



MODERN
STONE AGE

From Crisis to Balance:

Reclaiming Metabolic Health through Ancestral Practices

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The Metabolic Crisis

high blood sugar, blood pressure, &
increased waist size





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

The solution is much
more complicated.



nourishment

A word cloud centered around the word "nourishment". The word "nourishment" is the largest and is written in a bold, blue, sans-serif font. Surrounding it are numerous other words in various sizes, colors (including shades of blue, green, purple, and pink), and orientations. The words are arranged in a circular pattern around the central word, creating a sense of a cluster or a network of related concepts. The words include: security, belonging, ritual, power, wealth, status, celebration, ancestry, climate, privilege, innovation, survival, adaptation, justice, sustainability, resistance, storytelling, memory, expression, hospitality, culture, labor, resilience, spirituality, social, politics, language, craft, economy, control, inheritance, medicine, identity, heritage, art, connection, tradition, religion, love, technology, responsibility, access, and comfort.

nourishment

security
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CHALLENGING A POWERFUL SYSTEM THAT THRIVES ON:



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





HOW DID WE GET
HERE?





Revolutions That Impacted Our Food

- 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

- 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**



DIVERSITY

SAFETY

**NUTRIENT
DENSITY**

BIOAVAILABILITY

**TECHNOLOGICAL
INNOVATION
CREATED:**



MODERN
STONE AGE

Eat

Learn

Stay

Connect

Shop



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



MODERN
STONE AGE

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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 nouris

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.



A photograph of a busy outdoor restaurant patio. In the foreground, a man in a dark polo shirt is seated at a table, looking down at his plate. To his left, a woman in a blue shirt is smiling. In the background, a waitress in a black shirt with 'EAT HUMAN' written on it is standing. The patio is filled with people eating and talking. The text 'WE HAVE ALSO LOST SOMETHING JUST AS IMPORTANT...' is overlaid in white, bold, sans-serif font.

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

CONNECTION



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**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

A photograph of a family of three—a woman, a young girl, and a man—crouching in a lush, green forest. They are surrounded by dense vegetation, including various ferns and leafy plants. The woman on the left is wearing a light blue jacket and is looking down at a plant. The girl in the middle is wearing a bright pink sweater and is also looking down. The man on the right is wearing a brown jacket and is reaching out to touch a plant. The background is filled with tall trees and more dense foliage, creating a sense of being deep in a forest.

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



A woman with brown hair and sunglasses on her head, wearing a blue t-shirt, is smiling and holding a bunch of green beans. She is standing at a farmers market stall. In the foreground, there is a wooden basket filled with green beans and other vegetables. To her right, another woman with brown hair and sunglasses on her head, wearing a light pink shirt, is looking at the green beans. In the background, there are other people and market stalls under orange and white striped awnings.

**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...**



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STONE AGE

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 @drbillschindler

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