



Powered by Plants : Natural Selection & Human Nutrition

Don Matesz



In June 2011, Don Matesz enraged some of the followers of his paleo and low-carbohydrate diet blog with his Farewell to Paleo post wherein he detailed both evidence-based and personal reasons for abandoning the meat-based diet. By August of 2014, this post had more than 100,000 page views. In September 2011, Matesz presented a talk - Ancestral Nutrition: An Alternative Approach - at the first ever Ancestral Health Conference at UCLA. That lecture focused on identifying physiological evidence for human nutritional adaptations to either plant-based or animal-based diet and it evolved into this book. Powered By Plants refutes the paleolithic diet claim that meat-eating uniquely drove human evolution by reviewing the abundant evidence that a plant-based diet powered human evolution. Challenging anthropologists and advocates of low-carbohydrate and paleo diets who claim that paleolithic meat-eating made us human, Matesz shows that we have numerous heritable anatomical, physiological, and biochemical features primarily adapted to acquisition, digestion, or metabolism of whole plant foods, but lack the heritable features expected as evidence of evolution dependent upon and primarily driven by meat consumption. Powered By Plants surveys human biology from head-to-toe, and, backed by hundreds of references, shows that our sensory, locomotive, manual, digestive, and reproductive systems, and our nutrient metabolism, all have features primarily adapted to a whole foods plant-based diet.

- [Poverty: its Degrees, its Causes and its Relief : A Multidisciplinary Approach to an Urgent Problem](#)
- [Powerdown : A Schools` Climate Change Toolkit - Secondary](#)
- [The Power of the Smile : Humour in Spanish Culture](#)
- [Power Systems and Renewable Energy : Design, Operation, and Systems Analysis](#)
- [Power in Flight](#)
- [The Power of N](#)
- [Practical Drug Therapy](#)
- [Poverty Alleviation, Institutional Development and Needs Assessment](#)