



Art's Paleo

Paleo in a Nutshell Report

Welcome to Art's Paleo. This is your free Paleo in a Nutshell Report, which will provide you with the what, the why and the how of Paleo.

My name is Arthur Dryver, Ph.D. I actually have a degree in statistics, and now I focus my analytical skills to health. The reason I became a Paleo fanatic is because, like some of you, I began to have some stomach issues. Little things would trigger large discomfort and my digestive system was totally messed up, not to mention the increased trips to the toilet. So I became a bit of a recluse, not wanting to be social or travel, because I felt ill most of the time, and frankly a bit embarrassed. So one day I decided that I needed to change my life around. A friend suggested a diet called Paleo and after a bit of research I was hooked on the idea. One sunny morning I began the diet and I have never had any regrets except why I didn't change earlier!

Since then, not only have I regained my confidence; I feel and look like a new man! From that day a passion was born, a Paleo passion. I hope my knowledge and experience with the Paleo diet can help you feel and look better than you ever have.

So welcome to Art's Paleo community!

Let me know your thoughts at Artspaleo.com

Disclaimer: The information written and expressed in this report are from reading a lot of books, articles, and personal experience and opinions. Although I truly hope the information provided helps, it is not to be used in replace of medical advice and is for educational purposes only. Before making any major changes to lifestyle and diet it is advisable to speak with your doctor or your personal health care provider.

To your new Paleo life, may it bring you as much success and happiness as it brought myself.

What is Paleo

Paleo is known as the stone age diet because it originated in the Paleolithic era. It's about eating our way back to basics, back to what the cavemen would have eaten. So you just need to think to yourself, if the caveman ate it, I can eat it too.

Back around 7000 years ago there was no technology, no petrol, no McDonalds and no genetically-modified foods. Cavemen ate simple foods that grew naturally from the ground or foods that could be hunted. These foods are known to be healthier for us because our bodies are genetically designed to digest natural foods, not processed foods.

Today people are using the Paleo diet to help them lose weight, increase their energy levels, and improve their digestive systems. Paleo foods are proven to match our genetics and therefore improve our overall health. For most, like myself, the Paleo diet is not just a diet; it's a lifestyle change. I "live" Paleo.

Now let's take a look into what the Paleo diet is all about. First, the human diet is made up of 3 main nutrient groups: proteins, carbs and fats. The body needs a mix of these three nutrients to properly function. The Paleo diet lends itself to a high protein, low carb, and moderate fat ratio. The focus is on eating whole foods, which are foods in their natural form without any processing or modifications, like fruits, meat from animals that have been grass fed, nuts, vegetables, and seeds. Grains and dairy are generally avoided. The Paleo diet simply eliminates processed foods. Now let's break it down.

Proteins

Even though the Paleo diet is high in protein, it's not all meat. Most Paleo people eat just as many vegetables as they do meat. Protein is also gained from other non-meat foods like nuts, eggs, and perhaps dairy.

Dairy products are controversial in the paleo community. A lot of people have digestive issues with dairy food, and I personally am among those people. If you are one of those people, or have digestive issues and are not sure why, try dairy free as well as gluten free. Many find goat dairy products easier to digest than cow dairy products. For dairy foods the best options are yogurt and kefir without any sugar added due to the fermentation process leading to the addition of probiotics. Probiotics are good bacteria which aid your digestive system.

The main protein sources of the Paleo diet come from all grass-fed or free-range or organic chicken, fish, red meat, and eggs.

Carbohydrates

Even though it may seem that the Paleo diet is a low carb diet, it's not about losing weight or anything along those lines. It's about excluding grains and refined sugars,

because the modern diet consumes excessive amounts of these carbohydrates. This can be seen in the obesity epidemic in most western countries and the rise of heart attacks, high cholesterol, IBS and gluten intolerance, plus so many other health issues. A Paleo diet still includes a lot of carbs, but from different sources, like vegetables, fruits, nuts.

Grains have been cut from the Paleo diet because of the heavy processing they undergo; they are high in carbohydrates and low in nutrition. Also, I'm sure you have seen all the new "gluten-free" products popping up in the supermarkets. This is because gluten intolerance, or celiac, is on the rise and every year more and more people are affected. Our bodies are not made to process today's wheat. It is also not just a matter of dealing with a sore stomach; gluten intolerance can lead to other health issues such as dermatitis, joint pain, reproductive problems, acid reflux, and more. So, grains are off-limits in the Paleo diet. Trust me—once you go gluten free, you will never go back.

Fats

Paleo people love fats, and the body needs good fats. The Paleo diet includes plenty of healthy fats such as olive oil, avocado oil, coconut oil, coconut milk, avocado, butter, oily fish, meat from grass-fed animals, nuts, and seeds. These fats digest easily in the human body.

The modern diet includes a lot of grain-fed animals. Due to the way these animals are raised their bodies have changed to have a different fatty composition. The meat of free-range, grass-fed animals supply the body with significantly better omega-3 to omega 6 fats ratios, so the Paleo diet encourages the consumption of farm-fresh meat from animals that are free range, and grass fed.

