

Chapter 1

What Is Paleo?

In This Chapter

- ▶ Explaining the foundations of the Paleo diet and why it works
 - ▶ Looking and feeling better following the Paleo lifestyle
 - ▶ Understanding the science behind living Paleo
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Paleo is the answer. If you've suffered with weight problems or health issues, you're in for a treat. Every aspect of your health improves when you incorporate Paleo principles into your life. Your body starts to transform right before your eyes, and, suddenly, your outlook is optimistic.

Your eyes brighten, your skin takes on a completely different sheen, and your wrinkles start to fade. You begin to shed body fat as you watch your stomach get flatter and flatter. Your muscle tone improves, your hair gets silky, your teeth seem stronger. Your mood elevates, and you begin to notice that you feel happier. Your body begins to calm, releasing anxiety and tension. You start to forget what it feels like to have aches and pains, and your entire body seems to lose the bloated feeling it's been carrying around for far too long. You begin to be more than just *present* in life; you begin to start really *living* life. For some, it's the first time in a very long time.

You'd be hard-pressed to find a more excited group of people than those who have transformed their lives to living Paleo. What you find in the pages of this book is that an easy-to-follow nutritional blueprint actually exists and works — and when you adopt this plan, everything gets easier.

In this chapter, you discover some foundational Paleo principles, including the answers to questions about how the Paleo diet came to be, the foods that make up the Paleo diet, the science behind Paleo success, and how living Paleo will soon have you looking and feeling better than ever.

Living Paleo takes you from a place of hopelessness to hope. So what are you waiting for? Dig in!

The Foundations of the Paleo Lifestyle

Living Paleo takes the mystery out of eating. It's simplicity at its finest, which is one of the reasons eating Paleo foods works well for so many. When you eat simply (but deliciously), you get results.

So many eating plans, programs, and products give you lots of rules and may even require special foods, which makes understanding these plans and staying committed to them even harder. The biggest missing element in other plans is the core ingredient for long-term success — *health*. Most programs don't move you toward health either biologically or behaviorally. If your cells aren't getting healthier and behavior is only expected to change in strict ways for the short term, the entire purpose is lost. You don't discover how to eat and live for the *rest of your life*.

Paleo is different; Paleo is based on simple, easy-to-understand nutritional principles. Eating Paleo takes away all the confusion and is natural to implement. It's something you can get on plan with and stick with for a long time.



Paleo is the abbreviation for *Paleolithic*. The Paleo diet refers to foods consumed during the Paleolithic era, the time from about 2.5 million years ago up to 10,000 BC. During this time, early man was called a *hunter-gatherer*.

A lot of people start the Paleo diet to get a killer body. And living Paleo is a great way to move toward your ideal body, but what most people experience is even more powerful. Living Paleo literally changes their lives for the better. If you've had aches and pains, fatigue, skin issues, menstrual problems, chronic inflammation, digestive complaints, weight gain, depression, fertility problems, autoimmune struggles, diabetes, or cardiovascular disease, you're going to love living Paleo.

The hormone modulating, anti-inflammatory, nutrient-dense properties of the Paleo lifestyle help regulate all the systems and functions of the body. Your body resets at a higher functioning level, so you'll not only look better eating Paleo, but you'll also feel better. Living Paleo supports the healing and prevention of many chronic diseases. And thanks to the nutrition-packed foods of the Paleo diet, you start sporting a much stronger cellular system and with that comes healing and transformation.

In the following sections, we walk you through what makes the Paleo diet a lifestyle you can follow, from looking at the foods you eat to understanding how your body was designed to live.

Enjoying foods that make up the Paleo diet

When you think Paleo foods, think grass roots — simple, back to nature, foods filled with nutrients that bring you back to life. Paleo foods are what you're *designed* to eat. They're the foods that your body digests and absorbs efficiently. Paleo foods have the most positive impact on all the structures and functions of your body.

