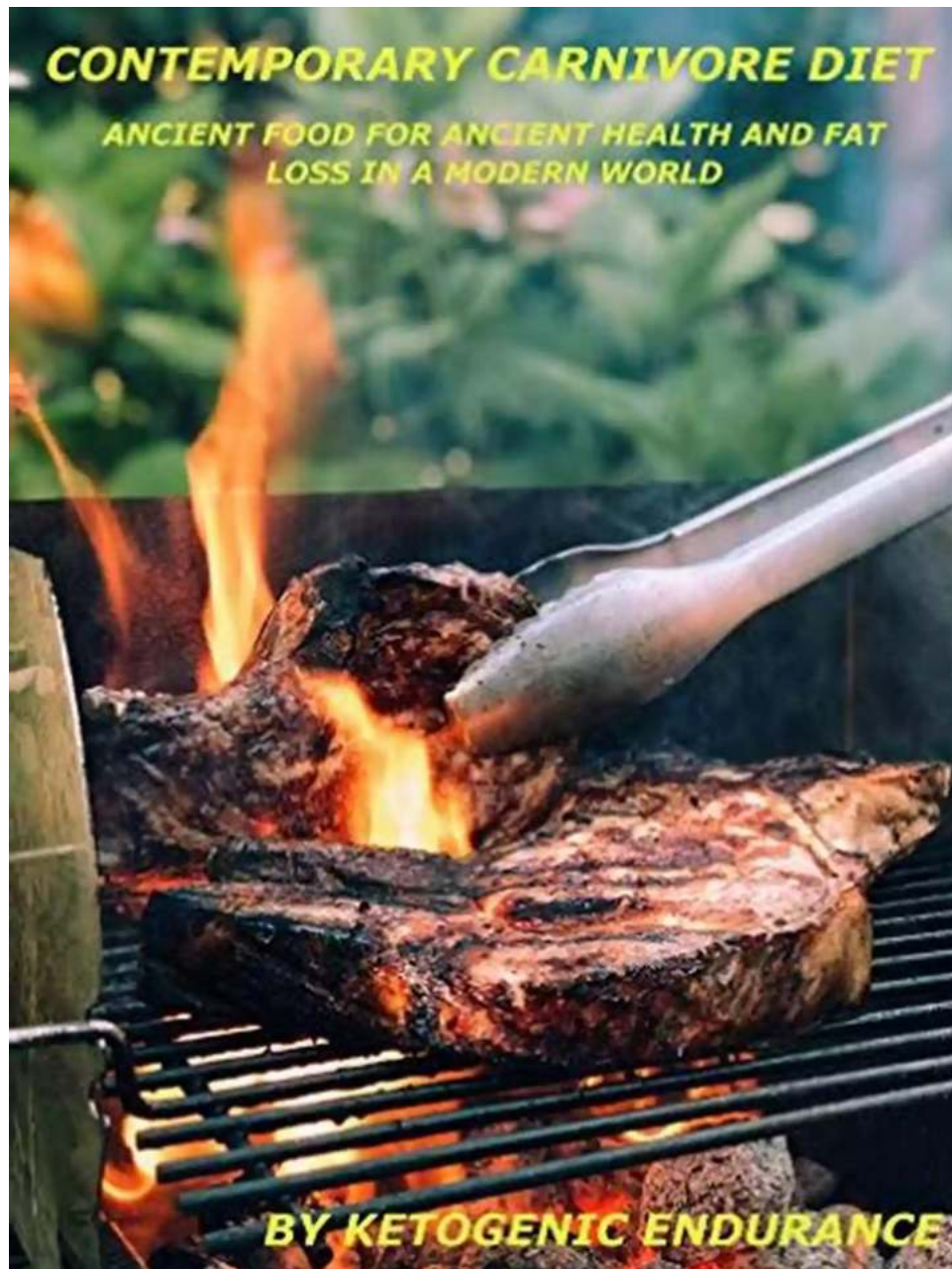
- Kale: A leafy green packed with vitamins, minerals, and antioxidants.
- Chia Seeds: A superfood that provides a good source of omega-3 fatty acids, fiber, and protein.
- Bone Broth: A nutrient-rich broth made by simmering animal bones and connective tissues.
- Wild-caught Fish: A great source of omega-3 fatty acids, protein, and various vitamins and minerals.

Ancient Food, Modern World

While our modern world often presents challenges to maintaining a healthy lifestyle, incorporating ancient food into our diets is a simple yet effective way to reclaim our well-being.

By focusing on whole, unprocessed foods, we can nourish our bodies and cultivate vibrant health. Making the switch to ancient food can be a transformative journey that not only benefits us individually but also supports sustainable food practices that are kinder to the environment.

