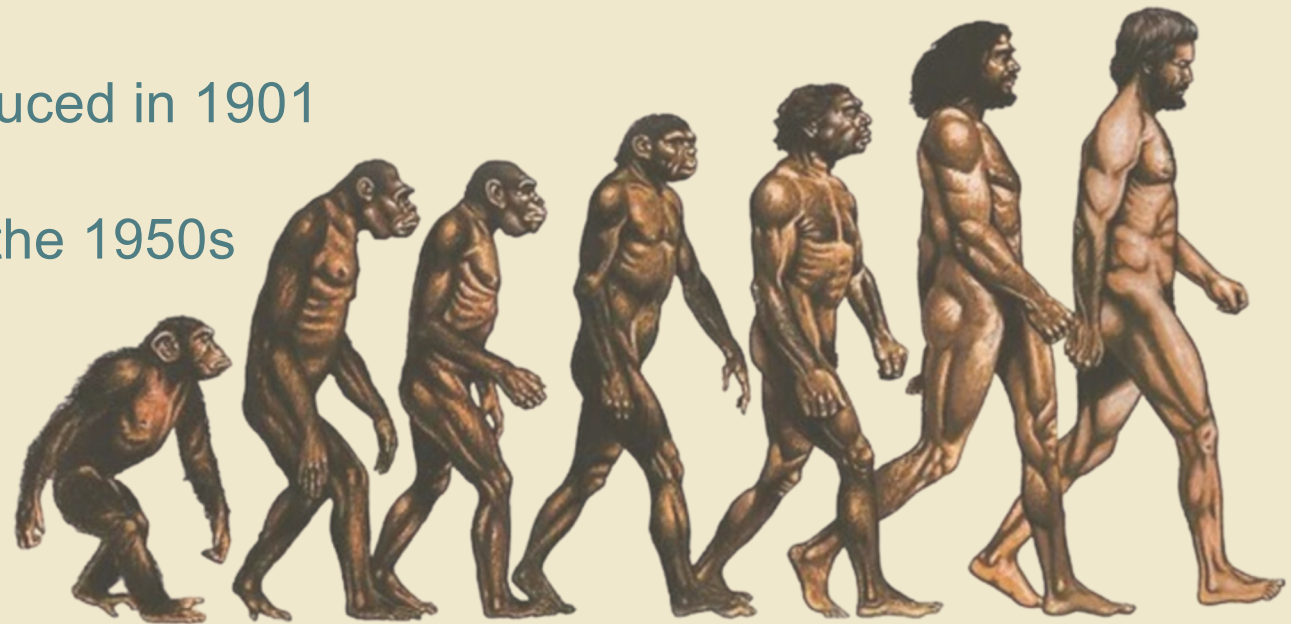


## It is estimated that it took 3.5 to 4 million years for modern man to evolve.

- Homo Sapiens, emerged 200,000 years ago (approx. **8,000** generations ago)
- 10 to 12,000 years ago agriculture started (approx. **4,000** generations ago)
- The first processed food – tinned soup – was produced in 1895 (approx. **5** generations ago)
- The first processed seed oils were produced in 1901 (approx. **5** generations ago)
- Mass production of seed oils started in the 1950s (approx. **3** generations ago)

