

Dr. Cordain at NOHA

In November, 2008, NOHA brought Loren Cordain, PhD to the Chicago area for a two-day program on his research into the diet of our paleolithic ancestors.



Dr. Cordain (L)

During the first Paleo Diet lecture, held in Oak Park, Dr. Cordain detailed the techniques and analysis used to draw conclusions of what comprised a 'typical' diet

during the paleolithic period.

This diet had a strong emphasis on wild game as the primary protein source, had very limited grain consumption and did not include dairy. The nutritional components of wild game during that period was quite different than the typical farm-raised, grain-fed beef of many contemporary diets.

During the second lecture, held at a new NOHA venue, the historic, newly restored Skokie Theatre, Dr. Cordain provided concrete details of how we can apply these principles to a modern diet.

In addition to Dr. Cordain's two lectures, NOHA also produced a Paleo Dinner based on the principles put forth by Dr. Cordain. Over 50 NOHA members and guests enjoyed this special event and the opportunity to meet Dr. Cordain. NOHA wishes to extend a special thank you to the Holiday Inn Northshore who helped sponsor this dinner.

Dr. Cordain is widely acknowledged as one of the world's leading experts on the natural human diet of our stone age ancestors. He is the author of more than 100 peer-reviewed scientific articles and abstracts. His research into the health benefits of applying principles of this ancestral diet for contemporary people has appeared in the world's top scientific journals including the *American Journal of Clinical Nutrition*, the *British Journal of Nutrition*, the *European Journal of Clinical Nutrition* among others.

NOHA has produced a two-part DVD of Dr. Cordain's lectures that may be ordered by visiting our website: www.nutrition4health.org.

For further information visit:
www.thepaleodiet.com