

EAT LIKE A HUMAN

DR. BILL SCHINDLER

An archaeologist and chef explains how to follow our ancestors' lead, when it comes to dietary choices and cooking techniques, to achieve optimum health and vitality.

Our relationship with food is filled with confusion and insecurity. Vegan or carnivore? Vegetarian or gluten-free? Keto or Mediterranean? Fasting or Paleo? Every day we hear about a new ingredient that is good or bad, a new diet that promises everything. But the secret to becoming healthier, losing weight, living an energetic life, and healing the planet has nothing to do with counting calories or feeling deprived—the key is relearning how to eat like a human.

This means finding food that is as nutrient-dense as possible, and preparing that food using methods that release those nutrients and make them available to our bodies, which is exactly what allowed our ancestors to not only live but thrive. In *Eat Like a Human*, archaeologist and chef Dr. Bill Schindler draws on cutting-edge science and a lifetime of research to explain how nutrient density and bioavailability are the cornerstones of a healthy diet. He shows listeners how to live like modern hunter-gatherers by using the same strategies our ancestors used—as well as techniques still practiced by many cultures around the world—to make food as safe, nutritious, bioavailable, and delicious as possible.

With each chapter dedicated to a specific food group, in-depth explanations of different foods and cooking techniques, and concrete takeaways, as well as more than 75 recipes, *Eat Like a Human* will permanently change the way you think about food, and help you live a happier, healthier, and more connected life.

DR. BILL SCHINDLER is an internationally known archaeologist, primitive technologist, and chef. He founded and directs the Eastern Shore Food Lab with a mission to preserve and revive ancestral dietary approaches to create a nourishing, ethical, and sustainable food system and is an adjunct professor of archaeology at University College Dublin. A co-star of the National Geographic Channel series *The Great Human Race*, Dr. Schindler has written features for the *Washington Post*, *The Atlantic*, and the *London Times*, among other publications.



Playing time: 6.5 hrs • Unabridged

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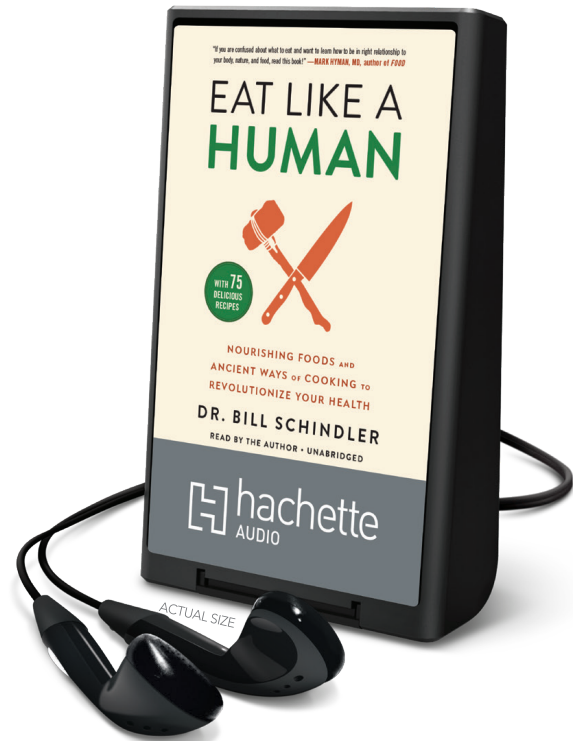
EAT LIKE A HUMAN

NOURISHING FOODS AND ANCIENT WAYS OF COOKING TO REVOLUTIONIZE YOUR HEALTH



DR. BILL SCHINDLER

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