

# SUMMARY

TRADITIONAL DIETS **MAXIMIZED** NUTRIENTS WHILE MODERN DIETS **MINIMALIZE** NUTRIENTS

## TRADITIONAL DIETS

## MODERN DIETS

FOODS FROM FERTILE SOIL	FOODS FROM DEPLETED SOIL
ORGAN MEATS OVER MUSCLE MEATS	MUSCLE MEATS, FEW ORGANS
ANIMAL FATS	VEGETABLE OILS
ANIMALS ON PASTURE	ANIMALS IN CONFINEMENT
DAIRY PRODUCTS RAW AND/OR FERMENTED	DAIRY PRODUCTS PASTEURIZED
GRAINS AND LEGUMES SOAKED/FERMENTED	GRAINS REFINED, EXTRUDED
BONE BROTHS	MSG, ARTIFICIAL FLAVORINGS
UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)	REFINED SWEETENERS
LACTO-FERMENTED VEGETABLES	CANNED VEGETABLES
LACTO-FERMENTED BEVERAGES	MODERN SOFT DRINKS
UNREFINED SALT	REFINED SALT
NATURAL VITAMINS IN FOODS	SYNTHETIC VITAMINS ADDED
TRADITIONAL COOKING	MICROWAVE, IRRADIATION
TRADITIONAL SEEDS/OPEN POLLINATION	HYBRID SEEDS, GMO SEEDS