Living Paleo

DUMIES

Learn to:

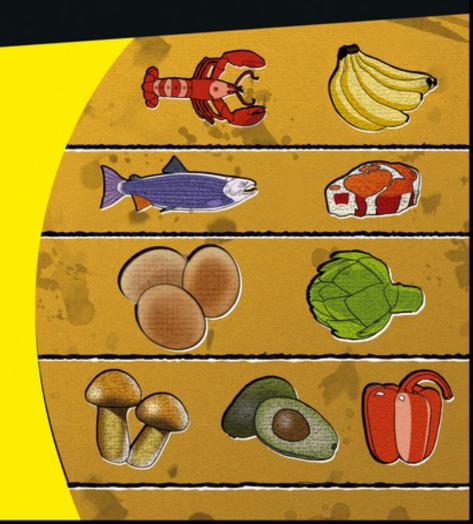
- Lose weight with the Paleo lifestyle
- Improve your health and longevity
- Make Paleo-friendly dishes for every meal of the day
- Look, feel, and perform your best
- Tackle high-intensity workouts

Melissa Joulwan

Author of Well Fed: Paleo Recipes
For People Who Love To Eat

Dr. Kellyann Petrucci

Coauthor of Boosting Your Immunity
For Dummies



Making Everything Easier![™]

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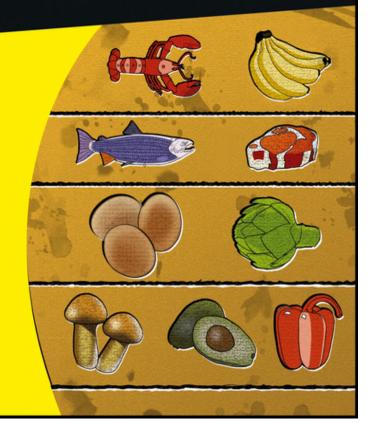
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Living Paleo For Dummies®

Visit

<u>www.dummies.com/cheatsheet/livingpaleo</u> to view this book's cheat sheet.

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Living Paleo For Dummies[®] by Melissa Joulwan and Dr. Kellyann Petrucci



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About the Authors

Melissa Joulwan is the author of Well Fed: Paleo Recipes for People Who Love to Eat (Smudge Publishing, LLC) and the author of the recipes and Meal Map included in the New York Times Bestseller It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways (Victory Belt Publishing). Her recipes have appeared in Paleo Magazine, and she was a featured chef for U.S. Wellness Meats and Lava Lake Lamb. She

also teaches Paleo cooking classes at the Whole Foods Culinary Center.

Melissa has been following a strict Paleo diet since 2009, when she underwent a thyroidectomy. In the aftermath of the surgery and recovery, she became particularly interested in how diet affects hormones, body composition, mood, and mental wellbeing. Her experiences are chronicled on the popular, awardwinning blog *The Clothes Make The Girl* (www.theclothesmakethegirl.com), where she writes daily about the Paleo lifestyle, recipes, fitness training, yoga, meditation, and motivation.

Melissa is also a community ambassador for *Experience Life* magazine, a contributor to health and fitness periodicals, and a frequent presenter at Paleo conferences.

Dr. Kellyann Petrucci earned her bachelor's degree from Temple University, hosted her alma mater's Department of Public Health Intern Program, and mentored students entering the health field. She earned her master's degree from St. Joseph's University and her Doctor of Chiropractic degree from Logan College of Chiropractic/University Programs, where she served as the Postgraduate Chairperson. Dr. Kellyann did postgraduate coursework in Europe. She studied Naturopathic Medicine at the College of Naturopathic Medicine, London, and she is one of the few practitioners in the United States certified in Biological Medicine by the esteemed Dr. Thomas Rau, of the Paracelsus Klinik Lustmühle, Switzerland.

In Dr. Kellyann's many years in a thriving nutritional-based practice and consulting, she's helped patients build the strongest, healthiest body possible. She learned early on that looking and feeling amazing came down to learning simple, principle food values that made astonishing differences in people's lives. She realized that deep nutrition wasn't about

fancy powders, ancient elixirs, or the latest creams; it was about reprogramming the body to get back to the basics and eat the way people were designed to eat. She found the principles of living Paleo to be the key for those who want to lose weight, boost immunity, and fight aging. Dr. Kellyann has seen so much success from those eating Paleo that she feels a moral obligation to spread the message of eating real food.

