Is Paleo for Me? Separating Fact from Fiction
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DIGGING OUR GRAVES WITH FORKS
- Standard American Diet (SAD) is biologically inappropriate for humans, causing us to be sick, fat, depressed, tired and out of shape
- 70% of SAD consists of sugar and processed food, mostly refined carbohydrates and grains
- Dietary guidelines from our food industry and government are completely inaccurate
- Industry profits take precedence over your health

PALEOLITHIC PERIOD: 2.6 million years ago to about 10,000 years ago

EATING IN ACCORDANCE WITH OUR GENES
- Our genes are shaped by the environment of our ancestors through natural selection
- Those who could hunt down their food—and avoid becoming someone else’s food—survived
- Our metabolism evolved around this diet
- Standard American Diet (SAD) is out of step with our genes, which manifests itself in the many diseases we see today

OUR MODERN DIET IS KILLING US
- As of 2011, 75% of American adults and nearly 1/3 of children were obese or overweight
- One in four Americans has some form of diabetes or prediabetes
- The Lancet reported that nearly every country faces alarming obesity rates—an increase of 82% globally in the past two decades. Middle Eastern countries are more obese than ever, seeing a 100% increase since 1990. This is a result of the
- “Western lifestyle” being adapted all around the world
- All of this is almost 100% preventable through diet and lifestyle
- According to the CDC, as of 2008, obesity cost the US a staggering $147 billion

OUR ANCESTORS WERE HUNTER-GATHERERS

WHAT THEY ATE
- Wild meat and game, Wild plants, Fish, Roots, Nuts and seeds, Fruits (seasonal only)
- Carbs were relatively rare; most of diet was comprised of proteins, fats and fiber

WHAT THEY DIDN’T EAT
- Refined sugar, Processed food, Pasta and pizza, Captain Crunch, Twinkies, Hungry Caveman Dinners, Milk, Bread and cereal grains, Elephant ears (the kind at the fair... They might have eaten the real deal, but we’re not sure)

HOW MUCH MEAT DID THEY EAT?
- Food availability varied by season and habitat—lots of variety!
- Very early Paleo man supplemented his plant foraging with small animals, especially in the colder winter months
- Paleo man increased his meat consumption as his hunting skills and tools progressed over time
- Meat intake increased alongside tool and fire development; cooking played a role in our genetic adaptation
- Increased animal protein allowed him to evolve a larger brain, because the prime requirement for larger brains was increased caloric intake
- Your brain requires 9 times as much energy as any other organ of the body
- According to the fossil record, about 2/3 of Paleo man’s diet was from animals and fish, and 1/3 from wild plants, with variations by region and season

AGRICULTURE BROUGHT...
- Sucrose (2,000 years ago)
- Refined Vegetable oils and hydrogenated oils
- Oreos (circa 1913)
- High Fructose Corn Syrup (HFCS)
- Triple White Chocolate Mochas
- Our GI tracts are not accustomed to these foods—we can’t metabolize them properly

WE’RE GENETICALLY PROGRAMMED TO STORE CARBOHYDRATES
- For our hunter-gatherer ancestors, carbohydrates served the purpose of quick energy, but they were scarce
• Metabolic “programs” to turn carbs into FAT; made energy available for later when it was needed for survival
• Carbohydrates = FAT
• But today, there are no mammoths to outrun but there are carbs on every corner...so those fat stores never get depleted, and they just get bigger... and bigger... and bigger!

WHAT DOES INSULIN DO?
• Gets sugar into the cell (in the form of glycogen, for short term storage) so it can be used for energy; so glycogen is the stored form” of sugar in your cells
• Protects your cells from becoming overloaded with sugar
• Cells only store a small amount of sugar at a time. Once they are full, the remainder gets converted to FAT for longer term storage.
• The more sugar in your system, the more insulin you need.
• Insulin resistance, metabolic syndrome, and Type 2 diabetes
• Regulating sodium, magnesium and calcium
• Stimulating your sympathetic nervous system (fight or flight or freeze response)
• Cell proliferation (cancer)
• When you’re insulin resistant, your body loses its ability to burn fat for energy—your fat burning engine is switched off

