

THE PALEO FOR YOU GUIDE

7 STRATEGIES FOR BETTER HEALTH



DR. EMIL TOMPKINS

Dr. Tompkins Paleo for you Guide:

7 Steps to a Personalized Paleo Plan

Welcome to Dr. Tompkins' Paleo for You Guide. Where you'll learn the basics of the Paleo diet, how it can change your life, and how you can individualize the program for your own personal needs. This guide should never replace your doctors recommendations, so if you have any questions about whether this way of life is beneficial for you or not, please contact your Doctor.

My Story

Over the years I've been pretty good at exercise. I have a degree in exercise physiology and I knew how to stay fit. In fact, as a child I one of those weirdos who would stand in front of exercise videos and do some of the silliest aerobics routines you've ever seen. Exercise was never a problem for me.

In fact, my exercise habit allowed me to cover up the fact that I generally didn't eat very healthy. So as long as I was exercising, my weight was always under control. Looking fairly fit was not a huge problem for me, until I started approaching 40. As 40 years approached, I would exercise 4 days a week, only to see my weight continue to increase. It seemed that there was nothing I could do to improve things.

Or maybe it was that there was nothing I was willing to do. I am a self professed carb-aholic. If there is such a thing. If you asked me what food could I never give up, my answer would be brownies, cake, cupcakes, cookies, and pasta. Oh, and sandwiches, and pizza, and did I mention cake.

As I got older I realized that I can't make up for a poor diet with lots and lots of exercise. I needed to change my diet. Not only for myself but for my family. I needed to be healthy so that I could be around for my family. And Hannah's story helped to shape the direction we started to turn in our health.

My daughter at the time of this article is 9 years old. And when she was born, she had a number of terrible health problems. After eating she would have difficulty breathing. It got so bad that she began to go weeks and weeks with constantly labored breathing. She spend months in the pediatric ICU and after months of testing, we started to have an answer. Hannah was having an immune allergic response to wheat. She would drink her formula and then have reflux, it would go into her lungs where her body would attack the particles. This then led to her body constantly attacking her lungs whenever she ate wheat.

Her health problems required us to make some pretty drastic changes in our diets as a family. That combined with my ever growing waistline caused me to make some significant changes to my diet and develop a program that anyone can use. The Dr. Tompkins Paleo for You Guide will do just that. Provide a simple format for you to begin living healthier starting today.

So Lets talk about what is included in the Paleo Guide for you. It's pretty simple. There are 6 Steps to Success in the Paleo for You Guide. Here's an overview:

- 1. Paleo Guide foods: What you can eat and what you can avoid.**
- 2. Avoid Things that are Toxic**

3. Move Frequently at a Slow Pace
4. Lift Heavy Things
5. Get Adequate Sunlight
6. Use Your Brain
7. The Key to *personalizing* your Paleo for You Guide.

Here's the thought behind the Paleo or Paleolithic diet guide. Our ancestors were created to be healthy. We have the ability to live for many years on the foods that have been put on this earth for us to eat.¹ However, processing, genetic modification, pesticides and many other programs have caused much of our food to be un-eatable. We are going to try to go back to our roots and eat the way we were created to eat for better health.

Step 1. Paleo Guide Foods: Eat nutritious plants and animal products:

1. Meat
2. Fish
3. fowl
4. eggs
5. Nuts
6. Seeds
7. vegetables
8. fruit

That seems simple enough, but the closer you look at the standard merican diet, you'll realize that this is not what we are eating. The next step would be to avoid processed foods (sugars, grains) to create a metabolically efficient, nutrient- dense diet.

Benefits:

If you can do this you will notice:

1. enhanced cellular function
2. improved immune and antioxidant function
3. optimal development and repair of muscle tissue,
4. enhanced fat metabolism and weight management,
5. A reduction in disease risk factors,
6. a stabilization of daily appetite and energy levels.

While Paleo or Primal eating (I sometimes use these words interchangeably) is low- carb in comparison to the Standard American Diet, it advocates abundant consumption of nutritious carbs such as all vegetables and certain fruits.

