

Email not displaying correctly? [View in your browser.](#)



Notes

A publication of Wagner Consulting Group

September 17, 2014

Cooking Made Us Brainiacs

My September Focus was about human brains, specifically your big brain and the cat brain in your gut. Now I will propose that cooking food is mankind's most important invention -- ever! -- because it allowed us to develop our big, 100 billion neuron brain.

Our big brain is only 3% of total body weight but uses 25% of the total energy we produce. Big brains are very expensive from a biological perspective. The only way to produce that much energy is to cook food, especially proteins/flesh. It is obvious that our mouths have evolved to eat soft food, not grind raw grasses or tear flesh from bones. Because cooked food has more available energy, we can spend less time eating and still have plenty of energy to run our brain(s).

Moreover, our gut brain controls sophisticated digestive processes that have allowed the gut to become more efficient. So, while cooking enabled the big brain to grow, the gut actually shrank. *That's not so obvious on some of us, but it really did!*

So, here's the equation for how fire begat the iPad.

Fire+Raw Meat=Cooked Meat=More Energy→Bigger Brains→iPad →??

Tom

Tom Wagner