

WHAT IS PALEO?

An Ancestral approach to food.

We didn't start using agriculture as our main source of food until about 30,000 years ago. Before that, people hunted wild animals, fished, and collected tubers, fruits, vegetables, herbs, nuts, seeds, and other foods wherever they were.

When we started growing grains and beans as a mainstay of our diets, we started to see more obesity and cancer, even in the early Egyptians. And now, with the addition of all the extra sugar in our diets over the last 100 years, things have gotten exponentially worse. With 2/3 of America overweight or obese, 30 million with type 2 diabetes, and heart disease being the #1 killer in many Western countries, there's obviously an issue with the way we're eating.

But not for you. Not anymore!

Why Our Ancestors Were Healthier and Leaner Than We Are Today:

- Year-round overeating wasn't an issue
- Their food wasn't inflammatory, causing obesity, diabetes, heart disease, etc. Gluten grains, other grains, soy, corn, and pasteurized dairy all contain extremely inflammatory components for humans, and they make up the majority of the Western diet. That, and sugar...
- They didn't eat 130 pounds of sugar per year. That's 22 tsp per day for an average adult and a shocking 32 tsp per day for the average child. Excess sugar gets stored as fat, and it can cause type 2 diabetes, as well as contribute to lowered immunity, anxiety, blood sugar issues, and cancer.
- They were eating a healthy ratio of omega 6: omega 3 fatty acids, so their inflammation levels were lower in general. Omega 6's are abundant in grains and vegetable oils, while omega 3s are abundant in wild-caught fish and other animal foods.
- They weren't overeating grains and beans, which are not only inflammatory, but they're a large source of carbohydrates, so when you eat too many of them they get stored as fat, just like sugar does. Hunter gatherer people probably did eat grains and legumes, but only when they could find them.
- They didn't have a cocktail of chemicals added to their foods, like preservatives, artificial colorings, artificial flavorings, binders, artificial sweeteners, and pesticides, and antibiotics. Those things can cause everything from neurological issues to cancer.

THE HUNTER GATHERER DIET

OUR NATURAL WAY OF EATING

We spent millions of years evolving to be the humans we are today, and during almost that entire time (besides a small blip on the radar over the last 30,000 years),

And we did pretty well on that.

With the exception of a couple things, our bodies genetically haven't changed in that evolutionarily short amount of time since we started eating all these grains, beans, vegetable oils, added sugar, and chemicals. That means our bodies aren't really designed for those things. In my experience, and as the research says, when we stop eating those foods out and go back to our roots, we lose fat, build muscle, gain energy, feel happier, and literally *reverse* diseases like type 2 diabetes and heart disease.

Hunter Gatherers Ate The Following:

- Animal meat, organs, bones, etc
- Fish and seafood
- Eggs
- Vegetables
- Fruits
- Nuts
- Seeds

Hunter Gatherers Did Not Eat The Following:

- Grains
- Gluten
- Legumes/Beans
- Pasteurized Dairy
- Excessive Sugar
- Vegetable Oils
- Additives, Chemicals, and Antibiotics

TODAY WE HAVE THE BEST OF BOTH WORLDS

We don't have to start hunting our meat and gathering berries to eat this way - don't worry! But we do want to emulate our hunter gatherer counterparts. Why? Who's to say they were actually healthy? I'm sure you've heard that they died really young and were haggard sickly people. Well, not so much. You can look up current day thriving cultures who live primal

lifestyles without agriculture, like the Kitavans, the Maasai, the African Pymies, and many more. Trust me - you want their bodies :)

And archaeologists regularly uncover remains of our hunter gatherer ancestors, who had robust bones that framed muscular bodies, and who often lived well into their 80's and 90's if they could survive high child-birth, infections, cold winters, and spear wounds, among other hazards of primal living.

Today we have no spears to thwart, we have hospitals to set our broken bones, and drugs to fight off infection. AND we have grocery stores full of foods that are quite similar to what we evolved eating. So now we just have to take advantage of it all!

