



## Choosing Paleo Deserves an Ovation!

Why are so many people talking “Paleo” these days? Because they FEEL BETTER! What is it about the Paleo diet that improves health? Simply put, it’s anti-inflammatory; all food groups that cause inflammation are eliminated so naturally, health improves. Aches and fatigue resolve – replaced with higher energy and vitality. This is not some fad diet. Paleo is a lifestyle with a wide range of participation. Many choose to jump in and commit to a month of wholesome eating; others prefer a “baby steps” approach. Either way, our goal is to educate and assist people in the transition to eating *real* healthy food and ultimately, experiencing *real* health.

### The ‘Standard American Diet’ (SAD) Causes Chronic Inflammation

Research confirms that long-term, low-grade inflammation is the basis of chronic disease and obesity. Studies also demonstrate that many foods in the western diet contribute to our spiraling poor health. The logical question then is... if food causes inflammation, and inflammation causes disease, could our western foods be responsible for the chronic deteriorating health and obesity epidemic of industrialized cultures? Do cultures exist that *don’t* suffer from these chronic conditions? The answer is a resounding yes! What, then, do those cultures eat to maximize their health and elude western disease?

### Modern Humanity Is Not Eating According to Our Genetics

In reality, the answers to the above questions have been available to us for millennia. Our ancestors thrived on a “hunter-gatherer” diet which, in today’s vocabulary, is commonly referred to as the Paleo diet. Simply compare our ancestral fare to the modern diet and it is evident that the commercial, processed, manufactured foods of recent generations are not compatible with our genetics. Our bodies are literally rejecting most of the contemporary foods we consume. No wonder we’re sick! We don’t have to be victims of a diet that makes us unhealthy, fat and depressed. Paleo is a solution. It’s not just a diet; it’s a way of living that promotes optimal health throughout life using evolution and natural selection as guidelines, returning to our roots. The following information will outline the basic principles of the Paleo diet and lifestyle – identifying which foods are genetically compatible and health-promoting as well as those that cause inflammation.

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## Part I: The Dark Side of the Western Diet

Americans take exercise seriously. Consumption of fresh vegetables has increased. Many have reduced intake of salt, red meats and animal fats. High fiber is exalted. We buy foods labeled “low fat, gluten-free, reduced sodium, whole grain” thinking they’re good for us. However, none of these measures has made a dent in the exponentially increasing toll of degenerative disease. Why, then, are we getting sicker and fatter? Could our modern dietary advice be flawed? Our genetics mandate whole nutrient-dense foods – not refined and denatured – to grow, prosper and reproduce. It’s a simple concept; to attain quality health, the garbage in the diet has to go.

### The Paleo Rejects

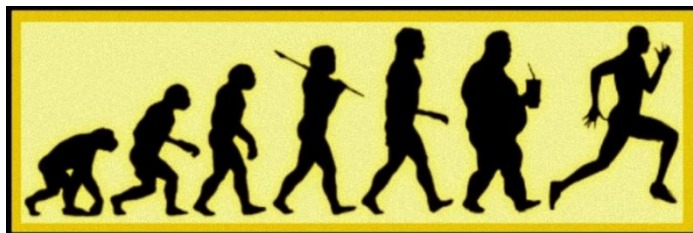
- **Sugar and Sugar Substitutes** – Including table sugar, honey, agave nectar, maple syrup, molasses, Splenda®, Equal®, NutraSweet®, xylitol, etc; sugary drinks, such as juices, soda, alcohol, etc; even stevia triggers insulin and is excluded (though some use it as a temporary crutch – see details in Sugar section).
- **Grains/Pseudo-Grains** – Wheat, corn, rice, oats, rye, barley, millet, bulgur, amaranth, buckwheat, quinoa; all products made with grains: bread, pasta, cereal, pretzels, crackers, granola, baked goods, etc.
- **Legumes** – Peanuts (including peanut butter), soy (soy sauce, tofu, miso, edamame, soy lecithin), beans, peas, lentils; note: pea pods (snow peas, snap peas) and green beans are acceptable.
- **Dairy** – Including milk, cheese, yogurt, kefir, cream, whey and sour cream. Clarified butter (ghee) is acceptable since the potentially allergenic proteins have been removed.
- **Manufactured Fats and Seed Oils** – Includes the following oils: canola, corn, safflower, sunflower, soybean, peanut, cottonseed, vegetable; Crisco® and hydrogenated oils (in most packaged goods); all products made with these oils such as mayo, salad dressings, margarine, etc.
- **Chemicals** – Particularly MSG, carrageenan (often added to milk substitutes), preservatives, food colorings (even added to some produce, meat and fish products), alcohol.



