

# PRIMITIVE EATING

CHANGE THE WAY YOU THINK ABOUT FOOD



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# FOOD IS OUR GREATEST MEDICINE

## PRIMITIVE EATING

As a holistic practitioner I have a special interest in using food as medicine. Educating my clients on healthy eating and lifestyle habits is my passion. Eating healthy doesn't have to be hard or even complicated. All you need is the right tools to get you there. If you change the way you think about food, your mind and body will follow. Primitive eating follows the same eating patterns set out by our ancestors. The ancestors who lived thousands of years ago, shared the same genetics, hunted and gathered real whole nutrient dense foods.

Real foods that were meant to nourish the body and the mind. The most basic way of eating that favours our genetics. A way of eating that allows us to stay lean, healthy and energetic.

### ***SIMPLE-EFFICIENT-CLEAN***

No calorie restrictions, complicated eating plans, or guilt from eating fat ( healthy fat that is). Eating this way will help you lose unwanted body fat, gain lean muscle mass, increase energy and improve your overall health and well-being.

# THE LOW FAT MYTH

The modern day human diet is full of unhealthy fats, industrial seed oils, refined carbohydrates and sugars. All have been linked to chronic disease and autoimmune disorders. Our ancestors never ate this way and neither should you!



Most, if not all of us, have been told that a low fat diet is healthy. The truth is, we were all misinformed in a big way. Low fat and fat free foods are actually far worse for our health. Fat is essential in our diets and was one of the key factors in the development of our species.

Today's dietary recommendations are heavily influenced by food companies and large industry. The real enemy here is sugar. Pure deadly sweetness.

Refined carbohydrates, processed meats, industrial seed oils and grains. These are the very foods that we were told to replace fats with. And what happened? We got sicker. More heart disease, obesity, diabetes, chronic disease and incidences of cancer. Fat isn't the enemy here, trust me. There are far too many misconceptions out there stating that dietary fat will lead heart disease, clog your arteries or make you fat. This is completely false, and there are plenty of studies to prove it. The truth is, the human body is far more efficient utilizing fat as its main fuel source.

*It's time to change the way you think about food.*

The human body has no physiological requirements for sugar or refined carbohydrates. Have as much fat as you need, but not more than you require. Again, this is in reference to healthy dietary fats. To put it simply, humans were meant to eat healthy fats, animal protein, plants and nothing more. Simple as that!





Deep down your body  
knows what's good for it.  
Feed it whole real nutrient  
dense foods that will make  
you thrive.

"Fat is the most valuable  
food known to man".  
- professor John Yudkin



# Why do we need fat?

## Essential fatty-acids

Essential for growth, development and proper cell function. Our bodies can't make essential fatty-acids.

## Proper nerve and brain function

Myelin is partly made of fat. Myelin is a thin sheath covering our nerves which aids in electrical nerve transmission. Our brains contain large amounts of essential fats and utilize fats for energy.

## Maintenance of healthy skin and tissue

Fat is an essential part of the cell membrane structure.

## Hormone function

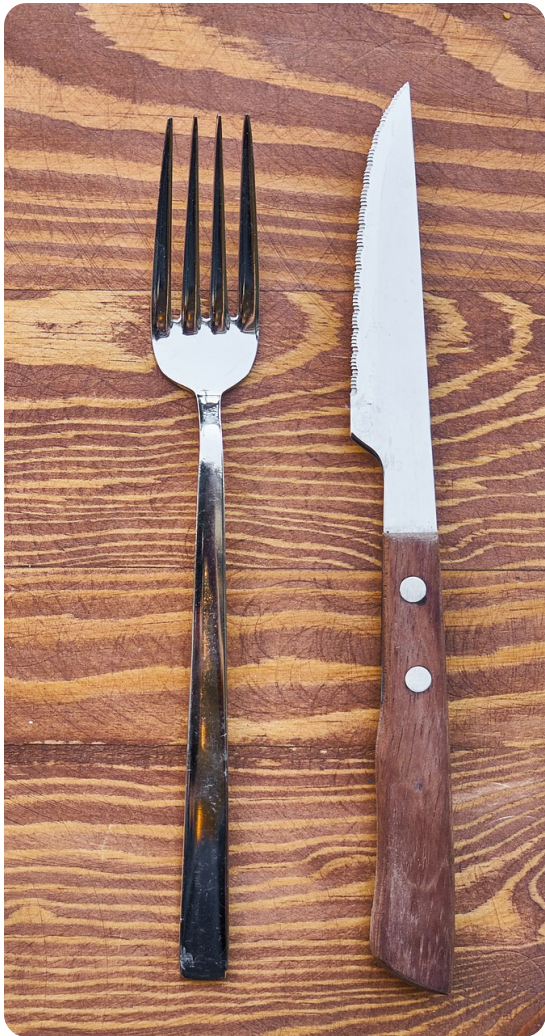
Fats are structural components of many important hormones.

## Fat helps the body utilize vitamins

Fat soluble vitamins like A,D,E,K rely on fat for intestinal absorption.



# TIME RESTRICTED EATING



Our ancestors never had the same convenience and abundance of food that we have today. They would have gone hours, even days without a meal. Our bodies are actually well-adapted to transition between a feast and fasted state.

Time restricted eating is a pattern of eating meant to mimic the cycles and feeding patterns of our ancestors. This pattern of eating doesn't in any way change the way you eat, only the time of when you eat.

Here's how it works-

When you feast, insulin is elevated signalling your body to store excess calories in your fat cells, muscle and liver. In the presence of insulin, fat burning is halted, while the body burns glucose for fuel instead of fat.

