Viewing Questions for TED TALK Debunking the Paleo Diet

What is the basic argument that has been made against the agriculture-based diet and for a so-called paleo diet? (a couple of sentences at the most here – this is what will be debunked)

Describe the four myths about paleo diets, together with the refutation of each by Warriner:

Can we take lessons from the true Paleolithic diets that we still can apply to our lives today? Specifics? (summarize 3)