WHAT'S WRONG WITH AGRICULTURAL FOODS?

NOTE: When I say "agricultural" foods, I'm not talking about the fruits, vegetables, nuts, and seeds we buy from grocery stores, which came from agricultural farms. I'm talking about the foods we farm that were completely different from the foods we evolved eating, like the grains, legumes, corn, dairy, and certain sources of sugar.

One argument against Paleo is that our hunter gatherer ancestors weren't eating the giant tomatoes, super sweet fruits, and other produce that we've changed over the years. And if we're trying to mimic our ancestors, why would we eat THOSE things if they weren't eating them? Well, that's kind of splitting hairs in my opinion. There are and always have been many super sweet wild fruits all over the world. And those giant tomatoes and bell peppers and whatever else are still quite similar to the veggies they would've found in the wild.

Again, what we're trying to stay away from within those "agricultural foods" are the foods that are toxic to our human bodies. The things that cause inflammation and disease: not the wonderful fruits and veggies we have access to now.

Now that that's out of the way, below are the specific reasons we want to stay away from those foods.

Gluten

I know, I know. Everyone is going “gluten-free” and you probably think it’s just some fleeting fad. But it’s really not a fad at all. People are going gluten free left and right because they’re realizing they feel so much better without it. I lost 15 pounds when I stopped eating gluten. My eczema subsided, my brain felt better, and my digestion normalized. Many people report similar improvements in their own lives.

Gluten is a protein that’s found in certain grains, including wheat, spelt, barley, rye, and oats (but only because oats are usually contaminated with gluten during processing). Because it’s found in wheat, gluten is in most baked foods in Western countries. Also, white flour is just refined wheat flour, so when the ingredient list on a package says just “flour,” that means it’s wheat. It’s also added to foods in the form of hydrolyzed protein, starch, modified starch, malt, natural flavorings, and binders.

Gluten’s issue is that it wreaks havoc on the lining of your digestive tract. It causes “leaky gut” or “intestinal permeability” by making the tight junctions in your gut lining not so tight anymore. Nutrients are supposed to flow through your digestive lining into your body, but when those holes are too big, large particles of food, bacteria, and other toxins can enter your blood stream, causing an immune reaction. That immune reaction can turn into an autoimmune disease, such as celiac, multiple sclerosis, or rheumatoid arthritis, or Hashimoto’s thyroiditis.

It’s thought that between 30–80 percent of people in the United States have some sort of immune response, or sensitivity, to gluten. In any case, that’s a lot of people and it’s worth

Symptoms of a Gluten Sensitivity:

- weight gain
- water retention
- diarrhea
- constipation
- bloating
- acid reflux
- intestinal cramping
- fatigue
- eczema
- acne
- joint pain
- infertility
- abnormal menstrual symptoms

figuring out if you're one of them. Taking it out of your diet for a month is the best form of testing available on the market, and it's free, so no blood tests necessary!

All Other Grains

Foods that are made from grains include bread, cereal, pasta, pastries, cookies, beer, crackers, bagels, tortillas, oatmeal, and corn chips, to name a few. Grains make up about 50 percent of most people's diets, so I realize I need to have a good reason to tell you not to eat them.

First of all, most grains are overly processed properly, which make them void of nutrients (read: empty calories), and full of carbs that most people don't need every day. Cereal or a bagel at breakfast, two pieces of bread for lunch, grain-based snacks throughout the day, dinner rolls or pizza crusts for dinner, and a grain-based dessert at night really add up. They add up to too many carbohydrates, unless you're an Olympic athlete who's training twice a day.

They're also not processed correctly. In the past, before heart disease and obesity and all these things were quite so common, people would soak their grains, then maybe sprout them, and then even ferment them (like sourdough bread), which makes them much more digestible. As it is, they're just nutrient-less packages of inflammatory carbs that will likely give you a food baby after you eat them (you know, when your stomach sticks out like you're pregnant after a meal?).

