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Deep Nutrition - Why Your Genes Need Traditional Foods w/ Dr. Cate Shanahan

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Dr. Cate Shanahan: Exposing The Inflammatory Effects of Vegetable Oils 93: The Silent Killer In Your

Food With Dr Cate Shanahan (HIGHLIGHTS) Disease Prevention with the Right Foods Part 1

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Shanahan - drcate.com What is a Healthy Diet? The '4 Pillars' from the book \"Deep Nutrition\"

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Books You MUST Read to Live Healthy Forever Book Review Deep Nutrition by Catherine

Shanahan Ep 32: Dr. Cate Shanahan, MD - Why Your Genes Need Traditional Food (Bytable Podcast)

Deep Nutrition Why Your Genes

Just as you have a microbiome, the soil beneath your feet has one too. And promising new research suggests it may have a surprising influence on food and human wellness.

Cultivating Better Health

Deep down, you ' ve likely known all along there ' s more to weight loss than just counting calories.

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It ' s time to unlock the code to your optimal health and wellness. After all, your DNA makes you who ...

Genetic testing can improve your health – here ' s how

"So over time you breed your varieties for attributes other ... Having left the EU, the UK has launched a consultation on using gene editing to modify livestock and food crops in England. What is gene ...

How farmers and scientists are engineering your food

Deep in their bones, all mammals are related ... We have complex teeth that let us grind and chew our food so that we get more nutrition out of it. We have hair. We are superb mothers whom ...

The Rise of Mammals

Here's proof: in a study published in the British Journal of Nutrition ... your fat genes the red light. How so? Plums contain phenolic compounds called flavonoids, which lend the fruit its deep ...

This Is The Worst Drink For Your Heart Health

You ' re the big kahuna for your microbes, says Dr. Zhaoping Li, director at UCLA ' s Center for Human Nutrition ... help explain why 95% of dieters will regain all the weight they lost within ...

Healthy living through better habits: How changes in sleep, stress and diet can lead to a happier you
These letters examine what the world could look like then — and how we can make the best scenario happen. If you still have such a thing as a doctor ' s office, it might look something like the one I ...

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What universal healthcare should look like

The importance of fire is that it would have allowed our Palaeolithic ancestors to cook their food, unlocking new and sometimes safer sources of nutrition ... burnt bone and deep ash and charcoal ...

Why Are Humans Unique? It ' s The Small Things That Count

This puts you at increased risk of many health problems, including: That's why it's ... How you react to your life stressors is affected by such factors as: — Genetics. The genes that control ...

Chronic stress can wreak havoc on your mind and body

Scientists have found out several genes that were responsible for causing ... This the main reason why most cases of Parkinson ' s go unnoticed. Though Parkinson ' s is not a life threatening ...

Parkinson's disease

It is a protein that is encoded in the BDNF gene. This gene is vital ... not sleep so well or sleep too much. Deep sleep is incredibly vital for allowing your body to not only rest but also ...

Top 5 BDNF Products for 2020!

Here's proof: in a study published in the British Journal of Nutrition ... your fat genes the red light. How so? Plums contain phenolic compounds called flavonoids, which lend the fruit its deep ...

This Is The #1 Healthiest Fast-Food Chicken Sandwich

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It's easy to see why: From working moms to doctors on the night shift ... That means energy drink companies can market their products as dietary supplements and forgo a nutrition facts label, leaving ...

Are Energy Drinks Really that Bad?

Eyes open, she takes a deep inhalation of the bottle of sweet ... It ' s all about ' rebalancing your inner energy ' , she explains. It ' s a lifestyle that seems eccentric, to say the least.

Why more and more young women suffer from 'holistorexia' - an unhealthy obsession with holistic wellness that drives them to adopt bizarre fad diets and avoid doctors

Grow these colorful whole-grain heirloom corn for improved nutrition ... grow and grind your own. "The flavors of Indian corn range from a perfumey, aromatic taste to a deep corn flavor," says ...

Heirloom Corn

The common causes for such hair loss include androgenic alopecia - hereditary hair loss, whereby one's genes cause ... low downtime. If your hair isn't what it used to be, why not make a trip ...

Can these TikTok trends really reverse hairfall? A scalp specialist shares his thoughts and reveals what you can do to prevent more hair loss

Why? Should women worry about it ... scan at 12 weeks to identify foetal abnormalities as well as chromosomal or gene abnormalities. We have Down Syndrome screening, double marker, NT scan ...

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