THE STONE AGE DIET

* It's Safe
* It's Sane
* It's Simple, and
* It Really Works!

by

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The reader will find a series of numbers in parentheses ( ) interspersed throughout this book. These numbers refer to the Bibliography and Footnote section, starting with page number 265.

In effect, each number in parentheses refers to the publication and/or periodical from which the statement so noted was taken. This unique method of footnote notation makes for much easier reading and quick reference availability, since many of these parenthetical references are repeated numerous times and would involve an inordinate amount of unnecessary trouble for the reader.

In this manner, Dr. Voegtlin's splendid bibliography serves a twofold purpose and leaves his writing undisturbed.
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INTRODUCTION

About a generation ago a strange word began to appear in scientific writings—ecology. This term merely meant the relationship of an organism to its environment. Since this new discipline encompassed all known information related to a given organism, as well as all facets of the environment in which the organism existed, ecology rapidly became an ultra-sophisticated science.

It is now realized that whereas the environment of an organism such as Man may change very rapidly, physical and functional changes in him are accomplished only through a process of evolution, and such adaptive alterations occur in Nature only with profound deliberation, over millions of years.

Thus we can envision a collision course existing between unchanging Man and his rapidly changing environment. The more rapid his environmental changes, the more imminent is the inevitable collision.

This book is a study of the ecology of Man, as his environment has changed with (relatively) lightning-like rapidity from prehistorical to modern times, and to delineate the effect these changes have had on human nutrition.

An attempt will be made to answer the question: "Is modern Man actually better or worse off nutritionally than was his Stone Age forbear?"

Writing this book has indeed been fun. While collecting material for the early chapters I was able to add greatly to my knowledge of comparative anatomy and physiology, how all various sorts of animals are constructed, and how their
digestive tracts function. Later chapters led me into a fascinating world of the past, of anthropology and archaeology, which I embraced enthusiastically though amateurishly. Finally I ventured into the shadowy sphere of philosophy, explored some aspects of future food production, and have set down the dire predictions of population ecologists for the arrival of the 21st century.

It has been thrilling to see how each bit of scientific data from widely separated disciplines fitted together into a mosaic of such undeniable clarity that the aphorism: "That contrary to Nature cannot be fact"—was again verified, this time in the field of human dietetics and nutrition.

Inevitably, in attempting to change popular opinion on any subject, one must tread on many toes and affront many sacred cows. Such a mantle of iconoclasticism rests heavily on me, for it imposes a great responsibility. In recognition of this I have attempted to fortify my position on each subject with which I have taken issue by documentary evidence. By doing so the volume has been lengthened considerably, but I have simultaneously paid tribute to my readers by not foisting upon them various concepts and beliefs unsupported except by personal professional arrogance. It has always been my doctrine that even the most unlettered deserves an explanation from which he may draw his own opinion. If his opinion is a bad one, it is the teacher's fault for not being a factual mentor.

While identification of source material is desirable, an awareness of publishing costs precludes inclusion of a formal bibliography. An acceptable substitute, I hope, has been the listing of relevant books and technical journals from which the inquiring mind may identify an authority with minimal drudgery. When technical articles have been reported in news media, magazines, or periodicals, a citation has been made for the reader's convenience.

Looming early in planning this book was the problem of selecting a format capable of achieving two objectives: (1) explanation of its content in terms sufficiently lucid for patients; and (2) inclusion of enough technical evidence to satisfy the inquiring mind of physicians.

By adopting such a technique I intend to woo a bipartite audience: physicians to examine and, I hope, accept these newer concepts of diet and nutrition, and lay persons to be guided in the dietary treatment of their own problems of nervous indigestion, functional disorders of the digestive tract, obesity, and certain other organic diseases.

I will be gratified indeed if my colleagues see fit to recommend this volume to their patients for this purpose.

It is hoped that patients will not be dismayed if they bog down while traversing sections dealing with medical sciences, and that physicians will charitably recognize and accept the degree of simplification necessary to teach lay readers, who are somewhat less scientifically erudite than are we.

If this book must be dedicated to someone, it should be to the occasional man, woman, or child who still can resist the specious authority of food merchants, their lavish advertisements and spectacular television commercials, and retain sufficient intellectual independence to think for themselves.

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