The foundational Paleo foods include lean meats, seafood, vegetables, fruits, nuts, seeds, and naturally occurring healthy fats. Our hunter-gatherer ancestors survived on these foods. In the Paleolithic era, no industrialized foods or planting crops existed. Our ancestors didn't have access to grains, sugars, starches, legumes, dairy, processed foods, or oils — and autopsies show that they were better for it. (See Chapters 2 and 4 for details on what foods qualify as Paleo foods.) They may not have had the convenience of a one-minute meal, but our ancestors had far higher levels of health and didn't suffer from the modern-day diseases we do today.

Changes in everyday foods and in food processing have fundamentally altered modern diets. Paleo foods differ nutritionally in several ways, such as their ability to do the following:

- ✓ Balance blood sugar and keep your overall sugar load down
- ✓ Create a fatty-acid balance (omega-6 to omega-3 balance)
- ✓ Balance macronutrients (proteins, fats, and carbohydrates)
- ✓ Contain trace nutrient density (minerals)
- ✓ Promote and maintain acid-base balance (how acid and alkaline you are)
- ✓ Add robust amounts of fiber to your daily plate (for intestinal health)



The fact that modern-day foods aren't working is rather obvious. People are sicker and fatter than ever and are more confused about what to eat and how to live than in any other time in history. But living Paleo cuts through the confusion and clarifies what foods move you toward health.

When you begin eating Paleo, your body sheds all its unhealthy cells. You peel away layers of fat; you become leaner, stronger, and healthier.

Paleo success stories: Theresa

Meet Theresa, 49, Artist, Hopewell Township, New Jersey:

"I was skeptical to start Paleo because I was concerned about giving up some foods, like whole grains. I have three daughters, so it was really important to me to always have good nutrition in the house. I was so caught up in the food pyramid that I just couldn't believe it was wrong. However, the stories I heard about the success with Paleo were so compelling, I decided to give it a try for just a month. I was surprised how good I felt! I decided to keep eating Paleo because I felt so good (and lost 4 inches around my waist)!

"About 6 months later, I went to my doctor for my annual physical and had my blood work done. I always had excellent blood work results. I was so happy it was exactly the same — all good! The big surprise came, though, when my doctor asked me how my reflux and stomach pains were. Well, I had *completely* forgotten about them because they disappeared once I started eating Paleo. It's still hard for me to get my head around the fact the food pyramid wasn't the nutritional bible I thought it was. The best part of making the switch is that my daughters now pay attention to how food makes them feel after they eat, and they now make healthy choices on their own."

Taking a cue from our ancestors

Our bodies haven't changed much since before agricultural society. Our body's needs now are similar to what they were during Paleolithic times, before the dawn of agriculture.

Humans are shaped and molded by over a hundred thousand generations. What are bodies were designed to eat then, we're designed to eat now. In other words, our genes are still stuck in the hunter-gatherer's time, even though we're living in the modern world. Our genes simply haven't caught up to the modern-day divergence.

So how did our ancestors live? They enjoyed a balanced life of working, playing, relaxing, and worshipping. The men hunted, and the women cared for the children and gathered berries. Families lived close together in bands and enjoyed the relaxation of the evening as the meat the men hunted hung on tree branches. The kids laughed, played, and sang by the fire, and adults enjoyed conversation as they made plans for the next day. They felt closeness to one another and everyone had purpose. Despite their real life stresses, they were happy, healthy people.

About 10,000 years ago, the birth of *agriculture* changed the way people lived. Hunter-gatherers became attracted to a new way of life based on a routine and settled existence that centered around agriculture and the breeding of animals.

The tidal wave of change happened again a few hundred years ago with the *Industrial Revolution*. The impact that this technological progress has had on human biology is huge. Some of these advancements have provided safety and convenience; we can all agree those things are mostly good. But some of these man-made environmental changes have caused a pandemic of human suffering and disease that was unknown to our ancestors.