METABOLIC SYNDROME
• Insulin resistance, Obesity, Accumulation of belly fat, Hypertension (high blood pressure), Elevated glucose (high blood sugar), Elevated LDL and triglycerides

DEATH BY SUGAR: SUGAR (ESPECIALLY FRUCTOSE) IS THE MOST DANGEROUS FOOD ON THE PLANET
• Promotes cortisol/adrenalin release—fight or flight or freeze; hyped up
• Impairs your immune system; bacteria, fungi and viruses all thrive in a sugar-rich environment
• Inhibits the hormone leptin, which controls appetite
• Drives insulin resistance
• Promotes fat storage and weight gain
• Promotes oxidative stress and premature aging
• Fuels cancer cell growth
• Disrupts muscle building
• Produces AGE’s
• The average American will consume 2 tons of sugar in his/her lifetime

SUGAR CAUSES INFLAMMATION
• Scientific evidence suggests excess dietary sugar is the most significant factor underlying most chronic disease
• Sugar metabolism increases uric acid levels, which causes higher blood pressure and increased risk for kidney damage and chronic low-level inflammation, and all sorts of problems
• Inflamed blood vessels: increased risk for cardiovascular disease (heart attacks, strokes, etc.)
• Inflamed gut: leads to imbalance in gut flora, which destroys your immune system and results in leaky gut syndrome, allergies, chronic systemic inflammation, and all sorts of adverse health consequences down the line—including some forms of cancer

BIG FAT LIE#1: FAT MAKES YOU FAT--THE BIGGEST NUTRITIONAL MYTH IN HISTORY!
• In 1953, Ancel Keys claimed FAT caused heart disease based on a severely flawed study; the study did not control for SUGAR—the real culprit
• Low-fat/high-carb diets became the mantra for an entire country (with total disregard for sugar), and saturated fat was blamed for all ills
• Ever since then, fat has been removed from processed foods, with sugar added in its place
• So... on these “low-fat” diets, have we gotten healthier? LMAOROF!!
• Sugar is the real culprit behind escalating rates of diabetes, obesity, heart disease, and other serious health problems on the rise
• The AMA, ADA, and probably your cardiologist all continue to recommend high carb/low fat diets

HIGH FRUCTOSE CORN SYRUP... BACK TO OUR HUNTER-GATHERERS
• They knew sugar ONLY as fructose in fruit
• Fruit was available only when in season, so it was a special treat
• Honey was also a very rare and special treat, available only when in season
Four of the five top calorie sources today are carbohydrates—this is the opposite of how our ancestors ate!

FRUCTOSE: GOAL IS LESS THAN 25 GRAMS DAILY TOTAL FRUCTOSE (15 G FROM FRUIT)

BIG FAT LIE#2: SATURATED FAT IS BAD

Properly Raised” Means:
- Grazing on pasture, fed a species-appropriate diet of grasses, insects, etc.
- Humanely-treated and killed
- Free of antibiotics and hormones
- Sustainable farming practices
- Not confined to small spaces
- Organic and local, if possible
- NEVER from a CAFO (Confined Animal Feeding Operation)

PALEOLITHIC DIET (CAVEMAN DIET)
- We have to turn our fat burning engines back on by returning to how we used to eat...how our ancestors ate
- Loren Cordain, PhD of the University of Utah wrote the book *The Paleo Diet*, which widely popularized the Paleo Diet (latest version 2010)
- HOWEVER, Paleo “diet” principles are not new—been around for 40 years. Not a fad!
- Not a diet at all, but rather a lifestyle
- Basic premise: 99% of our genetic code has not changed over the last 10,000 years, but our environment and foods have changed drastically
- Paleo man was engaged in almost constant physical activity and was a fat-burning machine

NUTRITIONAL ADVANTAGES OF PALEO DIET
1. All nutritionally dense foods
2. Better macronutrient balance
3. Better trace nutrients from increased food variety
4. Improved insulin response and weight loss, low glycemic load
5. Higher in fiber (veggies higher in fiber than grains)
6. Improved electrolyte balance; higher potassium, lower sodium
7. Improved acid-alkaline balance
8. Hypo-allergenic
9. Improved fatty acid profile