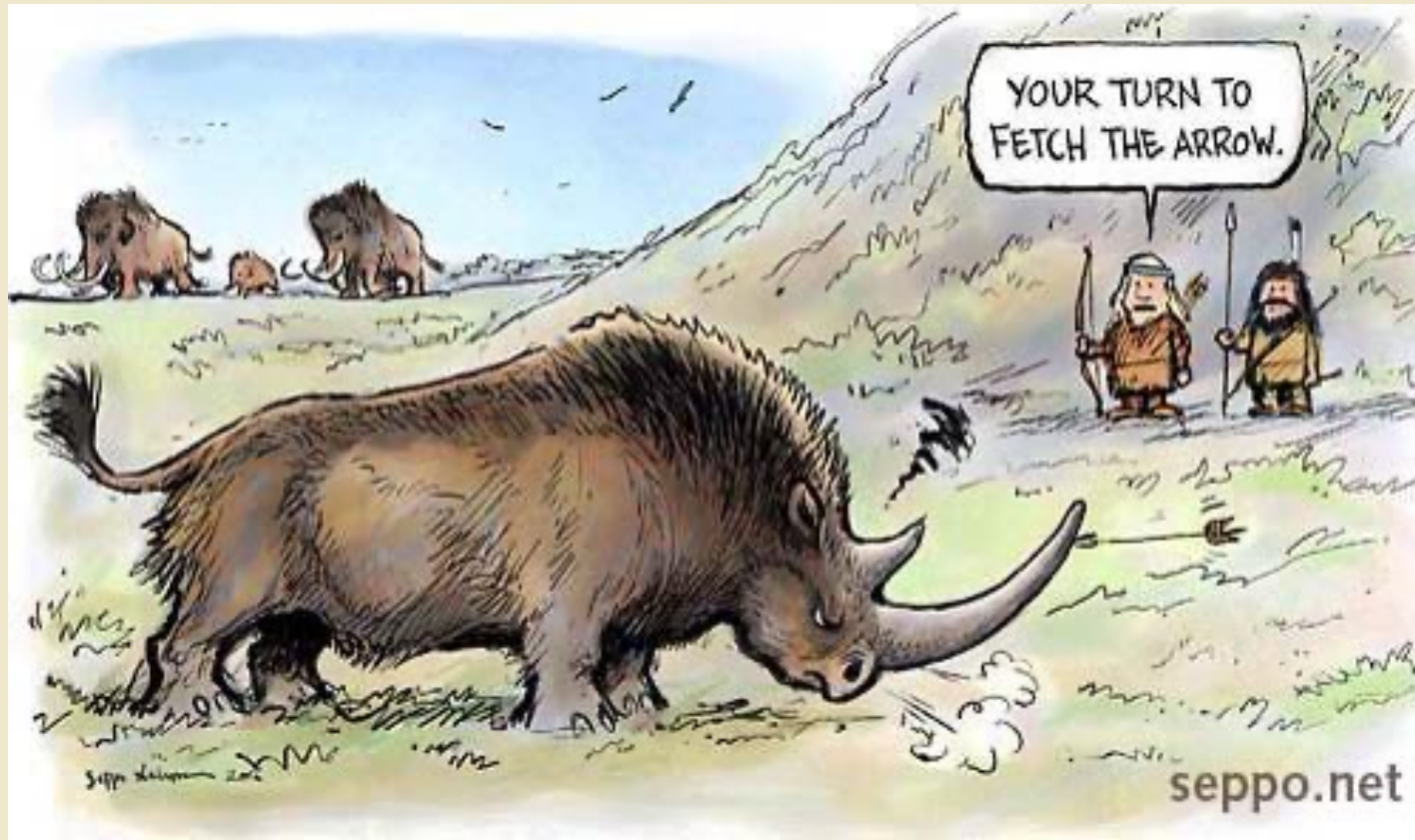
**\*1 generation approx. 25 yrs**



3-4 million years

200,000 years

We evolved over millions of years to be strong and healthy living in tune with our environment



# Then

- Our diet was rich in natural, unprocessed foods, such as meat, fish, fruit, nuts and vegetables.
- Today we call this low carb real food
- We were also exposed to a wide range of bacteria and other micro organisms in our environment which helped to keep our guts and overall systems healthy



# Now

- Modern diets are often mostly made up of processed foods, high in sugar, salt, and unhealthy fats.
- In addition, we now have an epidemic of gut problems caused by junk food, stress, chemicals and antibiotics
- Leading to metabolic disorders