Autopsies show that the hunter-gatherers were some of the healthiest people to walk the earth. Using their lifestyle as our template, we can strike a balance between modern-day living and our grass-roots beginning.

Living the way we were designed

If you've tried other eating plans and haven't been successful long term or if you've been trying to get well and are making little headway, you're probably carrying the wrong road map. Here's why: The missing link is probably that you're not eating the foods that you're *designed* to eat.

Our genes have changed very little since Paleolithic times. In fact, according to medical anthropologist S. Boyd Eaton, MD, 99.99 percent of our genes were formed before the development of agriculture. This is big. That means that our hunter-gatherer ancestors programmed our genes. How they ate is our nutritional blueprint, how they moved is the blueprint for our physiology, and how they lived is the blueprint for the lifestyle we should strive to lead.

The death of a cave man

Okay, you may be thinking that these hunter-gatherers were healthy, but didn't cave men (hunter-gatherers) die too young to get the diseases we do today? And if they died so young, were they really that healthy in the first place?

Our ancestors did die earlier than we do *on average*, but they died of problems that we have since found solutions to handle. They died mainly of infection, trauma, and complications in childbirth. In fact, the average is kind of marred because of the large number of infant mortality rates. Many hunter-gatherers actually did have life spans into their 70s, which is close to modern-day expectancies.

When our ancestors died, it wasn't because of the ailments — heart disease, cancer, diabetes, and a host of other degenerative diseases — that plague us today. In our culture today, even young kids are showing signs of degenerative diseases and are suffering with diabetes at astounding rates.

There's no denying that despite our modern medical advances, our ancestors died from more emergent causes, while our current culture dies from more lifestyle-related, degenerative diseases. We can definitely learn something from our remarkable ancestors, and using some aspects of their life is a road map that works!

We don't need to live life as a science experiment, trying to reenact everything our ancestors did or see the world through Paleo goggles. We just need to understand how our genes were programmed and try to model that as close as we can. When you model the Paleo lifestyle, your struggles will be over.



As humans, our bodies are the result of an optimal design shaped and molded by nature. To look and feel your absolute best, you have to do what it's designed to do. *Living Paleo For Dummies* is your reference guide to show you how to live according to your nature.

Understanding that Paleo is a lifestyle, not a diet

Living Paleo is about getting you healthy. When your cells are healthy, everything falls into place. You feel better, look better, and lose weight. What makes Paleo different than everything else is that the nutrient-dense foods are just one piece of the puzzle. The way you live *outside* of the kitchen has as much to do with how you look and feel as the foods you eat.

Traditional diets provide food rules, and that's where they end. You follow the rules, hope to get results, and hope that the results stick. This pattern is often the recipe for disappointment and frustration because eventually the rules stop, and your life takes over. You haven't made lifestyle changes that carry the lasting results.

A good analogy is trying to learn a new language. If you approach the new language by just trying to learn the rules for pronunciation and grammar, the language is difficult to learn and challenging to make it stick. If, however, you immerse yourself into the lifestyle and culture, learning the language takes on a whole new energy. You learn quicker, and it becomes more meaningful, so it sticks. Living Paleo immerses you in healthy living beyond just food, so it becomes meaningful, long-lasting, and very effective.

Paleo considers why you eat, when you eat, how you eat, and other factors in your life that influence how you feel, such as amount and quality of sleep, stress levels, sunlight, movement, supplementation, and your thoughts (see Chapter 5). It's a lifelong change that's fairly simple to make and has lasting, positive consequences, unlike a diet that's meant as a short-term solution to lose a few pounds, which ultimately leads to frustration and hopelessness.

In the end, your habits and patterns are responsible for how you look and feel. Living Paleo gives you the lifestyle patterns and strategies that go well beyond a flash-in-the-pan diet. You figure out how to make the lifestyle changes that have lasting, positive effects.

