

If you could have a feast and have anything you wanted what would you have?

I love food and want others to love it too. Or maybe you should eat a paleo based diet? It is a little stressful. Each promises it will provide you the most energy and prosperity. Most of these diets are cultural phenomena that spread based on celebrity endorsement, blogging and word-of-mouth. We all know someone who belongs to one of these tribes, because they advertise it. None of them actually work in the way they promise to. They certainly might help certain people reach certain goals, whether it is temporary weight loss, strength and muscle-building, improved energy and vitality or managing certain symptoms. If a particular diet works for a patient or friend to reach a goal, that is amazing. I love hearing from patients that they have improved their diet in a safe manner and that they are now feeling better and are happier. I want you to feel great! They do not follow strict dietary dogma. The main characteristic that is similar between these location is that their diets are primarily plant-based. They do consume wheat, but it is durum based and unleavened. Amazingly, their prosperity might have less to do with what they eat, but how they eat it!! The practice of serving food in the kitchen as opposed to family style at the table, and using smaller plates, helps to avoid over-eating. There is nothing sexy and trendy about that but studies have shown that these practices might add good years to your life. Continue to eat a particular way if it makes you feel and perform your best without compromising your long-term health. And always keep in mind that there is no short-term fix to achieve longevity but the cumulation of good daily practices, with a little fun mixed in. Please feel free to share your opinion or constructive discussion.

Chapter 2 : Which Tribe Do You Belong To? by Alberto Moravia

If you're a CISO or another level of security manager, new research predicts you will fall squarely into one of four "tribes" depending on the nature of your role and how the overall organization.

And no, no one else is supposed to know who he is 11 Your preferred sporting event? Only Luddites panic about the risk of fraud So which tribe are you?? If you scored mostly As you are a Subtle shopper You believe in the good life. Your cooking is exemplary, prepared in a hi-tech kitchen stuffed with Smeg, Alessi and Philippe Starck appliances. You love sushi and fine wines, bought from the Tesco Finest range and the local deli. Make-up is from Space NK. You drive a Saab or Mercedes. And you pay for it all on your charity credit card. You eat lots of junk food - Walkers, McCains, Goodfellas pizzas. Sportswear is de rigueur for all the family; Nike is king. You are quite happy to pay more for things if you think that you will get more out of them: Buying things on the cheap would make you feel uncomfortable. No logo The archetypally confused and compromised. Your friends have lost count of the number of dinner parties at which you have bored everyone relentlessly with her theories, while still managing to knock back a bottle of Chablis and tuck into something from Fresh and Wild. You drive a Volkswagen. Music-wise, anything by Nitin Sawhney or Talvin Singh goes down a treat. Canny customer The new bargain hunters. You love sales, offers and promotions, factory discount stores, supermarket own label products rather than branded groceries - and you will always tell you about your latest bargain. You love the internet for cut-price shopping and always get a buzz out of having got something cheaper. Your cupboards are full of products you have bought on special offer. Radical Would rather die than be forced to wear labels. Activists who genuinely despise consumer society, you will never be seen in supermarkets: You believe in alternative therapies, self-healing, getting back to basics. This season, and every season, you are wearing overalls. Or clothing made from hemp. The cutting-edge eclectic Undercover is your mantra. Setting trends is what you do; you work in fashion, film or media. You shop in small boutiques - in Notting Hill, or in retro shops and markets; a large proportion of your holidays are spent in obscure shops in New York, Stockholm, Tokyo and Paris.

Chapter 3 : Internet personality test: what tribe do you belong to?

Alberto Moravia, born Alberto Pincherle, was one of the leading Italian novelists of the twentieth century whose novels explore matters of modern sexuality, social alienation, and existentialism. He was also a journalist, playwright, essayist and film critic. Moravia was an atheist, his writing was.

