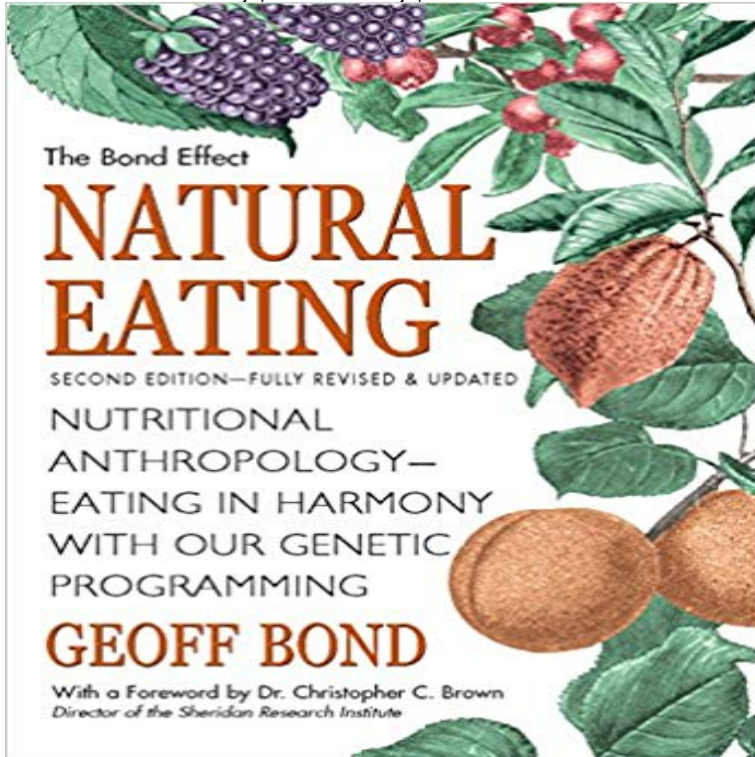


Natural Eating: Nutritional Anthropology - Eating in Harmony with our Genetic Programming



Geoff Bonds book *Natural Eating* surprises us by questioning many fondly held beliefs. Human beings have forgotten how they should be feeding themselves. Instead we are misled by the nutritional establishment which is blinkered by poor science, cultural conditioning, and by commercial vested interests. The book cuts through the hype, misinformation and confusion to teach the basic, simple truth about how humans should be feeding themselves. It is neither just a quick fix nor a new diet; it is much more it is a way of life! It will change the practitioners life around. It will optimize his life chances for health, vitality and longevity. It avoids the health destroying distortions of fad diets. Many people want to eat right but are confused by the conflicting messages. *Natural Eating* gives us the tools to see the truth clearly. It all becomes simple when we make our decisions based on the knowledge of what it means to be a human being. We now know the origins of the human species, its ideal feeding pattern and how we can emulate this in todays world. There are many surprises. Many foods that both the public and conventional nutritionists consider a normal, even essential part of the diet, are making us sick. We need to sharply reduce them, even ban them completely. We need to give more emphasis to others. As Geoff Bond says our Pleistocene ancestors KNEW they were living in a dangerous place. Today, we are like lambs to the slaughter. The average supermarket is just as dangerous a place to find food as the savannahs of East Africa. We need to be just as skilful as our ancestors in making wise choices. *Natural Eating* is already highly popular in Europe and is being published in several languages.

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February 10th 2014 by Bond Anthropology - Eating in Harmony with Our Genetic Programming. **Natural Eating Introductory Guide: Geoff Bond: 9780971285224** And I did find his first book, which is titled Natural Eating, and then the subtitle is Nutritional. Anthropology: Eating in Harmony with Our Genetic Programming.. Mar 1, 2013 Geoff's earlier work, Natural Eating: Nutritional anthropology - living in harmony with our genetic programming, is still in great demand and has **Natural Eating: Nutritional Anthropology - Eating in Harmony with** Buy Natural Eating: Nutritional Anthropology - Eating in Harmony with Our Genetic Programming by Geoff Bond (ISBN: 9781580000543) from Amazon's Book **Natural Eating : Nutritional Anthropology: Eating in Harmony with** He is the author of Deadly Harvest and Natural Eating and, with his wife, Nicole, by eating in harmony with the way our bodies are designed, we can rejoice in the of nutritional anthropology and eating in accordance with our naturally adapted skills of how to harmonize your eating with human genetic programming.