



DEEP NUTRITION: Why Your Genes Need Traditional Food

by Dr. Catherine Shanahan



Overview

Deep Nutrition will not only improve your diet, but help you feel energized, end your dependence on medication, and live the life you desire. This diet is about more than losing weight – it revolutionizes people's relationship with food and yields benefits including stronger joints, smoother skin, diminished allergic reactions, improved learning capacity, potential height increase, and near-elimination of heart attack and strokes. Your genes have the potential for wondrous health and beauty, and the ability to fight disease, stored deep inside. Yet they need the proper building blocks, including meat cooked on the bone and raw vegetables. Sugar and vegetable oils are some of the worst foods for your genes, destroying health.

"This book describes the diet to end all diets."

Introduction

With countless diet programs claiming to be the healthiest, discerning the truth is nigh impossible. This book aims to show that the best preventative medicine is proper nutrition. Most people lack nutritional knowledge, leaving them vulnerable to the standard American diet's negative, often deadly, consequences.

American doctors do not consider nutrition as a benefactor of health or disease. Now, Dr. Shanahan meets with patients for only 7 minutes on average. This seems short, but is long enough to tell them, *"Cut out vegetable oils and reduce intake of sugars."* This contradicts the USDA's food pyramid; however, highly-processed, toxin-laden foods have rendered the pyramid obsolete.

Avoid sugar, refuse antibiotics whenever possible, prioritize sleep, take probiotics, purchase meat from healthy animals, and avoid vegetable oils which contain the *"most powerful brain-killing chemicals"* and cause the *"majority of fatal heart attacks and disabling strokes"* yet are extremely commonplace. People rely on technology to cure their health issues instead of

utilizing a *"true, human diet"* to unleash their body's healing capacity. Poor nutrition not only affects you; it affects future generations through your genes!

"Food is like a language, an unbroken information stream that connects every cell in your body to an aspect of the natural world."

Processed foods do not resemble their natural counterparts. The body cannot process these inherently unhealthy foods, leading to sickness. Sugar (*"cancer's favorite food"*) and vegetable oil (cause of *"migraines, frequent fatigue, irritability, and concentration problems"*) are found in countless American foods. The Four Pillars *"unlock your genetic potential, literally rebuilding your body one molecule at a time as fast as you can feed it."*

Part 1. The Wisdom of Tradition

Reclaiming Your Health

"An optimal human diet is full of both nutrition & flavor."

Healthy genes are the greatest gift, since they control one's beauty, health, athleticism, and intelligence. Epigenetics, a subcategory of genetics, has proven that genes constantly learn, grow, and adapt. Mutations like cancer, impaired vision, or rapid aging, signify that your genes are sick. Genes react to behavior, even small actions like eating, thinking, or breathing.

Your ancestors' choices have partially sculpted your genetic makeup. However, epigenetics has proven that medical issues do not necessarily result from heredity, but from genetically harmful environmental conditions (nutrient imbalances, toxins, etc.) Although you cannot completely control your environment, you do control one factor: your diet. Genes react to food, and proper nourishment reprograms them to prevent cancer and dementia and control your metabolism, regardless of your genes. Even *"genetic lottery winners"* who inherited healthy genes will become unhealthy if they eat poorly.

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