

**Paleo Magazine Mail - Dispatch from the storm - Did Cavemen Really Die Young  
A Thirsty Brain Podcast Preview with Matt McCary  
PMR #141**

October 6, 2016

Tony Federico: Hey, Paleo Nation, I'm Tony Federico and you're listening to Paleo Magazine Radio, the official podcast of the original Paleo lifestyle publication. [Music 00:00:07 - 00:00:20]

Do you love knowing obscure facts and figures? Do you have a tendency for googling well past your bedtime? Do you regularly win at trivia night? You might have a thirsty brain, and Matt McCarry might have the cure. Matt is widely known in the Paleo community as one-half of the dynamic Paleo Parents duo, but after writing multiple best-selling books, creating an uber popular blog, and producing blockbuster podcasts, he and his wife, Stacy, decided they wanted to get real. Their new website [realeverything.com](http://realeverything.com), is dedicated to real talk, real food, and real life, and for Matt this meant exploring his boundless search for knowledge. Matt's new podcast, Thirsty Brain with Matt McCarry, explores everything from the history of zombies to Julius Caesar, medieval surgical masks, and the sleeping habits of ducks.

On today's episode of PMR, Matt joins me for a paleo-centric preview of Thirsty Brain where we dive deep into the controversial question: how long did cavemen live? In our conversation, Matt and I discuss the important difference between lifespan and life expectancy, what all cause mortality means for ancient ancestors, why wheat made it shorter, how our modern lives have been extended despite our crappy diets, and the reasons why our hunter-gatherer ancestors really did die young, but spoiler alert: none of them have to do with diet. Before we get started, I want to take a quick moment to thank the sponsor of today's show, Ancient Nutrition, makers of the world's first real bone-broth protein.

When Jordan Rubin joined up with Dr. Josh Axe to create Ancient Nutrition's bone-broth protein, they had one goal in mind: to produce the world's first real bone-broth protein powder that provided all the nutritional benefits of bone-broth in a convenient and easy-to-use form. To put their product to the test, Jordan decided to challenge Dr. Axe to a cook-off.

Jordan Rubin: Hi, I'm here in the kitchen with Dr. Axe and today, we've been talking about the benefits of bone-broth for your joints, gut, immune system, metabolism, and of course, your skin. We also know that making bone-broth can be a little bit time consuming, so I've decided to throw down a challenge to Dr. Axe to see if he can make one serving of bone-broth protein faster than I can make good old fashioned bone-broth. Dr. Axe, you ready for a challenge, or are you chicken?

Dr. Josh Axe: I'm ready, Jordan, challenge!

Jordan Rubin: Begin!

Tony Federico: To find out who wins the bone-broth protein challenge, go to [ancientnutrition.com](http://ancientnutrition.com), while you're there, you can also find out more

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about Ancient Nutrition founders Dr. Josh Axe and Jordan Rubin, check out the ingredients in their products, and find stores in your area that sell bone-broth protein. All right, folks, it's time to get thirsty, Paleo Magazine Radio starts now. [Music 00:03:04 - 00:03:36]

Hey everybody, welcome to Paleo Magazine Radio's sneak preview- or I guess you could say, it's not so sneaky, we're just kind of putting it out there- of the Thirsty Brain with Matt McCarry, he's formerly of the paleoparents.com soon to be realeverything.com, Matt welcome to the show.

Matt McCarry: Thanks for having me.

Tony Federico: Tell us a little bit about the Thirsty Brain, just before we get into today's topic- what was the genesis of the idea, what inspired you to do it?

Matt McCarry: Long ago, when I first met my wife, I would start telling stories- she would mention a topic and I would have 1,000 different things that I had to say about it, the facts that I picked up along the ways and all kinds of trivia that I knew. I have a real sponge of a mind, I don't seem to forget anything that is of impractical purpose; anything that I don't really have any use for, I will remember it. She called me the King of Useless Trivia.

Tony Federico: So, great on game night.

Matt McCarry: Yes, exactly, I can go to any bar in America and win their trivia night, but ask me to actually do something practical, I'll probably come up short. I do know a lot of things, and I love to know things. The smartphone was the greatest invention ever, for me, because I just have a source of information any time I need it, so eventually Stacy told me, "You should share this, there's got to be a use for knowing useless things." I started the podcast, Thirsty Brain, based off of a description that Russ Crandall had for me, I just pick up information, and I get to share it now.

