



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Chapter Seven
Mother Nature Packed Us a Lunch

"Food is an important part of a balanced diet."
Fran Lebowitz

1. Theories on diet and nutrition are constantly changing. What is the simple solution that I provide at the top of p. 118? _____

2. On p. 118, I tell which diets work, and which don't.

Which ones work? _____

Which don't work? _____

On p. 118, what kooky diet did my college friend try?

Did it work? _____

Do you think you might want to try that diet? _____

3. Read "*Why Diets Fail*" on pp. 121-122. What is Dr. Mark's definition of "dieting?"

Write a few thoughts on how this applies to your current approach to your nutrition:

4. Read "The Most Important Nutrient" on p. 126. What is the most important nutrient?

Make a visit to your kitchen and take a look at all of your food. How abundant is the most important nutrient in the foods you eat? _____

What can you do to begin adding more of the most important nutrient into your diet?

5. Read the section, "Supplements" on p. 127. Why do we call them "supplements?"

6. On p. 128, what do I say is the most expensive food you will ever buy?
