

## Short and Sweet The Paleo Diet

Hey everyone!

Here's a short and sweet take away for you all about the very popular Paleo Diet!

### KEY POINTS - Here's what you should know:

Before modern agriculture existed, grains like wheat were not apart of the human diet; instead, our Paleolithic ancestors consumed wild animals, nuts, seeds and berries whenever they could get their hands on food.

Fast forward to modern times and the Paleolithic diet has become the preferred nutritional approach for many with respect to health and vitality. With it's resurgence, Paleo has been found to increase energy, lower inflammation, reduce body fat and prevent or manage many degenerative diseases. So let's get to the Paleo basics:

### What foods should you consume and avoid on a Paleo diet?

Here's a brief list:

#### AVOID:

Dairy

Grains

Processed foods and sugars

Legumes

Starches

Alcohol.

#### CONSUME:

Plenty of vegetables

Some fruit

Lean meats

Seafood

Healthy fats (from nuts, seeds, avocados, olive oils, fish oil and grass fed meat)

*Want to learn more? Click [here](#)*

### What are the Benefits?

There are many benefits when you follow the Paleo diet! The key player though is that we are changing our current relationship with food when we choose to follow Paleo. What I mean by this is that we are turning away from foods that have compromised our health and provide us with no nutritional value and focusing on foods that are nutrient dense – these are foods rich in vitamins and minerals, fiber, healthy fats and are abundant in antioxidants and phytonutrients.

Other benefits of Paleo:

Paleo will stabilize blood sugar, burn fat, increase energy, improve gut health, reduce present inflammation and allergies, improve sleep and skin health to name a few.

#### **ACTION STEPS:**

*How do you build a modern paleo diet appropriate for you?*

1. *Be gradual!*

It is always difficult to adjust to a new nutrition program and remove/eliminate what does not belong right from the get go - I suggest you gradually remove the foods that do not belong. Every week remove a food you normally consume, for example, if you are a heavy consumer of processed foods and dairy products, start with dairy the first week, then processed foods the second week. Making radical changes may create problems for you in the long run as you will have a difficult time being consistent on the Paleo diet.

2. *It's not just a diet, it's a lifestyle!*

Make the effort to learn more about this new lifestyle change by learning from leading industry professionals and what they have to say about Paleo. You can find a ton of research, recipes and reviews surrounding Paleo. Some of my favorite researchers surrounding this subject are Dr. Loren Cordain, the founder of the Paleo Diet Movement. For more information click [here](#). Another personal favorite is Robb Wolf, author of the "The Paleo Solution" and podcast the Paleo Solution. Check him out [here](#). Finally, a really great thing about Paleo is that every year during the month of May there is a the PaleoFX convention in Austin, Texas. They have a great panel of guest speakers, health entrepreneurs and social events. For more information click [here](#).

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