Tony Federico: Well, I think a podcast is the perfect format for someone who is inclined toward what some might consider useless facts and information and for someone who likes, especially, to share those facts and information with other people, so I'm excited to have you on today. Let's go ahead and get right into it, man, let's Thirsty Brain it up.

Matt McCarry: Absolutely.

Tony Federico: When we first talked about doing this, I had a question, my question is: do cavemen really only live to the age of 25? That's something we've heard ad-nauseam from Paleo critics who say, "Why would you want to follow a diet when they didn't live that long anyway?" People only live to reproductive age and that's why they didn't suffer from chronic diseases, it's because they died very young and basically didn't matter how they lived, therefore Paleo's stupid. It's kind of how that argument tends to

go.

Matt McCarry: Right, exactly, well let me ask you a question first: do you know what the difference between lifespan and life expectancy actually is?

Tony Federico: I'm going to take a stab at this, I'm going to say lifespan maybe would be an average, so if we look at a population you just kind of take in, you know, this person lives to 3, this person lives to 5, this person lives to 35, 50, etc. and you take that all together and then you average it out. Life expectancy would be more... I guess I don't really know how those would really necessarily be different, enlighten me.

Matt McCarry: You're close, what you described for lifespan is actually what we call life expectancy.

Tony Federico: Okay, that's what I was starting to think, I was like maybe I got that flip-flopped.

Matt McCarry: It's the average age that people die at, right? Lifespan is the maximum age that any species can actually live, right, so the lifespan for human beings is 122, that's the longest lived person that we ever knew. She was a French woman in the countryside, smoked until she was 119, she lived to be 122, longest lived person ever that we know of. The lifespan of a species is actually something that would change only over a long period of time, so we believe we have no reason to doubt that the lifespan of human beings is the same for as long as there has been humans, right?

A person born in the paleolithic era, if they happened to get the right combination of genes that allowed them to smoke cigarettes until they're 119 and still live that long, they could theoretically, if put into modern times, live to be 122 as well.

Tony Federico: Okay, so that's an interesting point, and what I'm hearing is we have the capacity to live, just in a general use of the word until 122, we would not have that capacity if it was unrealistic to live til that age. Now, one little wrinkle that I would throw out there is, what's the difference between a wild lifespan and a domesticated one, because we kind of see that with pets. I guess you could say wild animals in captivity: they say, well, in captivity they live til 50 and then in the wild they live til 20.

Matt McCarry: That's absolutely true, and in fact, the longest lived animals of any species are in zoos, it doesn't matter what species you go to, you're probably going to find the longest lived animal that we can find is going to be living in a zoo and well taken care of.

Tony Federico: We're zoo humans.

Matt McCarry: We are zoo humans, we are under care at all times, people in the

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western world will have what we need to survive as long as we can.

Tony Federico: Yeah, you got a whole team sometimes.

Matt McCarry: Exactly, so do you know what the life expectancy of a modern human actually is?

Tony Federico: You know, I'm going to go ahead and just say 75 for guys and 80 for girls.

Matt McCarry: That's actually pretty close, in America it is actually 78 for men and 80 for women, it varies by country of course. The Japanese live longest out of everybody, the average life expectancy for someone born in Japan is going to be about 83, but that also can decrease. For example, people in sub-Saharan Africa, right now, are in a life expectancy crisis, because of the AIDs epidemic in Africa. The life expectancy for many of these countries is under 50 years old.

Tony Federico: Oh man, so they're reversing the trend of longer and longer life expectancies.

Matt McCarry: Exactly, that's actually gone down, and we actually can see by studying bones throughout history that there are ebbs and flows of life expectancy. For example, the worst time in Europe to be alive in terms of life expectancy was the 14th century. Tony, do you know what happened in the 14th century that decreased life expectancy through all of Europe?

Tony Federico: Let's see if I can tap into my high school history class, I'm going to say Bubonic Plauge, the Black Death.

Matt McCarry: Exactly right, it decreased the life expectancy by about 20 years. Everybody was dropping dead left and right, and it affected all people's, including the aristocracy, theirs dropped just as well as the peasants, so we could see all these ebbs and flows in life expectancy over time. One of the other most dramatic dips of life expectancy happens about, more or less, 10,000 BC or so.

Tony Federico: Okay.

