

Ancestral meals key to health, says author

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After years and years of processed foods and fad diets, it's time to get back to the basics with what we eat, says educator and co-author of the New York Times bestseller, *The Great Bird Flu Hoax*, Pam Killeen.

The London residence is presenting her seminars, "What's Wrong with Politically Correct Nutrition?" every Saturday – excluding January 30 – until February 13 at Central Library. She aims at informing individuals about the perils of their extreme diet choices – such as following strict veganism – and the benefits of keeping your diet simple, with – gasp – high fats.

"There are four criteria for a healthy diet: couples are fertile; babies are healthy; when you age, you do it gracefully; and when you're old, you're a productive member of society," she explained. "Fad diets can't prove (they do) these things. They can't prove generationally whether or not they're healthy."

Killeen has been studying how one's diet affects their overall wellbeing for 20 years after suffering from debilitating chronic fatigue and fibromyalgia and finding no help in doctor-prescribed drugs. She attempted strict veganism for nine years, but only found her health situation worsened – then she really saw the connection between what she put in her mouth and how she felt health-wise.

"Our bodies are not designed to eat just plant-based food," she said.

Killeen cites the work of Dr. Weston A. Price, a Cleveland dentist, as a main factor in helping her to understand the correlation between proper diet and a person's health. Price noted that historically, there was a noticeable shift in children's teeth around the 1920s – previous to that, cavities and crooked teeth had rarely been seen. The 1920s also signaled the beginning of processed foods.

Price has traveled around the world to examine the diets of primitive cultures to see the fundamentals of their diets because often these tribes don't experience such frustrations as cavities and other teeth ailments, said Killeen.

No matter where Price went, whether it was Africa or Alaska, there were common factors in all the diets, such as animal meat, no processed foods and full-fat foods. While these cultures were not as developed as North America's – the people were both physically and mentally robust rather than suffering from depression as many North Americans are. They were also aging gracefully and the babies rarely experienced colic.

Part of these positive health results are due to the tribes adhering to the eating habits of their ancestors, said Killeen. It's that same idea that North Americans can benefit from – "envision how your great-great-

grandparents would have eaten and that's what you can eat."

Despite the claims that vegetarianism, low-fat, restrictive diets are helpful, Killeen argues they are contributing to an increase of diseases.

"The rise of certain foods - (such as) omega-6 fatty acids (unsaturated fats found in corn oil, for example)...are disrupting our nervous systems. Doctors have seen a decline in mental health due to the rise of omega-6 fatty acids," she explained.

"Refined sugar is disrupting our blood sugar which means highs and lows in your mood and that's where you'll (also) see a correlation with depression," she added.

Since the invention of agriculture 10,000 years ago, society has been pushed towards a more plant-based lifestyle, said Killeen. But more plants equaled a lower lifespan and smaller brains, she said.

While Killeen makes a lot of claims in regards to the world of nutrition, she always cites the research behind it and is passionate about dispelling nutrition myths – particularly to the next generation.

"Children's nervous systems are crying out for help," she said, citing all of the processed snacks, sugar and caffeine consumption – what she calls a "gateway drug" – as factors contributing to big health problems down the line like depression and addiction.

She's currently working on a book to be released later this year that sheds light on the monumental effects depression will have on the economy and how to get individuals lifestyles back on track.

She is the first to acknowledge that while she is not a medical professional who is lecturing on these topics of long-term health, she has years of experience and research under her belt. She's also not afraid to call out those professionals who she feels should be concerned about these issues. She hopes to get people thinking about getting nutrition back in medical schools – her main goal – where it can help more people.

"It's embarrassing that I, as a layperson, is trying to convey practical information to people who are desperate to get well," she said.

"I'm trying to change things from the bottom up."

Interested in learning more? Information on Pam Killeen's lectures can be found at www.pamkilleen.com

Killeen will also be appearing at the Total Health Show in March. www.totalhealthshow.com

<http://www.fsu.ca/story.asp?ibangYear=0910&storyID=745§ionID=3&issueID=19>