*At first glance it may be quite depressing to discover that so many foods are pro-inflammatory. “Don’t these foods comprise the vast majority of the modern western diet?” Yes! That’s precisely why there’s an epidemic of poor health today. “But, what’s left to eat?” Don’t despair! In Part II we’ll detail the healthy anti-inflammatory foods of a Paleo diet, but first let’s explore what happens in the body when we consume these rejects.*

### The Grief of Grains and Legumes

Haven’t we adapted to eating grains by now? Haven’t we eaten them forever? No. Put in perspective, humans have been eating a hunter-gatherer type diet on this planet for greater than one million years. Grains were only introduced six to ten thousand years ago – that equates to less than a yard on a football field! Our human physiology does not have a grain requirement. Grains are primarily carbohydrate energy sources devoid of any significant nutrients and unfortunately, over time, these starches have become a larger portion of our diet. Consuming grains tends to displace calories and nutrition that would have been provided by other nutrient-dense foods, namely vegetables, animal proteins and healthy fats. Consequently, nutritional needs and health suffer:



## Moving a Mountain of Grain – Why Grains Are So Difficult to Eliminate

- The infrastructure of most modern cultures is grain-based. Grains are a staple; they're in a majority of our food supply in the form of cereals, breads, pasta, rice, chips, tortillas and sauces. We consume these by default. To eliminate grains, it must be a conscious choice.
- They have a long shelf life, especially with added chemicals, which makes them convenient and often our first choice for our 'grab and go' modern lifestyles.
- Grains are cheap, equating to larger manufacturing profits, so they're substituted for healthier options.
- Mostly, grains are addictive - physically and emotionally. During digestion all grains break down to glucose/sugar, and sugar is addictive – Really!!! (explained further in the next section)

### But, But, But...

**"Aren't *whole* grains healthy?"** No. Grains are simply sugar molecules bound together. The only difference between whole grains and refined grains is how fast they break down to sugar, but the end product is the same. Sugar by another name is still sugar. Whole grains also contain problematic phytates (read below).

**"Don't we need whole grains for fiber?"** No! Fiber content is much higher in vegetables (up to 8x more than whole grains and 30x higher than refined grains)! Even fruits contain twice as much fiber as whole grains and 7x more than refined. Without the fiber argument, what nutritional benefit do grains offer? None!

**"But grains are low fat."** Yes, and they're high sugar/starch, which sends a hormonal message (via insulin) to the body to *store that sugar as fat* for future needs. As long as the body is getting the message to store fat, that fat won't budge, even by restricting calories and jogging ad nauseum (the term 'skinny fat' applies here).

## Additional Problems with Grains and Legumes:

### Gluten Is a Lectin

Gluten is in a class of compounds called lectins. Although gluten may be one of the more aggressive forms, *all grains AND legumes contain lectins* (common foods with known toxic varieties include wheat, soy and peanuts). These are sticky molecules resistant to cooking and digestion. They attach/imbed into the intestinal lining, causing irritation. Our body's defense system understandably attacks this foreign invader with an immune inflammatory response, but because the lectin is incorporated as part of the cell walls, the body literally starts attacking itself by destroying the cells. Ouch! The result: bloating, gas, indigestion, irritable bowel syndrome, diverticulitis, GERD, colitis, Crohn's, etc. Each grain/legume-based meal introduces increasingly more damaging compounds, preventing the digestive tract from healing. Eventually, gaps/holes develop in the digestive lining ("Leaky Gut Syndrome") allowing large molecules to escape into the blood such as undigested food, bacteria and more lectins. Once in the blood, lectins can imbed into other membranes *anywhere in the body* to continue the assault elsewhere – like cartilage for example (achy joints anyone?). Because these molecules are normally foreign to blood, an allergic immune response is often triggered creating food allergies, intolerances and sensitivities.

### Phytates and Other 'Anti-Nutrients'

Phytates are compounds that bind essential minerals and prevent their absorption. This is a key concept - *even when consuming quality vegetables or nutritional supplements, minerals like calcium, magnesium, phosphorus, zinc and iron are difficult to absorb if phytates are present to trap them*. Phytates also prevent enzymes from breaking down food components, resulting in indigestion. Where are they found? They're in the bran, hull and husk of grains, seeds and legumes. Bran is one of the highest sources of phytates; eating bran is a recipe for intestinal distress and bone loss. Although soaking, sprouting, fermenting and cooking will reduce phytate levels, the amount is highly variable.

