

Open Critique Of Michael Shermer Article: Are Paleo Diets More Natural Than GMOs?

In his article "Are Paleo Diets More Natural Than GMOs?," Michael Shermer argues that the paleo diet is not inherently more natural than a diet that includes genetically modified organisms (GMOs). He bases this argument on the fact that humans have been consuming GMOs for thousands of years, and that there is no evidence that GMOs are harmful to human health.

While Shermer's argument is valid, it is important to note that the paleo diet and GMOs are two very different things. The paleo diet is a diet that is based on the foods that were eaten by humans during the Paleolithic era, which lasted from about 2.6 million years ago to about 10,000 years ago. GMOs, on the other hand, are foods that have been genetically modified in a laboratory.



Open critique of Michael Shermer's article "Are Paleo Diets More Natural than GMOs?" published in Scientific American magazine: Review, open critique, and resource of abstracts and full-text articles by Daniel Hissel

★★★★☆ 4.8 out of 5

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There are a number of reasons why people may choose to follow a paleo diet. Some people believe that the paleo diet is healthier than other diets, while others believe that it is more natural. There is some evidence to support the claim that the paleo diet is healthier than other diets, but there is no evidence to support the claim that it is more natural.

In fact, there is evidence to suggest that the paleo diet may not be as natural as some people believe. For example, the paleo diet includes a number of foods that were not available to humans during the Paleolithic era, such as dairy products and grains. Additionally, the paleo diet does not include a number of foods that were eaten by humans during the Paleolithic era, such as fruits and vegetables.

The Paleo Diet

The paleo diet is a diet that is based on the foods that were eaten by humans during the Paleolithic era. This diet includes meat, fish, fruits, vegetables, and nuts. The paleo diet excludes dairy products, grains, and processed foods.

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GMOs

GMOs are foods that have been genetically modified in a laboratory. This can be done for a variety of reasons, such as to improve the nutritional value of the food, to make it more resistant to pests, or to make it more durable.

There is a lot of debate about the safety of GMOs. Some people believe that GMOs are harmful to human health, while others believe that they are safe. There is no conclusive evidence to support either of these claims.

However, there is some evidence to suggest that GMOs may not be as safe as some people believe. For example, a study published in the journal "Food and Chemical Toxicology" found that GMO corn can cause damage to the liver and kidneys of rats. Additionally, a study published in the journal "Environmental Health Perspectives" found that GMO soybeans can cause reproductive problems in mice.

In his article "Are Paleo Diets More Natural Than GMOs?," Michael Shermer argues that the paleo diet is not inherently more natural than a diet that includes GMOs. He bases this argument on the fact that humans have been consuming GMOs for thousands of years, and that there is no evidence that GMOs are harmful to human health.

While Shermer's argument is valid, it is important to note that the paleo diet and GMOs are two very different things. The paleo diet is a diet that is based on the foods that were eaten by humans during the Paleolithic era, while GMOs are foods that have been genetically modified in a laboratory.

There is some evidence to support the claim that the paleo diet is healthier than other diets, but there is no evidence to support the claim that it is more natural. In fact, there is evidence to suggest that the paleo diet may not be as natural as some people believe.

There is also some evidence to suggest that GMOs may not be as safe as some people believe. However, more research is needed to determine the long-term effects of GMOs on human health.

Ultimately, the decision of whether or not to eat GMOs is a personal one. There is no right or wrong answer. It is important to weigh the potential benefits and risks of GMOs before making a decision.



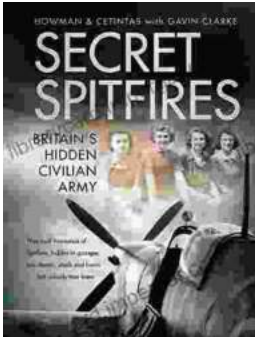
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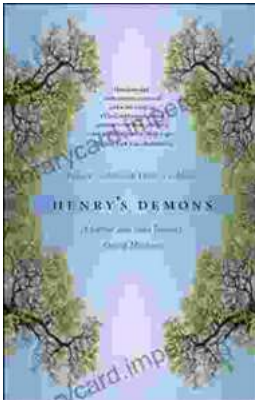
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