D4h3 X2a Subsequent subgroups have been found, and another haplogroup, M, may also be Native. I compiled a comprehensive list of all suspects. This list is meant as a research tool, which is why it gives links to where you can find additional information and the source of each reference. Oh boy, fun fun! When working to identify your Native heritage, some of your best tools will be the offerings of Family Tree DNA on your personal page. The confirmed Native American mitochondrial haplogroups fall into major haplogroups A, B, C, D and X, with haplogroup M a possibility, but extremely rare and as yet, unconfirmed. Known Y haplogroups are C and Q with O as an additional possibility. For example, we find male haplogroup C around the world, including in Europe. Here is the list of known and possible Native mitochondrial DNA haplogroups and subgroups. If your ancestor does fall into these base groups, then you need to look at the subgroup to confirm that they are indeed Native and not in one of the non-Native sister clades. Does this happen often? Just remember about assume. Family history says so. Or more precisely, wrong about which line. Test other contributing lineages to the ancestor who was identified as Native. The Native ancestor is on the maternal line, but not in the direct matrilineal line. Remember, mitochondrial DNA only tests the direct matrilineal line. This is exactly what happened in my family line. Mary Jemison is the perfect example. That could have come from any of her other ancestors on her pedigree chart. Look at your family pedigree chart and see who else can be tested to determine a haplogroup for other lineages. So dig your pedigree chart out. However, this is only measuring admixed or recombined DNA, meaning the DNA you received from both your mother and father. You can also download your raw autosomal data file to www. However, beware that small amounts of Native admixture can also be found in people with Asian ancestors, like Slavic Europeans. The person whose results are shown above does have proven Native Ancestry, both via paper documentation and mitochondrial DNA results but her Native ancestor is back in French Canada in the s. Too much admixture has occurred between then and now for the Native to be found on the autosomal test, but mtDNA is forever. If your Y or mtDNA haplogroup is Native, there is no division in each generation, so nothing washes out. That is the blessing of both Y and mtDNA testing! Her mother was Hispanic a prime candidate for Native ancestry. He could be the source of the Native heritage in her family. In the chart below, you can see which of your Family Finder matches also carry a percentage of Native ancestry. This only shows their Native match percent if you have Native. Please note just because you match someone who also carries Native American heritage does NOT mean that your Native line is how you match. So they both carry Native heritage, but their matching DNA and ancestry are on their non-Native lines. Think about it this way. When measuring back 6 generations, which is generally but not always the last generation at which autosomal can reliably find matches between people, you have 64 ancestors. So does the other person. You match on at least one of those ancestors or ancestral lines, and maybe more. My Haplogroup IS Native!!! Many people actually find out about their Native American heritage by a surprise Native American haplogroup result. As I mentioned before, many of the major haplogroups have some members who are from Europe, Asia and the America. Fortunately, the New World lines have been separated from the Old World lines long enough to develop specific and separate mutations, that enable us to tell the difference most of the time. So, before going any further, check your haplogroup subgroup and make sure your results really do fall into the Native subgroups. B2a2 developed in the Americas and has never been found outside of the Native population in the Americas. In other words, there is no controversy or drama surrounding this haplogroup. In fact, no matches outside of North and South America. Being Native, we would not expect her to have matches elsewhere, but since the match location field is self-entered and depends on the understanding of the person entering the information, sometimes information provided seems confusing. Occasionally information found here has to be taken with a grain of salt, or confirmed with the individual who entered the information. For example, I have one instance

