Metabolic Archetype	Likely GLP-1 Level (Genetic Tendency) & Ancestral Civilizations	Typical Nutritional Approach	How Well Their Nutrition Mitigates GLP-1 Deficiency Effects	Challenges?	Key Insights
Fat-Adapted Metabolizer	Naturally Low GLP-1 Ancestral Groups: Arctic (Inuit), Steppe Nomads (Mongols, Turkic), Indigenous Northern Europeans (Saami, Norse), Desert Pastoralists (Berbers, Bedouins).	Ketogenic / Low-Carb High-Fat (LCHF)	Very well – This archetype naturally thrives on fat & ketones, which do not require GLP-1 for glucose control or satiety.	No real struggle – seamlessly adapted.	Naturally have low GLP-1, but do not need it. Their high-fat, ketogenic metabolism stabilizes hunger and energy, making them the least dependent on GLP-1-driven glucose regulation or satiety. No struggle—this archetype is built for this.
Carb-Sensitive Fat Storer	Naturally Low GLP-1 Ancestral Groups: Post-Agricultural Northern/Central Europeans, Early Middle Eastern Agrarians, South Asian Farmers with Heavy Carbohydrate Diets (India, Pakistan).	Ketogenic / Low-Carb High-Fat (LCHF)	Well after adaptation – Keto reduces GLP-1 needs, but this archetype initially struggles with fat adaptation.	Transition period can be difficult (hunger, energy crashes, cravings).	Naturally has low GLP-1 but struggles with satiety and insulin regulation in high-carb environments. Their ancestral background includes populations that transitioned from hunter-gatherer or pastoralist diets to agrarian grain-based diets, but not all adapted well to high-carb intake. Once adapted to a ketogenic diet, GLP-1 deficiency is no longer an issue because they stop consuming carbs that require incretin control.
Dual-Fuel Metabolizer	Moderate GLP-1 Ancestral Groups: Mediterranean & Balkan Civilizations, Island & Coastal Fishing Communities, Mesoamerican Farmers (Maya, Inca), Andean Pastoralists.	Cyclic Low-Carb / Moderate Fat / High-Protein	Mostly well – Can switch between fuel sources, so lower GLP-1 is not critical, but some incretin function is still helpful for satiety.	May need occasional carb refeeds to stabilize appetite regulation.	Moderate GLP-1 expression—can function with either fat or carbs. Their mixed diet matches their ancestral background, allowing them to switch fuels more easily than purely carb-efficient groups. Some carb intake may be needed for optimal satiety regulation.
Carb-Efficient Metabolizer	Naturally Higher GLP-1 Ancestral Groups: East Asian Rice-Based Agrarian Societies (China, Japan, Korea), Sub-Saharan African Agrarian-Hunter Societies (Yoruba, Bantu), South American Tropical Agrarians (Amazonian Tribes).	Balanced Carb-Fat-Protein (High-Carb Tolerance)	Moderate mitigation – Since they naturally have a good incretin response, they are more dependent on GLP-1 than low-carb archetypes.	If GLP-1 is low, satiety & glucose regulation may become impaired on higher-carb diets.	Higher GLP-1 levels historically matched high-carb diets. If they develop a GLP-1 deficiency, their nutritional strategy would not compensate as well since they rely on carbohydrates for energy and incretin-driven insulin secretion for regulation.
Hyper-Metabolic Outlier	Unclear / Variable GLP-1 Ancestral Groups: Cold-Climate European Hunters (Cro-Magnon, Pre-Agricultural Europeans), High-Activity Nomadic Pastoralists (Mongols, Maasai), Elite Warrior Populations (Spartans, Samurai).	Varied Diet – Higher Caloric Burn	Least mitigation – If they have low GLP-1, their higher caloric turnover might reduce the impact, but they could also experience greater hunger and food-seeking behavior.	Higher energy expenditure may lead to appetite issues if GLP-1 is low.	Unclear GLP-1 levels but may have a unique satiety regulation mechanism. High caloric demand could override low GLP-1 hunger regulation, leading to extreme caloric intake needs. If their metabolism is high but their satiety mechanisms are weak, GLP-1 deficiency may create overeating tendencies.