

The Scavenger-Frugivore



If you asked me the way we were most 'meant' to eat (whatever that really means) I would answer that it looks like our digestive system was designed/evolved for us to be a Scavenger-Frugivores.

A diet very high in fruit, with scavenger amounts of meat, eggs, etc.

This doesn't mean we can't survive and even thrive on other diets, we're super adaptable that way (I'm still alive after all)...

And, it doesn't mean this is the best diet for weight loss, because again, if you really think about it, up until recently there would be nothing 'ideal' about weight loss...

Simply, from an 'How were we designed/evolved to eat' this is the answer I've come to - Scavenger-Frugivore.

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