Title: Conversations
Subtitle: People Lived Older in the Past on a Vegan Diet
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Quote:
Much of our recorded history was destroyed during the destruction of the
and Carthage. What remains tells us of great gardens and orchards. Hero
records that Greeks were heavy eaters of olives, figs, dates, grapes, app
This noted historian wrote: "The oldest inhabitants of Greece, the Pelasg
Dorian, Ionian and Elian migrations, inhabited Arcadia and Thessaly, pos
Lesbos and Lakemanas, which were full of orange groves. The people wit
oranges lived on an average of more than 200 years."

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

Pythagoras, one of the wisest of the ancient sages, is credited with bein
modern astronomy, philosophy and other sciences, and was perhaps the g
fare was almost entirely fruits. He left his mark on the world as no other
the author of the philosophy of the Essenians from whence originated ma
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 dicti
https://livingfullynourished.com/en/es ... ygienism/frugivorism.html