Paleo success stories: Sarah

Meet Sarah, 42, Business Owner, Pennington, New Jersey:

Sarah knows busy. She's a mother of two; she and her husband own an information technology business with offices in New York City and Princeton, New Jersey. Between the travel, her family commitments, business commitments, and everything else required by a mom with a career, Sarah's life is pretty intense. Her busy life caused her to eat a lot of grab-and-go convenience foods. When she started having terrible digestive issues that grew worse, became plagued with headaches,

felt sluggish, and was gaining weight, she knew something had to change. She found Paleo.

Sarah felt changes immediately. Within days, her bloating disappeared. To her total delight, the intestinal discomfort that was almost debilitating disappeared. Her skin improved, her energy picked up, and she felt like a new person. Sarah says, "I can't say enough about Paleo. It has completely changed my life. I feel better and look better in my 40s than I ever have. If you're suffering with anything, you owe it to yourself to give Paleo a try."



Genetically, you can live for 120 years. The key is creating healthy lifestyle patterns so your body expresses health and vitality and doesn't express disease or obesity. That's what living Paleo is all about.

Here are some of the lifestyle patterns of living Paleo (we include chapter references in parentheses where you can find out more):

- ✓ Putting real foods first (Chapters 2 and 4)
- ✓ Supporting yourself with nutritional supplementation when you need the boost and avoiding supplementing when you don't need to (Chapter 4)
- ✓ Getting sleep that matters (Chapter 5)
- ✓ Reaping the benefits of sunlight (Chapter 5)
- ✓ Managing stress effectively (Chapter 5)
- ✓ Living healthy in a toxic world (Chapter 5)
- ✓ Moving in a way that creates a powerful strong body that fights aging and disease (Chapter 6)
- ✓ Understanding and embracing the wellness paradigm (Chapter 5)
- ✓ Creating thoughts that serve you (Chapter 3)
- ✓ Contributing to feeling a sense of purpose (Chapter 5)
- ✓ Developing skills to handle setbacks or roadblocks along the way (Chapter 15)

The Prescription for Modern Ailments

Modern-day ailments have become pandemic. Everyone knows someone who's wrestling with diabetes, cancer, or autoimmune diseases. To be in one's 60s and not be on medication is remarkable. Even worse, the diagnosis of chronic childhood diseases has almost quadrupled over the past four decades.

Think about it. With all the modern drugs and all the surgeries, we're not getting any better. You can't possibly look at the data on our supposed healthcare care model and think that what we're doing is working. In fact, in a two-part series published in the *Annals of Internal Medicine*, Dr. Elliot Fisher, professor of medicine at Dartmouth University, came to the following conclusion: "Our study suggests that perhaps $\frac{1}{3}$ of medical spending is now devoted to services that don't appear to improve health or quality of care — and may makes things worse."

What that means is staggering. Here's some perspective: We're spending annually about \$1.4 trillion on healthcare a year that's proven to be ineffective! So that's \$4 billion per day down the drain! Then there's the issue of not only having ineffective treatments but also having adverse effects from the treatments. Either way you look at it, *it's not the answer*.

So the question becomes, what *is* the answer? How do we get well and stay well? By understanding how we really got into this mess in the first place. We're not sick because of bad genes or rotten luck. Most of our modern-day ailments were born out of *bad choices*. If we want to get well and stay well and avoid the circus of healthcare, we have to get in the right paradigm and learn to make *smart choices*.

Putting real food first, like eating Paleo foods that you're designed to eat, is one of the smartest things you'll ever do to get well and stay well. The following sections explore other benefits of living Paleo.

Losing weight on the Paleo diet

If your goal is to lose weight, you've come to the right place. When you eat Paleo, your body naturally loses body fat until you've reached your ideal weight. When you get healthy, everything in your body recalibrates, including your weight. What's so great about eating Paleo is that you lose stored fat because you're actually using that stored fat for energy. Your body transforms in a way it may never have before, and you begin to look — and feel — lean and toned.