Besides that, I already told you about gluten, and it turns out that grains (even the pseudo-grain, quinoa) have certain proteins in them that act like gluten. Or they contain FODMAPS

Grains include the following:

- wheat (white flour, wheat flour, all-purpose flour)
- rice
- quinoa
- rye
- barley
- corn
- millet
- oats
- buckwheat
- kamut
- teff
- spelt
- amaranth

(Fermentable Oligo-Di-Monosaccharides and Polyols), which are difficult to digest and cause digestive issues for a lot of people.

Grains contain enzyme inhibitors, which make them difficult to digest, as well as the following “anti-nutrients”. If you can’t tolerate glutenous grains, there’s a good chance you can’t tolerate grains at all, and now’s the time to find out.

Certain Lectins

Lectins are proteins that help protect animals and plants from diseases or invaders (like humans). Wheat contains a lectin called wheat germ agglutinin (WGA), and other grains, beans, and even nuts and seeds contain lectins similar to WGA.

What happens is the WGA goes into your small intestine and sticks itself onto the lining of it. It then tricks your body into transporting it across the lining of your intestine intact, where your immune system attacks it because it is seen as a foreign invader. This is where the term “inflammation” comes into play. When your immune system is activated in this way, your body has unnecessary inflammation in it, and it can affect every other system in your body, since they all work symbiotically.

Speaking of your immune system, antibodies are created in response to the lectins, and unfortunately lectins often look a lot like other parts of your body. They may look like brain cells, pancreatic cells, thyroid cells, etc., so the same antibodies that were created to attack the lectin will actually go attack your own body.

This is where autoimmune diseases come into play, like type 1 diabetes, celiac disease, rheumatoid arthritis, lupus, and multiple sclerosis. But even if you don’t develop an autoimmune disease from eating these things, it can make your immune system overactive and confused, as well as give you digestive issues.

Phytic Acid

Phytic acid is in grains, beans, nuts, and seeds, and we don't have the enzyme phytase to digest it. Phytic acid actually binds to the magnesium, calcium, zinc, and iron in the food you eat, and takes them out of your body unabsorbed. Dr. Loren Cordain believes that this alone is contributing to iron-deficiency anemia in people around the world.

Legumes

Legumes, or beans, include lentils, black beans, soy, peanuts, etc, and they're also unnecessary packages of extra carbs that will probably make you fart a lot. They contain enzyme inhibitors and lectins, and phytic acid, and they're rarely processed correctly, just like those darn grains.

Legumes are a mediocre source of protein (contrary to popular belief). One cup of black beans contains a measly 15 grams of protein (and a whopping 40 grams of carbohydrates). Compared with even 3.5 ounces of roasted chicken breast at 31 grams of protein (and 0 grams of carbs), beans just don't compare.

Soy, also a legume, isn't processed well enough in this country to remove most of those toxins (it should be fermented). Plus, it's a major source of plant-based estrogens, which can wreak havoc on your hormonal balance. Your hormones have SO much to do with fat loss!

Soy is also one of the biggest genetically modified (GM) crops out there, and more and more studies are coming out proving what we've always believed about GM crops.

To sum it up, beans are mostly a waste of calories and carbs.

Sugar

I'm not talking about the sugar that comes in the delicious package of fruit. I love fruit and it's full of nutrients, fiber, and satiating sweetness. I'm talking about the refined sugars like white sugar, cane sugar, confectioners sugar, brown sugar, syrup (the kind that you put on pancakes that doesn't have any maple syrup in it at all), corn syrup, high fructose corn syrup, refined maple syrup, refined honey (as opposed to raw honey), dextrose, maltodextrin, and many others.

As you know, white sugar and corn syrup are in everything from Coke to candy bars to marinara sauce and bacon. Honestly, it wouldn't be such a big deal if we didn't eat so *much* of the stuff.

When you eat sugary foods that spike your blood glucose, your body releases the hormone insulin so the sugar can enter your cells and be stored for later. Glucose gets stored as glycogen in your muscles and liver, which you can use as energy, and if that's not used up, it turns into fat. Like the kind of fat you're trying so hard to get rid of on your belly. You can usually tell when a person is eating too much sugar and on their way to being diabetic because they have an inordinate amount of belly fat.