Matt McCarry: I remember, I was walking through a museum- the Natural History Museum in Washington D.C., this must have been 20 years ago, I'm walking through here, its got all these different peoples. Its got Paleolithic man, Late-Paleolithic man, Early Neolithic man, and all these different guys, Bronze Age man, then Iron Age man, and then Roman man, it's going all through the ages of humans. On those plaques it said, here's this guy, here's where he lived, here was his life expectancy. I'm walking through here, and it would have on these plaques, you know, Paleolithic man: life expectancy 35; I keep walking, Early Neolithic man:

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life expectancy 30; keep walking, Late-Neolithic man: life expectancy 25.

Tony Federico: Oh wow.

Matt McCarry: The unfortunate thing is that when we started settling in civilizations, the life expectancy dropped. This is not new information, we have known this for many years, and we actually even have good explanations for why this happened, yet somehow or another the idea that the hunter-gatherer man lived a short life and then somehow or another agriculture saved him. It's still a myth that's believed today, and it's simply not the case.

Tony Federico: This isn't like a Paleo diet museum, this is probably Smithsonian, we're talking legitimate institution. They're declaring right there life expectancy went down with the advent of organized agriculture, now what I'm starting to think here is maybe we are in a trap of comparing our modern, as in today, right now, life expectancy with that of a Paleolithic person. When did we start to see this big uptick toward 78-80, was that within just the past 100 years or so?

Matt McCarry: It's actually very recent, and it's actually kind of shockingly recent. The life expectancy was still under 50 years old all the way up until the 20th century, in fact, it was only after World War I that life expectancy actually started to climb into these old age numbers, and in fact, further than that you already identified that women live longer than men. That's actually a very recent phenomenon, up until after World War I women lived shorter lives than men.

Tony Federico: That whole giving birth thing maybe factored into it?

Matt McCarry: Exactly right, and we all know this as well, and yet somehow we still have this recency bias against anything from the past. It's that women use to live short lives, because pregnancy was really hard and really dangerous, giving birth was really hard and really dangerous, and if something went wrong we didn't even know the first way to get the mother to survive. Now, from a very early time we can get the baby to survive, cesarean sections are known from tens of thousands of years ago, but we didn't know how to make sure the mom made it through okay.

Tony Federico: I can't even imagine what those procedures involved, that just seems like some Game of Thrones level brutality.

Matt McCarry: It's actually literally a scene in the most recent Conan the Barbarian film. That's how we got to women living longer, now we can get them to survive, and even further than that, the real question when we're talking about the Paleo diet, and whether cavemen lived a long time or not isn't even life expectancy, that's the wrong question to ask. What we're trying to get to in the Paleo diet, is to get an optimal human diet that will

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sustain health for a long-term, right? What we're not trying to do is to prevent us from falling off a cliff or getting eaten by a saber-toothed tiger, or making it so that we can survive a nomadic lifestyle. These are not the concerns for the Paleo diet, what we're trying to do is actually get healthy years out of it. When we look life expectancy, what we're factoring in is all cause mortality, right? That's a medical term that means any way that you die, we're going to count it.

Tony Federico: Nowadays it's heart disease, cancer, suicide, things of that nature, generally.

Matt McCarry: People are dying later, essentially, because they're not dying when they're kids, so we have great medicine for kids these days, right? We don't have a whole lot of childhood illnesses that are going to kill us anymore the way that we did up until the 1900s. We've figured out ways to get us to survive, you have a child mortality rate that is very, very low and it was not that way until very recently. If you want to look at how long did cavemen live, what you want to look at is how long did adults live. If you made it to adulthood, how long would you live?

Tony Federico: Right, so kind of that whole other factor of infant mortality out of the picture- early child mortality.

Matt McCarry: Exactly right, so giving that as our question, how long do you think the cavemen lived?

Tony Federico: Oh man, okay, so you were saying that the museum exhibit, that you saw 20 something years ago, put them around 35 or so, kind of your average Paleolithic man. We've already established, there's some recency bias factoring into that. Now if a caveman lived til adulthood, I'm going to go ahead and just put a number out there, because I tend to be skeptical of the conventional wisdom, so I'm going to say- everybody says cavemen died at 25- I'm going to go ahead and just double down and say actually if he made it to adulthood, more like 50.

Matt McCarry: Very good, it's actually about 54 is the estimations, this is based off of a couple of things. We do find bones of Paleolithic people and we can estimate their age based on our knowledge of anatomy, we can also study modern hunter-gatherer populations who aren't connected to the modern world and see how long they're living and we can estimate using these various factors that the life expectancy of an adult hunter-gatherer would be about 54.

