



MODERN  
STONE AGE

# From Crisis to Balance:

Reclaiming Metabolic Health through Ancestral Practices

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# The Metabolic Crisis

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high blood sugar, blood pressure, & increased waist size





**CAN'T WE JUST  
CHANGE WHAT  
WE EAT???**

The solution is much  
more complicated.

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nourishment

# nourishment

power  
wealth  
celebration  
ancestry  
craft  
inheritance  
ritual  
status  
celebration  
ancestry  
climate  
survival  
economy  
medicine  
identity  
security  
belonging  
privilege  
innovation  
survival  
control  
heritage  
connection  
access  
responsibility  
justice  
adaptation  
culture  
labor  
spirituality  
language  
heritage  
connection  
access  
responsibility  
sustainability  
expression  
memory  
hospitality  
resilience  
social  
politics  
art  
tradition  
religion  
love  
technology  
resistance  
storytelling

# CHALLENGING A POWERFUL SYSTEM THAT THRIVES ON:

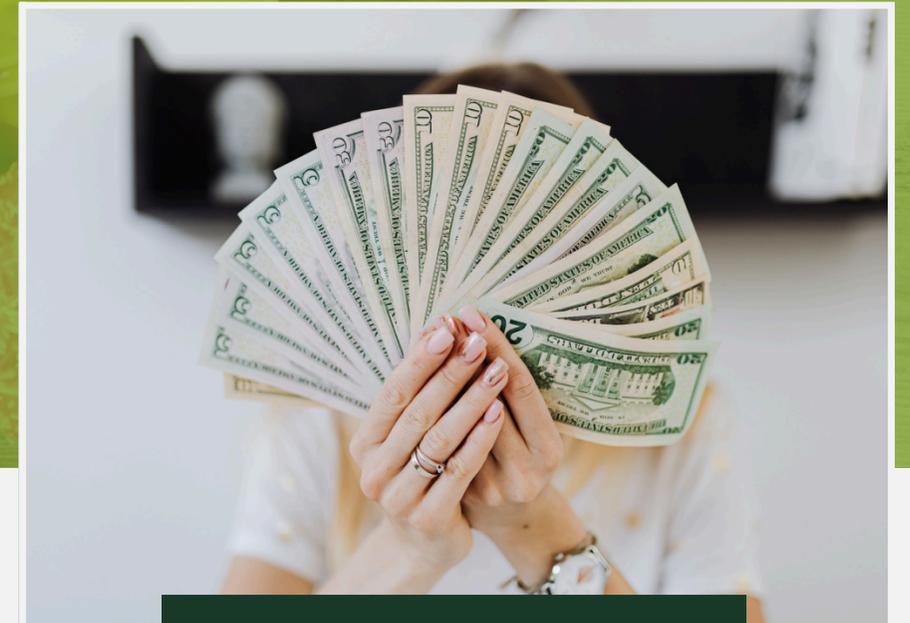
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**CONVENIENCE**



**ADDICTION**



**PROFIT**



# Roots of the Problem

- Industrial food system (seed oils, refined sugars)
- Constant snacking and sweet drinks
- Disrupted circadian rhythms
- Lack of natural movement and fasting
- Culture of food guided by the industrial food system
- Government subsidies and mechanization skew reality of cost, labor, etc.
- Shipping, cold chain, and long supply chains remove seasonality



A top-down view of a person's feet with red nail polish standing on a white platform scale. The scale's dial is visible, showing a weight of approximately 90. The person is surrounded by a variety of sweets, including a box of chocolates, a box of colorful gummy candies, several chocolate-covered wafer sticks, and various loose candies and cookies. The entire scene is overlaid with a semi-transparent dark blue filter.