Anyway, if you're constantly eating sugar, and thus constantly shooting out insulin, your cells become less and less receptive to the insulin, so it takes more and more insulin to get the glucose into your cells. After a while, you can become "insulin resistant", and eventually develop type 2 diabetes. Basically, the sugar you eat stays in your blood stream because the insulin can't open up your cells to let the sugar in there. That's bad news - very bad. And that's why many diabetics need to be on insulin, since their own insulin isn't enough to handle all that sugar.

So, when you eat sugar, your blood sugar spikes up, and then it plummets as the glucose is taken up into your cells. So while you may feel energized after that cookie for a bit, you might crash and feel tired and hungry as quickly as an hour afterward (or less). Whereas if you got your carbs in the form of veggies, fruits, sweet potatoes, which have tons of fiber in

them, and then added some healthy fat to the mix, your blood sugar would never spike like that.

Your energy would be even Steven.

When your blood sugar plummets, though, that's about the time when you reach for the candy, the cookie, the pretzels or your simple carb source of choice, and the cycle continues.

The answer is simply to stop eating the foods that spike your blood sugar in the first place. It's fine to have a little fun with sugar on occasion - I certainly do - but when you're spiking glucose and insulin levels over and over every day with cookies, cereals, granola bars, sodas, juices, pastries, and even bread, you're just promoting weight gain, insulin resistance, diabetes, chronic inflammation, a sick immune system, fatigue, and moodiness. Not to mention rotten teeth!

"Vegetable" Oils

The oils we know as "vegetable" oils are not actually made from vegetables. They're usually made from seeds, which create canola oil, corn oil, soybean oil, safflower oil, sunflower oil, cottonseed oil, peanut oil, or some sort of conglomeration of those in margarine form.

They're often hydrogenated or partially hydrogenated, which creates heart disease-inducing trans fats. And they're almost always highly heated during processing, chemically refined, and deodorized.

In other words, they're usually on their way to becoming rancid - or already are rancid - by the time they hit the shelves. Why? Because all those oils are high in polyunsaturated omega 6 fatty acids, which are highly susceptible to becoming oxidized, or rancid, by heat, air, chemical exposure, and light. Oxidized fats create inflammation and contribute to heart disease and all other chronic inflammatory conditions.

Due to some pretty shoddy research, and possibly the heavy hand of big agriculture (corn, soy, and canola farmers), it was touted that these oils were better for heart health. Recent

and more accurate research has shown what seems obvious now - that these oils are very high in omega 6 fatty acids, which are super inflammatory.

Instead of these vegetable oils, you should eat healthier fats and oils that don't contribute to inflammation or heart disease. Saturated fat is extremely stable and does not promote inflammation when eaten with other anti-inflammatory foods (like the ones I'm suggesting you eat).

Saturated fat and dietary cholesterol are essential to our basic bodily functions and are good for us, despite what we've all been told. Monounsaturated fat is much more stable than the omega 6 or omega 3 fatty acids, so cooking with those and saturated fats is the safest and healthiest way to go. Coconut oil, palm oil, lard, tallow, bacon grease, avocado oil, macadamia oil, and olive oil are now your friends. Yep, I said that lard is good for your health, and I meant it!

Pasteurized and Homogenized Dairy

Dairy is one of those things that people get pretty attached to. I LOVE dairy, but after 3 years of chronic yeast infections, I finally realized that dairy was the cause of the problem, and I had to stop eating it. Beyond that, it can make your skin itch, cause asthma, create major digestive issues, and make you gain weight.

Dairy is a pretty muddled topic in the Paleo and Primal world of books and blogs. Die-hard Paleo people would say that dairy is out because nobody was milking wild mastodons back in the day. And most of us don't have the enzymes to digest it after we're weaned from our moms. That's just science, and it's why you might be constipated, bloated, gassy, and phlegmy after you eat it.

