

Title: Conversations

Subtitle: People Lived Older in the Past on a Vegan Diet

Second Subtitle: People Lived Older in the Past on a Vegan Diet

Author: wizanda

Date: 1609952428

URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=23

Quote:

Much of our recorded history was destroyed during the destruction of the and Carthage. What remains tells us of great gardens and orchards. Herod records that Greeks were heavy eaters of olives, figs, dates, grapes, apples. This noted historian wrote: "The oldest inhabitants of Greece, the Pelasgians, Dorian, Ionian and Elian migrations, inhabited Arcadia and Thessaly, possibly Lesbos and Lakemanas, which were full of orange groves. The people with oranges lived on an average of more than 200 years."

Another Greek, the poet Hesiod, said, "The Pelasgians and the people who in Greece, ate fruits of the virgin forest and blackberries from the fields." The biographer, observed: "The ancient Greeks, before the time of Lycurgus, were vegetarians."

Pythagoras, one of the wisest of the ancient sages, is credited with being the originator of modern astronomy, philosophy and other sciences, and was perhaps the greatest of the ancients. His fare was almost entirely fruits. He left his mark on the world as no other. He was the author of the philosophy of the Essenians from whence originated modern Christianity as we know it.

Much of our history indicates that our ancestors were fruitarian. But, his falsify our past and our fruit-eating nature. Biology and physiology books, such a simple word as frugivore has been omitted from most current dictionaries. <https://livingfullynourished.com/en/essays/ygienism/frugivorism.html>