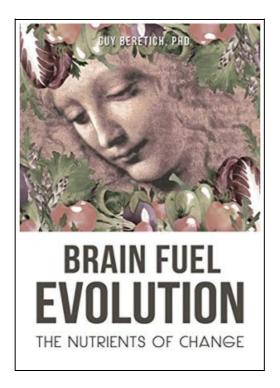
Brain Fuel Evolution: The Nutrients of Change (Paperback)



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Reviews

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(Jules Dietrich V)

BRAIN FUEL EVOLUTION: THE NUTRIENTS OF CHANGE (PAPERBACK)



Oriole Publishing L.L.C., 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. We ve learned a lot about the brain: which nutrients are required to make neurotransmitters, which nutrient deficiencies cause depression, and even which nutrients improve memory and intelligence. Wouldn t it make sense, then, to eat brain foods that are high in these brain fuel nutrients? Fortunately, the USDA recently analyzed several thousand foods for their nutrient contents, so we now know what these brain foods are and can add them to our diet. That s the practical side of this research. The cool side is that, in looking back through human history, we discover that major advances in civilization often occurred after new brain foods came into the diet, during the Axial Age, Ancient Greece, the Renaissance, the Elizabethan Era and 19th century France, to name a few. We also see that, in the cases where the brain foods were removed from the diet, the civilizations began to deteriorate shortly thereafter. We can even go back to Paleolithic times and explain the transition from archaic to modern man using simply the concepts of brain fuels and brain foods. These historical case studies underscore the necessity of brain foods in human evolution. Nutrients are the fundamental fuel for the brain, but delivering them to the body is an art. If culture is king, then cuisine is queen. Nonetheless, it has been mainly serendipity that has been responsible for these improved cuisines. Multiple factors, including geography, technology and even politics, have time and again led randomly to an improved mix of brain fuels. We judge civilizations in many ways. One way is to look at the visual arts and assess the technical expertise and the artistic expression represented there. Looking within civilizations we...



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