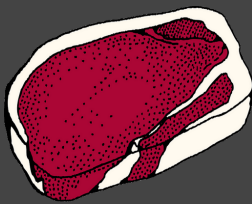
When you fast, insulin is low (while glucagon and growth hormone, opposing hormones to insulin, are elevated). This allows the body to start mobilizing stored body fat from your fat cells, muscle, gut and liver. Burning this fat for energy instead of glucose. A far more efficient source of fuel.

In the fasted state you are essentially telling your body to consume your fat stores and recycle cellular wastes. This allows your body to become fat adapted and your digestive system to reset. Think of time restricted eating as a tool, not a way of restricting calories. Fasting is not calorie restrictive. It's a behavioural change, an instinct. It allows you to alter your eating patterns, become metabolically efficient and stave off sugar cravings.

Our bodies were not designed to eat and snack throughout the day. Three meals per day with no snacks is ideal. For optimal health, an eight hour window of eating, followed by a sixteen hour fasting period is best. I would however, encourage you to experiment with this and see what works best for you.



## NUTRIENT DENSE FOODS



### GRASS FED ANIMAL PROTEIN

- Omega - 3 fatty acids
- Conjugated linoleic acid (CLA)
- Vitamin E
- Free of hormones and antibiotics
- Wild caught fish, seafood and shellfish
- Wild game meats
- Grass fed organ meats
- Free range eggs
- Grass fed chicken, lamb, beef, pork, duck, quail, etc.



### VEGETABLES

- Nutrient dense
- High in vitamins and minerals
- Boosts immune function
- Reduces signs of aging
- Boost cellular repair
- Better source of carbohydrates
- Green leafy vegetables
- Cruciferous vegetables grown above ground
- Choose a variety of colourful non-starchy vegetables



### HEALTHY FATS

- Better source of fuel
- Hormone production & function
- Satiation
- Grass fed butter/ghee
- Coconut oil
- Olive oil
- Avocado and avocado oil
- Nuts and seeds
- Fatty fish
- Egg yolks

\* Choose Wild, Local or Organic whenever possible





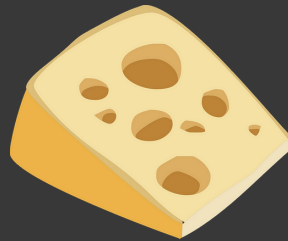
# MODERATION



## NUTS AND SEEDS

- Omega - 3 fatty acids
- Protein
- Fat

- Pecans
- Walnuts
- Almonds
- Brazil nuts
- Cashews
- Macadamia nuts
- Pine nuts
- etc.



## WHOLE FAT DAIRY

- Calcium
- Fat
- Protein

- Whole fat yogurt
- Goat cheese
- Whole fat milk/cream
- Whole fat cheese
- Eggs with yolk
- Butter (grass fed)
- Fermented cheese
- Kefir



## FRUIT

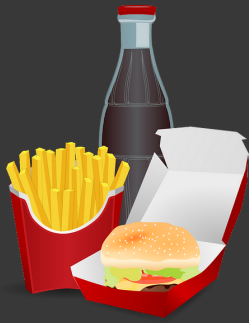
- Vitamins
- Minerals
- Antioxidants

- Berries
- Coconut
- Lemon
- Lime
- Orange
- Banana
- Papaya
- Mango
- Pineapple
- Cherry
- etc.

DONT EAT

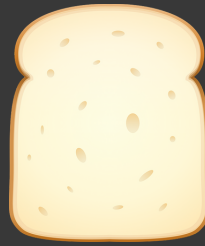


# FOODS TO AVOID



## PROCESSED FOODS

- Trans-fats
- Preservatives
- Toxic



## REFINED CARBS AND SUGAR

- Poor nutritional value
- Preservatives
- Raises insulin
- Anti-nutrients
- Low nutrient value



## REFINED VEGETABLE AND SEED OILS

- Poor nutritional value
- High in omega-6
- Toxic



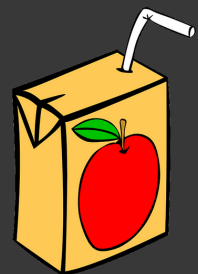
## GRAINS

- Low nutritional value
- Anti-nutrients
- GMO'S



## BEANS/LEGUMES

- Low nutrient value
- Anti-nutrients
- Phytoestrogens
- Poor protein quality



## JUICE/SODA

- Sugar
- Toxic
- Raises insulin



## TOXIC FOOD ADDITIVE LIST

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- |    |                                 |    |                        |
|----|---------------------------------|----|------------------------|
| 01 | ARTIFICIAL SWEETENERS           | 18 | SOY LECITHIN           |
| 02 | ENRICHED WHEAT FLOUR            | 19 | POLYSORBATE 80         |
| 03 | HYDROGENATED OILS               | 20 | CANOLA OIL             |
| 04 | MONOSODIUM GLUTAMATE (MSG)      | 21 | SULFITES               |
| 05 | HIGH FRUCTOSE CORN SYRUP (HFCS) | 22 | CARRAGEENAN            |
| 06 | POTASSIUM BENZOATE              | 23 | CHLORINE DIOXIDE       |
| 07 | SODIUM BENZOATE                 | 24 | PARABEN                |
| 08 | SUNFLOWER OIL                   | 25 | ALUMINIM               |
| 09 | ARTIFICIAL COLORING             | 26 | SODIUM NITRATE/NITRITE |
| 10 | ACESULFAME-K                    | 27 | SHORTENING             |
| 11 | SUCRALOSE                       |    |                        |
| 12 | BHA/BHT                         |    |                        |
| 13 | PROPYL GALLATE                  |    |                        |
| 14 | SODIUM CHLORIDE                 |    |                        |
| 15 | SOY                             |    |                        |
| 16 | CORN                            |    |                        |
| 17 | POTASSIUM SORBATE               |    |                        |

# PRIMITIVE EATING

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