Reduce your consumption of grains, sugars, and other simple carbohydrates in favor of plants and animals. Your insulin levels will balance allowing you to use fatty acids for your normal fuel source.³

Thoughts about carbohydrate consumption²:

0-50 grams, accelerated fat loss. Useful for only 1-2 day fasting periods

50-100 grams - sweet spot for healthy fat loss

Minimizes insulin production and accelerates fat metabolism. By meeting average daily protein requirements, eating nutritious vegetables and fruits, and staying satisfied with delicious high-fat foods (meat, fish, eggs, nuts, seeds), you can lose one to two pounds of body fat per week in the "sweet spot." Delicious menu options that land in the sweet spot are detailed in Chapter 8 .

100-150 maintenance range: Allows for genetically optimal fat burning, muscle development, and effortless weight maintenance. Rationale supported by humans eating and evolving in this range or below for millions of years. Dietary emphasis on vegetables, fruits, nuts, seeds, and animal foods, with grains and processed sugars eliminated. A prior history of heavy carb intake may result in a brief period of discomfort during the transition to Primal Blueprint eating. Adequate consumption of satisfying foods (high- water- content fruits and vegetables, high- fat snacks like nuts and seeds, and meals emphasizing animal foods) helps protect against feeling deprived or depleted.

150-300 steady weight gain. Continuous insulin- stimulating effects prevent efficient fat metabolism and contribute to widespread health conditions. This zone is de facto recommendation of many popular diets and health authorities (including the USDA Food Pyramid!) despite clear danger of developing Metabolic Syndrome. Chronic exercisers, active, growing youth, and those with physically strenuous jobs may eat at this level for an extended period without gaining fat, but eventually fat storage and/or metabolic problems are highly probable.

Make sure to eat plants and animals as they are nutrient dense, which means you'll meet your nutritional needs with fewer calories.

Lean muscle development and maintenance: the high quality protein will help you build lean muscle mass achieve ideal bone density and control your body's day-to-day repair and renewal requirements.

Reduce disease factors: Eating this way will reduce the markers for type 2 diabetes, and heart disease. People also notice significant weight loss, reduction in autoimmune problems, etc.

Macronutrients: Understand the “context of calories” beyond the “calories in, calories out” concept of weight loss. The number of calories doesn't matter as much as the types of food you eat. If you have 2000 calories of Sugar, you'll be less healthy than if you eat 2000 calories of Paleo Guide Foods. Try to achieve these benchmarks for Macronutrients.

Protein: Obtain between 0.7 and one gram of protein per pound of lean body weight (range based on activity level) per day to ensure healthy metabolic function and preserve lean muscle mass.

Limit carbohydrate intake to an average of 100 to 150 grams per day (or 50 to 100 grams per day if you seek accelerated fat loss), which will happen automatically when you enjoy plenty of vegetables and fruits and avoid grains, sugars, legumes and other processed carbs.

" Obtain between 0.7 and one gram of protein per pound of lean body weight"

With protein and carb intake dialed, fat becomes your main caloric energy variable. Deeply satisfying high- fat foods are a great source of energy and unlikely to make you fat when you moderate insulin production. Conventional Wisdom's prejudice against fat comes from mistakenly attributing the negative effects of processed fats to all fats. Ketones are known as the fourth fuel because they provide an efficient energy source when carbohydrate intake is

low. They are a by- product of gluconeogenesis in the liver. Dipping into ketosis now and then is a safe strategy to reduce excess body fat.

80% of your body composition success is determined by how you eat (which is why I struggled)