Tony Federico: Not too bad.

Matt McCarry: Not too bad, considering that that would be a pretty good life expectancy for modern countries in the 1800s, right?

Tony Federico: Right.

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Matt McCarry: Now, furthermore than that, let's compare that to the best of what civilization has to offer, like of a pre-modern civilization, a very recent agriculture society who we think of as being the epitome of those ancient peoples. So, let's compare them to Romans, okay?

Tony Federico: Yep, very civilized.

Matt McCarry: You would think that Romans would have very good life expectancy because they seem to be very good lives, right?

Tony Federico: Mm-hmm (affirmative), they had roads and plumbing of a sort, and couches, and all that good stuff.

Matt McCarry: Exactly, right, so now at this point we are comparing the best Iron Age society versus hunter-gatherers who are living 10,000 years ago and when we look at those numbers, we see that Romans didn't make a life expectancy of 50, it's really more like 48 years old. Even the best of ancient peoples had to offer couldn't compete with a hunter-gatherer adult life expectancy.

Tony Federico: Interesting.

Matt McCarry: We know why this is the case, too, because when we are talking about these civilizations, we can say, "Yes, they were perhaps eating a sub-optimal diet." Another thing that was the real problem is that when you're out on the plains, you're running around, you're living a hunter-gatherer lifestyle, you're not living in a city. The worst thing for people is living in cities when you don't have modern medicine.

Tony Federico: Other people, kind of crammed together, tight quarters, not a great situation- probably allows for a lot of disease to get spread around, dirt to accumulate, all that nasty stuff.

Matt McCarry: Super bad hygiene and sanitation, it's a pretty gross thing to do to live in a pre-modern city. If you think that your city these days smells bad, imagine living in a place where there's not proper sanitation, there's not proper zoning where things are falling on top of each other, where people are living on top of each other, where there is no codes or laws to prevent you from stuffing ten people in a single room. It is terrible for a human being to live in that situation. Now, in modern times, we have figured out how to keep people healthy, how to keep them alive longer, and how to keep them surviving until adulthood. It's all of those factors that we have combined together that have made it so that we can live to be 80 years old.

It has nothing to do with diet, and when I hear this argument, Tony, I honestly wonder: do they think that the standard American diet, that we blame for the obese epidemic, that we blame for heart disease,

diabetes, for all these things- do they really think that this is the healthier diet? Do they really think that when they say this argument, that it's the diet that's letting them live this long?

Tony Federico: It's almost in spite of the diet that we're living this long.

Matt McCarry: Exactly, and when you look at that whole picture, you can't actually correlate the diet of the Paleolithic man with his life expectancy.

Tony Federico: Mm-hmm (affirmative), so here's maybe the inclination that I have at this point: a modern human living to 80 does so in spite of their diet, I want to say did the Paleolithic man live to, maybe 50, because of his diet and lifestyle?

Matt McCarry: Well, here's what we can say about that: we have measurements of hunter-gatherer peoples. This is the best thing we can do, is measure skeletons to determine health of these people. When we're talking about health, when we talk about what a healthy person looks like, this person would not have the signs of malnutrition, right? When you look at that, the Paleolithic man is actually the same height as a modern human from today in terms, in average, that the Paleolithic man was probably 5'9" just as the average for a male in the United States, these days, is on average 5'9". Then, we noticed that- we also have other measures that show us some degree of nutrients efficiency in Paleolithic men, bone density, stuff like that. Then we noticed that the average height, and all these health markers we could find from skeletons, all decreased as we move into agricultural civilizations.

Tony Federico: Okay, so now we can start to actually look at the health piece, not just the quantity of years piece.

Matt McCarry: Exactly, and we can see that the average man during this Bronze Age might have been 5 feet tall, but that might have been the average height for a man during that time period.

Tony Federico: So, a little stunted, not dissing anybody that happens to be 5 foot tall, but that's not really- you know, that shows that the nutrition level, the lifestyle, wasn't really encouraging good health.

Matt McCarry: Correct, you would expect a healthy individual to maintain the same height as his ancestor, you wouldn't expect that to go down. Obviously, we can't be certain that malnutrition was the reason, but we can see that there are several different signs- bone density went down as well- that nutrition wasn't as good for these early civilizations as it was for the Paleolithic man. The average height doesn't actually recover to that Paleolithic standard until this century as well.

Tony Federico: Really?

