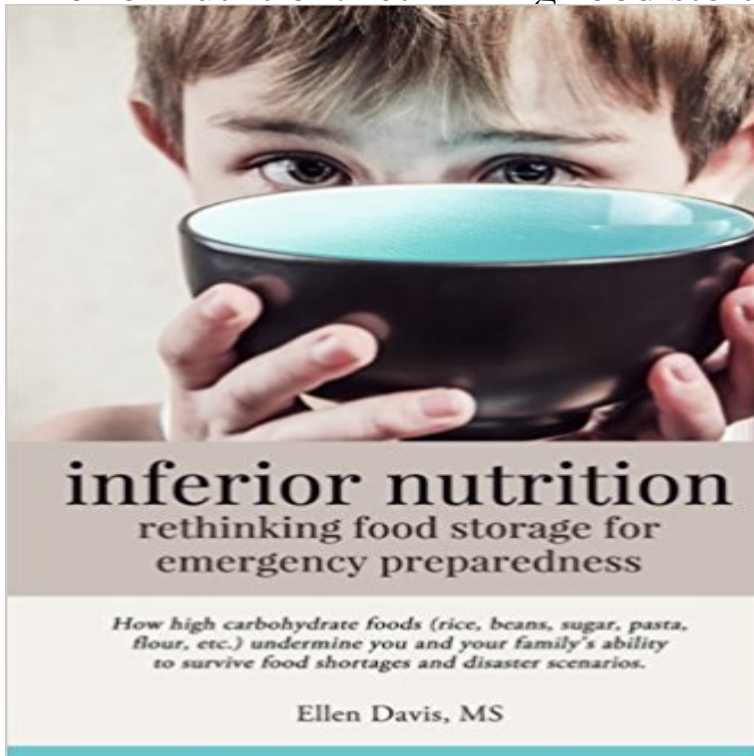


# inferior nutrition: rethinking food storage for emergency preparedness



Most prepper and survivalist resources suggest storing rice, dried beans, grains, flours, sugar, potatoes, and powdered milk as major sources of calories in a disaster scenario. The trouble is that these high carbohydrate foods aren't compatible with optimal human metabolism during periods of food scarcity. In fact, relying on these foods during periods of calorie restriction can accelerate the metabolic process of starvation. This book explains why high carbohydrate foods are the wrong choice for emergency preparedness and surviving food shortage situations long-term, how these foods work against the body's natural and protective starvation response, and what to store and eat instead to gain a metabolic advantage in any doomsday or end times scenario.

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