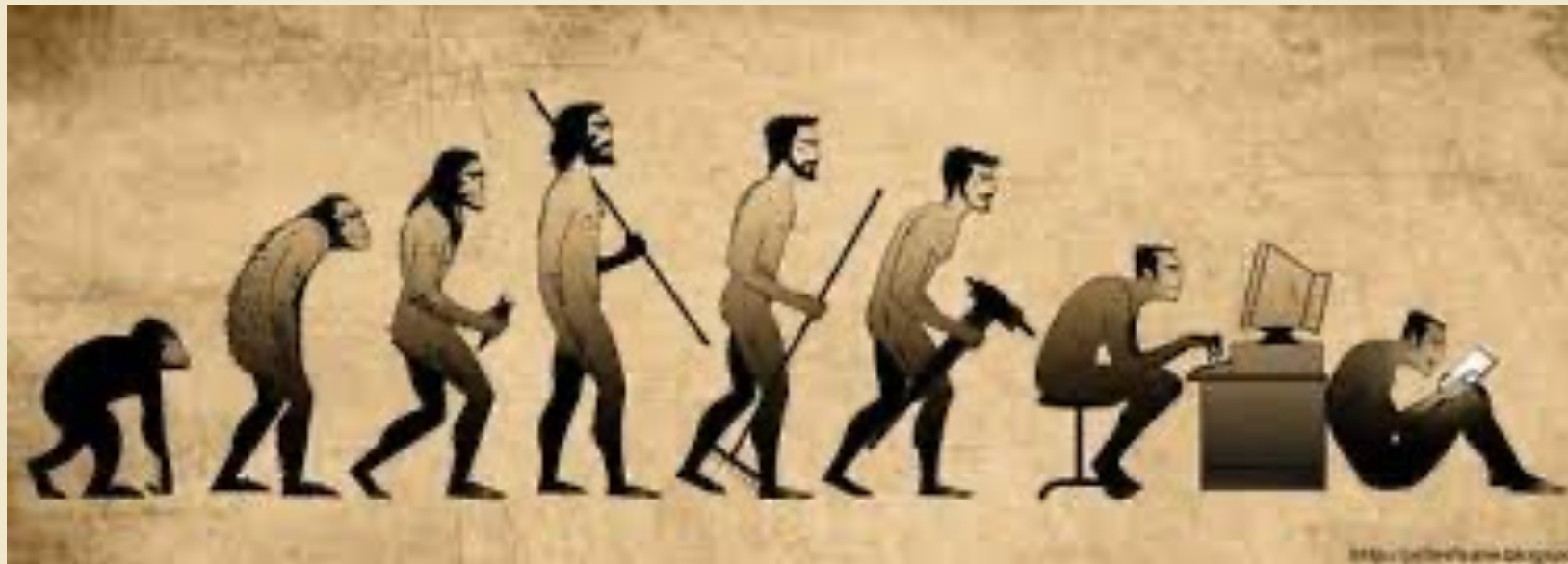


# Then

- our ancestors had to hunt and gather their food, so they were physically active for most of the day.

# Now

- we spend long hours sitting at desks or in front of screens
- This can lead to obesity, type 2 diabetes, and poor metabolic health.



# Then

Our ancestors were exposed to natural sunlight, which helped regulate sleep-wake cycles and get enough vitamin D.



# Now

We spend more time indoors, often in front of screens, which can disrupt our circadian rhythms and lead to sleep problems.





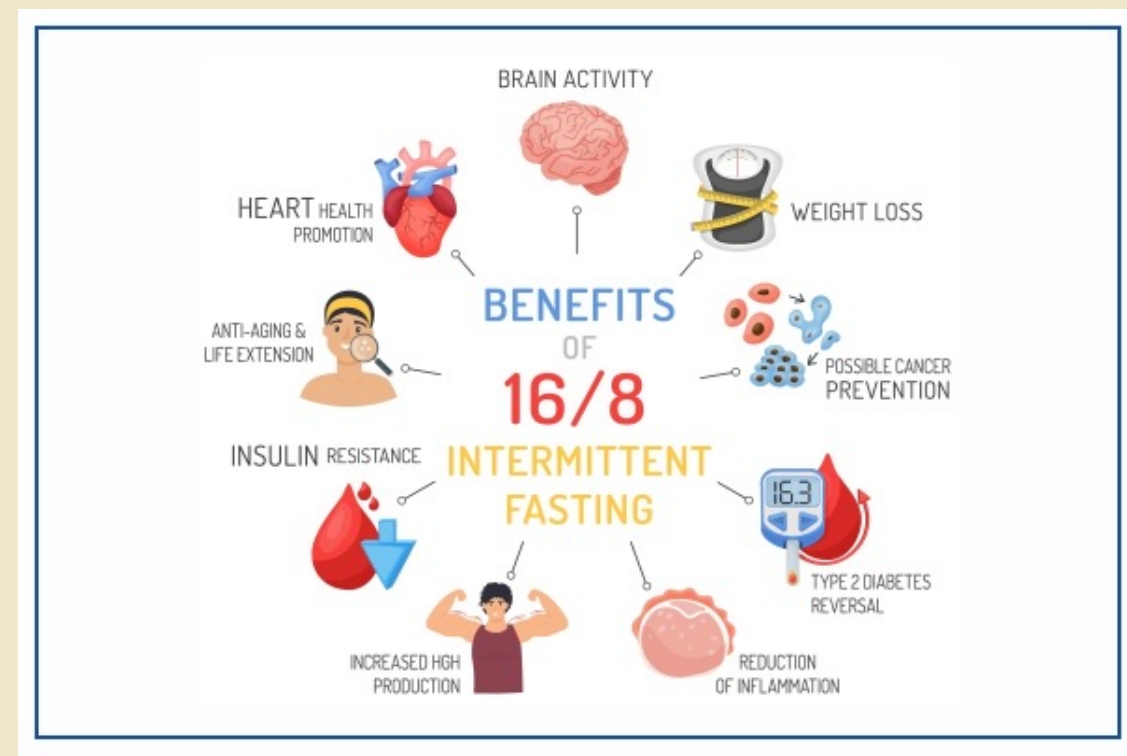
# Then

- Our ancestors could go for days without eating as they did not have a regular food supply – just whatever they could hunt or gather
- They were adapted to be fat or sugar burners
- This ability kept them in good health



# Now

- We are used to three meals a day plus snacks
- This means that our bodies never get the change to burn fat
- Our digestive system never gets a rest
- Intermittent fasting can help reset our metabolism



## By living more in line with our evolutionary biology

- being physically active
- eating a real food diet
- and getting enough natural light
- practising intermittent fasting
- looking after our gut microbiome

**We can improve our metabolic health**