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Autore	van der Haas Victoria
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&lt;i&gt;Growing Up in the Cis-Baikal Region of Siberia, Russia&lt;/i&gt;  
analyses the dietary life histories of prehistoric hunter-gatherers from  
six cemeteries in the Lake Baikal region of Siberia, Russia. The  
overarching goal was to better understand how they lived by examining  
what they ate, how they utilized the landscape, and how this changed  
over time.&lt;br&gt;&lt;br&gt;Recent archaeological advances offer new  
ways to gain insight into the lives of people who died many years ago.  
With the application of biochemistry, archaeologists can study an  
individual's dietary choices from the time they were born up until the  
last few months of life, providing a fuller picture of how people lived,  
the challenges they may have faced, and the choices they made. This  
study tests the application of a technique known as dentine micro-  
sampling, in which the inner part of a tooth is sectioned into thin  
strips, each representing roughly nine months of development. These  
strips were subjected to stable carbon and nitrogen isotope analysis,  
unveiling the chemical markers of different foods. The results show  
that the dietary contribution of terrestrial and aquatic food sources  
varied within and between cemeteries and cultural periods, which can  
be viewed as evidence of dietary independence among groups  
occupying the same area. The results also show that the movement of  
these individuals around the Lake Baikal region is observable in the  
chemical markers from their teeth. In conjunction with other methods,  
dentine micro-sampling helps us understand the interplay of personal  
choice and ecological constraint that makes up the dietary behaviour of  
these prehistoric peoples.

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