Feast or Famine: Why Your Body Needs Both Transcript

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Feast-or-famine human design

So let's talk a little bit about more of our primitive design. And what do I mean? Feast or famine? That was really in the way that we were created. If you could roll back into evolution a thousand years ago, we never designed for readily convalible or multiple meals on a daily basis.

Why modern eating patterns cause problems

We were hunters and gatherers, so we would have to hunt our food, we'd have grow our own food. And the body was really designed more for the feast or famine state, which is why you find so many people have success with things like intermittent fasting, long-term fasting.

Sometimes with the ketosis diet, or the Ketogenic diet. Because we were designed for feast, for famine. The body never was set up for readily-convaluable food like, let me run to the convenience store and get something because I'm hungry.

So this continual state of always putting food in the body, especially the wrong kind of food, is very much a segue to any kind chronic disease.

Intermittent fasting as a practical health tool

So one of the best things you can do to start retaking some of your health is look into something like intermittent fasting. Don't go too aggressive, don't try to cut food off all the time on a regular basis, but I can comfortably tell you I've been intermittent in fasting for almost five years now and I love the way my body feels doing it.