Step 2. Avoid Poisonous things

1. **Poisonous Things:** Make a sincere effort to reject the powerful manipulative influence of corporate advertising pushing you in the direction of poor food choices and cultural traditions favoring unhealthy meal habits. Processed carbohydrates, including sugars, grains (wheat, rice, bread, pasta, cereal, corn, etc.), and even legumes should be eliminated or strictly moderated due to their effect on insulin levels and immune function and their inferior nutritional value to natural plants and animals.
2. **Grains:** While grains (and legumes) have been presented as healthy staple foods for thousands of years of civilization, our genes are maladapted to ingesting them because they elicit a high insulin response compared to the foods that have sustained human life for two million years: vegetables, fruits, nuts, seeds, and animal products. The regular pattern of stimulating high blood insulin levels from a diet of excessive grain and sugar products leads to difficulty burning stored body fat (hence, lifelong weight gain) and serious long- term health problems, including heart disease and diet- related cancers. Grains offer minimal nutritional value in comparison to vegetables, fruits, nuts, seeds, and animal products, ironically making grains a leading cause of nutritional deficiencies across the globe. Objectionable agents in grains compromise health mildly to severely, depending on your sensitivity. The phytates in grains can inhibit the absorption of minerals. Glutens can disturb healthy immune function and promote inflammation. Other lectins can inhibit healthy gastrointestinal function. Whole grains are no healthier than refined grains, and can have a worse impact on health in many cases due to higher levels of these three agents.⁴
3. **Polyunsaturated Oils (PUFAs):** We have unwisely transitioned over to these oils from saturated animal fats in recent decades. PUFA oils oxidize easily, particularly when heated during cooking. They are pro- inflammatory, have unfavorable O6:O3 ratios, hamper healthy immune and hormone function, lower HDL and raise LDL cholesterol, and are associated with obesity, diabetes, cancer and heart disease. Strict avoidance of canola, margarine, other vegetable and seed PUFAs, and vegetable shortening is critical to health.
4. **Trans and Partially Hydrogenated Fats:** These chemically altered molecules found in heavily processed foods are highly toxic to the body and are a major contributor to inflammation, accelerated aging, and many cancers. Trans and partially hydrogenated fats promote rampant oxidation and free radical damage in the body, and disturb the healthy composition and function of cell membranes.
5. **Other Foods:** Legumes are often incorrectly considered vegetables. While offering some nutrient value, they can stimulate a high insulin response, may also contain offensive lectins, and are best replaced with primal foods. Sugary foods and beverages (particularly high fructose corn syrup) are devoid of nutrition, stimulate excessive insulin, and are leading factors in the modern decline of human health.

Step 3. Move Frequently at a Slow Pace:

Try to get enough steps in. Roughly 10,000 per day is where we need to be for optimum health. Our ancestors moved. They hunted for food. They gathered the nuts and berries that were in season, giving them a wide variety of food to eat.

Step 4: Lift Heavy Things

You're going to learn about a training technique called high intensity interval training. It's a way to exercise that if done correctly, you will lose more weight, build more lean muscle, and release more brain building neurochemicals than 45 minutes of steady state activity. Oh, and it only takes half the time.

How does it work?

You'll begin this 22 minute workout with a 3 minute warm-up. Then you'll perform 8, 2 minute intervals. During this interval you'll have 1minute 30 seconds performing low intensity activity. Then, for 30 seconds you will give it everything you have. Work at as high an intensity as you can then, when those 30 seconds are over, you'll return to the low intensity activity. Repeat this cycle 8 times. You'll end with a 3 minute cool down. In 22 minutes, your health will be changing.

What kind of exercise?

You can incorporate intervals into any type of exercise method. Running, walking, biking, treadmill, elliptical trainer, swimming, basketball. Whatever you're interested in, you can turn into a high intensity interval workout.

High Intensity Interval Review

3 minute warm - up

Interval 1 through 8

1:30 – low intensity

:30 – maximum intensity

3 minute cool – down

Helpful tools:

Smartphone interval timer app: I use ***INTERVALTIMER***

For lean muscle development, doing exercises that require lifting things that are heavy (like lifting yourself, for example) will improve your lean muscle composition. Lean muscle burns fat, so you want as much lean muscle as you possibly can get. Here are a few examples of simple exercises that will help you to build lean muscle in a functional wa

You may be wondering, how am I going to make some of these changes when I'm currently having trouble with pain, or an inability to exercise without difficulty. We have developed a 5 step functional and pain relief program to improve the body's ability to manage pain, exercise more effectively and simply improve your health.

Pushups: Plank position, arms extended shoulder width apart, hands forward. Lower to ground, bending elbows at 45- degree angle backwards. Chest touches first! Keep body dead straight, core and glutes tight, head and neck neutral to torso. PEM Mastery : Male 50, Female 20.

Pull- ups: Elbows tight, chin tucked, shoulder blades retracted (protects spine). Raise body up, leading with chest, lower body quiet. Raise chin over the bar and gradually lower until arms are almost straight. PEM Mastery : Male 12, Female 5.

Squats: Feet shoulder- width or slightly wider, toes forward at comfortable angle. Lower by extending butt out/backward and keeping back straight – don't bend forward! Lower until thighs are parallel to ground. Stand back up completely, making sure your knees track in line with your feet. PEM Mastery : Male and Female 50.

Planks : Elbows on ground shoulder width apart. Raise onto toes with body horizontal, core and glutes tight. PEM Mastery: Male and Female 2 minutes.