Here are some of the reasons you lose weight by eating Paleo:

- ✔ You're eating foods with a high-nutrient density without all the garbage calories.
- ✔ You lose the bloat (dump excess water retention).
- ✔ You reduce food sensitivities.
- ✔ You eat foods that help you maintain a healthy blood sugar.
- ✔ You eat foods that regulate your hormones along with the signals associated with hormones.
- ✔ You burn stored fat, thanks to the proteins and fat in the food you eat.
- ✔ You feel more satiated because of the healthy fats you're eating.
- ✔ You eat nutrient-dense foods, creating healthy cells, and weight loss is a natural byproduct.
- ✔ You have more energy eating Paleo, so you tend to move more and have more efficient workouts.
- ✔ You use stored fat for energy instead of sugary carbohydrates, which is a more efficient fat-burning pathway.
- ✔ You eat foods with a high fiber content, which encourages weight loss.

Living Paleo is about getting you to optimal health and keeping you there. The weight loss is a wonderful bonus!

Clearing up gut and skin issues

Eating Paleo is like an internal spring cleaning. You feel healthy from the inside out. All the grains, sugars, starches, legumes, and poorly prepared, processed, and denatured foods have created havoc in your intestines. Over time, this means inflammation and *leaky gut*.

What is leaky gut? Well, as you may have guessed, *gut* refers to your intestines, which are this incredible 25-foot tubular structure that have such an important role in your body. Your intestines pull the good stuff out of your foods (nutrients) to ensure that all the structures and functions of your body are working. It's also where about 80 percent of your immunity is stationed.

Here's where the *leaky* part fits in. Your intestinal walls are lined with these armed guards (immune cells). As long as these cells and good bacteria are there lying over your intestines, you're good to go. Nothing can get in or out.

Your body is in a health lockdown. Now, when your gut becomes damaged or perforated by the inflammation caused by the foods you eat or the medications you take, it becomes leaky and porous — *intestinal permeability*. The structures of the intestines become damaged, and your armed guards are killed in action. You can't absorb your nutrients the same. Undigested food and bacteria flow into your body where it doesn't belong and isn't recognized. When undigested food and bacteria flows into your bloodstream, your body screams "attack!" like it would with any foreign invader. Your body literally attacks itself instead of protecting itself, as it's designed to do, and you get autoimmune problems, chronic disease, unexplained fatigue, intestinal distress, and hypersensitivities. Not a whole lotta fun.

Those tiny little porous holes can certainly do a lot of rebel raising! Interestingly enough, a damaged gut causes skin problems as well. A direct link exists between intestinal health and the health of your skin. If you have acne, rashes, eczema, psoriasis, or poor skin tone, a leaky gut may be the culprit. If you want beautiful skin, it's an inside job, and it starts with putting real food first.



The upside here is a leaky gut isn't hard to fix. It's completely reversible, and when eating Paleo foods, you're well on your way!

Getting a good night's sleep

One of the most motivating factors to give Paleo a spin is the improvement to your sleep cycle. After you're adjusted to Paleo and you've hit your Paleo stride, you'll find your sleep is deeper and more restful.

For a lot of people, quality sleep is hard to come by. Maybe you have trouble falling asleep or you wake in the middle of the night, unable to drift back to sleep. Either way, eating Paleo completely changes the quality and duration of your sleep.

Got bacteria?

Your gut is filled with bacteria. The key is to make sure the bacteria you're carrying around in your intestines are mostly healthy, "good" bacteria. You need these bacteria as a protective guard. Many modern-day foods lack nutrients and fiber, are filled with toxins, and are lacking these healthy bacteria (probiotics). Because of depleted soil from poor farming practices, a high consumption of denatured foods, and poor food choices (not

eating fruits and vegetables), we consume much less of this bacteria than our ancestors did, which is unfortunate because these bacteria are helpful to our immune system, prevent pathogens (bad bacteria) from colonizing, and provide nutrients for your intestines. Another reason Paleo foods are healthy for your long-term well-being: Paleo foods provide the nutrition and healing so these healthy bacteria keep hanging round.