Matt McCarry: Yep, so you think about famous people who are famous for their height during time periods, right? Napoleon comes to mind, people use to say that he was short, because he was only 5'4". Well, during that time period the average height was 5'6".

Tony Federico: He was pretty normal-sized.

Matt McCarry: Yeah, he might've had a couple of inches on some people, right?

Tony Federico: So a Napoleon complex really means you're just slightly below average height-wise.

Matt McCarry: You're slightly below average, exactly, and there's other people who are famous for their height as well, like George Washington was famously very tall for the people around him- he was the tallest man in the room. He was only, probably, about 6'2", which is not that tall- I know plenty of people who are that height.

Tony Federico: It wouldn't raise any eyebrows these days.

Matt McCarry: It wouldn't raise any eyebrows these days, but when the average person is 5'6", then he becomes the basketball player of his time period.

Tony Federico: Wooden basketballs, though, back then.

Matt McCarry: Wooden basketballs, right. That marker of health, you know, recovers over time until you get to the same Paleolithic standard as today, so we could probably say that the Paleolithic man definitely had a better, more nutrient dense diet during that era than did his descendants only 5,000 years later. That civilization, by the way, it doesn't even have the same proportion of meat and vegetables and grains as even our modern diet does, because when people first started living in cities, living in civilization, during that Neolithic time period suddenly the diet became almost entirely grain-based from a diet that was 0% grain-based.

When people start talking about the grain problem, like you've read things like wheat belly and things like this, and the problem with modern diet is the reliance on grains. That is the problem that dates all the way back to us first getting into civilization, is that the grain-based diet, the more percentage of your diet is grain-based, the less nutrient efficient it is. In fact, over a time period as we start regaining this health, or regain this nutrient sufficiency, started coming away from these time periods where we were entirely nutrient deficient, that is also a time period where meat and fresh fruit and vegetables become more readily available to the lower classes.

Tony Federico: I.e. during our hunter-gatherer times, or in the past 100 years.

Matt McCarry: Right, so I think that taking into account this information, that we can

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probably conclude that the grain-based diet and living together in civilizations was bad for our health. It was bad for our health a number of ways, we were all dying early, we weren't being healthy at the time, and we contribute that entirely to the invention of agriculture. It's only in modern times when we've invented good medicine that can get you to adulthood and get you into old age and beyond, and a diet that is more and more available for meats, vegetables, and fruit, that that is when your health comes back, or at least our longevity comes back. The idea that Paleolithic man was dying at a young age because of this bad diet that he had, is based on only conjecture and guesses, and not on any hard science at all.

Tony Federico: So, the Thirsty Brain verdict on: did cavemen only live to 25, that myth is false.

Matt McCarry: Absolutely false.

Tony Federico: I don't know if you know about this or not, but I'm just going to put it out there: why would menopause exist if people, but women specifically, didn't live to experience it. It seems like having this kind of secondary phase in one's life, it doesn't have to be that way, because guys don't have that, or it's not as apparent. Why would there be menopause if women weren't, at least sometimes, living to their 50's and beyond.

Matt McCarry: That's actually a good point, so there are two reasons that we suspect that menopause exists. First of all is that there is actually finite number of eggs, that women actually can run out of eggs, you start out, literally at birth, with the number of eggs that you will have. You release them monthly, until they're all gone that you go through menopause. There's also the concern, especially for a pre-modern society, where there is little understanding of the reproductive cycles that we don't want our women to have babies at advanced and more advanced ages, because one: they won't survive; two: the baby won't survive; and three: if the baby actually makes it to term, the later the maternal age, the more likely birth defects are. Menopause is kind of a built in system that cuts off reproduction when it becomes more and more dangerous.

There is one other thing that makes us think that menopause is only a well, I don't want to say only a modern thing, but is only a concern for modern people, which is that hunter-gatherer populations, their women tended to be pregnant a lot more often than our women, because there was little understand of the reproductive systems, there was very little you would do to prevent pregnancy.

Tony Federico: If they had thought of it, they really wouldn't have had any means to do anything about it.

Matt McCarry: Right, so we find they have 9 pregnancies, 10 pregnancies, 11 pregnancies throughout their lifetime, so every time you are pregnant

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and you bring a baby to term, you've essentially put menopause off for another, almost year, right? The only natural birth control during these time periods was breastfeeding, because breastfeeding actually shuts down the ovulation cycle, or should, that is the built in mechanism that we have there, so that you don't have babies too close together. The idea is that hunter-gatherer populations, their women, even when they were living to 60, 70, 80 years old, might not have even experienced menopause, because they still have something left in the tank so to speak. They hadn't used up all their eggs.

