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[duplicate] The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat

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by: [Loren Cordain](#)

(December 2002) Key: citeulike:2775227

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Abstract

"We can't recommend The Paleo Diet highly enough!"

 – Michael and Mary Dan Eades, M.D.
 authors of Protein Power <P>"The Paleo Diet is at once revolutionary and intuitive. . . . Its prescription provides without a doubt the most nutritious diet on the planet."

 –Jennie Brand-Miller, Ph.D., coauthor of the

bestselling *The Glucose Revolution* and *The Glucose Revolution Life Plan* <P>"Filled with delicious recipes and meal plans, *The Paleo Diet* will open your eyes, trim your waistline, and improve your overall health."
 – Michael R. Eades, M.D., and Mary Dan Eades, M.D.
 authors of *The 30-Day Low-Carb Diet Solution* and coauthors of *The Low-Carb Comfort Food Cookbook* <P>"Finally, someone has figured out the best diet for people—a modern version of the diet the human race grew up eating. Dr. Loren Cordain's easy-to-follow diet plan cuts right to the chase."
 – Jack Challem, coauthor of *Syndrome X: The Complete Nutritional Program to Prevent and Reverse Insulin Resistance* <P>Healthy, delicious, and simple, the Paleo Diet is the diet you 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 do wonders for you. The world's leading expert on Paleolithic (Stone Age) nutrition, Dr. Loren Cordain demonstrates how, by eating all the lean meats and fish, fresh fruits, and nonstarchy vegetables you want, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, Syndrome X, and many other illnesses. Over 100 delicious Paleo recipes provide enough flavor and variety to satisfy anyone, and the six weeks of Paleo meal plans get you started on a healthy and enjoyable new way of eating. Start reading and following *The Paleo Diet* today and eat your way to weight loss, weight control, increased energy, and lifelong health—while enjoying every delicious bite. According to author Loren Cordain, modern health and diet problems didn't start with the advent of packaged snack food, but much earlier—back at the dawn of the agricultural age many thousands of years ago. As humans became less nomadic and more dependent on high-carbohydrate diets, we left behind the diet we had evolved with, which is based on low-fat proteins and plenty of fruits and vegetables. Sugars, fats, and carbs were rare, if they were present at all, and survival required a steady, if low-key, level of activity. <p> Cordain's book <I>*The Paleo Diet*</I> blends medical research with a healthy sprinkle of individual anecdotes, practical tips, and recipes designed to make his suggestions into a sustainable lifestyle, rather than a simple month-long diet; he even includes cooking recommendations and nationwide sources for wild game. <p> Claims of improving diseases from diabetes to acne to polycystic ovary disease may be a little overstated, but in general the advice seems sound. Can any of us really go wrong by adding lots more vegetables and fruits to our daily regimen? One recommendation on safe tanning with a gradual reduction in sunscreen is surprising and not much detail is provided for safety issues that can accompany increased sun exposure. Still, Cordain's assertions have

helped many people, and could provide exactly the changes you've been looking for to improve your health.
<I>--Jill Lightner</I>

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