Here are some of the reasons you sleep like a baby when you start living Paleo:

- ✔ You're getting foods loaded with minerals, which are grounding and calming to your body.
- ✔ When your blood sugars are more balanced, like they are with Paleo foods, you don't get that blood sugar dip in the middle of the night, causing your body to release hormones to restore blood sugar, which disturbs sleep.
- ✔ A lot of Paleo foods contain B vitamins, which are great for calming nerves and balancing the nervous system for restful sleep.
- ✔ Some Paleo foods, like eggs, turkey, nuts, fish, and some fruits, contain an essential amino acid called *tryptophan*, which helps promote sleep.
- ✔ When eating Paleo, your body naturally regulates hormones and signals associated with hormones that, in turn, help you sleep better.
- ✔ When you create healthy cells like you do when eating Paleo, all the systems and functions in your body run smoother, including sleep cycles.
- ✔ You have more energy eating Paleo so you run your battery down naturally with activity, rather than with sugary foods and carbohydrate crashes, leading to more restful sleep.

Sleep is no joke. You discover how important it is to your health and your weight in Chapter 5.

If you have sleep issues, let Paleo be your all-natural sleep aide. It works — and there's no nasty side effects!

Stabilizing blood sugar

What may be most astonishing about eating Paleo is its powerful ability to manage blood sugar, which is one of the most compelling and worthwhile reasons to make the switch. In Chapters 3 and 8, we discuss how important managing your blood sugar really is in all areas of your health and well-being. Managing blood sugar is essential to how it relates to disease, your energy levels, and how youthful you look and feel.

People with diabetes or pre-diabetes or who feel a little out of kilter with their blood sugar benefit tremendously when eating Paleo. By eating mainly non-starchy vegetables and fruit with minimal starchy food altogether, you can dramatically lower blood sugar load. Lean proteins and healthy fats round out the Paleo diet to even further control blood sugar.



High blood sugars are a thing of the past when eating Paleo. Work with a healthcare provider who knows you and your situation and prepare to be amazed!

Paleo success stories: Drew

Meet Drew, 56, Horticulturist, Bensalem, Pennsylvania:

Drew has been happily married for 32 years, and he and his wife raised three great kids. Drew loves his life, and you'll often find him working happily in his garden or coaching his basketball team. There was just one problem: Drew's blood sugars were creeping up at an alarming rate. His wife, a seasoned nurse, was beside herself with concern. They would have tried anything. Thank goodness they tried Paleo.

Before Drew started eating Paleo, his blood sugar reached an all-time high of 358! In just four months of eating a 100 percent Paleo diet, his blood sugar plummeted to an amazing 90 to 100 range. Drew is one of the most excited and amazed Paleo people you'll ever meet. This is where great support comes in because his wife was very much involved in creating great Paleo foods and being there in any way she could. The end result was amazement to Drew's family physician, his family, and his friends.

Reducing chronic inflammation

When you think inflammation, you probably think “ouch!” Because the inflammation you've probably heard about or experienced firsthand is the kind of inflammation that makes you feel all-over aches, pains, swelling, fatigue, or just plain discomfort.

One kind of inflammation is actually a good thing; it's called *acute inflammation*, or short-term inflammation. This inflammation is a natural part of your body's healing process and one of the “trump cards” your body hands out to give you a healing push. When you get an illness, like the flu, or physical trauma, like a shoulder injury, your body starts going into action immediately by calling on your immune system for healing. The inflammation that ensues is there to protect the damage already done and make sure it doesn't get any worse.