Tony Federico: That particular piece of the puzzle seems like there's a pretty clear answer for it, I guess I was thinking, hey maybe there's a biological advantage to having a grandmother around.

Matt McCarry: Well, there is, one of the reasons why these civilizations actually survived, that the hunter-gatherer populations survived so long is because they were big family groups. You could actually have a grandma hanging around, because you had the next few generations around to take care of her. One of the reasons why we think and we know that there are elders in these Paleolithic civilizations is that we find them buried. We find these people with things that indicate funeral rites, they have some sort of religious practice around this burial and these are ancient people who you couldn't expect would be of much physical use, right?

They're old, every set of bones we find from this time period is also probably going to be injured, like with permanent injuries, but they kept them around, because they started valuing the wisdom of older people. They started valuing the ability for old people to take care of the children while we're out hunting things. The family unit- this tribal unit stayed together and was able to live so long, because they were all in it together.

Tony Federico: To kind of tie it back to the thing that you started off talking about today, before the age of smartphones, our elders would have been the repository of knowledge. Before you could ask Google with your iPhone, you had to ask Grandpa around the campfire.

Matt McCarry: Grandpa would know, because he'd seen so many different situations.

Tony Federico: Awesome man, well, hey that was great so really interesting stuff. Can you tell us a little bit about some things that you've got in store for future installments of Thirsty Brain?

Matt McCarry: Sure, absolutely, so I've got a whole big list, on my phone, of all the weird questions I've started trying to explain and someone say hey, stop, and wait, pause on that. I told Cole about the history of zombies, origins with slave culture in the Caribbean, I told him all about Julius Caesar, and all the cool, fun things about Julius Caesar that we

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discussed. We are going to talk about the funny masks that doctors use to wear during the medieval times, you know the ones with long noses? I'm going to talk to Stacy about ducks, and how ducks can sleep only half-way, they can rest half their brain at a time. We have a lot of things in store, this is a free-form show that's just about sharing information to impress your friends.

Tony Federico: Nice, so you can crush trivia night like Matt.

Matt McCarry: Exactly.

Tony Federico: Awesome man, so as we mentioned before this is going to be linked on realeverything.com, I'm assuming you guys are going to have the show on Itunes, and all of your usual suspects there.

Matt McCarry: Absolutely.

Tony Federico: Awesome, all right, so I hope people check it out and I appreciate you coming on today to do a little Paleo version, talking about how old cavemen did or didn't live, although I think we pretty well established that they did pretty well all things considered.

Matt McCarry: I would say considering their constraints, I think they did as well as you could.

Tony Federico: Awesome, all right, thanks Matt.

Matt McCarry: All right, thank you.

Tony Federico: That was Matt McCarry, host of Thirsty Brain, you can find out more about Matt and listen to Thirsty Brain Episode 1: Where Did Zombies Come From on his website realeverything.com, I'll be including links to everything Real and Thirsty in the show notes on Paleo Mag online, but remember that you need to be a Paleo Mag subscriber to access our podcast page. Next week's show will be a Paleo Radio bite, featuring Mike Ritter of the Result Cult, here's a preview.

Mike Ritter: Functional diagnostic nutrition was started by Reed Davis a number of years ago, it's a practitioner-ship where we're basically trained on metabolic pathways, hormone balance, gut bacteria, leaky gut, a lot of these underlying stressors and hidden stressors that ultimately effect, or kind of result in chronic problems, chronic disease, and at least 60% of our chronic diseases are stress-related.

Tony Federico: To find out more about Mike and his practice of functional diagnostic nutrition, you'll have to tune into next week's show. To make sure you don't miss it, be sure to subscribe to Paleo Magazine Radio on Itunes or favorite us on Stitcher. Once again, I'd like to thank the sponsor of today's show, Ancient Nutrition, if you love cooking with their bone-broth

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protein, I'd love to see it, and share it. To be featured, tag me on Instagram @TonyFedFitness or just send me an email at Tony@paleomagonline.com, Paleo Magazine Radio is brought to you by the Paleo Media Group, our show music features the song "Light it Up" by Morgan Heritage and Jo Mersa Marley. Paleo Magazine Radio is produced by me, and on behalf of everyone at Paleo Magazine, thank you for listening. [Music 00:37:38 - 00:38:06]