Step 5. Get Adequate sleep:

8 hours is ideal. Your body needs time to heal and most healing happens during stage 3 and 4 sleep. You need lots of time sleeping if your tissues are going to heal properly.

Step 6: Sunlight

Vitamin D is the hormone that we receive when we are in the sun. And it's vital because it is the transport vehicle for many other hormones. when vitamin D isn't right, other hormones don't work right. If Vitamin D isn't right, insulin isn't secreted correctly, testosterone, progesterone, estrogen, growth hormone aren't being secreted properly. You must have vitamin D in order to achieve your ultimate health.

How often do you get sick every year. Most of say "too much". Or if you are like many naturally health conscious people, you want to make sure you're doing everything you can to keep your immune system functioning as efficiently as possible. This is why we offer lots of immune boosting supplements that will keep you healthy, naturally.

A study of over 57000 people showed that vitamin D intake improved people's life expectancy by 7%. That may not seem like a lot but if we average 100 years of life, that would be a 7 year increase in life expectancy!! Vitamin D is a vital part of immune system function and has cancer fighting agents as well. 3/4 of all Americans are deficient in vitamin D. Optimizing your vitamin D levels can help protect against:

- **Cardiovascular disease.** Vitamin D is very important for reducing hypertension, atherosclerotic heart disease, heart attack, and stroke. One

study showed that vitamin D deficiency increased the risk of heart attack by 50 percent. What's worse, if you have a heart attack and you're vitamin D deficient, your risk of dying from that heart attack creeps up to 100 percent!

- **Autoimmune diseases.** Vitamin D is a potent immune modulator, making it very important for the prevention of autoimmune diseases, like MS and inflammatory bowel disease.
- **Infections, including influenza.** It also helps you fight infections of all kinds. A study done in Japan, for example, showed that schoolchildren taking 1,200 units of vitamin D per day during the winter time reduced their risk of getting influenza A infection by about 40 percent. I believe it's far more prudent, safer, less expensive, and most importantly, far more effective to optimize your vitamin D levels than to get vaccinated against the flu.

Step 7: Use Your Brain

When in doubt, use your brain. If you're not sure if the food is okay, ask yourself some questions.

Did God make it? If so then you can keep going. If no, get rid of it now.

Is it a meat or vegetable or seasonal fruit? If not, toss it immediately.

Is it on the Toxin List? If so, run the other way.

Use your brain to help make good health decisions. If you do, you'll make less mistakes and you'll be on your way to better health.

Individualizing your program.

I'm sure you've tried some new "diet" or way of eating and it was so rigid that you just couldn't follow it. Or some of the food recommendations were such that you couldn't tolerate the diet. Lets say you have autoimmune disorders, food allergies or sensitivities. If you're one of those people, then you will need to individualize your program. While most people can continue without making any alterations in the way they're eating, there are some great ways to alter the program to cater to your specific needs.

Step one: Begin an elimination diet. eat only foods on an approved list. Although this may limit your diet considerably, you are avoiding foods that your body can react negatively to, allowing it to "reset", then you add other items into your diet after your body has started to cleanse (30 days).

Once you're done with the elimination, you'll then add one specific food back to your diet for 2-3 days. Then listen to your body. If you have a problem with a certain food, you'll notice the difference within that 2-3 day window. If it causes any problems, lack of energy, more pain and inflammation, bloating, gas, digestive trouble, it's time to completely eliminate it from your diet forever. That's right, completely eliminate it forever. Then try adding another food, continue down the list of approved paleo foods until you're sure of what you can and can't eat.

Step 2 Altering the Carbohydrate count. This is one of the more common areas people want to change. One reason is because we're all addicted to carbohydrate, especially gluten containing substances (wheat, breast, pasta, etc.) Or maybe you notice when you're on a low carb count, you lose energy, have brain fog, or other symptom. Maybe you're an elite athlete with energy requirements that aren't available in a low carb lifestyle. Here's what you do.

Count carbohydrate grams: Count the number of grams of every carb containing substance you eat. weigh yourself daily. You'll notice there's a certain number of grams of carbohydrate you can eat while still losing weight. You'll need to be vigilant with this one. Start at 100 grams. Note how you feel that day. Note your weight. If you feel good, continue at that carb count, weigh yourself and if you continue losing weight while feeling good, you know you're in a good spot.

