

Beat: Lifestyle

PALEO VINGT ET UN is the First PALEOLITHIC Restaurant in PARIS

PaleoDiet Is The New Trend

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USPA NEWS - PALEO VINGT ET UN Restaurant just Opened in PARIS. Very Trendy, PALEO means in fact PALEOLITHIC (made short) refering to a Time in Human History when Foraging, Hunting, and Fishing were the Primary Means of Obtaining Food. Paleolithic literally means "Old Stone Age".

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Paleolithic Societies were largely dependent on Foraging and Hunting. While Hominid Species evolved through Natural Selection for millions of years, Cultural Evolution accounts for most of the Significant Changes in the History of Homo Sapiens. Small Bands of Hunter-gatherers lived, worked, and migrated together before the Advent of Agriculture. The Paleolithic Age is a Prehistoric Period of Human History distinguished by the development of the Most Primitive Stone Tools and covers roughly 95% of Human Technological Prehistory.

Since Hunter-gatherers could not rely on Agricultural Methods to produce Food intentionally, their Diets were Dependent on the Fluctuations of Natural Ecosystems. In order to ensure enough Food Production for their Communities, they worked to manipulate those Systems in certain ways, such as Rotational Hunting and Gathering. As Humans began migrating and adapting to New Environments, they began developing Tools and Methods that equipped them to make the best of their Respective Environmental Constraints.

Homo Sapiens has not changed much Anatomically over the last 120,000 Years, but it has undergone a Massive Cultural Evolution. Accordingly, Cultural Creativity became the Central Way Humans coped with the Demands of Nature. Anthropologists were able to draw these Conclusions about Paleolithic People by extrapolating from the Experiences of Modern Hunter-gatherer Communities,... Before the Advent of Agriculture, Paleolithic Humans had little control of the Environment, so they focused on staking out Territory and negotiating Relationships with Nearby Communities.

Source : PALEO VINGT ET UN Restaurant : 21 Rue Godefroy Cavaignac 75011 Paris.
Design by Yann BROULET & Pierre et Palettes (made-to-measure furniture)

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