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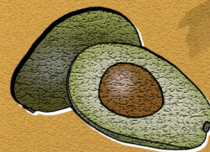
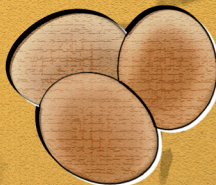
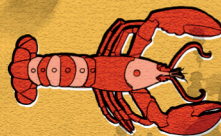
- Lose weight with the Paleo lifestyle
- Improve your health and longevity
- Make Paleo-friendly dishes for every meal of the day
- Look, feel, and perform your best
- Tackle high-intensity workouts

Melissa Joulwan

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

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For Dummies*



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Living Paleo
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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 well-being. Her experiences are chronicled on the popular, award-winning 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, you're 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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From Dr. Petrucci: Thank you to my talented coauthor, Melissa Joulwan, for taking a leap of faith and for all of the heart-to-hearts 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.

Part I: The Power of Paleo

Living Paleo is all about taking the advantages of the hunter-gatherer lifestyle and adapting them to your modern life. In the first chapter, we explain how living Paleo can affect your body and mind as well as dramatically change the way you look and feel. Chapter 2 addresses the “food rules” of living Paleo, and Chapter 3 provides helpful tips for getting started.

Part II: Embracing the Paleo Lifestyle

Understanding how our hunter-gatherer ancestors lived and moved is the key to revamping our modern lives to better fit our heritage. The first few chapters of this part explain Paleo nutrition as well as aspects of the cave-man lifestyle, such as adequate sleep, sun, and exercise, that contribute to higher quality of life. In Chapter 7, we explain how to give your kitchen a Paleo makeover, and Chapter 8 outlines the 30-Day Reset, which will help you jumpstart your new Paleo lifestyle.

Part III: Paleo Recipes for Success

As you understand why eating Paleo foods is the best choice for you and your family, you need new recipes to put satisfying meals on the table. This part includes a collection of delicious, comforting recipes that will fill every meal (and your stomach) with healthy, energizing foods. Along with a chapter to help you reconnect with the experience of eating, we include recipes for everyday entrees, easy one-pot meals, side dishes, sauces and seasonings, and even snacks and treats.

Part IV: Making Paleo Practical in a Modern World

We live in a world of deadlines, responsibilities, and technology that present challenges never faced by the hunter-gatherers of our history. In these chapters, we show you how to overcome common obstacles to adopting the Paleo lifestyle, including some mental roadblocks that might get in your way. In Chapters 16 and 17, you discover how to eat while dining in restaurants, traveling, and celebrating special occasions without sacrificing your Paleo habits. Chapter 18 explains how you can help your family members make the transition to living Paleo with minimum fuss and muss.

Part V: The Part of Tens

Like all *For Dummies* books, this one includes the fun and exciting Part of Tens. Here, we list ten foods to always have in the kitchen. We also show you ten no-equipment exercises you can do just about anywhere.

Icons Used in This Book



To make this book easier to navigate, we include the following icons that can help you find key information about living Paleo.

This icon indicates practical information that can help you in your quest for improved health or in your progress in adopting the Paleo lifestyle.



When you see this icon, you know that the information that follows is important enough to read twice!



This icon highlights information that could be detrimental to your success if you ignore it. We don't use this one much, so pay attention when we do.

Where to Go from Here

This book is organized to be read in the way that makes the most sense to you — feel free to jump around to the information that's most relevant to you right now. You can use the table of contents to find the broad categories of subjects or use the index to look up specific information.

Do you want to know more about the “food rules” of the Paleo diet so you can get started on the Paleo path? Start with Chapter 2. Are you ready to clean out your kitchen? Turn to Chapter 7. Worried about the nutritional aspects of living Paleo? Chapter 4 provides an in-depth look at the nutritional underpinnings of the Paleo lifestyle. Feeling hungry but want to make wise food choices? Feel free to jump right into the recipes in Chapters 10 through 14.

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Living Paleo For Dummies

If you're ready to commit to the Paleo lifestyle, you may want to jump right into the 30-Day Reset by reading Chapters 3 and 8.

