



Nutritional Grail: Ancestral Wisdom, Breakthrough Science, and the Dawning Nutritional Renaissance

Christopher James Clark

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How did 2.3 billion people become overweight? How did heart disease, cancer, and other degenerative diseases become the leading causes of death worldwide? Our ancestors, especially our distant, Paleolithic ancestors, before the advent of agricultural, enjoyed remarkably robust health. What went wrong?

During the twentieth century--the Dark Ages of nutrition--flawed nutritional theories gained widespread acceptance, prompting radical departures from traditional foods and time-honored food processing techniques. Sugar consumption skyrocketed; proinflammatory vegetable oils replaced nourishing animal fats; processed foods became commonplace.

In this groundbreaking book, Christopher Clark explores the social and economic forces enabling these changes while thoroughly and lucidly explaining modern scientific perspectives on fat metabolism, cholesterol, fructose metabolism, gluten, detoxification, and many other important nutritional subjects.

Nutritional Grail offers life-transforming knowledge regarding what to eat, why to eat it, and how to prepare it--including 100 simple, delicious recipes. Like the original twelfth-century grail story, this knowledge comes through asking questions, serving others, and serving one's higher Self.

While laying out a comprehensive strategy for effortless weight loss, improved digestion, and increased energy, Clark convincingly suggests a nutritional renaissance, propelled by science and guided by the wisdom of our ancestors, is finally dawning.

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