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the third edition of this best selling text now includes an update to the evolutionary primate taxonomy and even more tools to help students grasp the major concepts in physical anthropology including new photorealistic art

with an unparalleled art program our origins is an accessible up to date text that focuses on anthropology s big questions and the scientific process

our origins provides an accessible and engaging introduction to biological anthropology with an emphasis on the discipline's relevance and latest research advancements through balanced and clear explanations author clark larsen ensures that students not only grasp the basics but also understand how what they re learning applies to their own lives communities and prospective career paths the book s clear and concise writing rich art program and focus on new discoveries empower every student to succeed in the course available for the first time as a norton illumine ebook the sixth edition features brand new 3d model interactive activities new anthropology at work features and videos and end of section check your understanding questions designed to keep students engaged and on track

ancestral diets and nutrition supplies dietary advice based on the study of prehuman and human populations worldwide over the last two million years this thorough accessible book uses prehistory and history as a laboratory for testing the health effects of various foods it examines all food groups by drawing evidence from skeletons and their teeth middens and coprolites along with written records where they exist to determine peoples health and diet fully illustrated and grounded in extensive research this book enhances knowledge about diet nutrition and health it appeals to practitioners in medicine nutrition anthropology biology chemistry economics and history and those seeking a clear explanation of what humans have eaten across the ages and what we should eat now features sixteen chapters examine fat sweeteners grains roots and tubers fruits vegetables and animal and plant sources of protein integrates information about diet nutrition and health from ancient medieval modern and current sources drawing from the natural sciences social sciences and humanities provides comprehensive coverage based on the study of several hundred sources and the provision of over 2 000 footnotes presents practical information to help shape readers next meal through recommendations of what to eat and what to avoid

our origins as a slave species and the anunnaki legacy in our dna reveals compelling new archaeological and genetic evidence for the engineered origins of the human species first proposed by zecharia sitchin in the 12th planet shows how the anunnaki created us using pieces of their own dna controlling our physical and mental capabilities by inactivating their more advanced dna identifies a recently discovered complex of sophisticated ruins in south africa as the city of the anunnaki leader enki scholars have long believed that the first civilization on earth emerged in sumer some 6 000 years ago however as michael tellinger reveals the sumerians and egyptians inherited their knowledge from an earlier civilization that lived at the southern tip of africa and began with the arrival of the anunnaki more than 200 000 years ago sent to earth in search of life saving gold these ancient anunnaki astronauts from the planet nibiru created the first humans as a slave race to mine gold thus beginning our global traditions of gold obsession slavery and god as dominating master revealing new archaeological and genetic evidence in support of zecharia sitchin s revolutionary work with pre biblical clay tablets tellinger shows how the anunnaki created us using pieces of their own dna controlling our physical and mental capabilities by inactivating their more advanced dna which explains why less than 3 percent of our dna is active he identifies a recently discovered complex of sophisticated ruins in south africa complete with thousands of mines as the city of anunnaki leader enki and explains their lost technologies that used the power of sound as a source of energy matching key mythologies of the world s religions to the sumerian clay tablet stories on which they are based he details the actual events behind these tales of direct physical interactions with god concluding with the epic flood a perennial theme of ancient myth that wiped out the anunnaki mining operations tellinger shows that as humanity awakens to the truth about our origins we can overcome our programmed animalistic and slave like nature tap in to our dormant anunnaki dna and realize the longevity and intelligence of our creators as well as learn the difference between the gods of myth and the true loving god of our universe

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throughout our lives most of us have been conditioned to view the essence of our human being and the greater realm of creation itself as somehow mysterious and unknowable in many ways it seems as if we have relegated our lives to dense matter as the central focus of our identity exploring the possible inner or metaphysical realities can provide an orientation and detail necessary for greater understanding of ourselves and the dimensional spheres of life that connect us my lifes work has included studying the underlying structures that support all physical manifestation as well as the beings that live within and work to sustain them i believe that all inner and outer life forms and entities are dimensionally connected we are continuously interacting with them unconsciously through various levels of our being the collective consciousness of humanity our planet and the celestial bodies in the universe my experience has been that the lack of awareness of our own greater being is what hinders our ability to comprehend the universe multidimensionally in my view before entering our present dense physical forms as humans we have progressed through many developmental cycles as did our earth solar system and universe this book documents what i have learned about the universal creative process and dimensional human evolution from our source beginnings to the present i have tried to integrate the various accounts of the scientific mythological religious and metaphysical versions of cosmology cosmogenesis and cosmogony exploring the inner realms of possible connections between humanity earth and the cosmos has been a complex undertaking and journey into uncharted territory my research life experiences and clairvoyant perspectives regarding the dimensionality of all life are the basis for the writing of this book

with the same unparalleled art and inquiry based pedagogy as the best selling our origins essentials of physical anthropology is the ideal text for focusing students attention on what really matters and why author clark larsen one of the world's leading physical anthropologists has worked hard to develop a tight narrative covering only the most pertinent most up to date information that students should know pedagogical features in every chapter keep students focused on the core concepts and big questions in physical anthropology an extensive art program including figures photos maps and bubble captions brings concepts to life

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