The Ultimate pH Solution

1. How did our ancestors live & what did they eat, according to archeological evidence?
2. When did our hunter-gatherer ancestors change their way of eating?
3. After 10,000 years of agriculture, what does some experts suggest?
4. What is this revolution that has the power to wreak havoc on our bodies making us vulnerable to diseases and obesity?
5. How have we denatured our food supply over the past 100 years?
6. What should food contain?
7. What do our bodies need?
8. The Standard American Diet truly is SAD when it comes to what?
9. What effects does sugar have on the body?
10. List the problems associated with food additives?
11. How many pounds of food chemicals does the average person consume?
12. What food chemicals are typically found in a sandwich and chips?
13. What effects does bisphenol A have on the body?
14. What have the use of artificial colors been linked to?
15. How does preservatives effect the body?
16. What harm can a 12-ounce soft drink sweetened with aspartame, cause on the body?
17. What’s the dangers of salt now vs the salt our ancestors used?
18. What is the “smoke point’ of oils? Which oils should never be heated?
19. What happens when our bodies cannot break down or absorb poor-quality or bad fats?
20. What is the contrasting effects on meat vs vegetables in our bodies?