If you don't feel good at 100, 125, 130 grams, keep raising your carbohydrate count (but continue eating APPROVED carbs) until you do feel pretty good during the day. Once you find that point, weigh yourself daily. If you are losing weight or maintaining a healthy weight, then you're where you need to be.

Follow these 2 steps to individualize your program and the Paleo for You guide will keep your health moving in the right direction.

Why exactly is a Chiropractor talking about Nutrition?

That's a great question and there are a number of reasons why. You see, Chiropractic is a science that understands that the body has the ability to heal itself. And most people understand this. Your body can heal, regulate itself all the time and you never have to think about it. Your heart beats, your lungs breathe, your digestive system works and you never have to think about any of it.

Now, there's one part of the body that controls all of these functions, the brain. Your brain sends messages out to every part of the body. Every cell, tissue and organ receives messages from the brain through the spinal cord and spinal nerves. Your digestive system receives messages from those nerves to allow it to function optimally.

When there are subtle misalignments in the spine, it will put pressure on those nerves and your body won't function optimally, causing pain, or lack of function somewhere. That must be prevented. That must be corrected. Those misalignments, when corrected by a chiropractor, will improve, and your body will function better, you'll feel better and your body will be healthier because of it.

We understand that those corrections we're trying to make are dependent on 3 stresses: Physical stress, chemical stress, and emotional stress. We handle the physical stress by recommending very specific exercises to improve the strength and stability of your body along with your corrective adjustments. We'll teach stress management techniques to help you reduce the emotional stress and its toll on your body's health. And a focused dietary protocol along with a specific cleansing program will help your body deal with physical stress. Put these pieces together and you'll see your health improve long-term.

If you or someone you know needs chiropractic care. Please contact us here in Marana, AZ at 520-572-2596. If it is inconvenient for you to consult with me, I will get you in contact with someone in your community who can help you achieve your ultimate health. Have a healthy day.

How to deal with common stumbling blocks (Adapted from Mark Sisson's: The Primal Blueprint Book)

Primal Blueprint Common Stumbling Blocks and Quick Tips We've analyzed hundreds of threads and thousands of posts on the Marks- DailyApple.com forum, and have come up with this list of most common challenges. Next to each concept is a quick tip that might help your effort and prompt you to refer to the book over time for additional guidance Breakfast ideas: Omelet or other egg dish, smoothie, and more flexibility to eat whatever you want, or skip breakfast when your fat burning genes are fine-tuned.

Budget issues: Look at the big picture and prioritize expenses. Your budget impact might actually be reduced by getting rid of processed carbs and sweetened beverages, and hitting your local farmer's market.

Dealing with non- Primals (spouses, kids, etc.): Set an example through action, not talking. Refrain from arguing the particulars with resistant folks and let your results and your energetic disposition speak for themselves.

Dining out: Be assertive and request menu flexibility to piece together suitable meals, centered around animal protein. You can stay Primal-aligned at most any restaurant by making some careful choices and requests.

Eliminating Chronic Cardio: Balancing stress and rest is the key to fitness progress! Adopt an intuitive approach to exercise in favor of compulsively logging miles or reps in the name of "consistency."

Getting enough fat: Inadequate fat intake is likely influenced by decades of cultural programming to minimize intake of all fats, despite the health benefits of many. Eat as much fat as you desire to enjoy meals and achieve satiety.

Giving up diet soda: Artificial sweeteners confuse the brain's appetite center, triggering sugar cravings and even insulin surges. Try flavoring carbonated water with a generous squeeze of lemon and a bit of salt to get your carbonation fix.

Giving up grains: Face it—grains are bland- tasting. It's the stuff you put on grains that makes them taste good! Reframe your perspective about what you really need, and reject rigid SAD traditions. Eggs for dinner? Steak for breakfast? Knock yourself out! How to engage in

Intermittent Fasting: The best bet for novices is to eat dinner, then delay breakfast the following morning until hunger sensations are compelling. See how long you can comfortably last without food, then enjoy a delicious Primal- approved meal. Check your progress each month, as your ability to regulate energy without ingested calories provides a good indication of how well your genes have been programmed to be a fat burning beast.

Lack of quick/easy food: Advance planning is important, since the modern world will not provide very well for your Primal needs on the go. Create a stash of easily- transportable Primal snacks (jerky, apples, macadamia nuts) so you can always have ready- to- go options available.