And if you're not sure where to begin, read Part 1. It gives you the basic information you need to understand why and how living Paleo can help you improve your health and quality of life.

Part I

The Power of Paleo

The 5th Wave

By Rich Tennant



"So how long have you been living Paleo?"

In this part . . .

In practical terms, living Paleo begins with eating a Paleo diet. In this part, we look at the “yes” and “no” foods of eating Paleo, along with the benefits of adopting some of the aspects of the hunter-gatherers’ lifestyle. We take a close look at how you can gear up for living Paleo, including an overview of the 30-Day Reset that can help you jump-start your success.

Chapter 1

What Is Paleo?

In This Chapter

- ▶ Explaining the foundations of the Paleo diet and why it works
 - ▶ Looking and feeling better following the Paleo lifestyle
 - ▶ Understanding the science behind living Paleo
-

Paleo is the answer. If you've suffered with weight problems or health issues, you're in for a treat. Every aspect of your health improves when you incorporate Paleo principles into your life. Your body starts to transform right before your eyes, and, suddenly, your outlook is optimistic.

Your eyes brighten, your skin takes on a completely different sheen, and your wrinkles start to fade. You begin to shed body fat as you watch your stomach get flatter and flatter. Your muscle tone improves, your hair gets silky, your teeth seem stronger. Your mood elevates, and you begin to notice that you feel happier. Your body begins to calm, releasing anxiety and tension. You start to forget what it feels like to have aches and pains, and your entire body seems to lose the bloated feeling it's been carrying around for far too long. You begin to be more than just *present* in life; you begin to start really *living* life. For some, it's the first time in a very long time.

You'd be hard-pressed to find a more excited group of people than those who have transformed their lives to living Paleo. What you find in the pages of this book is that an easy-to-follow nutritional blueprint actually exists and works — and when you adopt this plan, everything gets easier.

In this chapter, you discover some foundational Paleo principles, including the answers to questions about how the Paleo diet came to be, the foods that make up the Paleo diet, the science behind Paleo success, and how living Paleo will soon have you looking and feeling better than ever.

Living Paleo takes you from a place of hopelessness to hope. So what are you waiting for? Dig in!

The Foundations of the Paleo Lifestyle

Living Paleo takes the mystery out of eating. It's simplicity at its finest, which is one of the reasons eating Paleo foods works well for so many. When you eat simply (but deliciously), you get results.

So many eating plans, programs, and products give you lots of rules and may even require special foods, which makes understanding these plans and staying committed to them even harder. The biggest missing element in other plans is the core ingredient for long-term success — *health*. Most programs don't move you toward health either biologically or behaviorally. If your cells aren't getting healthier and behavior is only expected to change in strict ways for the short term, the entire purpose is lost. You don't discover how to eat and live for the *rest of your life*.

Paleo is different; Paleo is based on simple, easy-to-understand nutritional principles. Eating Paleo takes away all the confusion and is natural to implement. It's something you can get on plan with and stick with for a long time.



Paleo is the abbreviation for *Paleolithic*. The Paleo diet refers to foods consumed during the Paleolithic era, the time from about 2.5 million years ago up to 10,000 BC. During this time, early man was called a *hunter-gatherer*.

A lot of people start the Paleo diet to get a killer body. And living Paleo is a great way to move toward your ideal body, but what most people experience is even more powerful. Living Paleo literally changes their lives for the better. If you've had aches and pains, fatigue, skin issues, menstrual problems, chronic inflammation, digestive complaints, weight gain, depression, fertility problems, autoimmune struggles, diabetes, or cardiovascular disease, you're going to love living Paleo.

The hormone modulating, anti-inflammatory, nutrient-dense properties of the Paleo lifestyle help regulate all the systems and functions of the body. Your body resets at a higher functioning level, so you'll not only look better eating Paleo, but you'll also feel better. Living Paleo supports the healing and prevention of many chronic diseases. And thanks to the nutrition-packed foods of the Paleo diet, you start sporting a much stronger cellular system and with that comes healing and transformation.

In the following sections, we walk you through what makes the Paleo diet a lifestyle you can follow, from looking at the foods you eat to understanding how your body was designed to live.