So how does this good thing (your healing push) get out of hand and cause you trouble? If your intestines have those pesky little perforations that we call leaky gut (see earlier section “Clearing up gut and skin issues”), foods are going to squeak through the holes to the other side of your intestinal wall into your bloodstream where they don't belong and aren't recognized. When your body goes into overdrive to fight off these foreign invaders, you have chronic inflammation.

Whatever overloads your immune system can cause this overreaction and inflammation. Here are some of the immune system stressors:

- ✓ Unhealthy foods (packaged, processed, or foods denatured in any way)
- ✓ Foods containing gluten
- ✓ Toxic overload (everything from environmental toxins to toxic cleaning products)
- ✓ Excessive stress
- ✓ Overload of medications or antibiotics
- ✓ Sleep deprivation
- ✓ Too much exercise training

You can see from this list that many of these immune stressors are lifestyle choices, including the foods you eat. When you eat Paleo foods, you make a huge difference in *controlling* and *preventing* the long-term inflammation that can lead to a lot of misery.



Here are some of the conditions that are caused by chronic inflammation:

- ✓ Arthritis
- ✓ Asthma and allergies
- ✓ Autoimmune diseases, like celiac disease
- ✓ Cardiovascular disease
- ✓ Diabetes
- ✓ Intestinal inflammatory disease, like Crohn's disease
- ✓ Thyroid dysfunction

Eating Paleo does an outstanding job at keeping your immune system strong and inflammation at bay. You can see how important eating the anti-inflammatory Paleo foods really are!

Why Start Paleo Living?

Most people are intrigued when they're introduced to Paleo. It's hard not to be when you see so many people enthused and getting results. When you see or hear from friends and family or read about how you can lose weight, clear up skin issues, get better sleep, stabilize blood sugar, reduce chronic inflammation, and literally de-age, you pay attention!

Paleo success stories: Kathleen

Meet Kathleen, 42, Business Owner, Yardley, Pennsylvania:

“The results I got when I first started eating Paleo amazed me. I thought I ate pretty healthy. I have always exercised, and I buy all my foods from a natural foods store. But I always felt tired and bloated, which would get worse as the day went on. I was like that for so long, I thought it was ‘the norm.’ Certainly not related to my food, because all my foods were supposed to be healthy. Well, I guess they weren’t for me because

immediately after one Paleo meal, I knew something was different. I got no bloating whatsoever, and I felt energized instead of tired. My bowel movements went from looking like little pebbles to a healthy formed stool, and my stomach felt like it was getting flatter and flatter with every meal. I definitely got results immediately, like someone gave me some kind of secret formula or something! I will never eat any other way; I feel too good!”

But, like anything else, when you start something from scratch, you may be skeptical. Living Paleo will not only make you healthier and leaner in the long term, but you’ll feel immediate results back it up.

Look and feel better within 24 hours

Sounds too good to be true, we know. But some people feel better immediately after starting to eat Paleo foods. If you’re eating a lot of foods that are inflammatory to your system or if you’ve been depleted in nutrients, you may perk up immediately.

One of the most common complaints people have is bloating or intestinal discomfort after eating. Switching to Paleo will give you the *wow!* effect. You’ll find relief — some will feel it immediately. Eating Paleo is such a perfectly suited balanced diet that many people feel better after one meal!

Lose weight through good health, not fads and get-slim-quick schemes

Paleo isn’t a fad diet, red carpet diet, or a slim-down-quick system. Paleo focuses completely and utterly on the health of your cells and all the structures and functions of your body. That’s it. Weight loss just so happens to be a side effect of health and vitality — it’s against natural law not to be. So what

you're getting with Paleo is a side-effect bonus of sorts, which just so happens to be fat melting away for lasting weight loss. With Paleo, all your systems regulate, balance, recalibrate, and begin to work at a higher functioning level, which all promote weight loss.

Many of the weight loss programs or products on the market have just a single-minded goal, which is to get the weight off. Period. Unfortunately, this goal often means poor-quality foods are recommended as part of the plan, with short-term results. You don't change the relationship you have with foods, so you don't really learn anything moving forward. Also, if you're not eating real, clean, balanced foods, you're not resetting your body for success.



