

# The Evolution of Diet, Hence the Evolution of Disease

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Disease begins in the stomach. To fully understand this premise it is necessary to examine, theoretically, the diet of cave man whose diet was diametrically opposite of modern man.

Cave man ate one meal a day if he was fortunate enough to fell an animal, spear a fish or two, find some berries, nuts, fruit or roots; otherwise, he fasted for the day. It is highly unlikely that he was bothered by modern man's ailments or diseases as his life span was short and life was hazardous.

Modern man did not inherit the capability to digest combinations of foods that were incompatible. That is, sugars and starches digest largely from the saliva from the mouth as opposed to fats and proteins that digest largely from the acids in the stomach. If the two incompatible groups are combined in a meal, it will result in the combination remaining in the stomach for far longer than if separated. This results in incomplete digestion and results in toxins which cause disease.

It is prudent, therefore, to separate these incompatible food groups, especially for patients with an undetermined or spontaneous disease. With better digestion and less toxins to frustrate the doctor, therapy will respond decisively.

No meal or snack should be eaten until the stomach is empty, otherwise toxins will be created.

Fruits remain in the stomach about one hour, juices for less than 30 minutes. Sugar or starches stay for about two hours, and fats and proteins from three to five hours, depending on how well they are taken down.

Salads and quick cook vegetables are neutral and can be eaten with either group.

Proteins include meats, fish, fowl, nuts, eggs, cooked tomatoes (not a protein but digested under the same media). Milk is also in this group, but the author does not recommend the use of milk or its products.

Starches and fats include grains, oils, hard shell squash, pumpkin, spreads, dried peas and beans, potatoes and yams, fruits, berries, and sugar or honey.

If the diet is correct, the adjustment will show therapeutic results, if not the results will be negative.

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