However, in the Primal world of eating, started by Mark Sisson of marksdailyapple.com, dairy is encouraged in moderation for people who can tolerate it. This month we'll figure out if you can tolerate it. Once you stop eating it for a couple weeks, and then you go back to eating it, it will be blatantly obvious if it makes you feel bad.

Some people may do better with dairy than others, but I think that everyone should avoid eating pasteurized and homogenized dairy. The heat during the pasteurization process destroys enzymes that are used for digestion and assimilation of the nutrients in the milk.

The homogenization process not only heats the milk further, but it wrecks the fat globules. Many people have an immune response of some kind to the protein, casein, in milk. And when milk is homogenized, the fat globules end up having protein, including casein, stuck in and around them, increasing the allergenic potential of all homogenized milk products.

Fermenting the milk—making yogurt, buttermilk, kefir, and other foods— helps to get rid of that lactose that's so difficult to digest. That's why eating fermented dairy is best.

Full-fat milk products are a much better choice than non-fat or low fat because of the higher nutrient content in the fat of milk. Additionally, vitamin A and CLA (conjugated linoleic acid, an anti-cancer nutrient) are found in way higher concentrations in milk from grass-fed cows than milk from conventional, factory-farmed cows.

Also, because of the way factory-farmed dairy cows are treated and what they eat, they secrete an abnormal amount of estrogen into their milk. There's always estrogen and other hormones in milk—even human breast milk—and infants can use those hormones. But grown adults don't need any hormones other than the ones they are producing on their own. That's one reason that even unpasteurized, homogenized milk isn't good for everyone.

Obviously dairy has some issues, but when you break it down, almost every food out there has *something* harmful in it that our bodies can often tolerate. You have to figure out for yourself whether or not dairy is good for your own body. For the duration of this program, though, I highly suggest you not eat dairy so that you can see for yourself whether or not it's affecting you.

Unnecessary Additives and Chemicals

It's kind of ridiculous for Gatorade and other companies to create a sports drinks or soda that has 12 to 14 teaspoons of added sugar. But it's absolutely unnecessary to make those sugary drinks fluorescent green.

Yellow 5 and other synthetic food colorings fall into this "unnecessary additives" category. There are entire diets now based solely on removing additives from people to improve their health. And there are plenty of published articles about the reasons they're so bad for us. Aspartame and other synthetic sweeteners, nitrates and nitrites, potassium sorbate, and BHA are among the preservatives and sweeteners that have research showing they have either cancerous effects or negative impacts on nervous system health.

Stay away from ingredients you can't pronounce, and read this book, [A Consumer's Dictionary of Food Additives](#), if you're interested in reading more about all the additives out there. [Here's a website](#) that has some great information about some of the most common harmful additives.

Pesticides also fall into this category, and that's what you're consuming every time you eat anything conventional (non-organic). It turns out that organic foods, especially local organic foods, are more nutritious AND they don't contain those synthetic, potentially cancerous pesticides.

Antibiotics are in almost all conventional meats because factory farmed animals need to take them in order to survive their polluted environments, close quarters, and terrible diets. You get the brunt of that when you eat their meat, unfortunately. Stick with organic, pasture-raised, grass-fed, wild, or pastured meats and eggs to avoid antibiotics. All of those labels are safe.

If you stick with the dietary suggestions in this program, you'll never have to worry about those additives or chemicals.

SUMMARY

Now What Am I Supposed To Do?

So that's the "Paleo" or "Primal" diet in a nutshell. These are the reasons we should be eating more like our hunter gatherer ancestors - clean, fresh meats, fish, eggs, veggies, fruits, nuts, and seeds that you can find at farmers markets, local farms, online, and on the outer edges of your grocery store.

What's Next?

Go check out your **Food Guide for Fat Loss Download** I sent you! See what foods you should be eating and avoiding - it's all laid out really nicely so it's easy to refer to again and again.

Then check out the **Meal Planning and Recipes Guide Download** I sent you to figure out what to cook and how to implement this into your life easily.

Happy eating!

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