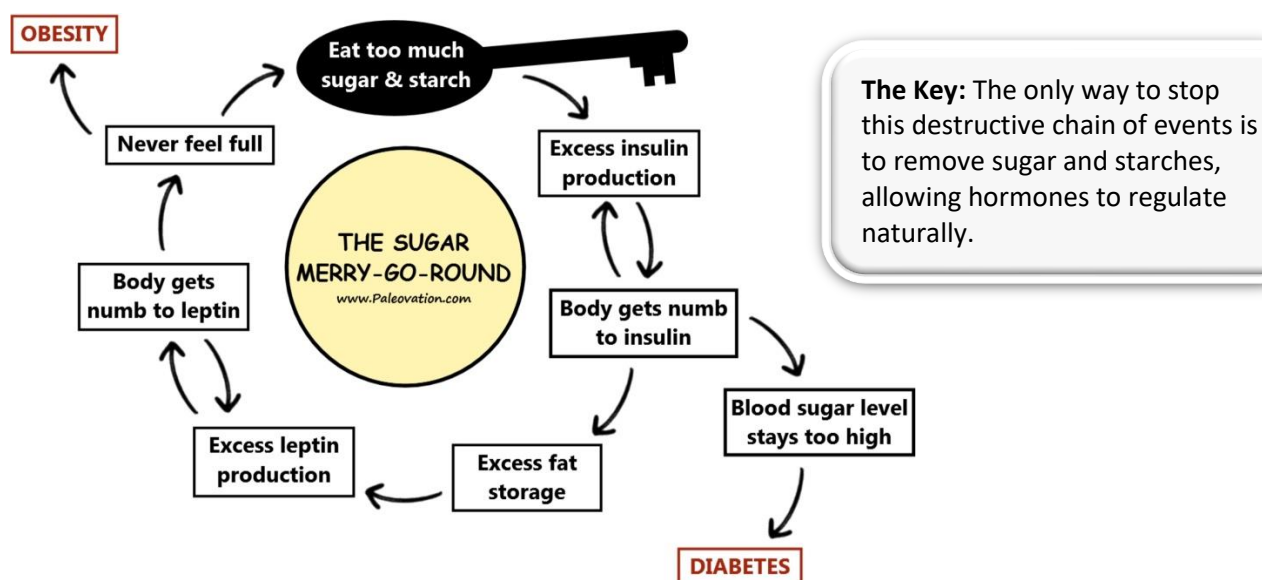
**The bottom line:** High-phytate diets result in mineral deficiencies.

**Food for Thought:** When grains, legumes and dairy are removed from the diet as with Paleo, nutrient absorption actually increases! That's because problematic foods are replaced with ANTI-inflammatory vegetables, animal proteins and healthy fats which are more nutritionally dense and bioavailable. Simply stated, the Paleo diet supplies increased nutrient content with less digestive interference.

## The Sugar Merry-Go-Round

Sugar is ubiquitous in our culture. As the consumption of sugar has increased, so have all the civilized diseases. On average, Americans get 350 calories per day from added sugar in the diet – that's equivalent to 22 tsp. of sugar every day (not including the sugar consumed from starches and grains). We expect sugar in dessert, but few realize how much is in yogurt, ketchup, juices, flavorings or sauces. Sugar provides *nothing* nutritionally. It disrupts the gut bacteria contributing to digestive and inflammatory conditions. Its sweet taste promotes cravings by stimulating opioid receptors just like heroin and cocaine. Welcome to the Sugar "UnMerry"-Go-Round!

Eating sugar or starches (as in grains/flour products) initiates insulin release. The insulin sweeps up excess sugar to store in the form of fat to be used for energy on a "rainy day" – an energy reserve critical for our ancestor's survival. In our modern sedentary culture, sugar and starchy foods are overly abundant and we tend to crave them for quick energy. As long as we continue to consume a sugar and grain-based diet, *insulin never rests – our bodies are in constant fat-storage mode*. Expanding fat cells produce a hormone called leptin that normally would trigger satiety, feeling full. But with constant fat accumulation from excess sugar/insulin, the body grows numb to leptin. Thus, we never feel full and continue to overeat, craving more sugar and starches which leads to continually higher levels of insulin floating around in our blood. Eventually, our bodies grow numb to insulin as well... Is your head spinning yet? Round and round we go...



**Point to Ponder:** Most westerners *start their day eating sugar* on an empty stomach: cereal, pancakes, waffles, donuts, toast, croissants, oatmeal, fruit juices, even smoothies. That's setting the stage for hormonal disaster - and the day hasn't even started! The result: headache, indigestion, energy crash and craving more by mid-morning...

### Fructose Fraud

Added sugar is often hidden in surprising quantities, lurking in many foods considered "healthy" and typically in the form of agave nectar or high fructose corn syrup. The very products diabetics and dieters rely on to stay healthy or lose weight – low-fat diet foods – are often the ones highest in fructose. Here's the irony: fructose is metabolized to fat in the body much faster than any other sugar, stimulating weight gain by increasing appetite and blocking fat-burning metabolism. To be blunt, *consuming fructose is essentially directly depositing fat!* Is that sinking in yet? It's the sugar in the diet that increases the risk for obesity, diabetes, and heart disease, NOT saturated animal fats (explained in the next section).