To summarize:

EAT A MIX OF PROTEINS, CARBOHYDRATES, AND FATS FOR EVERY MEAL

FOODS YOU CAN EAT

- All meats from grass-fed or free range animals including poultry
- All farm-free seafood
- All organic fruits and veggies (except juices in containers)
 - Especially for those wanting to lose weight:
 - Fruits generally in moderation
 - High carbohydrates veggies such as potatoes, sweet potatoes and taro—eat in moderation. The danger with these foods is that they are easy to eat in large quantities.
- Eggs from free-range chickens
- All nuts and seeds (except peanuts—which is technically a legume)
- Healthful oils: olive, walnut, flaxseed, macadamia, avocado and coconut
- Herbs and spices

CONTROVERSIAL FOOD

- Dairy
 - Avoid these products if you have digestive issues; see how your stomach responds
 - Goat milk derivatives the preferred source in my opinion, or switch it up.

FOODS YOU CAN'T EAT

- Grains (including corn)
- Legumes (beans, lentils, soybeans, etc.)
- Refined sugar
- Refined vegetable oils
- ESPECIALLY: processed foods, fast foods, chocolate, soft drinks, milk shakes, potato chips, pancakes, etc.

Why Paleo?

The Paleolithic diet is catching on to the masses and for good reason!

Technological advances in farming are leading to genetically-modified organisms (GMOs) and this is changing the makeup of our foods. This is leading to huge changes in our food choices and selections. So our foods are constantly changing, but we are not. The evolution of food is moving faster than human evolution, and this is leading to phenomenal rises in food intolerances, such as lactose intolerances and gluten intolerances. Soda, ice cream, potato chips—the list goes on and on.

Worse yet, all in the name of profit, large corporations have created pseudo-foods that have ingredients found nowhere even *near* our natural diet. Recall how margarine was created to replace butter and to be healthier. However, it was only later that studies found the opposite to be true.

So why is Paleo a good diet choice? Well for me, I not only look better but I also feel better, healthier, and happier. As well as this, there are many other Paleo benefits.

INCREASED ENERGY

The Paleo diet encourages a balanced intake of proteins, fats, carbs, and lots of veggies. Having this nutritious balance will leave you feeling more energetic throughout the day. Most Paleo-approved foods are low GI (glycemic index). This means that the foods should not spike your blood sugar levels. In addition, many will use the consumed fat for energy, leading to more stable energy throughout the day.

STRENGTH AND MUSCLE GAINS

The Paleo diet is high in protein, and protein is the building block of all muscle. So there is no doubt that you will see a change in your muscle and physical structure. Especially if you exercise regularly along with your Paleo diet, you will see muscle growth within a few weeks.

FULLER FOR LONGER

Almost all of the foods in the Paleo food list are low GI, meaning they leave you feeling fuller for longer and with lasting energy. Low GI foods release energy into the blood stream more slowly compared to high GI foods, which leave you feeling hungry after just 30 minutes. Paleo meals also tend to have more fiber, fat and protein, which will keep you feeling fuller and more satisfied for longer.

ILLNESS PREVENTION

A Paleo diet introduces many more vitamins, enzymes, minerals, and healthy foods into everyday meals. In addition, a Paleo diet won't cause blood sugar spikes. This combines to develop a healthier, more durable immune system and improves one's overall health. This in turn reduces the risk of becoming sick and catching simple colds and flues. Paleo foods are also much more suitable for our body's digestive systems and therefore these foods provide the body with time to heal and get back to being 100%.

WEIGHT LOSS

The Paleo diet reduces one's intake of processed foods, refined sugars, toxins, and other chemicals. So this will most definitely have an effect on your weight. After just a few weeks on a Paleo diet you will begin to see changes to your weight. When these harmful substances are removed from our bodies, this gives our system time to repair itself and burn excess fat. Especially alongside a good exercise program, a Paleo diet can really help those wanting to lose weight.

IMPROVED HEALTH

The whole body gains improvements from a Paleo diet. Most significantly is the digestive system. Paleo foods are those that are meant for our bodies. So the digestive system is provided with clean, healthy, non-irritable foods. Additionally, the immune system and metabolism are boosted, energy levels are increased, mood is stabilized, and clarity is experienced.

How Does Paleo Work?

My wife and I are opposites—lucky they say opposites attract. When I went paleo, she just wasn't interested. For her, rice and/or noodles were something she enjoyed in her meals, so she just couldn't jump on the Paleo idea, BUT she does love the idea of me cooking.

For me it is easy to be strict with myself and very disciplined, but for her she likes to go with the flow and take life easy. So what works for me sometimes does not work

for her and vice versa. But that's ok, because everyone is different, and it's about adapting to your situation until you find a balance that is just right for you. I believe that the key to finding your balance is to take baby steps. Day by day make small changes until you change your life completely.

So Paleo works like this: high protein, low carbs, and moderate fats. Think 5 colors as well—get a variety of colors for your fruits and veggies throughout the day.

Each meal should have a mix of these nutrients as long as they come from the shopping list below. Here is an example meal plan.

Breakfast	Lunch	Dinner	Snack
Veggie scramble: 1/2 white onion, diced 1/2 green pepper, diced Coriander 100g baby spinach 4 free-range eggs	150g chicken schnitzel (cooked in almond flour) Steamed vegetables	Tuna steak White onion Grilled veggies Herbs and spices	Handful of almonds

Again welcome to the community! Thanks for reading! To health, and happiness!



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