SCIENTIFIC STUDIES
1. Lindelberg (2007): 29 patients with type 2 diabetes or heart disease placed on either a Paleo Diet or Mediterranean Diet (whole grains, legumes, low-fat dairy, margarine, etc.) After 12 weeks, the both groups showed health improvements, but the Paleo dieters showed greater improvement in blood glucose tolerance (a risk factor for heart disease) and leptin levels.
2. Osterdahl (2008): 14 subjects placed on the Paleo Diet for 3 weeks; all subjects lost weight, reduced waist size, lowered blood pressure and improved blood-clotting profiles
3. Frasetto (2009): 9 inactive subjects were put on Paleo Diet for just 10 days, matching the caloric profiles of their usual diet; all 9 experienced improvements in blood pressure, arterial function, insulin, cholesterol, and triglycerides.
4. Lindelberg (2009): Put 13 diabetic patients on both the standard diabetes diet and the Paleo Diet for 3 months each (cross-over study); the Paleo Diet resulted in improved weight loss, waist size, blood pressure, HDL, triglycerides, blood glucose levels and hemoglobin A1c.

PALEO FOODS
- Vegetables cucumbers, kale, spinach, green beans, squash, asparagus, cabbage, celery, peppers, lettuce...
- Roots yams, carrots, beets, turnips... Of course, these foods were vastly different from modern day cultivars
- Nuts and seeds almonds, Brazil nuts, walnuts, pecans, pistachios, macadamia nuts, sunflower seeds, sesame seeds, chia seeds, flax seeds
- Meats beef, chicken, pork, bison, turkey, eggs, salmon, sardines, pheasant...
- Low glycemic fruits berries, grapefruit, lemons and limes, apples...
- Grains and legumes were consumed but did not represent a significant portion of their diet; types of meat and fish, and other animal proteins, varied by region and season

PALEO FOODS TO AVOID (ACCORDING TO PALEO PURISTS)
• Grains corn, wheat, barley, oats, rye, quinoa...yes, even WHOLE grains and sprouted grains
• Legumes chickpeas, navy beans, kidney beans, lentils, black-eyed peas, peanuts...
• Dairy milk, cream, cheese, ice cream, yogurt...
• Refined sugars sodas, high fructose corn syrup, candy, cakes...
• Refined vegetable oils corn oil, canola, soy oil, peanut oil...
• Fatty meats
• Salt
• Humans evolved no biological requirement for carbohydrates, but we DO require proteins and fats

**GRAINS AND LEGUMES: ANTINUTRIENTS**

• Antinutrient: A compound that interferes with the absorption of nutrients across the wall of your intestine—from your gut into your bloodstream
• Humans and mammals have digestive systems that don’t properly digest grains and legumes
• Aside from excessive calories, most grains are loaded with toxins—not man-made, but the kind of toxins produced by plants
• These toxins serve to protect the plant from being eaten
• The most well-known grain toxin is gluten
• Modern wheat and other grains differ greatly from the wheat that grew hundreds or thousands of years ago. The proportion of gluten protein in wheat has increased enormously as a result of hybridization. So, although they consumed a few ancient grains and legumes, this did not comprise a significant portion of their diet, and the ancient grains were much lower in gluten than those cultivated today.

**LECTIN: ANOTHER ANTINUTRIENT**

• Plants produce many types of lectins, which also serve to ward off natural enemies, such as fungi, insects (and humans).
• Lectins are carbohydrate-binding proteins widespread in the plant kingdom.
• Lectins hook up with carbohydrates in your body and may trigger inflammation, hyper-immune responses, and raise your blood viscosity—all of which can predispose you to disease.
• Wheat lectin—or “wheat germ agglutinin” WGA—is proinflammatory, immunotoxic, neurotoxic, cardiotoxic and cytotoxic (toxic to your cells, causing cell death); highest in whole wheat—especially sprouted whole wheat! WGA is actually similar to a virus.
• All legumes also contain lectins (this includes beans, peas, lentils, peanuts, and soybeans), as do other grains (such as rice, spelt, and rye), making them hard to digest
• Legumes also contain phytoestrogens—weak hormone “mimics” that can interfere with your hormone function; plants developed these to disrupt the reproductive success of predators.
• White rice is less allergy-triggering than brown rice because the hull’s been removed; the toxins are in the exterior. Think “protective armor.”