**HOW DID WE GET  
HERE?**





# Revolutions That Impacted Our Food

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- Stone Tool Revolution
  - 3.4 million years ago
- Control of Fire / Cooking Revolution
  - ~2 million years ago
- Fermentation Revolution
  - Millions of years ago
- Neolithic Revolution
  - ~12,000-15,000 years ago
- Urbanization & Trade Revolution
  - Ancient Civilizations





# Revolutions That Impacted Our Food

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- **Columbian Exchange**
  - Post-1492
- **Industrial Revolution**
  - 1760–1840
- **Chemical Revolution**
  - Mid-1800s to 20th Century
- **Green Revolution**
  - 1940s–1970s
- **Cold Chain Revolution**
  - 20th Century–Present



# COLD CHAIN RAMIFICATIONS

- Allowed food to be shipped globally, out of season, and stored for long periods
- Disrupted seasonal eating and connection to local food systems
- Increased reliance on processed and preserved foods
- Created a disconnect between people and food sources
- Nearly 3/4 of the average American diet consists of items processed, shipped, stored, and sold under refrigeration.





**OUR METABOLIC  
BLUEPRINT IS  
SHAPED BY:**



**Evolutionary  
Pressures**



**Local & Seasonal  
Resources**



**Technological  
innovations**





**TECHNOLOGICAL  
INNOVATION  
CREATED:**

**DIVERSITY**

**SAFETY**

**NUTRIENT  
DENSITY**

**BIOAVAILABILITY**



Welcome to our new website! The unified brand is part of our larger strategic plan. [Read the Plan](#)



# BEST NUTRITIONAL PRACTICES

## Open 7 Days a Week

Making familiar food nourishing - and delicious!

## Join our growing community!

Visit us online or in-person. We can't wait to meet you!

## Friday Night Pizza

Join us at the Kitchen!

Open 7 Days a W

Making familiar food nourishing

you!



# FIRST STEPS



**COMPLETELY REMOVE  
INDUSTRIAL NUT AND  
SEED OILS**

Replace with high-quality fats for better nutrition.



**REMOVE REFINED  
SUGARS**

Avoid refined sugars to support healthier dietary habits.



**REMOVE A LINK FROM  
YOUR FOOD CHAIN**

Choose whole, minimally processed foods.



# GRAINS, SEEDS, NUTS, LEGUMES

- Use only flour that has been **wild sourdough** fermented.
- Detoxify other seeds, nuts, grains, and legumes through soaking, sprouting, nixtamalizing and/or fermenting.





# DAIRY

- Opt for full-fat, non-homogenized raw dairy or pasteurized at the lowest legal temperature.
- Avoid homogenized dairy and ferment whenever possible.





# ANIMAL

- Follow a nose-to-tail approach, celebrating offal whenever possible.
- Include meat, fat, and offal in natural proportions as they occur in the animal.





# VEGETABLES

- Eat seasonally and ferment whenever possible to enhance safety, bioavailability, flavor, texture, and aroma.
- Use low- to medium-oxalate vegetables.
- Peel all potatoes and ferment in a 2.5% brine before cooking.



# FRUIT

- Consume only ripe fruits and be mindful of oxalate levels.
- Peel fruits whenever possible.



**WE HAVE ALSO LOST  
SOMETHING JUST AS  
IMPORTANT...**

**CONNECTION**



# nourishment

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spirituality  
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sustainability  
expression  
memory  
hospitality  
resilience  
social  
politics  
art  
tradition  
religion  
love  
technology  
resistance  
storytelling

**OUR  
DISCONNECT  
WITH FOOD  
STARTED AT A  
YOUNG AGE**



**RECONNECTION  
IS THE KEY TO  
HUMAN  
NOURISHMENT**





**COOKING FROM SCRATCH DEVELOPS SKILLS AND  
REDUCES RELIANCE ON PROCESSED FOODS**





**FOOD TRADITIONS DEEPEN  
CULTURAL RESPECT**



**FORAGING, HUNTING, AND FISHING BUILDS A DEEPER APPRECIATION FOR LIFE, SEASONALITY, TOXINS**





**SOURCING FROM FARMERS AND PRODUCERS  
STRENGTHENS LOCAL FOOD SYSTEMS**



Acknowledging, accepting,  
and appreciating who  
you are, what you  
believe in, and what  
you stand for . . .

and eating  
accordingly . . .

is the **KEY** to human  
nourishment.



**SIMPLE YET POWERFUL GOAL:**



**EVERY TIME YOU GET UP FROM A TABLE YOU SHOULD FEEL BETTER THAN WHEN YOU SAT DOWN...**



Connect  
with us!



MODERN  
STONE AGE

Visit

Follow

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