When your focus is on getting healthy and staying healthy, like with eating Paleo, you lose weight naturally. And just watch your body de-age!

The Science Behind Paleo

Yes, the excitement and results of living Paleo are awesome. But knowing that some of the most respected leaders in the field, as well as some of the most brilliant researchers, have found evidence to why Paleo foods work well is a great reassurance. So just in case raving fans aren't enough, we include some research in this section to help you further see the value of living Paleo.

Here are some facts from leading Paleolithic researchers S. Boyd Eaton, MD, and M. Konner, PhD, cited in the *New England Journal of Medicine* ("Paleolithic nutrition: a consideration of its nature and current implications." 1985; N. Eng. J. Med. 321, 283–289):

- ✔ "The human genetic constitution has changed relatively little in the past 40,000 years."
- ✔ "The development of agriculture 10,000 years ago has had a minimal influence on our genes."
- ✔ "The Industrial Revolution, agribusiness, and modern food processing techniques have occurred too recently to have any evolutionary effect at all."
- ✔ "Physicians and nutritionists are increasingly convinced that the dietary habits adopted by Western society over the past 100 years make an important etiologic contribution to coronary heart disease, hypertension, diabetes, and some types of cancer."
- ✔ "These conditions have emerged as dominant health problems only in the past century and are virtually unknown among the few surviving hunter-gatherer populations whose way of life and eating habits most closely resemble pre-agricultural human beings."

Here's some compelling research from Dr. Loren Cordain (*The Paleo Diet* [Wiley]), professor in the Health and Exercise Science Department at Colorado State University and one of the top global researchers in the area of evolutionary medicine:

- ✔ “DNA evidence shows genetically humans have hardly changed at all (to be specific, the human genome has changed less than 0.02% in 40,000 years).”
- ✔ “Nature determined what our bodies needed thousands of years before civilization developed, before people started farming and raising livestock.”
- ✔ “In other words, built into our genes is a blueprint for optimal nutrition — a plan that spells out the foods that make us healthy, lean and fit.” (The *blueprint* is Paleo foods.)

Finally, Rainer J Klement and Ulrike Kämmerer discuss the striking benefits and prevention of cancer with a Paleo diet in *Nutrition & Metabolism* (“Is there a role for carbohydrate restriction in the treatment and prevention of cancer.” October 2011. 8[75]):

- ✔ “Cancer is *very* rare among uncivilized hunter-gatherer societies.”
- ✔ “The switch from the ‘caveman’s diet’ consisting of fat, meat, occasionally roots, berries and other sources of carbohydrates to a nutrition dominated by easily digested carbohydrates derived mainly from grains as a staple food, would have occurred too recently to induce major adaptations in our gene encoding and metabolic pathways.” (In other words, our bodies don’t have the genetic wiring for adapting to grains.)
- ✔ “[In a cave man–like diet,] carbohydrate restriction is not only limited to avoiding sugar and other high glucose foods, but also to a reduced intake of grains. Grains can induce inflammation in susceptible individuals due to their content of omega-6 fatty acids, lectins, and gluten.”
- ✔ “Paleolithic-type diets, that by definition exclude grain products, have been shown to improve glycemic control and cardiovascular risk factors more effectively than typically recommended low-fat diets rich in whole grains. These diets are not necessarily low carbohydrate diets, but focus on replacing high glycemic index modern foods with fruits, vegetables, in this way reducing the total glycemic [sugar] load. *This brings us back to our initial perception of cancer as a disease of civilization that has been rare among hunter-gatherer societies until they adopted our western lifestyle.*”



Many anthropologists and healthcare providers recognize that the hunter-gatherers represent a *reference standard* for modern-day nutrition and a model way of eating to get well and stay well. When you see the results *and* the research, you begin to understand why.