Dr. Kellyann is the coauthor for the health and lifestyle book *Boosting Your Immunity For Dummies* (Wiley). She also created the successful kids' health and wellness program Superkids Wellness and developed the PaleoSmart System and International Wellness Consulting.

You can find free nutritional videos and a weekly dose of news, tips recipes, and inspiration on her website www.DrKellyann.com.

Dedication

From Melissa: I dedicate this book to my husband, Dave, for always approaching the dinner table with an open mind and an open heart; you're my favorite taste-tester. And to my parents, Tom and Roni Joulwan, thank you for letting me be weird, for teaching me how to play in the kitchen, and for proving that love and food can be happily intertwined.

From Dr. Petrucci: I dedicate this book to my boys: my husband Kevin and my little guys John and Michael. There were a lot of "no's" and "no shows" during the creation of this book, and they were always positive and did what it whatever it took to make my dreams flourish. Kevin, thanks for all of the paleo meals you created for us while in the throws of my writing. It wasn't always easy wearing so many of the household hats, and you done good! And I can't forget the eager faces of my little boys, with their bright eyes and sparkly smiles, asking me, "What page are you on now?" (every ten minutes) and saying,

"Really, Mom, you're going to be in a bookstore?" You injected every tireless writing day with a burst of sunshine. I will never take for granted a single day I share with my boys! And for my parents, John and Ellie, who have always taught me that if I make value-based decisions, the world will unfold as it should, when it should. Thank you Dad for teaching me how to be an entrepreneur. And Mom, you¹re such a beautiful artist. Thank you times ten for always embracing and enriching my creativity. I also dedicate this book to my sister, Dr. Kathleen Petrucci, and her husband Glenn. Kathy, I respect your grit and good-spirited high energy more than you'll ever know. I love sharing the "twin syndrome" with you. I'm so glad I have you and Glenn to chew the paleo fat with! To my brothers, Joseph and John Michael, who have added so much joy and laughter to my life, thank you for forever making my life rich! And to Dr. Jennifer Bonde, who will always be my dearest friend on the planet. She may not be my biological sister, but she is a sister of the heart. I'm so glad my life's journey has you in it! Finally to Pamela and Andrew Carroll, I admire your determination to find solutions and your love of the power of paleo. I value all of our exchanges and find it heartwarming watching you skillfully sharing your passion with others.

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forever grateful that you taught me how to "just eat" real food so I could find my way back into the kitchen.

From Dr. Petrucci: Thank you to my talented coauthor, Melissa Joulwan, for taking a leap of faith and for all of the heart-tohearts along the way; I respect her talents a great deal. I also feel deep gratitude and will be forever thankful to my agent, Bill Gladstone, of Waterside Productions for giving me my first "break." I'm grateful he not only believed in me, but encouraged me to roll the dice and go for it. And to Margot Hutchinson of Waterside Productions who made fantastic deals happen along the way and truly cares about my future — you're a good egg, Margot! Also, thank you to all the masterful pros at John Wiley & Sons: Acquisitions Editor Tracy Boggier, who worked like mad to shepherd and organize this title, and to the Project Editor Tim Gallan who kept the quality up, and the stress low. Thanks Tim. To Scott Frishman (a.k.a. Tell It), thank you for all of the guidance. And thanks to Rick Frishman for making the magic happen in so many of our lives. To all of the doctors, coaches, and business leaders that I have learned from in the last 30 years, your messages and inspiration will always be pieces of my life's quilt.

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Introduction

You've probably heard a lot of names for what we call living Paleo: the Paleo lifestyle, the cave man diet, eating primal, and the real food diet. All these terms describe roughly the same way of eating. It's nutrition based on the idea that for optimal health, both mentally and physically, we should try to eat like our hunter-gatherer ancestors. In practical terms, that means focusing on whole foods that are processed as little as possible and avoiding foods, like grains and dairy, that cause inflammation inside your body.

