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Eat Neolithic

The Anti-inflammatory Nutritional Method

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An anti-inflammatory nutritional approach to improve physical and mental health, based on the latest scientific studies.

Neuroscientist Serena Pavoni and baker-scientist Adriano Farano propose an innovative nutritional approach by inviting us to the table of neolithic farmers and fermenters. In light of recent scientific and anthropological discoveries, the Neolithic era is becoming a new nutritional benchmark for preserving the biodiversity of our microbiota and the environment. The Neolithic method, rich in plant-based foods and fermented products, will make eating our best ally for health.

Sales in France: 4,000 copies