### Artificial Sweeteners Are Sugar-Coated

*These can be even more destructive than real sugar.* Since they are so much sweeter, they provide a sweet reward 'hit' in our biochemistry that can't possibly be achieved with real sugar. It becomes increasingly more difficult to achieve that same 'bliss point'; thus we crave increasingly higher sweetness which can't be satisfied with the natural flavors of fresh whole food... so we choose more junk.

## The Fat Fallacy

Does eating fat make us fat? NO! NO! NO! The assumption that increased fat in the blood is caused by increased fat in the diet has been around for decades (Remember this: “Fat on the lips = fat on the hips”?). Surprisingly, the concept that eating fat makes us fat made so much marketing sense that it *wasn't even proven* before it got sold to the public as the “grain pyramid.” Our fear of cellulite made that an easy sell. The result is generations of people who have replaced fat with carbohydrates. Look around. How's that low-fat diet working? Scientific evidence has repeatedly proven that sugar and starches (not fat) are the culprits of the obesity epidemic.

**Eating sugar and grains makes us fat...** and triggers inflammation and chronic disease!

Our bodies clearly need dietary fat! They're classified as *essential fatty acids* for a reason – if we don't get enough, we get sick. Fat is the primary component of the brain, nerves and hormones as well as cell walls. In essence, we need fat to think, reproduce and prevent wrinkles! Fats are also required to transport calcium and vitamins A, D, E and K – critical to immunity and bone health! They assist with lung function and are the preferred fuel for the heart, *lowering* blood pressure and cholesterol. **Healthy fats are a super food!**

### **Crazy for Coconut - The Remarkable Health Benefits of Coconut Oil:**

- Structured with unique ‘medium chain triglycerides’ (MCT) which are easily absorbed and quickly digested; provides instant energy to stimulate the body's ability to utilize and burn fat
- Concentrated MCT is used for weight loss, boosting athletic performance and improving brain function
- Does not require the gall bladder/bile for digestion – a perfect option for those with digestive problems
- Natural antibiotic and antifungal (lauric acid); prevents infection and aids with gut healing
- Shown to improve blood lipid panels by lowering total and LDL cholesterol levels while boosting HDL



Cholesterol has also been wrongly vilified. It is produced in the liver and is *controlled by insulin*. Simply lowering insulin levels (by removing sugar and starches) causes blood cholesterol to go down. Eat those egg yolks!

### **Keen on Cholesterol – Key Biological Roles of Cholesterol:**

- Vitamin D – it is cholesterol in the skin that gets converted to Vitamin D when the sun hits it
- Sex hormones – it's the frame of estrogen, progesterone and testosterone (problems with these, anyone?)
- Bile acids – without sufficient cholesterol, digestion suffers as fats don't break down properly

The recommendation to replace saturated fat with vegetable and seed oils has been devastating to our health! Oils like safflower, sunflower, peanut, soybean and canola are highly unstable to light and heat, easily oxidizing to destructive inflammatory compounds that make us sick! The broad-based attack on saturated fat fails to differentiate between manufactured fats (trans and hydrogenated) and natural health-promoting varieties like coconut oil. Olive oil is a healthy option, but is unstable at high temperature and not recommended for frying.

## The Dairy Dilemma

Humans don't have a dairy requirement and *no other animal drinks the milk of another once weaned!* In fact, most can't! As much as 65% of the world's population lacks the enzyme to digest lactose, the sugar in milk. Drinking cow's milk dispenses active hormones designed to make a baby calf grow to 500 pounds in just a few months! Many of those hormones survive through pasteurization and cheese-making processes. Milk also contains high concentrations of estrogen so when dairy products are consumed, accordingly, blood estrogen levels rise and increase the risk of breast or prostate cancer. Milk also triggers a high insulin response which could contribute to diabetes (see Sugar Merry-Go-Round). In the list of foods which supply the 13 most deficient vitamins and minerals in the US diet, milk is at the bottom. Why choose to put an inferior food into our body when there are an abundance of wholesome foods exhibiting vastly superior nutritional profiles?

Pasteurization destroys milk's enzymes, forcing the pancreas to produce more. Raw milk does preserve enzymes, and fermenting or souring milk improves digestibility (yogurt, kefir or buttermilk), but these don't address the hormonal exposure. Surprisingly, butter contains few offending elements and is generally well tolerated.

**Don't we need dairy for calcium?** America has both the highest calcium supplementation level and the highest incidence of osteoporosis. There's obviously more to bone health than just calcium! Our bodies also use magnesium, vitamin D, phosphorus and boron for bone growth. Calcium absorption actually increases when there are no phytates from grains and legumes to steal it (and no soda to interfere with metabolism). Non-dairy calcium and mineral sources are more bioavailable and easily absorbed, like collard greens, salmon with bones, and almonds. Try brewing bone broth (a Paleo favorite) for complete bone nutrition!



