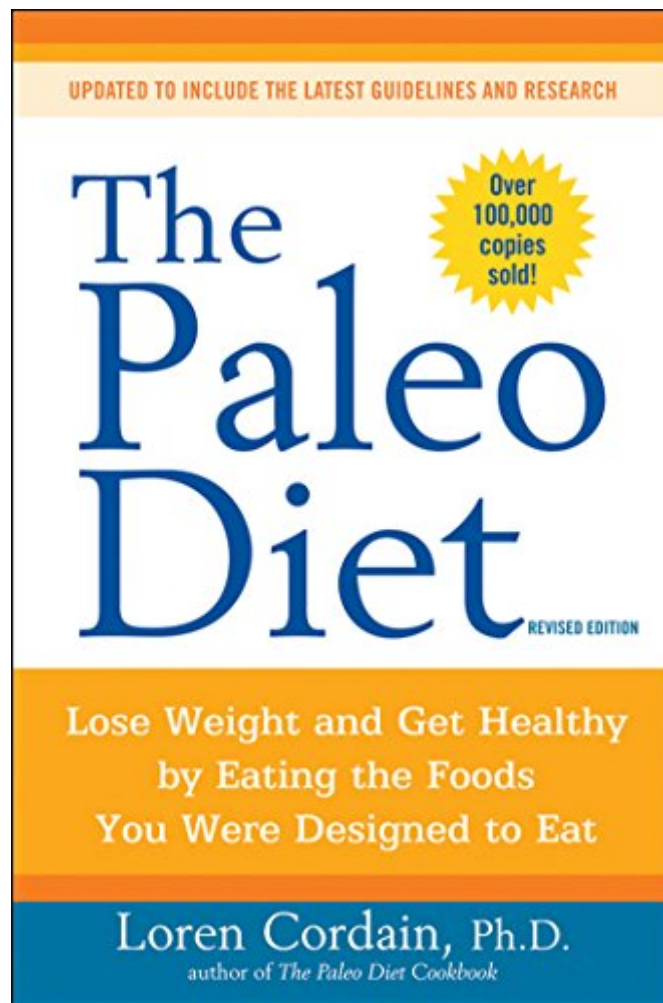


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# The Paleo Diet Revised: Lose Weight And Get Healthy By Eating The Foods You Were Designed To Eat



## Synopsis

Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide-over 100,000 copies sold to date!Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health, The Paleo Diet will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses.Breakthrough nutrition program based on eating the foods we were genetically designed to eat-lean meats and fish and other foods that made up the diet of our Paleolithic ancestorsThis revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic researchSix weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipesThis bestselling guide written by the world's leading expert on Paleolithic eating has been adopted as a bible of the CrossFit movementThe Paleo Diet is the only diet proven by nature to fight disease, provide maximum energy, and keep you naturally thin, strong, and active-while enjoying every satisfying and delicious bite.

## Book Information

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## Customer Reviews

I'm a big supporter of the Paleo diet concept and the idea that we need to eat the traditional foods our genes need to be healthy. This book claims to be the last word in explaining what our ancestors ate, and to not be just another book full of fads, but it is seriously flawed. The author seems to be trying to merge information on what the caveman diet consisted of with as many modern food fads as possible. He is particularly ignorant about healthy fats and oils. The book is also not very convincing in the way it explains the scientific basis for the Paleo diet. I disagree with the authors very-low salt stance and would advise them to read about unrefined sea salt and the work of Dr Brownstein on the many myths about salt and low-salt diet scaremongering, and the cholesterol scaremongering as well. The author has also been grossly misinformed about saturated fats. You should probably ignore what the author says about fats and oils in this book, as most of it is just plain wrong. Liquid vegetable oils did not exist in paleolithic times and cooking with flax oil is very unhealthy! Saturated fats are also an important part of a healthy diet, and eating eggs does NOT raise your cholesterol levels. The 'very high' cholesterol levels mentioned in the book of 208 are also not high at all, and well within the healthy range of 200 - 240 according to lipid expert Mary Enig PhD. The healthiest oils to cook with are ghee (unless you're 100% dairy free), lard, tallow, coconut and palm oils and olive oil. Oils should never be heated to very high temperatures such as in deep frying. These are the traditional fats to cook with, not flax oil! The book is also very inconsistent and vague when it comes to talking about supplements.

I would like to write this review for 2 reasons: 1) I just want to say that I first started to lose weight when I switched to a low-carb diet, but continued to eat lots of dairy and soy, as I was a vegetarian. I have always been a size 12-14, and was quite pleased when I dropped to a size 10 by eliminating bread, pasta and sugar from my diet. I still experienced occasional fatigue and lots of digestive upset, though, and it wasn't until I took an allergy test and found I was allergic to grains and dairy - and subsequently cut both completely out of my diet - that I started to feel the energy and vitality for which I have been searching for years. I'm also allergic to most beans, so my only alternative source of protein was meat. I started to eat lean, unprocessed meats and fresh fruits and veggies, and my energy was not only soaring, but my depression lifted, my skin became smoother and softer, and I dropped down to a size 4 without even trying to lose weight! (I've never been less than a size 10 in my life!) Anyways, I effortlessly maintained that level of vitality and a size 4 until I started

to eat rice flour, oats, processed meats and candy. I quickly gained 15lbs and fell into depression once again, leading me to realize that once on a paleo diet, it must become a way of life. The foods that Dr.Cordain describes as detrimental to our health (grains, dairy, legumes) are indeed factors in all sorts of health problems. If you are a possible buyer of this book, please take note of this, you cannot expect to lose weight and then go back to your usual style of eating. Buy this book and undertake Dr.Cordain's suggestions only if you are ready to change your lifestyle - it will be well worth it, I promise!

Let me begin by saying that I am a 100% believer in the paleo diet/ caveman diet concept. I am a national-level olympic weightlifter and have tried every combination of high/low carb/fat diet to find something that allowed me to stay in the same weight class as I got older. The only thing that has ever worked is the paleo diet. For a good, concise description of the paleo diet, search for it on wikipedia. Having said that, I will now be critical of this book. I found this book to be very verbose and never provided a convincing argument for the paleo diet. Very little evidence was provided that the diet described in this book was what was eaten 20,000 years ago. Most of the argument for this diet was modern research on how ingredient X (e.g. omega-3 fatty acids) is good for you. I have heard excellent evidence supporting the paleo diet during a few lectures by a scientist that studies coprolites (few thousand year old petrified excrement), unfortunately, similar evidence is not in this book. Furthermore, there are a few technical issues I have with what is presented in this book. I have a PhD in theoretical chemistry. Having gone through graduate school, I know that just about anyone can get a PhD or become faculty if they are patient. Because of this, I'm immune to the Doctor/Professor name dropping used throughout this book. Repeatedly, the author asserts that chloride from salt causes the body to become more acidic. Offhand, it is not at all clear to me how this could happen. Chloride ions in solution are basically inert. I have to believe that this conjecture is wrong. The author also makes repeated comments about how bad salt is for you.

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