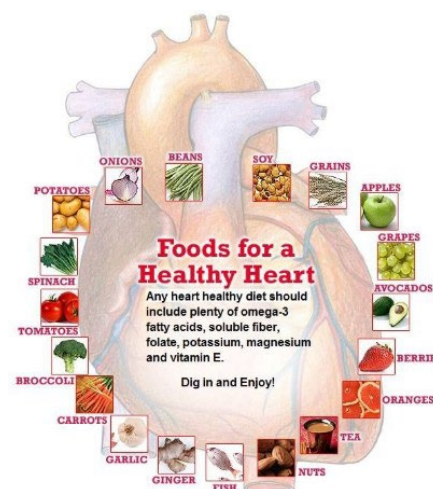


# Nature's Prescriptions for Health

As humans, we want to **KNOW**... we *all* want to know more about *something*, but health, diets, medical treatments, illness and ways to survive our bodies failing us seems to be one of the most searched for groups of information. Every living person has at least one person who is living with illness.

Dieting and health are some of the hottest topics year after year. [The Top 10 Diet, Fitness and Health Books of 2024](#) listed were (titles only): **Eat Move Groove**, **Why We Die**, **The 5 Resets**, **The Catalyst**, **Blind Spots**, **I Heard There Was A Secret Chord**, **The Hidden Power Of The Five Hearts**, **Change Your Diet Change Your Mind**, **Good Energy**, and **The Secret Language Of The Body**.



On the internet, we literally have all information at our fingertips. Unfortunately, it is not all accurate. The internet is full of information, misinformation and opinions presented as facts. In this wide array of topics and pieces of information turned this way, then that way, we have “proof” that all types of diets are correct and the best way to lose weight, tone up and bulk up and each of these differing diets are the best way to eat for this reason and the other medical condition, from the Keto diet to vegetarian and everything in-between.

So where do you go to sort through this information, then determine whether or not it's accurate, and which way to begin to find the real way? That's exactly what NaturaScripts takes you! We are going to dig through this jungle of the internet and select the best, most accurate, credible and scientifically proven information FOR YOU. We are going to dig for tremendous lengths of time to save you a great deal of it. You see, we are looking for exactly this information and we are sorting through the data to determine the most significant and applicable research, posts, pages, articles, information and we will **ONLY** bring to NaturaScripts the best material and evidence to rest there to occupy OUR internet real estate.



**We are seeking the:**

- Original human diet (Was it trees/twigs/leaves? Was it fruits/vegetables/starches? Meat(s)? Other types of (UGH) “bugs”? A combination? Hunters? Gatherers? Something else entirely? What types of ...? Etc.)
- Why it changed (We would all be healthy if we were still on the original human diet)
- How it changed (To put pieces together to trace back the other way, or was it better or healthier?)
- Were the changes better or worse for those of us who came after them?
- And, ultimately, the best human diet for the best health

**We plan to be here a while, so the diet topic will likely run out and we'll need another big topic to research. Going forward, our later plans are to research:**

- Ancient medicine
  - Egypt 3150 BCE-525 BCE
  - Mesopotamia (Sumerians) 2112 BCE-2004 BCE
  - India (Ayurveda) 1200 BCE-900 BCE
  - Traditional Chinese Medicine (TCM) 500 BCE-200 BCE
  - Greece 400 BCE-100 BCE
- Any medicines during the begin of AD until the Middle Ages
- More modern medicine within the last 500 years
- Pharmaceuticals vs Naturopathic/Homeopathic/Ayurveda/TCM

Once these topics right out, there should have been much more in archaeology to either confirm or completely blow away our research of the original human diet – and if at first we don't succeed, we will try again and update everything!

**Please keep in mind that we ALWAYS love input from all of you on any related topic of natural diets and medicine or input from you, as well. Please reach out and contact us online or at [subscribers@naturascripts.com](mailto:subscribers@naturascripts.com).**