## Standard American Diet (SAD) at a Glance

As displayed in the list below, research suggests that 85-90% of calories in the average American's diet come from foods that were not consumed by our hunter-gatherer ancestors and fall into the "inflammatory" category. Is it any wonder that we have an epidemic of obesity and chronic disease?

Inflammatory?	Source of calories in average American diet
<input checked="" type="checkbox"/>	24% from grains (20% from refined grains)
<input checked="" type="checkbox"/>	19% from refined sugars
<input checked="" type="checkbox"/>	18% from refined, high omega-6 seed oils (corn, soybean, canola, sunflower, cottonseed, safflower, peanut, etc.)
<input checked="" type="checkbox"/>	11% from dairy
<input checked="" type="checkbox"/>	1.4% comes from alcohol
<b>The remaining 27% bundle includes:</b>	
<input checked="" type="checkbox"/>	Grain-fed, domestic, feedlot meat (dietary grains cause obesity and inflammatory disease in other mammals too, so consuming the products of these unhealthy animals contributes to the inflammatory burden in our diets)
<input checked="" type="checkbox"/>	Legumes
<input type="checkbox"/>	Vegetables and fruit

Cordain L, Eaton SB, Sebastian A, Mann N, Lindeberg S, Watkins BA, O'Keefe JH, Brand-Miller J. *Origins and Evolution of the Western Diet: Health Implications for the 21st Century*. Am J Clin Nutr. 2005; 81(2):341-54.

As clearly demonstrated in Part I, the current western diet is markedly deficient in vegetables, healthy protein sources (*grass-fed* beef, *pastured* pork, *free-range* chicken, *wild-caught* fish, *pastured* eggs) and healthy fats (coconut, olives, avocado, fats from grass-fed beef and pastured pork). This dismal dietary regimen results in the typical inflamed, achy, fatigued, overweight American prone to disease. Does it make any sense that a pill can erase the devastating effects caused by this diet? To attain exceptional health, the disease-promoting foods that induced this predicament must be eliminated. Returning to our original, genetically compatible diet can have a more profound effect on health than any other known modality of medical treatment. Quality food is medicine!

## Part II: The Paleo Light at the End of the Tunnel



**"Civilized man is the only animal clever enough to manufacture its own food... and the only animal stupid enough to eat it."**

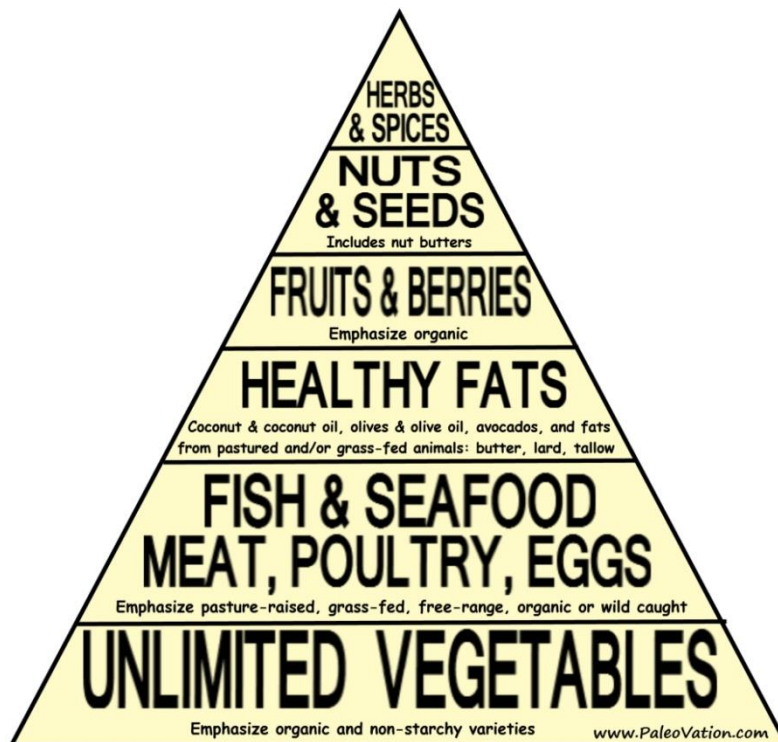
**~Barry Groves**

Although the term 'Paleo' is relatively new, this health-promoting diet has been common even in our modern history, especially in the athletic world. For decades, sports science has undoubtedly demonstrated that physical fitness, strength, performance and body composition improve on an anti-inflammatory Paleo-style diet. What's the secret? What exactly should we be eating to maximize our health and vitality? Drumroll please... Whole foods. Yes, it's that simple. Whole foods; real foods that have been minimally processed or manipulated; natural foods that contain innumerable nutrients that work together synergistically. In contrast, western diets incorporate many poor quality pseudo-foods that are dismantled and put back together, then 'enriched' or 'fortified' with select manufactured vitamins that our bodies don't even recognize. Overall nutritional value is lost, disrupting all bodily functions. Health simply cannot be optimized by eating processed food and focusing on a few select individual ingredients (fiber, vitamin C, calcium, gluten-free, etc). Rather, the focus should be on consuming whole foods where *all nutrients* are naturally present. Nature-made always trumps man-made.

