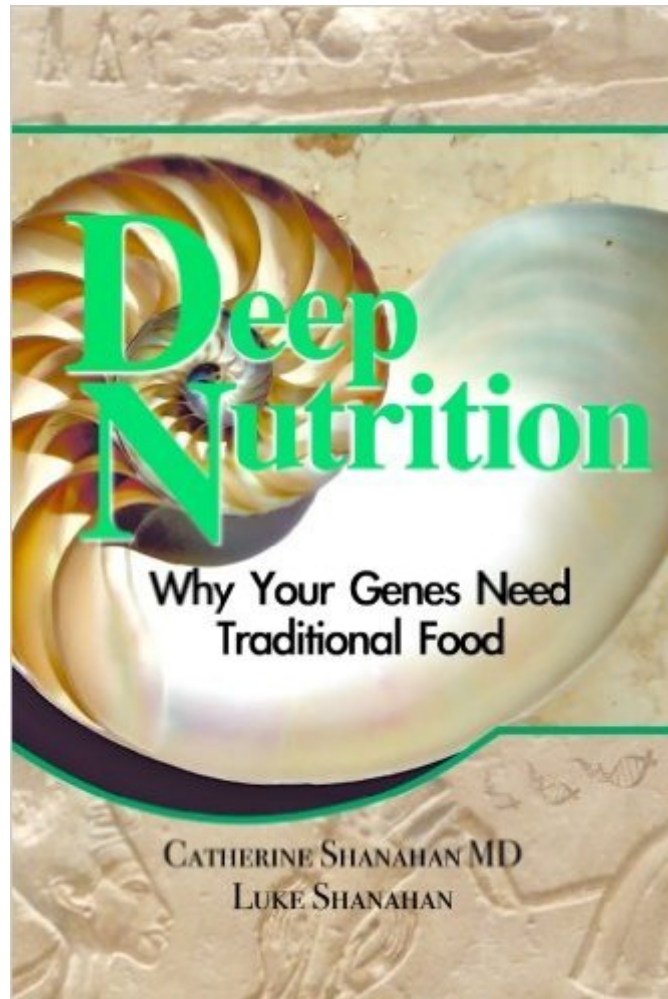


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# Deep Nutrition: Why Your Genes Need Traditional Food



## Synopsis

Deep Nutrition illustrates how our ancestors used nourishment to sculpt their anatomy, engineering bodies of extraordinary health and beauty. The length of our limbs, the shape of our eyes, and the proper function of our organs are all gifts of our ancestor's collective culinary wisdom. Citing the foods of traditional cultures from the Ancient Egyptians and the Maasai to the Japanese and the French, the Shanahans identify four food categories all the world's healthiest diets have in common, the Four Pillars of World Cuisine. Using the latest research in physiology and genetics, Dr. Shanahan explains why your family's health depends on eating these foods. In a world of competing nutritional ideologies, Deep Nutrition gives us the full picture, empowering us to take control of our destiny in ways we might never have imagined. Deep Nutrition is an approved textbook for these health professionals and can be purchased using CEU monies. See the Numedix website for more information. Registered Dietitians Diet Technicians Certified Diabetes Educators Nurses Certified Athletic Trainers Marriage & Family Therapists Licensed Clinical Social Workers Licensed Educational Psychologists Licensed Professional Clinical Counselors

## Book Information

Paperback: 322 pages

Publisher: Big Box Books (November 14, 2008)

Language: English

ISBN-10: 0615228380

ISBN-13: 978-0615228389

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (328 customer reviews)

Best Sellers Rank: #129,614 in Books (See Top 100 in Books) #14 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #122 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #163 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

