Why we couldn’t name a degree course...

A user guide to movement, sugar, sleep, and sex

...and other lessons from teaching ancestral health principles

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Outline

1. Need for another approach to musculoskeletal problems
2. Rationale for application of ancestral health
3. Topics and Concepts in our curriculum
4. Approach to teaching – stories
5. Assessment
6. Challenges in teaching
7. Future education directions
8. Q and A
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