of someone with all Native matches having one Spanish match. There certainly was for Cindy. Look how tightly these are clustered. The Haplogroup Origins provides you with academic and research data with some participant data included. The Ancestral Origins tab provides you with the locations where your matches say their most distant ancestor is from. These people, at least some of them, identified themselves as Native American and their DNA along with genealogy research confirmed their accuracy. Now that one word would just make your day. Because Native people intermarried with other tribes, sometimes willingly, and sometimes not by choice. Willingly or not, their DNA went along with them and sometimes you will find someone among the Apache that is really a Plains Indian, for example. When someone tells me they are a member of the Cherokee Tribe for example, I ask which Cherokee tribe, because there are many that are not the federally recognized tribes and accept a wide variety of people based on their family stories and little more except an enrollment fee. If the answer is the official Cherokee Nation in Oklahoma, for example, whose enrollment criteria I understand, then I ask them based on which ancestral line. It could well be that they are a tribal member based on one relative and their mitochondrial DNA goes to an entirely different tribe. In fact, I had this exact situation recently. Their mitochondrial DNA was Seminole and they were a member of a different tribe based on a different lineage. So, in essence, by your matches proving their mitochondrial lineage as Native and affiliated with a particular tribe, they are, in part, proving yours, or at least giving you a really big hint, because at some point you do share a common matrilineal ancestor. You may find that two of your matches track their lineage to different tribes. At that point, fall back to languages. Are the tribes from the same language group? If so, then your ancestor may be further back in time. If not, then most likely someone married, was kidnapped, adopted or sold into slavery from one tribe to the other. For Y DNA, you can utilize the TIP tool, shown as the orange icon on your match bar, and the learning center provides information about mitochondrial time estimates to a common ancestor. Let me say that I find the 5 generation estimate at the 50th percentile for a full sequence match extremely optimistic. This version is a bit older but more detailed. However, you can utilize another tool to see if you match anyone autosomally that you also match on your mitochondrial or Y DNA. Before you do this, take a look at your closest matches and make note of whether they took the Family Finder test. That will be listed by their name on the match table, by the FF, at right, below. Not everyone takes all the tests or matches on all three levels, so search one level of mtDNA plus Family Finder, at a time. And yes, that red balloon overlapping her own balloon is one of the matches here as well. Before testing, Cindy had no idea and now she has 3 new autosomal cousins AND she know that her ancestor was Native and has a very good idea of which tribe. And yes, Native American people are an endogamous group. In recent times, and especially east of the Mississippi, significant admixture has occurred, but not so much in New Mexico at least not across the board. The message here is that with endogamous populations, autosomal relationships can look closer than they really are because there is so much common DNA within the population as a whole. That said, Cindy did find a common ancestor with some of her matches and because they matched on their mitochondrial DNA, they knew exactly where in their trees to look. In essence, all of these pieces of information are evidence in your story. Lenny Trujillo did the same thing and wrote about his experience. They are the only company to do this as far as I know. What were they thinking?

Chapter 4 : Which Native American Indian tribe do you belong in?

Which skincare tribe do you belong to? From the New Naturalists devoted to farm-to-face formulas and sustainable ingredients to the French Pharma-Fans whose true religion is Bioderma Sensibio H2O, the vast offering of products and brands available in the skincare world has generated a host of separate tribes, each devoted to a different sub-trend within skincare.

