Lost Wisdom of the Worlds
And the Throne of Health

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Imagine Utopia

Euphoria
Connection
Satisfaction
Energy
Ease
Food & Housing

Food so abundant that storage is unneeded.
No Physical Illness

- No headaches
- No insomnia
- No colds or flus
- No PMS, infertility, or death in childbirth
- No chronic disease
- No skin/automimmune disorders
- People die of old age and are healthy in mind and body until their last days
No Mental Illness

- No anxiety
- No depression
- No fear for the future
- No introverts
- Babies don’t cry or have temper tantrums.
- No one must work and they get to hang out with their friends and family all the time.
There is a place...

There are many places...
From the Arctic to the Amazon and From Central Asia to Sub-Saharan Africa:

- They eat differently
  - Carnivore to Hunter/Gatherer to Agrarian
- They live differently
  - Nomadic to Permanent Dwellings

Yet they have equal health.
And They Are Regal

Posture
Quiet Strength
Peak Health
Warm
Kind
Capable
Satisfied
Despite their Differences..

• There are patterns.
• There are patterns to those who are resilient to disease and infection.
• There are patterns to those are becoming more like us every year.
Patterns of Disease and Patterns of Health  
Ex: Massai of Tanzania

Ex: Maasai
Regal to Regular
Are you surprised?

Portrayal by the Colonialists:

Dirty, living in filth, smelly
Violent/Aggressive
Hungary
Godless
Sick without remedies (downplaying their intelligence and wisdom)
Unintelligent
Descartes: “I think; therefore I am.”

What if human advancement is not found through intellectual innovation?

What if the brain was not meant to be our identity but was rather best used as a tool..

A tool one can pick up and put down at will?

Descarte also said, “It is not enough to have a good mind; the main thing is to use it well.”

Looking around us, are we using our minds well? Are our people healthy, happy, and relaxed? Are we present? What of our environment?
Broken Chair vs. Throne

Which would you choose?
Throne of Health Theory:

How many legs does a throne have?
How many legs does your health stand on?

4 Legs:
• Diet
• Lifestyle
• Mindset
• Community
Chapter 1: Origins

How it all began to Current Theory: Perfect health is our birthright.
Leg 1: Diet

- Fasting
- Regional – no imports
- Seasonal
- Animal-based
- Little water
- Relaxed
- Eat with hands
Leg 2: Lifestyle

- Sleep patterns
- House arrangement
- Movement
- Elements: Sun, cold, heat, earth
Leg 3: Mindset/Presence

- Mythology/spirit
  - Creation myth
- Tests of character, rites of passage
  - Sateré-Mawé boys (mid-Amazon, Brazil) bullet ant glove, age 12
  - Hamar girls (Omo valley, Ethiopia) whipping ritual
  - Maasai boys (Kilimanjaro region) lone forest journey
- Satisfaction
  - No desire to learn about our world
  - Think we are odd
- Regality (Maasai, Mongolians) or playfulness (Inuit, Matsunaga)
- Abundance, joy, and safety
- Trust
  - Naked hunts in the Amazon at night
- Intuition
- In a near constant state of meditation.

“Every season is my favorite season,” – Hans Jensen, Greenlandic Inuit
Leg 4: Community

- Touch
- Dance
- Music
- Shared food
- Shared gifts
Kazakh Diet

Diet:
- 95% carnivore
- Deeply Ketogenic
- Seasonal
  - Summer: Dairy only
  - Fall: Lamb
  - Winter: Horse
  - Spring: Lamb
Kazakh Lifestyle

• Gers – family all sleeps in one
• Gers placed directly on the earth
• Beds are raised
• Nomadic
• Early to rise early to bed
• Women milk, sew, cook, and hunt
• Men hunt
• Start riding horses soon after learning how to walk
Kazakh Mindset

- Hardy
- Playful
- Song at most times
- Present
- Abundant & Thoughtful
Kazakh Community

- Eagle competitions
- Song
- Shared food, shared plates
- Cuddly
- Leave food in ger for strangers when traveling
- No names for animals (other than eagles)
Kazakh Fun Facts:

• Believe that vegetables make them sick.
• Believe chicken and fish are unhealthy (same as Maasai).
• Believe organ soup keeps them strong and healthy (same as Maasai).
Practical Applications: Dietary Map

Dying: Inuit Diet
Disabled: Kazakh Diet
Chronically ill: Russian diet
In remission: Chagga, Matsigenka, or Embera Diet
Practical Applications: Lifestyle

- Wake before the sun.
- Daylight in the eyes for 30+ minutes before 10am.
- Earth and dirt on the skin.
- Exposure to heat and cold.
- Natural fibers.
- Less water.
- Touch – patients need hugs.
- Community.
Practical Implications: Mindset

- See challenges as opportunities.
  - What am I meant to learn from this?
- Practice grit.
- Be here now.
Practical Applications: Presence

• Practice presence in each minute.
• Find gratitude now regardless of situation.
• Laugh.
• Dance.
• Sing (vagal tone, diaphragmatic tone).
• Joy.
• Feel safe.
Most Surprising: Batwa
The Arctic Inuit – A Cautionary Tale

Highest suicide rate in the world
Is there a future?

Potential (Outside Respect):
- Maasai
- Hudza
- Datoga
- Kazakh
- Embera
- Chagga
- Guna
Unlikely:

Communities Wanting to Modernize:

• Inuit
• Batwa
• Machiguenga (aka Matsigenka)
Past 500 years

Outsiders have imposed:

- Religion
- Education
- Diets
- Lifestyles
- Clothing
Current Day: It’s the do-gooders!

- NGOs
  - Cell phones
  - Imported foods
  - Solar power

- Churches
  - Hunter gatherer to vegetarian
  - Religion change
  - Clothing

- Government
  - Uniforms
  - Clothing required in towns
  - Language
  - School food
Solution

• Learn from them, don’t preach and teach.
• Start with personal respect.
• Beginners mind.
• Solidify public respect for their wisdom.
  • They know many things that we are seeking knowledge for. Locally, internationally, culturally.
  • We have much to learn from them.
• It must be done quickly.
Conclusion:

- Illness and susceptibility to illness are not normal.
- When humans have a healthy microbiome, there are many diets that humans can thrive on.
- Modern day humans can strategically use these traditional diets and lifestyles to regain health and reverse illness.
- We can be healthy in mind, body, and spirit.
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Thank you!