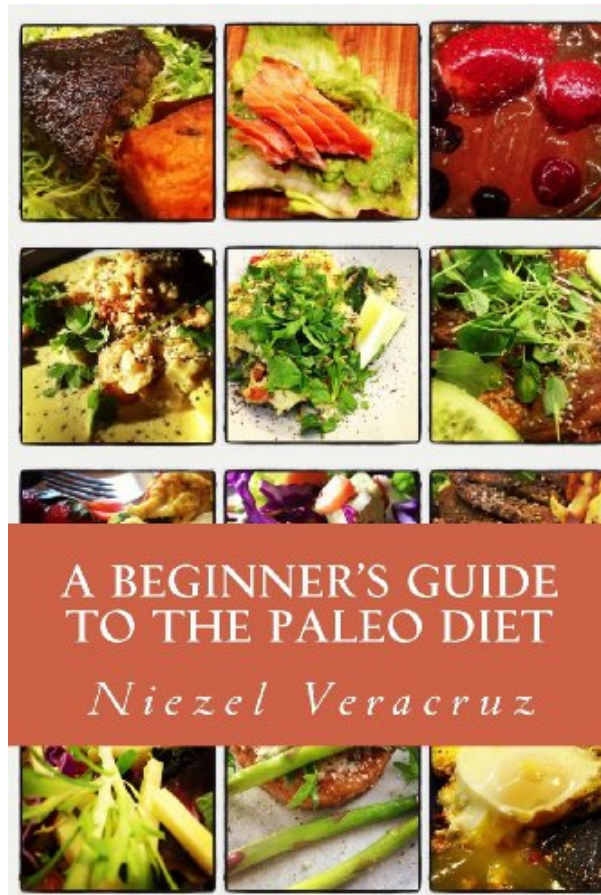


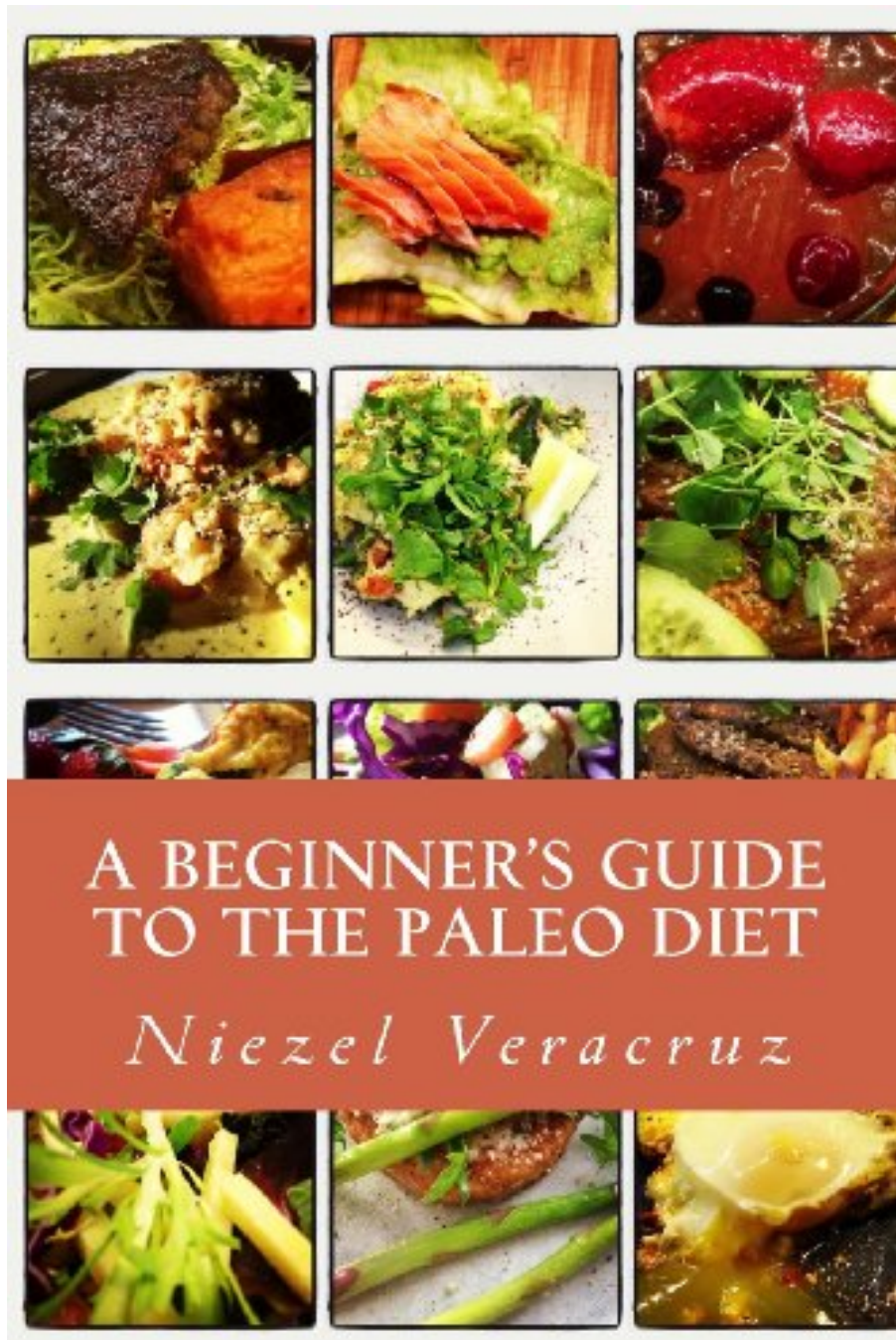
# A BEGINNER'S GUIDE TO THE PALEO DIET

## BY NIEZEL ANN VERACRUZ



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It has often been said that change is progress and, in the eyes of many people, change is always for the better. While technological advances and new medical discoveries have shaped modern society, not all of the changes that have occurred over the past several thousand years have been good. Whereas humans used to live simple lives, today's culture is burdened by the desire to own the "next big thing" or to hop on board with the latest fashion trend. The desire to improve has become a compulsion, a driving need for some people to the point that they are willing to do anything to get it. This obsessive desire for improvement has spilled over into the realm of health and fitness, especially in Western cultures. Fad diets are sweeping the nation and millions of people are making drastic changes to their diets and exercise routines for the sake of achieving the "perfect" figure. While many see results while following crash diets or exercising obsessively, few realize that though they may have achieved the look they desire, they have not actually become any healthier – in many cases, these diets can actually be detrimental to your health. In cultures dominated by processed foods and "diet" products real, wholesome nutrition often seems hard to come by – many people do not even realize that it is missing from their diets. Looking back to a simpler time, early humans living during the Paleolithic Era were hunters and gatherers – everything they ate came directly from the earth, procured by their own two hands. Agriculture has only existed for the past ten thousand years or so and the type of agriculture responsible for the production of refined sugars and enriched flours has only existed for about two hundred years. Today it is too easy to simply pull up to the local drive-in, order a burger with fries and call it a meal. Whereas Paleolithic humans dedicated much of their time to hunting and gathering food, people today rarely have to travel more than a few blocks to find something to eat. In fact, it is possible to construct a diet based on fast food alone without ever setting foot into a grocery store or preparing a meal by hand. Unfortunately, many people choose to adopt this kind of lifestyle and, perhaps as a result, risk factors for serious health conditions have skyrocketed in recent years. In a health survey conducted in 2010, the U.S. Department of Health and Human Services determined that 9% of adults over the age of 18 had been diagnosed with diabetes and 12% were told that they had heart disease. The results of the survey also indicated that 34% of adults over the age of 18 were overweight and 28% were obese. In addition to these health-related findings, the survey also indicated that 53% of adults labeled themselves either "inactive" or "insufficiently active" in terms of aerobic activity. The results of this 2010 health survey indicate that significant changes have occurred since the Paleolithic Era not only in terms of technology and agriculture, but also in human lifestyles. The availability of food is taken for granted by many and, because it is no longer necessary to expend much physical effort to obtain food and other resources, many people make very little effort to stay active at all. Both of these