

Modern Human's Grand Journey, from East Africa to the Southernmost End of the Americas (II)

-Their Diets in the Arctic Area-

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Summary

In the glacial period ancient Mongoloid ancestors migrated from Siberia to the America Continent by crossing the land bridge of Beringia, now sunken below sea-level at the Bering-Strait. It is very interesting to consider their diets in those days under the arctic conditions close to the North Pole. However, actual evidence is scarce. We can make certain presumptions about their diets by looking at dietary patterns diets of Bushman in the present and the Inuit in the past, as well as the natural circumstances that they must have experienced. They were hunter-gathers, forming small bands and migrated to gain foodstuffs, for example from mammoths. Their meals might thus have been high in protein and n-3 lipids, allowing them to withstand the arctic conditions. Furthermore, they would not have experienced mineral and vitamin-deficiencies, because they devoured not only the meat of wild animals but also the internal organs, blood and marrow. Thus had an excellent diet instinctively.