In this post I go over some biases and influences that we encounter that can interfere with our ability to form well reasoned opinions. Bias is a personal inclination, feeling or opinion “usually not reasoned out” that interferes with obtaining the truth. It essentially says that we confirm a hypothesis or belief about something by looking for evidence to support it and discarding that which does not support it. This bias makes our beliefs and hypotheses very resistant to change. A good example of a confirmation bias is if I was convinced that prayer will assist me in getting an interview, and I counted all the times that I got an interview with prayer but ignored the interviews I got without prayer. In other words, as you may have heard before, we count the hits but ignore the misses. You must either look for other explanations hypotheses as to why you got that interview or admit falling prey to confirmation bias. Once we are affiliated with a certain ideology, we then frequently inherit the beliefs and preferences of that ingroup. Examples of groupthink are abound “from the Bay of Pigs invasion to simple meetings at work. Prior to being educated in the necessary fields, such as economics, history and logic, I personally was affected by the conservative movement ingroup. I started my political career out by listening to Rush Limbaugh and Sean Hannity. The result was disastrous. I became a staunch, conservative zealot. I recall that the hate for liberals spewed by these pundits was contagious, and I used to call my teachers liberals with a contemptuous tone. I inherited all of their assumptions, arguments and preferences as well. So, for example, I equated government and government intervention as bad, gun control as the government trying to take our guns away, Christians as founding our nation, unbridled pride as something to be cherished, protesting against war as wrong, protecting the environment as unnecessary, and, finally, welfare means doing a person harm and one should practice tough-love in its stead. So what explains this? For our ancestors, evolutionary psychologists believe that there was survival value in group members demonstrating uniformity and favoritism, while showing prejudice towards outsiders. This conformity would allow for cohesion and cooperation in order to meet similar ends. So once we are in an ingroup, it comes quite natural for us to adopt their beliefs and fight for their cause, while shunning outsiders. The consequences are clear, and we end up forming conclusions without any forethought. We kind of just back into these beliefs as Michael Shermer says and then defend them at all costs. I recall watching a debate with Dr. Richard Carrier and Michael Licona, and they were perplexed at how they arrived at different conclusions as to whether or not Jesus Christ rose from the dead. I have often wondered how each ingroup they were associated with contributed to their conclusions. Cognitive dissonance is an uneasy feeling that one gets when there is a contradiction between a deep-seated belief and another opposing belief. I felt this dissonance myself when I was a diehard fan of evolutionary psychology. To recall a specific incident, I was listening to a debate between Stephen Pinker and Steven Rose on whether or not the brain was designed as a general problem solving tool or a domain specific problem solving tool. I had so much invested into evolutionary psychology “countless hours of reading it and using it as an explanatory tool to understand the hardships of life” that I was vulnerable. It was perfect, sacred and infallible to me. Sounds frivolous, but I fought for days to resist thinking that it may be true. A worldview is a framework of beliefs that allows us to make judgments and decisions about our environment. So not only do beliefs function as cohesive and cooperative mechanisms in groups, they also serve to pragmatically guide us throughout the day. My system of beliefs and values that I had when I worshiped evolutionary psychology constituted a worldview. This worldview allowed me to make sense out of a lot of things in life. However, I was too emotionally entrenched in it, and it was perhaps acting as a distorter of truth by not allowing other more plausible explanations for phenomena. Moreover, I try to now be independent as much as possible, rarely adhering to an ideology. For example, becoming a libertarian forces you to believe that government intervention will most always result in an undesirable outcome, but this may

DOWNLOAD PDF WHICH TRIBE DO YOU BELONG TO?

not always be the case. Problems need to be looked at individually, free from dogma. So we see the disadvantages of affiliating with an ingroup and holding on to beliefs too strongly. As Michael Shermer expounds, we are meaning making machines and demand an interpretive framework to understand the world and humans around us. I believe that philosophical point of view to be found in free thought. The following definition of it is most applicable. Since free thought relies on empiricism like science does, then an assumption or hypothesis can be disputed and discarded. By contrast, an ideology or religion has undisputed truths that would probably never be overturned.

Chapter 5 : Which Tribe Do You Belong To?

Me: Yo, I'm StormFire, and I will be testing you so that I can see which Dragon tribe of Pyrrhia you belong to. Maybe later we can get the dragonets of destiny in to ask some questions.

Chapter 6 : Which tribe do you belong to? | Media | The Guardian

What tribe do you belong to? You sit up, groaning. You are in the middle of a grassy field. You don't know where you are. Suddenly, you sit up more alertly.

Chapter 7 : QuizMoz - What tribe do you belong to Quiz

There is an even more hideous offender to the truth, specifically ingroup bias.. Once we are affiliated with a certain ideology, we then frequently inherit the beliefs and preferences of that ingroup.

Chapter 8 : What Tribe Do You Belong To? - ProProfs Quiz

Jews need people like me. Jews need people like me so they can point their fingers and say "That's the bad Goy".

Chapter 9 : What Tribe Do You Really Belong To? | Playbuzz

Are you a twink or a muscle daddy?