## The Paleo Scenario – Approved Foods

- **Unlimited Vegetables** (organic preferred) – Although classified as a root vegetable, white potatoes are high in starch. If weight loss is a goal, limit consumption until weight tapers; note: potato chips and french fries *don't qualify* as whole foods (Tarzan didn't eat them!).
- **Protein from Animal Sources** – Note that *farm-raised* fish and *feedlot* beef/pork/poultry are fed an inflammatory diet high in grains and/or legumes (usually corn and soy) and should be avoided if possible. Lean conventional meats are acceptable if budget is a concern, but realize that the nutritional quality is diminished. In the following list, fats from these natural sources are *anti-inflammatory* – embrace them!
  - Grass-fed beef
  - Pastured pork
  - Wild caught fish and seafood
  - Free-range poultry
  - Eggs (from free-range sources)
  - Wild game
- **Healthy Fats/Oils** – Coconut and coconut oil, olives and extra virgin olive oil, avocados, butter/ghee (from grass-fed sources); note: clarified butter, or ghee, removes potentially irritating milk proteins.
- **Fruit** occasionally – Focusing on low sugar fruits like berries, green apples, grapefruit, etc. (remember, fruit was not available year-round until recently and has been bred to be increasingly sweeter).
- **Nuts and Seeds** – Those with highest anti-inflammatory properties listed first: macadamias, hazelnuts, cashews, almonds, pecans, pistachios; corresponding nut butters (but not peanuts – they're a legume).
- **Spices** – All spices (however, the following have been shown to have high anti-inflammatory properties: turmeric, ginger, garlic, basil, cayenne, cinnamon).
- **Drinks** – Water, coconut water, herbal tea, sparkling water, kombucha (with no sugar added to final product); black tea and coffee if you must (NO fruit juice - it's nearly all sugar, even the 100% varieties).
- **Salad Dressing** – Extra virgin olive oil, vinegar, lemon juice, salsa, guacamole, pureed berries, spices.
- **Treats** occasionally – Dark chocolate 70+% (dip in coconut butter!) or a periodic Paleo dessert.

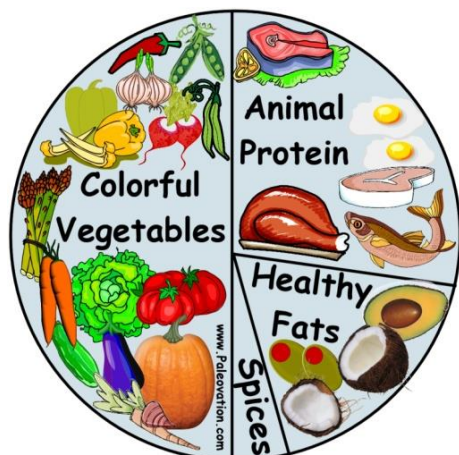
### THE PALEO PYRAMID



## The Paleo Ideal Meal

### Structuring a Paleo meal is quite simple:

Animal Protein + Lots of Veggies + Healthy Fat + Seasonings = Anti-inflammatory Paleo Meal



#### Paleo meal-building options:

1. Wing it! Mix your favorite combinations in a stir-fry, omelet, soup, or frittata.
2. Peruse established Paleo-friendly recipes. There are many cookbooks and on-line recipe resources.

**Just be aware:** There's an abundance of Paleo baked goods populating the Paleo recipe world. These are great indulgences but should not establish the core of your diet.

## Paleo for Weight Loss

With Paleo the focus is on healthy foods, not on what the scale says. However, with that said, most people do lose weight. We prefer to focus on the concept of 'body composition' which is simply the percentage of fat verses muscle. The Paleo diet will naturally burn fat and improve muscle tone (like athletes). The result: look better, become stronger, increase energy - and avoid illness, disease and obesity. Does it get any better than that? The scale is neither an accurate measure of the percentage of muscle nor of overall health. It simply weighs what's on it, which could be any combination of things: water, muscle, fat, bones, colon contents, the last meal eaten, etc. The great paradox with the Paleo lifestyle is that there is tremendous freedom within the parameters: no counting calories or carbs, no weighing portions, no food journals. Simply focus on eating healthy anti-inflammatory foods until full and satisfied (satiety is triggered naturally by proteins and fats).