Deep Nutrition: Why Your Genes Need Traditional Food by Catherine and Luke Shanahan (she's an MD) is now in my own personal Top Ten books of all time. I could never say enough good things about this book; it's off the charts. I'm a health nut from way back, always telling my friends the latest about Omega-3's, the horrors of trans-fats, the crucial need for Vitamin D and more. I learned most

of it first from my sister, I admit, but I found Barry Sears by myself. My sis actually has a 1938 publication by Weston Price, and first got going with Adele Davis. I've read countless books, magazine articles, newsletters, and manuals trying to understand what's what. I'd trade all I've ever read about diet, nutrition, and health food for the book produced by Catherine and Luke Shanahan. Regarding the massive amount of research these two have done, they have really sifted the chaff from the wheat. (Oh, but too bad about that metaphor, wheat is kind of on the outs now for me.) What we should be eating, and WHY, is what this book is all about. This narrative has unusual insights and connects things you would never expect to see in a book about nutrition. This book is so engaging and well written; you certainly come away with a bit of the personality of its authors (a couple of minor typos are not a problem for me, unlike the reviewer who gave it two stars). Your paradigms will shift! You know sugar is a problem. How bad? Pretty bad. You need to know why. Catherine and Luke explain it is so well you will wonder why candy is ever allowed in schools. But cheer-up, nutrient rich foods are nothing if not delicious! The more flavor, the more nutrition. Rich cream is good for you, and butter! Who knew?

I really, really thought I would love this book. I had been wanting to buy it for a year or so and finally when I found out I was pregnant (with #3) I had the justification I needed to go ahead :) I was unsure of whether to give this book 4 or 3 stars...I still would recommend it, just with some reservations. Shanahan does a good job of explaining why and how sugar/HFCS is so terrible for us. Good knowledge to keep in mind whenever the cravings hit. the biochemical chaos that ensues from eating very much of these foods is down right scary. She also does a good job of explaining why and how transfat and industrial seed oils (canola, soy, corn, etc) are the real big kahuna of unhealthy foods; she follows up with why traditional fats like butter, coconut oil, EVOO are beneficial. this is something I already took to heart (no pun intended!) and I think she did a pretty good job of illustrating this point. She has a very good chapter on collagen formation, which I learned a lot from. Shanahan's writing style flows off the pen like honey- it sounds sweet and enticing and is easy to swallow. Unfortunately, I also found this to be a pitfall. Sometimes the words come too easy, and I think she gets ahead of herself and doesn't back herself up enough. The field of epigenetics is revolutionary and has important implications for our lifestyle choices. But it will not "change your genes" as she often blurts out- it will change how your genes express. Of course a traditional diet is not going to turn you into claudia schiffer or michael jordan unless you started out with that genetic blueprint. Though Shanahan implies this throughout the book, I think she gets a bit overexcited and overstates herself.

(From the blog of [newdawnfitness.com](http://newdawnfitness.com)) The last book I got through in a few days was the Paleo Solution by Robb Wolf. Since then, I have yet to string enough time together to finish any of the books that I am chomping at the bit to read. This changed when I started reading the book Deep Nutrition Why Your Genes Need Traditional Food by Catherine Shanahan, MD and Luke Shanahan. I read it every waking moment and finished it in a week. This is a huge feat for me! If anyone knows how much Will talks, you will know that this was a next to impossible task since he is with me the majority of the day:) I say that with love. It was hard for me to put this book down. The information she provided made so much sense to me and it felt like I had finally found the missing link I so yearned for in my journey to regaining my health. The field of epigenetics (the study of gene expression) is new to me, but I find it fascinating and I think many of you will too! In her book, Dr. Shanahan discusses how good genes can lay dormant if we are not providing our body with the proper nutrients and at the same time, we can mutate our genes and turn them against us. Sugar, vegetable oils, and processed foods are the biggest culprits in the destruction of our good cells and lead to so many diseases. The following passage from Dr. Shanahan's book really hit home with me regarding sugar consumption. You may have heard that, on average, we gain ten pounds a decade after the age of 35; women in particular, start reporting that they can't eat like they used to. This phenomenon may be directly related to the biochemical effects of sugar binding to hormone receptors, jamming them, and rendering us insensitive to the hormone insulin.

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