factors have combined to result in a significant decline in overall health in modern Western cultures as well as a decreased average lifespan and an increased risk for chronic illness. Though human diets and lifestyles have changed significantly over the past fifteen thousand years, one thing has remained largely unchanged: human genetics. Scientific studies have revealed that the modern human genome is 99.9% equivalent to the human genome from the Paleolithic Era. Bearing this evidence in mind, the dietary changes that have come about over the past several thousand years have not been out of necessity – the human body is still capable of subsisting on the same type of diet Paleolithic Era humans followed...

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A lot of misinformation

By V. Thurman

This would be wonderful, if it were correct. However, a lot of the information in here is not correct. There are sources stated in the back, but no real indication to show that they were really used in writing the book. The author does not seem to understand nutrition or diet and makes errors not only about the paleo diet, but about other diets that she writes about, as well. Looking at the back of the book, in the sources, I'm beginning to believe the author doesn't even follow a paleo diet herself, but has simply written the book based on some resources in order to make a buck. There was a lot of missed opportunity to explain the science behind the diet, but I don't believe she understands that, herself. The paleo diet is very simple and this book complicates it and makes it confusing, if anything. There are recipes in it, which makes it kind of worth downloading on days that it's free, but most of the recipes aren't that exciting. Also, a meal plan? Really? And one that looks like I'd feel hungry all day, to boot. It's easier to find more accurate information and get truly awesome recipes by following some paleo and whole food pages on facebook. I wouldn't recommend this book. If you are looking for accurate information on what the paleo diet is and the science behind it, look elsewhere. I gave it two stars more because it has recipes than any other reason.

2 of 3 people found the following review helpful.

Yikes

By J. Parsons

I thought I'd read this since it was free today and I'm glad I did not pay for it. I'm only 13 pages into it and I can already see incorrect science. I also think I.see.potato.hate ;)

I'm going to continue reading with an open mind (as much as that will be possible given what I've seen so far) because I want to see what the basics are of this lifestyle change .... however its going to be with a skeptical eye now that I have already identified falsehoods or to be kinder misinformed statements (i.e. not researched thoroughly and no supporting evidence).

0 of 0 people found the following review helpful.

First recipe I tried was wrong

By Amazon Customer

Banana Muffins - 1 1/2 cups coconut flour plus 1/2 cup almond meal is the worst error in this recipe. I googled similar recipes, all had 1/2 cup dry ingredients for her same amount of wet. I would need at least 9 more eggs, 12 more bananas, etc. to make this bowl of crumbly dryness into ... 48 muffins. What a waste. Pictures don't reflect recipes. Book needs an edit in general, but her recipes don't appear to be tested. Book was free when I got it, but I paid for the wasted ingredients.

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