**A Word of Caution:** For weight loss, we recommend moderating nut and potato intake. When new to Paleo, people often will add extra nuts for snacks or substitute nuts for flour in baked goods, dramatically skewing calorie-dense food consumption out of proportion. There's also a tendency to use potatoes as the vegetable of choice. Potatoes alone are high starch so it's best to mix them with other colorful vegetables.

### A Space Case

Everyone has heard the cliché, "muscle weighs more than fat." To a typical woman, that simply creates a fear of muscle – after all, what sane woman wants to weigh more? But the key point is that *muscle takes up less space than fat!* Muscle is dense and a natural result of higher protein intake; muscle is desirable – it uses more energy which encourages weight loss and creates a tighter, smaller and more athletic physique. Toss the scale and add some resistance exercise to augment the strength benefits that the Paleo cuisine naturally creates!

You WILL get smaller eating Paleo simply by burning fat and building muscle. However, the number on the scale may not reflect as much change as you feel.

**Ponder this:** If you drop 1-2 pant sizes (or more!) and your health and fitness levels improve (sleeping better, improved digestion, reduced achiness, more energy, etc.), is the number on the scale important?



**Muscle takes up less space than fat!**



## Interested in Paleo? What Next?

There is no magic pill or secret formula to achieve health. The truth is that authentic health and healthy weight are achieved by eating real food, not from manufactured chemicals masquerading as food. Keep it simple! Eat mostly vegetables, animal proteins and healthy fats, with fruits and nuts in moderation. Exercise. Get adequate sleep! There is no need to make a healthy, anti-inflammatory lifestyle complicated or negative. Our [Paleovation Workbook](#) can guide you day-by-day through the first month.

### Implementation Options:

1. Immerse yourself in a strict Paleo protocol (aka detox) for a month. This option will prompt the body to quickly transition from primarily burning sugar to burning fat, effectively stabilize hormones and develop lifestyle habits for easier long-term implementation, i.e. minimize cravings, create new go-to recipes, plan nutrient-dense meals, learn how to shop, develop restaurant/social strategies.
2. Not yet ready to commit to a strict Paleo detox but still really want to do something to get on a healthier track? That's ok. Choose to transition in baby steps over time – visit [www.paleovation.com/baby-steps](http://www.paleovation.com/baby-steps) for details. The downside to this approach is delayed hormonal regulation and lurking food cravings. More dedication up front offers faster results.

## The Benefits of a Paleo Detox

In merely 3-4 weeks, your body will acknowledge if it likes being nourished the Paleo way. Benefits include reduced joint aches, higher energy, sound sleep, improved digestion, faster exercise recovery, lower body fat, better concentration, steady energy levels, less hunger, stable blood glucose or cholesterol, or all of the above. It's absolutely amazing what a few strict weeks eating Paleo can do to turn around decades of damage from an unhealthy 'western diet'! By the end of a month, *genuine health and vitality* can be appreciated (it may take longer for more complicated health conditions). At that point if desired, gradual reintroduction of eliminated foods is initiated to determine personal sensitivities – it's empowering to learn exactly which foods trigger symptoms. The reintroduction observations will dictate personalized culinary options. Ultimately, a diet plan unfolds which is customized specifically to YOUR optimal health. There is no definitive "right way" to eat Paleo! A commendable long-term goal is to permanently sustain Paleo eating habits 80% of the time (the 80/20 rule).

## Preparation for a Successful Paleo Detox

To begin your lifestyle transition, it is critical to create an environment conducive to long-term diet changes (rather than revert to old habits that weren't working). Here are some ideas to consider:

- Prepare for the short-term discomfort that a detox can induce as toxins are flushed from the body fat stores; understand that you may not feel 100% for 1-2 weeks (affectionately called the "low-carb flu")
- Plan meals ahead; prepare and store in fridge or freezer
- Stock your pantry with only Paleo-approved foods and remove the banned items
- Invite friends/family to join you in the detox to assist with compliance and accountability
- Research Paleo recipes and trade with anyone else doing the detox
- Find on-line support via Facebook, Pinterest, blogs and forums; read testimonials from people who went through the detox and successfully transitioned to Paleo
- Don't focus on weight loss; *embrace the goal to improve health by reducing inflammation* (weight loss is a happy side effect ☺, but if insistent, weigh yourself at the start then hide that scale for a month)
- Prepare strategies for moments of weakness
  - Take a walk; go to a gym
  - Listen to music
  - Go shopping
  - Take a nap
  - Enjoy a bath
  - Call a friend
  - Cook something healthy
  - Have appropriate snacks handy
- Take our Paleovation class or watch for our book in 2015, a perfect option for those not able to attend! We provide the explanation, tools and support to assist through that transition:
  - Pantry cleanout and restock
  - What to buy and where to get it
  - Paleo meal planning
  - Simple recipes to get started
  - Dining out options
  - Travel tips to stay on track
  - Social gathering strategies
  - Considerations for athletes