**YOUR BODY NEEDS FATS**

• Excess carbohydrates are the root cause of obesity, diabetes and heart disease—not good fats.
• Modern studies show saturated fat lowers your risk for heart disease.
• Your brain is made of mostly of fats—especially saturated fats and cholesterol. A diet that skimps on healthy saturated fats robs your brain of the raw materials it needs to function optimally.
• Brain function, including learning and memories
• Regulating protein pathways inside your cells
• Incorporating calcium into your bones
• Building cell membranes
• Manufacturing hormones
• Immune system/GI tract
• Proper nerve signaling
• Liver and lung health
• Healthy skin and hair
• Reducing hunger
• Gene regulation
• Heart health

**OUR FATTY ACID RATIOS ARE UPSIDE DOWN!**

• Research has shown it’s the amount of fat you eat that causes problems, but the type of fat
• Our ratio of omega-3 fats to omega-6 should be 1:1 or 1:2.
Today, the average Westerner’s diet contains 1:10 to 1:20—WAY too many omega 6’s (excess vegetable oil—sunflower oil, safflower oil, soybean oil, corn oil, cottonseed oil, margarine, etc.)

- Omega-6 fats are generally proinflammatory, whereas omega-3s are antiinflammatory
- The highest quality omega-3 and fats are from animal products, such as egg yolks from pastured hens, pasture-raised meat, and fatty fish

**VEGETABLE OIL CONSUMPTION IS OFF THE CHART**

Since 1909:
- Vegetable oil consumption has increased by 459%
- Salad and cooking oil is up by 1340%
- Margarine is up by 488%
- Shortening is up by 237%
- All of these vegetable oils are heavy with omega-6 and light in omega-3
- It’s no wonder our fatty acid profiles are totally upside down
- Inflammation is the major driving force behind nearly all chronic disease today, and omega-3 fat deficiency is partly to blame
- Omega-6 fats should be balanced out with an equal amount of animal-derived omega-3 fats (salmon, egg yolks, pasture-raised meat, krill oil)

**ALMOST ALL FISH IS CONTAMINATED NOW!!**

- Fish, especially fatty fish like salmon, USED TO BE the best source of omega-3 fats. But nearly all fish on the planet are now highly contaminated, testing positive for mercury and other heavy metals and toxins.
- It’s probably best to watch your fish consumption
- If you DO eat fish, make sure it’s wild caught, not farmed, and ideally tested for mercury (consider companies like Vital Choice)
- Avoid larger fish, such as halibut and swordfish—mercury is concentrated up the food chain to sometimes a thousand-fold; small fish, like sardines, tend to be the cleanest
- Absolute best source of omega-3 is krill oil, which is widely available as a supplement; 20 times more potent and better absorbed than salmon oil; mercury free, sustainable, and planet-friendly (largest biomass on the planet); crosses blood-brain barrier; strongly antiinflammatory—great for arthritis, asthma, etc; contains natural super-antioxidant, astaxanthin

**FATS: THE GOOD, THE BAD AND THE UGLY**

**GOOD FATS**
- Meats from grass-pastured animals
- Organic egg yolks from grass-pastured hens
- Raw organic milk, butter, ghee and cream from grass-pastured cows and goats
- Coconuts and coconut oil
- Palm oil (eco-friendly variety)
- Avocados
- Olives and olive oil
- Raw nuts and unheated organic nut oils
- Cacao butter

