

"If you want to understand how optimal health starts with food, start with Dr. Cate."

—DALLAS HARTWIG, AUTHOR OF *THE WHOLE30*

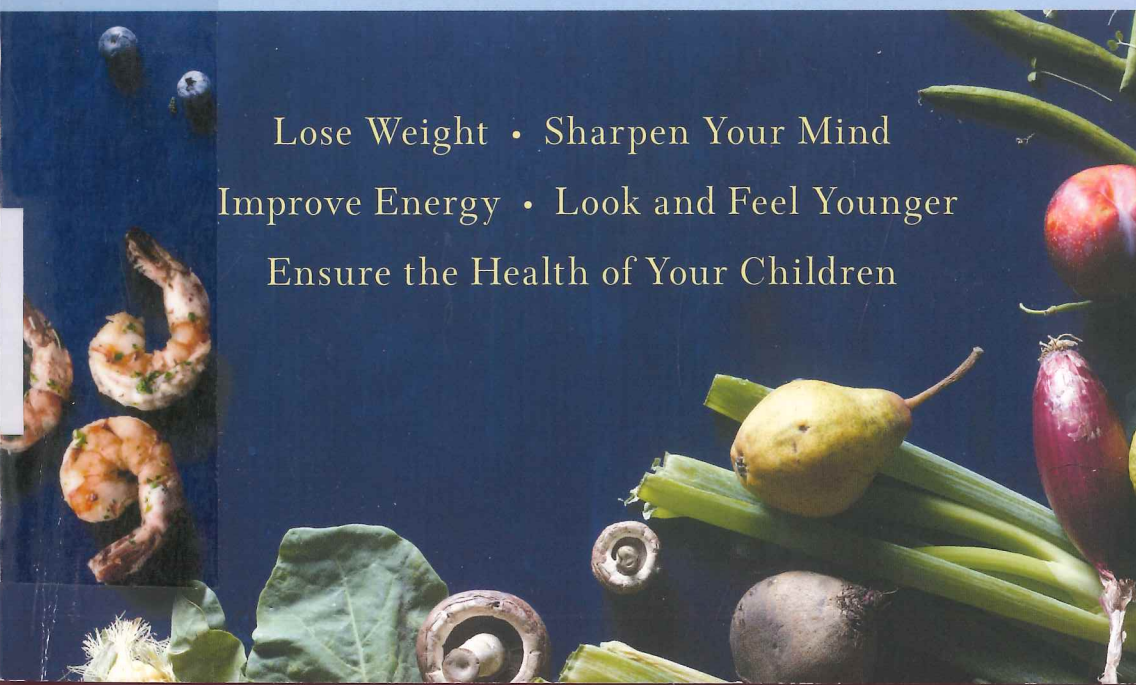
Catherine Shanahan, M.D.
with Luke Shanahan

DEEP NUTRITION

Why Your Genes
Need Traditional Food

FEATURING THE FOUR PILLARS OF THE HUMAN DIET

Lose Weight • Sharpen Your Mind
Improve Energy • Look and Feel Younger
Ensure the Health of Your Children



สำนักหอสมุดมหาวิทยาลัยเชียงใหม่

616492304

012498361

122399148

DEEP NUTRITION

Why Your Genes
Need Traditional Food



Catherine Shanahan, M.D.
Luke Shanahan



FLATIRON
BOOKS
NEW YORK

10/23/2013 10:11:11 AM
10/23/2013 10:11:11 AM
10/23/2013 10:11:11 AM

CONTENTS

Author's Note	vii
Introduction	xix
 Part One: The Wisdom of Tradition	
1 Reclaiming Your Health	3
<i>The Origins of Deep Nutrition</i>	
2 The Intelligent Gene	21
<i>Epigenetics and the Language of DNA</i>	
3 The Greatest Gift	37
<i>The Creation and Preservation of Genetic Wealth</i>	
4 Dynamic Symmetry	53
<i>The Beauty-Health Connection</i>	
5 The Sibling Strategy	73
<i>Letting Your Body Create a Perfect Baby</i>	
 Part Two: The Dangers of the Modern Diet	
6 The Great Nutrition Migration	103
<i>From the Culinary Garden of Eden to Outer Space</i>	
7 Good Fats and Bad	121
<i>How the Cholesterol Theory Created a Sickness Epidemic</i>	
8 Brain Killer	163
<i>Why Vegetable Oil Is Your Brain's Worst Enemy</i>	
9 Sickly Sweet	207
<i>How a Carbohydrate-Rich Diet Blocks Metabolic Function</i>	

Part Three: Living the Deep Nutrition Way

10 The Four Pillars of the Human Diet	237
<i>Foods That Program Your Body for Health, Brains, and Beauty</i>	
11 Beyond Calories	279
<i>Using Food as a Language to Achieve the Ideal Body Weight</i>	
12 Forever Young	303
<i>Collagen Health and Life Span</i>	
13 Deep Nutrition	327
<i>How to Get Started Eating the Human Diet</i>	
14 Frequently Asked Questions	389
Epilogue: Health Without Healthcare	425
Acknowledgments	427
Resources	
Carb-Counting Tool: Simply Counting Carbs	431
Protein-Counting Tool: Simply Counting Protein	433
Helpful Websites	435
Recommended Brands	436
Doctors in Your Area	437
Suggested Reading	439
Notes	441
Illustration Credits	475
Index	477