

Hunter-Gatherer Hardwiring

The human instinct for paleolithic foods and their contemporary analogues

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Students in six different classes were given the following exercise in intuitive eating.

“Just before shopping, before selecting food in your kitchen, before selecting a restaurant to eat at, and before selecting food from a menu, perform the following exercise:

- 1) Take a few breaths, and then make the affirmation that you intend to set aside all your preconceptions about what foods are good or bad for you today.
- 2) Take a few more breaths, and make the affirmation that you intend to consult your highest and most accurate intuition about what foods are good or bad for you today.
- 3) Be open to the many ways that intuition can give you a response.
- 4) When you get a response, pose the question to your intuition whether the response is a true intuition or a craving.

Three classes of college students did the exercise during the Fall in three successive years. Three classes at a school training clinical herbalists performed the exercise in the following Spring seasons. The total number of students was 116. Students kept journals of their intuitive food choices, and the experiences were discussed during each class, for 3 months in the college students, and for six weeks in the herb students.

The following is a comprehensive list of foods that appeared in the students' intuition journals. In the data many foods appeared repeatedly. The most common foods were: **various fish, various squashes, fruits, eggs, salmon, almonds, carrots, nuts, greens, soup, raw fish, sea vegetables, and fresh vegetables.** A few high-glycemic foods appear on the list, but processed packaged foods, or those containing added sugar did not appear in a single journal, except when the intuition recommended avoiding them (See Group II below).

Group I: Paleolithic-type foods and their analogues

Acorn squash	Apple juice	Beets	Buffalo
Ahi tuna	Apples from the tree	Bitters	Burdock
Almonds	Apples	Black sesame	Butter
Olives	Arugula	Blueberries	Butternut squash
	Asian pears	Bok choy	Cabbage
	Asparagus	Bone marrow	Calamari
	Banana	Bones	Carrots
	Bean sprouts	Broccoli	Cashews
	Beet greens	Brussels sprouts	Cauliflower

Celery
Chicken
Chicken soup
Chicken
Cobocho squash
Corn on the cob
Corn
Cucumbers
Curried squash
Dandelion greens
Dates
Dried seaweed
Duck
Eel
Egg salad
Eggplant
Eggs
Figs
Fish
Flax seeds
Fruit
Garlic
Ginger
Grapefruit
Grapes
Green salad
Greens
Halibut
Hamburgers
Hummus
Jicama
Kale
Kelp
Lamb
Leeks
Lettuce
Mango
Meat
Melons
Mushrooms
Nettles tea
Nori
Nuts
Olive oil
Onions
Orange
Oyster mushrooms
Oysters
Parsley
Pasta with olive oil
Pea pods

Peaches
Peanut butter
Peppers
Persimmon
Portabella mushrooms
Prunes
Pumpkin
Pure nut butters
Radishes
Raisins
Raw food
Raw greens
Raw fruit
Red chard
Red meat
Ripest fruits
Roasted peppers
Roots
Salads
Salmon
Salmon burgers
Sardines
Scallops
Seaweed
Sesame oil
Shitake mushrooms
Shrimp
Soup
Spinach
Squash
Steak
Steamed greens
Stewed veggies
Strawberries
Sunflower seeds
Sushi with fish
Sweet potatoes
Tomatoes
Tuna
Tuna salad
Turkey burgers
Turnips
Vegetable broth
Vegetables
Walnuts
Water
Wild rice
Wild salmon
Yams
Zucchini

Group II: Foods the intuition recommended to avoid

bread
pastries
muffins
potatoes
dairy (common)
wheat (common)
hot cereals
spicy food
alcohol
carbohydrates (common)
coffee
vitamins (common)
fried foods
Less meat (one student)

Group III: Non-Paleolithic foods which appeared occasionally in the intuition journals

Barley
Brown rice
Cheese
Grains
Kidney beans
Oats
Potatoes
Quinoa
Rice
Rice noodles
Rice and beans
Seitan
Spelt noodles
Tempe
Vinegar
Yogurt