## Anti-Inflammatory Supplements

*You cannot supplement your way out of an unhealthy diet.* With that said, there is some benefit to select nutrient supplementation. Because neither our food choices nor our foods are perfect, some nutrients are either hard to attain or of insufficient quantities from diet alone. These include nutrients with detoxification and anti-inflammatory properties (especially vitamin D, magnesium and EPA/DHA). For those interested in convenience, we recommend the **Detox Pure Pack** – a daily multivitamin/mineral package with most of the hard-to-attain nutrients. To learn more or to purchase: [www.paleovation.com/nutritional-supplements](http://www.paleovation.com/nutritional-supplements).

## Summary

Civilization is caught in the flawed paradigm of the 'new and improved' western diet contaminated with inflammatory convenience foods. Our addictive eating habits have cost us our health, vastly skewing the consumption of sugar and starches when compared to our ancestors. To attain ultimate health, we need to return to basics, nourishing the body with unadulterated foods rich in *essential amino acids* (proteins), *essential fatty acids* (EPA/DHA in wild caught fish and grass-fed beef), and *essential vitamins and minerals* (colorful vegetables, grass-fed butter, organ meats, etc). Note that there are no essential carbohydrates – no nutrients in grains and legumes that can't be supplied via animal proteins, healthy fats and non-starchy vegetables. Eliminating sugar, starches, dairy and manufactured fats from the diet redirects our food choices to anti-inflammatory, nutrient-rich foods that promote vitality rather than rob it.

This is just a brief introduction to the Paleo anti-inflammatory diet. However, *Paleo is a lifestyle*, not a quick fix. Imbalances in exercise, sleep and stress are also significant facets to be addressed in the pursuit of health.

The choice is yours. How much longer are you willing to live with achy joints, flabby belly, foggy brain, or droopy energy? How much worse does it have to get before you seek true, sustained relief? Every bite taken is either promoting or inhibiting inflammation. Improving health and quality of life is a gradual evolutionary process, yet a one month Paleo detox elimination diet can jump-start your personal transformation.

## The Paleovation Workbook

Each day explains *WHY* the Paleo Diet works plus *HOW* to implement it, side-by-side. For long-term diet success, it's critical to learn both pieces together:

1. Only understanding which food choices improve health doesn't help with implementation of a new diet.
2. Just changing the diet without realizing why certain foods damage health creates a plan based on willpower battles, which has a poor long-term outcome.

[The Paleovation Workbook](#) unites this information in manageable, understandable pieces; imparting the power to consciously override moments of dietary weakness and choose healthy foods instead.



It only takes about a month to observe how your body responds to wholesome eating. When was the last time you were so good to your body for an entire month? What are you waiting for?

In Good Health,

Rachel and Kelly

[www.Paleovation.com](http://www.Paleovation.com),

Facebook [www.facebook.com/paleovation](https://www.facebook.com/paleovation)

Pinterest [www.pinterest.com/paleovation](https://www.pinterest.com/paleovation)



## Recommended Reading:

### *It Starts With Food*

by Dallas Hartwig, MS, PT, CISSN and Melissa Hartwig, 2012

*Primal Blueprint* by Mark Sisson, 2012

*The Paleo Solution* by Robb Wolf, 2010

*The Paleo Diet* by Loren Cordain, PhD, 2010

*Your Personal Paleo Code* by Chris Kresser, MS, L.Ac, 2013

*Practical Paleo* by Dianne Sanfilippo, BS, NC, 2012

*The Wahls Protocol* by Terry Wahls, MD, 2014

*Primal Mind, Primal Body* by Nora Gedgaudas, CNS, CNT, 2011

*Nourishing Traditions* by Sally Fallon, 2001

*In Defense of Food* by Michael Pollan, 2008

*Grain Brain* by David Perlmutter, MD, 2013

*Why We Get Fat* by Gary Taubes, 2011

*Fat Chance* by Robert H. Lustig, MD, 2014

*Paleo Approach: Reverse Autoimmune Disease*

by Sarah Ballantyne, PhD, 2014

*Wheat Belly* by William Davis, MD, 2014

*Cholesterol Clarity* by Jimmy Moore with Eric Westman, MD, 2013

*The Blood Sugar Solution* by Mark Hyman, MD, 2012

*Nutrition and Physical Degeneration* by Weston A Price, DDS, 2009

*The Art and Science of Low Carb Performance*

by Jeff Volek, PhD, RD, and Stephen Phinney, MD, PhD, 2012