When you remove inflammatory foods from your meals, you reduce your risk for diseases of civilization, such as heart disease, diabetes, and cancers. You also have more energy, look younger, lose weight, get stronger, and sleep more soundly. In short, you enjoy your life more.

Living Paleo isn't a "diet" in the traditional sense, though we do ask you to give up certain foods — sometimes just for 30 days and, in some cases, indefinitely. Although that may sound intimidating, this book shows you the reasons you should avoid certain foods for optimal health and fitness. We also provide plenty of practical tips to make the transition as easy as possible for you and your family. From how to stock your kitchen cupboards to healthy travel to reversing disease and exercising wisely, you'll find everything you need to adopt the Paleo lifestyle.

About This Book

Adopting the Paleo diet may seem overwhelming at first, so this book is organized in a way that makes the benefits of living Paleo easy to understand. We explain the foundation of Paleo

principles and show you how adapting some of the lifestyle characteristics of our hunter-gatherer ancestors can vastly improve your modern quality of life.

We break down the "yes" and "no" lists of Paleo foods so you know exactly where to begin your new nutritional lifestyle, and we help you understand just how much to eat to reach your goals. Whether you're trying to lose weight, reverse a medical condition, or improve your athletic performance, this book provides the information you need to succeed.

Understanding the underlying science of the Paleo diet can help keep you on track when cravings or temptations arise, so we explain the nutritional aspects of the Paleo lifestyle and answer your questions about fiber, vitamins, minerals, supplements, and more. But living Paleo goes beyond the food that you put on your plate, so we also explore how you can learn from our cave-man ancestors to improve your sleep, enhance your playtime, and improve your fitness, while enjoying the modern conveniences that make your life easier.

If you're more interested in practical application than scientific theories, we've got you covered there, too, with chapters that outline how to revamp your kitchen for the Paleo lifestyle as well as tips for traveling — for work or pleasure — without kissing your good habits goodbye.

And finally, we include plenty of delicious, satisfying recipes to help you and your family make the transition to living Paleo. The recipes will keep you well fed from breakfast through dinner with healthy snacks in between; we also provide easy meal ideas that don't require a recipe at all to create your own Paleo-friendly "fast food"; and we even include a few dessert recipes for those special occasions when you want something a little sweeter than usual.

Conventions Used in This Book

We use the following conventions throughout the text to make things consistent and easy to understand:

- All web addresses appear in monofont.
- When this book was printed, some web addresses may have needed to break across two lines of text. If that happened, rest assured that we haven't put in any extra characters (such as hyphens) to indicate the break. So when using one of these web addresses, just type in exactly what you see in this book, pretending as though the line break doesn't exist.
- ✓ Boldface highlights keywords in bulleted lists and the action parts of numbered steps.

What You're Not to Read

We've written this book so you can find information easily and quickly. Each chapter covers one aspect of living Paleo and includes specific details and practical tips to help you understand how to incorporate it into your new lifestyle. If you don't have the time (or the desire) to read every word, you can skip the text in the sidebars, the shaded boxes you see throughout the book. They provide detailed examples or information to supplement the primary points explained in the chapters.

You don't need to read every single paragraph of this book to begin to enjoy the benefits of living Paleo. Feel free to skip around to the stuff that interests you most.

Foolish Assumptions

As we wrote this book, we made the following assumptions about you:

- You want to change your diet, lose weight, improve your fitness, or manage some type of medical condition and have heard about the Paleo diet.
- You have control over your food choices and those of your family, and you want to help your loved ones enjoy a healthy, Paleo lifestyle, too.
- You want to stop eating processed and unhealthy foods to feel younger, healthier, more vibrant, and happier.
- You're interested in learning how food affects you physically and mentally, but you don't want to get bogged down in too much scientific detail.
- You're open to the idea of making lifestyle changes avoiding certain foods, making sleep a priority, adopting a fitness program to enhance your quality of life.

How This Book Is Organized

We've divided this book into five parts to make the different topics more manageable and easier to digest. Each part deals with certain aspects of living Paleo and discusses the relevant issues, including nutrition, how to get started, fitness, social situations, shopping, travel, and recipes. You don't have to read straight through the book from cover to cover; you can pick a chapter of interest and read it to find out everything you need to know about that issue.