

## **The vegetable foundation for all diets and differentiating the omnivore from the pure vegetarian.**

I have written several articles expressing the nature of different diets and the original format of connecting to food: instinctive eating. What I want to point out simply in this article is the commonality of all diets eaten by the great variety of human beings, one might think of it as a foundation to all diet. We can then add the nuances on top of this foundation that skew it to different types of digestive systems within the global population or different constitutions. Essentially all humans are human, so we have very much in common, our commonality in diet is the basis of this article.

Fundamentally the human is most likely to have originated from ape-like ancestors. We know clearly that these animals are very closely related to humans, therefore it is a very good basis to look at what these animals eat and how this relates to human diet today. Chimps will eat a diet consisting mainly of vegetable material with minimal additions of insects and meat to this diet. There is absolutely no problem for these animals to eat 100% vegetable food.

For the human being therefore the greatest proportion of our diet needs to be in accordance with this natural ancestry, it can't be too distant from it. We are animals that are born from a lineage of vegetarians and so this is the foundation of our diet. This means leaves, roots and shoots, fruits and other similar foods eaten in season. This needs to form at least 60-70 % of our diet if not more.

So what then of the other 30 or so percent...

This is where we can start using a constitutional basis for looking at diet. For this I will be using blood-group to look at physical-energetic constitutional groups and the reasons for this are explained in my article *"From fragmented diet to instinctive eating: The foundational approach to understanding diet and eating based on constitution"*, please see this for more information.

For those of the blood group O we can suggest that the extra 30% is be composed of a variety of "protein" foods from fish to meat to insects (if you have the inclination!) The point is that this is likely to be the oldest blood group because it is the most similar to that of ancient cousins', with just an extension of the use of animal proteins, probably due to necessity of adaptation to our environment and also developing our obvious differences as a species.

However the blood group A also has the possibility of calling itself the "oldest", as it is the 100% vegetarian diet if it wants to be. These peoples can consume only vegetables foods BUT in order to keep the energy high the 30% comes from grass seeds or grains, nuts and beans. These might be considered more "dense" vegetable energy and so the diet that contains this is usually associated with some kind of agricultural activity. This is because in order to gather enough of these crops to form a diet around them it would likely need to have an agricultural basis to the diet and so the A group is more often considered a later expression than the O group. The point is that A group is a fully vegetarian diet, which with the addition of some garnishes of seafood and occasionally meat creates a completed diet. The proportions of vegetables to grains and beans is really dependent on activity and what is required,

but the basis of being a vegetable-based existence remains the same in both the A and O groups which make up almost three-quarters of the population of the world.

The B group was the next to emerge and this is a true omnivorous diet this time the 30% containing not only meats and fish but also grains with some beans and dairy products, as this group was likely to be nomadic peoples who would travel far and wide, consequently dairy food became adapted to and useful. More similar to the O group than the A, these peoples are not exclusively vegetarian but the basis of their diet is.

The AB group is the least and the last to be formed, consisting of 1% of the world population or thereabouts. This is a combination of the A and B groups so it is a hybrid energy composed of the most recently-formed culture of the last two to three thousand years, which is a town-based culture. This again is vegetable-based but can adapt to many kinds of changing supplies of foods and can deal with some of the more refined foods and preparations of the modern lifestyle.

The point of this is to see that we are all vegetarians as a very large proportion of our diet, but it is what is added to this basic dietary structure that allows for our constitutions to be met entirely. Of course this is very clear when we look at indigenous peoples whose dietary process is instinctive and connected to their environment exclusively. This is not to highlight all indigenous communities as being “better”, for some of these populations live in total scarcity due to their land being destroyed. Scarcity is no good for anyone’s health and as a result we can only look to those even fewer indigenous populations who are able to live in an eco-system that is in alignment with nature in order to really understand what connection to an indigenous food source is all about.

The natural commonality of vegetable foods is like human life-blood which is vitally important. It is interesting that almost every diet out there points out that an increase in consuming vegetables and some fruits will basically increase lifespan, strengthen the body and cure most dis-ease, the reason being that in fact this is right for everyone. The only thing that is out of place is who of us should supplement this basis with meat, or beans and grains or dairy or the like and this is all dependent on constitution and activity.

While I am not suggesting we go about this by a thought-out process, I am pointing out that in letting go into instinctive eating one needs to get an idea of the foods that suit the body’s sensitivity and in many cases the approach of simply eating more vegetables and occasional fruit can be all that is needed to bring many dietary and food-related misnomers back into alignment with nature.

David Nassim  
4/1/2013