So, ditch the fad diets and opt for the wisdom of our ancestors. Embrace ancient food for ancient health and experience the benefits that come with it.



In Summary

Ancient food holds the key to unlocking optimal health and sustainable fat loss. By incorporating traditional, nutrient-dense foods into our diets, we can re-engage with our ancestral wisdom and nourish our bodies in a way that aligns with our genetic heritage.

So, let's honor the ancient food that has supported human existence for centuries and make a conscious choice to prioritize our well-being in this modern world.



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Want to lose a load of weight? Or fine tuning an already athletic body? Then this is for you. This is not an exercise book, you can work that out yourself. This is purely the diet side and will work without any exercise at all. It is a shockingly effective diet at that. Not only will you effortlessly reach a natural weight, you will get amazing benefits like you will not believe. I found out the below by following this diet, and you could find similar things to:

Lost weight even after been on the effective weight loss Ketogenic Diet.

Improved and more stable energy.

Complete control over hunger signals.

No cravings for sweets, biscuits, chips, cakes etc.

More positive mentality.

Leaned out and looked more muscular without strength training. Body responded really well to the strength training I then did.

Could also run marathons in a fat adapted state.

I take no supplements, this is a pure food diet.

Most amazingly of all I had arthritis in my ankles for 10 years. It disappeared in 2 weeks, once I cut the fruit and veg from my diet. Shocking isn't it? It goes against everything the mainstream media tells you.

The world is riddled with the diseases of civilisation. Obesity, diabetes, heart disease, alzheimer's, hypertension, cancer and autoimmune issues. I for one did not want that to happen to me. So I thought I would go back to a time when we weren't crippled by these diseases. You don't even have to go back that far to be honest. Take your local supermarket. Imagine what it could stock 20,000 years ago. It could only reasonable stock food that could be grown or raised seasonally within walking distance of that Supermarket. So that wipes out probably 90% of what is in a modern day supermarket doesn't it?

The two versions of the Contemporary Carnivore Diet I give, allow you to bring a ancestral way of eating and apply it to a modern lifestyle. I don't know how to hunt, that is not what this book is about. I am a modern human in a modern world. However my digestive system has hardly changed for hundreds of thousands of years. So by eating the modern equivalent of what our ancestors ate, we rediscover the health they had. The Homo species spans 2 million years, we were lean intelligent animals. That is our natural state. Imagine the weight and look you had or would have had as a healthy 21 year old. You can find that look again, and the funny thing is that your body responds very quickly to ancient eating. The

reason for this is that you are eating food that your digestive system is designed to digest.

This is a short but extremely effective book. I do not go into why or how low carb diets work, I am just telling you now that they do. Believe me.

This book quickly gives you the tools needed to follow a carnivorous diet. It will be something you can quickly refer to and see what you are doing right or wrong.



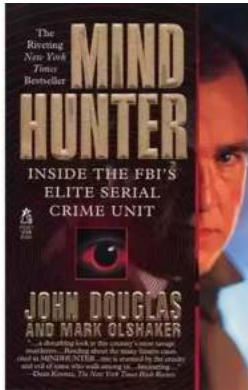
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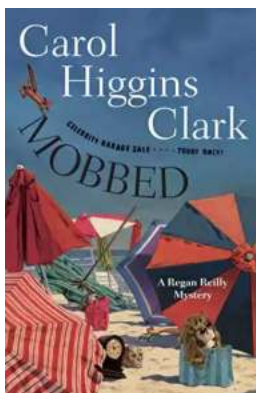
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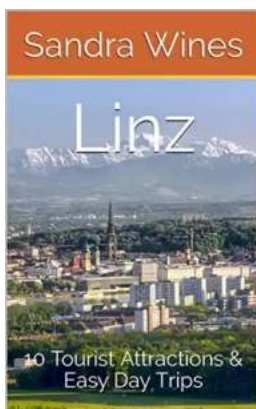
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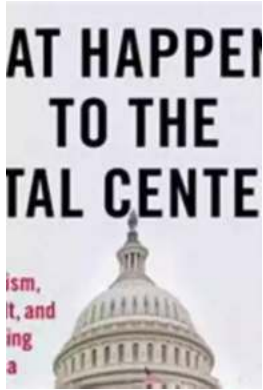
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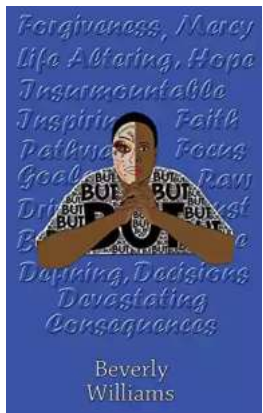
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