

Cook your way to a healthier life

While some societies around the world are noted for their health and longevity, we in the West suffer more and more from diabetes, heart disease and cancer. Jane Philpott, Dietary Educator and Analyst, argues that if we return to a more natural diet we too could enjoy better health.

ANCIENT wisdom and modern science teach us that the quality of the food we eat is intrinsically linked with our level of health and well being.

The development of agriculture 10,000 years ago and the radical changes in the production and processing of food which have occurred in the last 200 years, have led to our diet moving further and further away from the natural foods which sustained

our hominin ancestors 2.5 million years ago. From an evolutionary perspective, these changes have taken place too rapidly for the human genome to adjust. Biochemically and physiologically, we are virtually identical to the hunter-gatherers who roamed the earth 20,000 years ago.

There is growing scientific evidence that the evolutionary collision of our ancient genome with

the nutritional qualities of recently introduced foods may underlie many of the chronic diseases of Western civilization, such as diabetes, heart disease and cancer.

In particular, food staples and food-processing procedures introduced during the Neolithic and Industrial Periods have fundamentally altered seven crucial nutritional characteristics of ancestral hominin diets: 1) glycaemic load (or the

impact of food on blood glucose levels), 2) fatty acid composition (the balance between good fats and bad fats), 3) macronutrient composition (the proportion of energy coming from carbohydrates, proteins and fats), 4) micronutrient density (the amount of vitamins and minerals per calorie), 5) acid-base balance, 6) sodium-potassium ratio, and 7) fibre content.

Today, a few societies

in the world are noted for their healthy longevity, including Okinawans in Japan, Hunzans in Pakistan and Vilcabambans in Ecuador. Scientific studies have shown that these people consume a predominantly plant-based diet high in whole grains, locally grown vegetables, beans, fruits, nuts and seeds, with small amounts of animal foods, sea vegetables, natural sweeteners and condiments. In other words, traditional foods similar to those consumed by our ancestors.

We too can be full of energy, in excellent physical health and with minds as sharp as razors into advanced old age if we move away from eating refined, processed foods and return to a more natural diet.

You can learn how to cook with these natural ingredients at "Cooking For Health" classes held throughout the year in South Somerset. The classes cover the basics of healthy eating and focus on different aspects of the link between nutrition and optimum health and well being.

For further information and bookings please telephone 01458 224606 or email janephilpott@googlemail.com.

Jane K Philpott MA (Oxon), MSc, PhD

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Cooking for Health

with
Jane Philpott
MA (Oxon), MSc, PhD
Nutrition Consultant



Are you looking for a healthy cookery course to help transform your cooking and revitalise your body and mind?

Learn how to cook with natural ingredients to:

- Improve your energy levels
- Manage your weight
- Stabilise your mood
- Balance your hormones
- Beat stress and fatigue
- Boost your immune system

Classes are held at Keinton Mandeville and Yeovil from 10am to 5pm and involve practical cooking and teaching of theory in a small group, with plenty of opportunity for questions and discussion.

For further information and bookings please telephone 01458 224606 or email janephilpott@googlemail.com



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