



Metabolic Man: Ten Thousand Years from Eden (The Long Search for a Personal Nutrition From our Forest Origins to the Supermarkets of Today)

Charles Heizer Wharton

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Metabolic Man: Ten Thousand Years from Eden describes man's journey from a harmonious co-existence with nature to today's state of nutritional disorder following the agricultural revolution. Leaving Eden and moving into civilization, man has failed to live by nature's laws and throughout the last 10,000 years has paid the price with disease, maladaptation and premature death.

The author's perspective of the history of man, his state of health, and the ecological devastation to the planet during the last ten thousand years allows the reader to clearly see where man fits into a downward spiral of ill health and degradation of quality of life.

Extensively documented, *Metabolic Man* provides the reader with a path to individualizing a personal nutrition tailored to his or her metabolic profile. *Metabolic Man* clears the mine field of processed food and advertising ploys that are in fact destructive to good health by helping the grocery shopper become a "hunter/gatherer" for specific metabolic body types in the supermarkets of today. AUTHORBIO: Alarmed at the deteriorating health of society in the "advantaged" nations, Charles Heizer Wharton, Ph.D. has devoted much of his time since his retirement in the early 80's to the subject of human nutrition. It is his fervent hope that through understanding their individual heritage and lifestyle, fellow humans can not only improve their own lives, but can help mitigate earth's problems in accommodating an exploding population. Currently he is Affiliate Faculty at the University of Georgia's Institute of Ecology.

The author's consuming interest in nutrition began in 1947, with the care and feeding of rare animals from the Philippines, (Published in National Geographic Magazine) and academically, by a course in nutrition at Cornell. He has Worked with native peoples in such diverse places as the Paraguayan Chaco and Sabah, Borneo. His first expedition to Cambodia was highlighted in the TV series, Investigative Reports (A&E). The National Academy of Sciences sponsored his second trip to Southeast Asia. His interest in early man was whetted by visits with the Leakeys and trips to Africa's Olduvai Gorge and Masai Mara.



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