Learning to cook: Start with simple recipes, build your confidence, and get ever more creative over time. Check out Primal Blueprint Quick and Easy Meals for a simple, fun, non- intimidating way to get into a Primal groove in the kitchen. Keep your kitchen well- stocked to make things easy.

Listening to body: Cultivate an intuitive approach to eating, exercise, sleep and other Primal behaviors. This means you must reject external influences (superficial cultural messages, peer pressure, judgmental family and friends), and answer to yourself first and foremost.

Listening to hunger signals: Eat when you're hungry, finish when you're satisfied. Give yourself permission to eat whatever you want, whenever you want, as much as you want (within Primal guidelines of course) to achieve dietary satisfaction and promote health. Slow down your eating pace to really tune in!

Managing expectations: Focus on the intrinsic value of living Primally, and don't attach your happiness or self- esteem to the results. Take what your body gives you each day (energy, motivation, health, etc.) and never force results to happen on an unnatural time schedule. Trust that the immediate sensations you experience from promoting optimal gene expression (more energy, regulated appetite, hormone, and immune function) will translate into long- term results with body composition and other peak performance goals.

Managing stress: Minimize insulin production, eliminate chronic exercise, and align sleep habits with circadian rhythm. Build momentum with these three big ones, and let further lifestyle refinements fall into place.

Overthinking things: Some passionate Primal folks actually go overboard and become inflexible and anxious about their adherence to Primal guidelines. This type of mentality, however well- intentioned, can compromise mental and even physical health. Accept that there is a range of potential outcomes— from magazine cover model to ordinary but extremely healthy. Don't get bogged down with details when you are honoring the most important big picture principles of Primal living.

Packing lunch/preparing meals: Cook large portions ahead of time, then refrigerate or freeze to have quick access to great meals on the go. Chop and store veggies to facilitate quick salad preparation. Portion out barbeque or crock pot meat dishes for quick reheating.

Playing more: Schedule a grand outing and involve others. Get involved with kids – the world's foremost experts on play. If you're really out of practice, start small with a five- minute break from work or a quick stop at the park on the way home.

Reading food labels: Should you really be reading labels?! Emphasize plant and animal foods and minimize consumption of wrapped, packaged, canned, and frozen foods. That said, make avoiding refined carbs and chemically- altered fats a priority when you read labels.

Resisting temptations: Why resist? Reject the struggle- and- suffer mentality and enjoy life! An occasional well- chosen treat is absolutely Primal- approved. Honor the 80 Percent Rule and don't stress about perfection or obsess about resisting temptations. Go with the flow and calmly return to your center if you happen to get thrown off track.

Scheduling meals: What for?! You will enjoy more flexibility with your schedule, shopping, and planning as you become more fat- adapted. The need to fuel with unfavorable options just because your body needs some calories quickly will diminish as you become expert at burning stored body fat. Sourcing

Primal ingredients: Backyard garden or rented urban plot, farmer's markets, Co- ops, specialty grocers, or Internet if you live in a Primal- challenged area.

Supplements: The best categories to supplement a healthy diet in stressful modern life are: Multivitamin/antioxidant, omega- 3 fish oil, probiotic, high- protein meal replacement, and vitamin D for the sunlight- challenged.

Sweet tooth: High cocoa- content dark chocolate (75 percent or above) is a Primal- approved treat that will satisfy your sweet tooth and provide an anti- oxidant boost.

Variety in diet: The Paleo guidelines afford tremendous variety in food choices. However, there is no rule that says you must eat a broad variety of foods. Personally, I'm a creature of habit and enjoy repeating my favorite Primal- approved meals frequently. If you're inclined to experiment and shake things up, go ahead and enjoy yourself! **Working out consistently:** Consistency is overrated! Focus on balancing stress and rest intuitively. Take what your body gives you each day instead of blindly following a regimented workout pattern. Don't ever feel guilty for skipping a workout!

Working out motivation: People who can't get or stay motivated to exercise generally view it as painful and overly stressful. Do workouts that are fun and make you happy. Head out the door for a hike, haul off a few PEM exercises on a whim, or sleep in 'till brunch if your body wants you to. Don't worry about burning a certain number of calories or following a certain pace; build momentum naturally with workouts that are fun and enjoyable.

