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## Increase your healthspan by mimicking hunter gatherers' meal frequency

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# Increase your healthspan by mimicking hunter gathers' meal frequency

**Keywords**

fasting, aging, paleolithic

## Increase Your Healthspan By Mimicking Hunter Gathers' Meal Frequency 2016 Ancestral Society Symposium Speech Abstract

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### Keywords

healthspan, Paleolithic meal frequency, fasting, diseases of aging

### Introduction

Studies of hunter gathers showed diseases of aging was rare among the elderly. Most attribute their health to a Paleolithic diet. [1] Recent research indicates that their meal frequency may be just as important to their health. [2] They had varying periods of food deprivation from 24 hours to over 10 days when animals would migrate. [3]

Fasting practitioners in the early 20th Century had success in treating diseases of aging by mimicking hunter gatherers seasonal fasts of 10 days or more. [4] Fasting was a common medical treatment during this period and universities conducted numerous scientific fasting research studies which are still useful today. [5]

It is my contention, during long the periods without food, the body initiates eight ancient repair processes that make the hunter stronger, faster, and sharper. Evolution created these repair processes to insure the survival of the human species. [6]

Many of these repair processes stop when a person reaches the age of 60. But all of them can be stimulated by prolonged fasting: [7]

These ancient repair processes are:

Autophagy, the internal cell component repair process of damaged proteins, mitochondria, DNA and other cell components [7]

Protein Scavenging, unneeded protein such as tumors and damaged muscle fibers are removed during fasting in order to feed the body with needed protein. [4]

Metabolic Hormone Receptor and Transmitter reset and refresh which improves metabolic process control. [2]

Glucose Deprivation kills cancer cells and improves metabolic process control [2]

Brain-derived Neurotrophic Factor increases which improves cognition and reaction times. [15]

SIRT Proteins Increase to maintain a healthy cell structure. [15]

Visceral Fat Reduction which decreases inflammatory cytokines [10] [11] [12] [13]

Adiponectin Increases which reduces body inflammation [9] [14]

These repair processes have been studied starting in the early 20<sup>th</sup> century and continue to this day. [8]

### **Hunter gatherers meal intervals were Chaotic**

A study of the Bushman in Africa gave examples of meal frequency of hunter gathers. They had frequent periods of a few days to a week where no game could be acquired and hunters did not eat while hunting. Plus they went 10 days or more without food due to seasonal droughts or animal migration. [3]

### **Fasting was a common medical treatment**

Prolonged fasting was a common medical treatment in the early 20th century and clinical results were astounding. Centers for study of fasting during this period were: University of Nebraska, University of Chicago, Carnegie Institute, University of Rome and Harvard University. [5]

Even though universities conducted a number of research studies on prolonged fasting, the medical profession has forgotten all of this research. I present this forgotten research and clinical results.

### **Fasting is Used As A Medical Treatment in Europe**

Prolonged fasting has become a common medical treatment in Germany and Eastern Europe. [8] I presented my experiences doing three medically supervised 10 day fasts at a German fasting clinic who has conducted 250,000 fasts over the past 60 years. [8] I also presented my lab reports, strength tests to show that I experienced those repair processes.

### **Conclusion**

The medical profession should consider prolonged fasting as a treatment and for prevention of diseases of aging in their patients.

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