

## Genetic development may protect the Maasai people of Africa

The Maasai are a very special people who live primarily from farming and livestock activities in Kenya and Tanzania. They have mystified researchers for years.

To a large extent, the Maasai live on the milk from their cattle, which means their diet is as full of fats as the diet of people living in the West. Unlike Westerners, however, the Maasai do not have many problems related to lifestyle diseases.

Health researchers around the world have therefore been greatly interested in these East Africans since cardio-vascular and other lifestyle diseases started to become a great problem in the west in the 1960s and 1970s.

To date, scientists have only studied the Maasai's physical activities using questionnaires.

But now Danish researchers are the first to have taken objective measurements of the level of physical activities of the Maasai.

**View the original article here: [Genetic development may protect the Maasai](#)**