**BAD FATS**
- Corn oil, Soy oil, Canola oil, Safflower oil, Sunflower oil, Peanut oil, Trans fats

**SO WHAT ABOUT DAIRY?**
- Technically, dairy is not part of the Paleo Diet since our ancestors didn’t consume it
- Although the glycemic index of milk is relatively low, milk causes a significant insulin spike
- Many don’t tolerate dairy and have gastrointestinal problems from the casein (one of the milk proteins), lactose (a milk sugar), and pasteurization, which alters the proteins and makes them foreign to your body (allergies)
- If you choose to eat dairy products, make sure they are raw, organic, unpasteurized, and from pasture-raised cows (or goats) fed a species-appropriate diet of grasses, not grains
- Fermented organic dairy is best (raw cheese, home-made yogurt, kefir, etc.) and is a good source of vitamin K2, whey protein, fats, vitamins and natural probiotics
• Pasteurization is not needed if your milk from properly raised cows; milk from large dairy operations must be pasteurized because animals are so prone to disease from the abhorrent living conditions; bacteria, antibiotics, growth hormones, and pus in the milk

SPEAKING OF FERMENTED
• Fermented foods were consumed by our hunter-gatherer friends
• Today, the Inuit are known for caching meat and later consuming it “rotted”
• Hunter-gatherers harvested tubers and roots and often ground them up, buried them, and left them to ferment
• Scavenging included eating fallen fruits and nuts that were covered in wild yeasts, which guaranteed them a steady supply of natural probiotics
• Naturally fermented vegetables and dairy (IF you tolerate dairy) are good sources of probiotic organisms, which are CRUCIAL for your immune health...sauerkraut, pickles, and kimchee, etc., are all excellent sources
• You can also take a probiotic supplement. But there is NO substitute for the real thing!
• Your body contains 100 trillion microorganisms, weighing about 3 pounds. This is more than 10 times the number of human cells you have in your body

DID YOU KNOW YOU HAVE TWO BRAINS?
• You have two brains—one in your skull and one in your gut; your intestinal health has a profound impact on your mental health
• 80% of your immune system is in your gut, and it won’t properly function unless your gut flora is in balance.
• Imbalanced gut flora result in leaky gut syndrome, allergies, inflammation throughout your body, and is a major factor underlying a multitude of diseases, from diabetes, to psychological and neurological disorders, to autism, to heart disease and others
• Symptoms indicating you’re lacking healthy gut flora include gas, bloating, constipation, frequent nausea, headaches, and sugar cravings
• 200+ scientific studies show that probiotics can be helpful in treating more than 170 different diseases
• You simply will not get well without healing and sealing your gut

I YAM WHAT I YAM...
• Your diet should be low-carb but not no-carb. Most people do better with some starchy carbohydrates in their diets. The “sweet spot” appears to be about 20-30 percent carbohydrate... But this can be carrots, beets, squash, etc.
• Some people’s GI tracts struggle to digest starch, and if you’re one of them, then potatoes of any kind will not be your friend
• What starches are “safe starches”? (HINT: Depends on whom you ask.)
• “Paleo Purists” will give a thumb’s down to white potatoes but a thumb’s up to sweet potatoes and yams (which are not the same). Most of what’s marketed as a “yam” today is really just one of the many varieties of sweet potato, and they’re all pretty high in sugar. A true yam looks NOTHING like what you see in the produce section today.
• Although all potatoes are have some nutritional benefits, if you have insulin or weight issues, you should keep potatoes to a minimum

DEBUNKING THE SALT MYTH
• Salt is an essential nutrient required for blood pressure regulation, transportation of nutrients into and out of your cells, ion exchange, and brain-muscle communication
• Decades of scientific research have failed to show the benefits of a low-salt diet, and in fact show the opposite: low salt diets are associated with higher cardiac risk
• The primary study responsible for the "sodium myth" did not control for fructose consumption, which was the real culprit
• Dietary studies never factor in the difference between chemical salt and natural salt—and there is a world of difference between the two, in terms of your health, just like the difference between refined sugar and the sugar in a piece of fruit
• Chemical salt is simply laboratory-manufactured sodium chloride; natural sea salt, on the other hand, has far less sodium and is rich in dozens of other minerals, including important trace minerals that have important functions in your body
• Like all foods, the salt you consume should be as close to its natural state as possible—unrefined; if you eliminate processed foods, you’ll be eliminating the problem

BUT DID OUR ANCESTORS EAT SALT?
• Paleo man lived near the sea and did things like cooking with seawater and sprinkling his food with dried sea salt
• “Inlanders” did things such as drinking the blood of animals (which was a concentrated source of salty minerals), eating bones, and sprinkling salt-rich clay minerals on their food
Wild foraged greens were MUCH higher in salt than our wimpy supermarket lettuce, and our soils have become depleted in nutrients, including minerals and salt.

