

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 sugars or trans-fatty acids 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	Banana	Butter
Ahi tuna	Bean sprouts	Butternut squash
Almonds	Beet greens	Cabbage
Olives	Beets	Calamari
Apple juice	Bitters	Carrots
Apples from the tree	Black sesame	Cashews
Apples	Blueberries	Cauliflower
Arugula	Bok choy	Celery
Asian pears	Bone marrow	Chicken
Asparagus	Bones	Chicken soup
	Broccoli	Chicken
	Brussels sprouts	Cobocha squash
	Buffalo	Corn on the cob
	Burdock	Corn

Cucumers
 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 (common)
 Pastries (common)
 Muffins (common)
 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 only 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