Sources:

- 1: 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;81:341-54
2. Cordain L, Brand Miller J, Eaton SB, Mann N, Holt SHA, Speth JD. Plant to animal subsistence ratios and macronutrient energy estimations in worldwide hunter-gatherer diets. *American Journal of Clinical Nutrition*, 2000, 71:682-92.
3. Cordain L, (1999). Cereal grains: humanity's double edged sword. *World Review of Nutrition and Dietetics*, 84: 19-73.
4. Cordain L, Eades MR, Eades MD. (2003). Hyperinsulinemic diseases of civilization: more than just syndrome X. *Comp Biochem Physiol Part A*:136:95-112.

Other important studies not mentioned in this report.

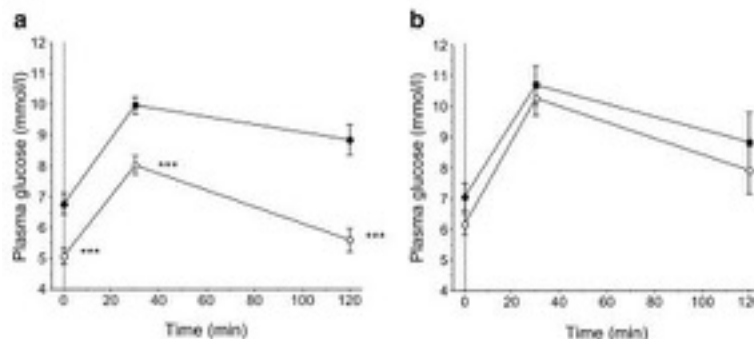
1. Lindeberg S, et al. A Palaeolithic diet improves glucose tolerance more than a Mediterranean-like diet in individuals with ischaemic heart disease. *Diabetologia*, 2007.

Details: 29 men with heart disease and elevated blood sugars or type 2 diabetes, were randomized to either a paleolithic diet (n=14) or a Mediterranean-like diet (n=15). Neither group was calorie restricted.

The main outcomes measured were glucose tolerance, insulin levels, weight and waist circumference. This study went on for 12 weeks.

Glucose Tolerance: The glucose tolerance test measures how quickly glucose is cleared from the blood. It is a marker for insulin resistance and diabetes.

This graph shows the difference between groups. The solid dots are the baseline, the open dots are after 12 weeks on the diet. Paleo group is on the left, control group on the right.



As you can clearly see from the graphs, only the paleo diet group saw a significant improvement in glucose tolerance.

Weight Loss: Both groups lost a significant amount of weight, 5 kg (11 lbs) in the paleo group and 3.8 kg (8.4 lbs) in the control group. However, the difference was not statistically significant between groups.

The paleo diet group had a 5.6 cm (2.2 inches) reduction in waist circumference, compared to 2.9 cm (1.1 inches) in the control group. The difference was statistically significant.

A few important points:

- The 2-hour Area Under the Curve (AUC) for blood glucose went down by 36% in the paleo group, compared to 7% in the control group.
-
- Every patient in the paleo group ended up having normal blood sugars, compared to 7 of 15 patients in the control group.
-
- The paleo group ended up eating 451 fewer calories per day (1344 compared to 1795) without intentionally restricting calories or portions.

Conclusion: A paleolithic diet lead to greater improvements in waist circumference and glycemic control, compared to a Mediterranean-like diet.

2. Jonsson T, et al. Beneficial effects of a Paleolithic diet on cardiovascular risk factors in type 2 diabetes: a randomized cross-over pilot study. Cardiovascular Diabetology, 2009.

Details: 13 individuals with type 2 diabetes were placed on either a paleolithic diet or a typical Diabetes diet in a cross-over study. They were on each diet for 3 months at a time.

Weight Loss: On the paleo diet, the participants lost 3 kg (6.6 lbs) more weight and lost 4 cm (1.6 inches) more off of their waistlines, compared to the Diabetes diet.

Other Markers:

- **HbA1c** (a marker for 3-month blood sugar levels) decreased by 0,4% more on the paleo diet.
-
- **HDL** increased by 3 mg/dL (0.08 mmol/L) on the paleo diet compared to the Diabetes diet.
-
- **Triglycerides** went down by 35 mg/dL (0.4 mmol/L) on the paleo diet compared to the Diabetes diet.

Conclusion: The paleo diet caused more weight loss and several improvements in cardiovascular risk factors, compared to a Diabetes diet.