**OTHER NASTIES TO STAY AWAY FROM**

- Stay away from all artificial sweeteners: Aspartame/Equal/NutraSweet, Neotame, Splenda/sucralose, Saccharine/Sweet’N Low, Sunette, Sweet One, Acesulfame-K, and all the rest... these are even more damaging than sugar!
- Concentrated forms of fructose: high fructose corn syrup (HFCS), crystalline fructose
- Opt for honey (remember, small quantities...honey is still more than 50% fructose); stevia (as unprocessed as possible), yacon syrup, maple syrup, coconut crystals, date sugar, and other natural alternatives.
- MSG: Monosodium glutamate is a nerve toxin with some terrible side effects; lurks on labels under other names such as hydrolyzed protein, yeast extract, yeast food, autolyzed yeast, textured protein, glutamate, gelatin, natural flavorings, and a wide variety of other ingredients from soy sauce to malt flavoring to broth!!
- Food colorings: Blue 1, 2; Red 3; Green 3; Yellow 6
- BHA/BHT
- Propyl Gallate
- Potassium Bromate
- Anything you can't pronounce or recognize as real food!

**CHALLENGES FOR THE VEGAN OR VEGETARIAN**

- B12: Almost exclusive to animal products; vegetable/seaweed
- B12 “analogs” have poor bioavailability; B12 deficiency symptoms may not show up for SEVEN years.
- Sulfur: Sulfur-containing amino acids and proteins come from animal foods (grass-fed meat, eggs, raw milk, eggs); deficiency increases cardiac risk, joint and muscle problems, Alzheimer’s disease, proper insulin function, and others.
- Glutathione: Your most important native antioxidant; body has to manufacture it; precursors come from animal-derived amino acids.
- Cholesterol: Risk of insufficient dietary cholesterol and its building blocks; remember, you NEED cholesterol for your heart, brain, hormones and other things; high LDL is sometimes sign of inadequate cholesterol and can lead to plaque formation; remember... your liver can’t make cholesterol if it’s busy processing fructose!
- Vitamin K2 and vitamin A are only bioavailable in animal products; vitamin K2 is essential for strong bones and clear arteries; beta-carotene very poorly converted by the body.
- Soy is not a good protein substitute—it leaches protein from your body, is deficient in sulfur, and has adverse effects on the endocrine system, including your thyroid.
- Our digestive systems are short and unable to efficiently digest cellulose (plant fiber); eating more nutrient-dense foods like meat and animal fat leaves more energy for other processes to take place, such as detoxification.
- You could probably do paleo diet as a vegetarian, if you consumed enough egg yolks and dairy; as a vegan, I don’t think you could do it

**MAKING THE PALEO DIET ANIMAL-FRIENDLY AND PLANET-FRIENDLY**

- Support local farmers who raise their animals humanely and use earth-friendly farming practices.
- Grass is the natural food for most of the animals we eat. By growing corn, wheat or soy, we destroy those animals’ natural feeding grounds; we may be indirectly killing more animals by growing grain than by eating them.
- Growing grains with monoculture is destroying our planet’s topsoil; organic, sustainable farms help build the soil, instead of destroying it.
- Allan Savory of the Savory Institute gave a mind-blowing Ted talk about how large, grazing herds of livestock are being used to restore desertified soil, and how removing animals from land actually speeds up desertification.

**WHAT ABOUT WEIGHT?**

- FORGET about calories   FORGET about measuring portions or counting points   FORGET about dieting
- Just eat the right foods until you’re satisfied.
- A calorie is not a calorie
- It’s about the quality of your food, not the quantity

**EXERCISE LIKE A CAVEMAN**

- You’ll optimize your metabolism by exercising in a way that triggers a primitive survival response
- Fight or flight: our ancestors got attacked by predators when their heads were down, eating, drinking, etc. When confronted, they BURST into action!
- The most effective fitness programs involve 10-15 minute sessions of high intensity, burst-type intervals with strength training, 1-2 days per week
• This accomplishes the primary goal of quickly emptying out your glycogen stores, increasing insulin sensitivity, and then a whole cascade of positive metabolic changes begin to occur
• Scientific studies now show this type of exercise is far more effective at building lean body mass, optimizing heart function, and mobilizing fat than traditional aerobic exercise

INTERMITTENT FASTING
• Intermittent fasting helps regulate blood sugar, stimulates growth hormone, facilitates digestion, and helps your body relearn how to burn fat for fuel—especially when combined with a high-intensity burst-type exercise plan
• Try exercising in a fasting state: skip breakfast before hitting the gym.
• Fast for 12 to 18 hours, about three days per week.
• Eating carbohydrates before or after you exercise inhibits your body’s ability to burn fat during an exercise session—carbs promote energy STORAGE, not energy burning.
• Break your fast with a “recovery meal” on workout days, about 30 minutes after your workout; an easily assimilated protein is ideal (such as a high quality whey protein)
• Fasting regularly gives your body a break from having to process food, so it can put its energy into detoxification, tissue repair and other important processes

FAILING TO PLAN IS PLANNING TO FAIL
• Start slowly. Don’t go full-on Paleo after eating three meals per week at McDonalds for the past twenty years. Start by reducing sugar and soda... Then eliminate fast foods, processed foods and chemicals... Then go organic... Then start reducing carbohydrates and grains. Make the transition over weeks or months. No Paleo Police will come knocking at your door. I promise.
• Develop a food routine, and make this a priority.
• Never leave home without a healthful snack. If you get hungry while running around, odds are you’ll grab the first thing that looks good—and it will be evil.
• Stock your pantry with Paleo staples... Raw nuts are my favorite. Transition out of boxed anything. Stock your fridge with snacks like carrot sticks, cooked chicken breasts, sliced fruit, etc—all cleaned and sliced and ready to go.
• Do some cooking on your days off—cook up several batches of nutritious meals at once, and freeze meal-sized portions in glass mason jars for easy thawing and reheating.
• Shop mostly around the perimeter of your grocery store—that’s where the whole food is

SUPPORTING YOURSELF THROUGH THE TRANSITION
• Be patient. Your body can’t change overnight. Be kind to yourself.
• Drink plenty of fresh, pure water every day. Don’t worry about exact quantity—just drink enough that your urine stays very light yellow to nearly colorless.
• Get plenty of restorative sleep.
• Do something physical every day, even if it’s just taking a brisk walk.
• Manage your stress. My favorite tool is EFT. (Visit my website www.PantherTap.com for more information)
• Be very picky about the supplements you take. Supplements are just that—they should supplement, but not replace, your foods. Be careful about the quality and source of your supplements—this is as important as the quality and source of your food.
• Get out in nature. Put your bare feet on the Earth. This is called “earthing” and is actually one of the BEST ANTIOXIDANT sources you can find! Our ancestors were in constant contact with the Earth and received a continuous flow of electrons. We’ve lost that vital Earth energy with our indoor living and rubber soled shoes.

IN SUMMARY: A FEW PALEO PRINCIPLES...
1. Eat foods raised in accordance with their own natural environment.
2. Don’t eat stuff that isn’t food. When it comes to food, better nutrition through chemistry was a BAD IDEA!
3. Prepare your foods traditionally. Eat some of your foods raw, including eggs.
4. Eat your carbohydrate in accordance with your energy expenditure. If you live a sedentary existence, then don’t eat like a 17th century peasant farmer.
5. Eat fats with reckless abandon.
6. Eat naturally fermented foods. Make your own sauerkraut—it’s easy and fun!
7. Enjoy a wide variety of foods.
8. Learn where your food comes from. Get to know our local farmers.
9. Listen to your body.
10. Enjoy your food!