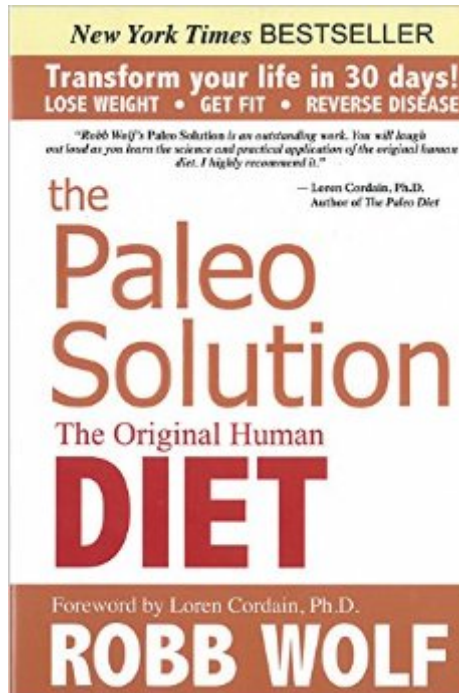


The book was found

The Paleo Solution: The Original Human Diet



Synopsis

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.

Book Information

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Customer Reviews

This is the best diet book I have ever read, and I lost 44 pounds following it. This book takes the low carb approach made popular by Dr. Atkins and perfects it. I originally started on Atkins and eventually changed my diet according to what I always thought was common sense - For example - While staying under 30 carbs a day I added 2 servings of fruit, ate lots of fatty fish (only wild caught), eliminated processed meats (e.g.: bacon, cold cuts) and replaced them with GRASS FED, naturally raised meats while restricting my calories. Add in some interval workouts, get plenty of sleep, try not to get too stressed and BAM - the weight comes off! Little did I know I was following a Paleo lifestyle! Robb's book brought a lot of what I already suspected into focus and taught me A LOT about WHY eating paleo works. He cites both anthropological and biochemical evidence to support the plan in an easy to understand, fun read. I read this book mostly while sitting on the can

(where I do all of my quality studying), and I did it in two days! My legs fell asleep three times - it's that good! I never bother to write reviews, but I thought this book was worth it. MY ADVICE TO YOU, Dear Reader, if you want to lose weight, reduce inflammation and FEEL better is to follow the following rules after you have read Robb's book: 1. FAT will help you lose weight faster than protein, carbs or alcohol. Even though fat is 9 calories per gram, there have been many studies that prove that a 1500 calorie per day consumption of fat will shed weight faster than 1500 calories of protein or carbs. I know this to be true from personal experience. Fat is GOOD for you. Yes, even SATURATED fat, as long as it is from a natural source - no GMO's or anything processed.

Let me begin by saying that I have always been a healthy person--or at least that is what I thought. Since I was fourteen, I went to the gym almost every day and ate foods that I thought were good for me. Around the age of thirty I got super busy. Although I still worked out and ate foods that I had been told were healthy, I didn't sleep as much, stressed a whole lot more, and things began to go down hill. I developed a fairly good-sized tire around my midsection. The color of my skin was a little off. And, most importantly, I no longer felt super healthy. I tried everything I could think of, which basically boiled down to eating less of the foods I had been told were healthy. I ate a ton of lean meats, and I combined them with a ton of carbs in the form of rice. I cut out every ounce of fat I possible could. And guess what? I started to feel (and look) even worse. In an attempt to correct the situation, I began working out even harder. Although I got stronger and gained more muscle, I still had that tire of fat around the midsection and had very little energy on most days. Was I just getting old? Were the good old days of being fit and healthy gone for good? A friend of mine had been following Robb's teachings for some time, and he turned me on to the diet. As with most people who learned "nutrition" in college, I was highly resistant. I mean, why would they be teaching us the wrong nutrition in college. The professors seemed pretty smart, and I doubted that they had the goal of trying to kill me. But I was failing with the traditional way of thought, and so I decided it to give the thirty days. My friend told me that Robb preached the "give me 30 days" philosophy, and so that is what I decided to give this new and strange diet, which I still doubted would ever work.

I know, you have tried every type of diet and nothing has worked, and it's been that way for years, and always you wonder why? What the Paleo people have done is taken everything we know about health, fitness, dieting, nutrition and turned it on its head. It's because they have gone back to the beginning of man's existence, looked at his surroundings and figured out exactly how we have been genetically programmed to live. Just think about it, our ancestors go back 7 million years, and most

researchers believe that our genetic systems haven't changed in at least 200,000 of those years. This means that if you took a child born 200,000 years ago and instantly brought him to our day and age, that child would grow up just like any other child. The reverse is also true. Geneticists have also found by studying bones and so forth that mankind 200,000 years ago did not suffer from heart attacks, diabetes, and certainly not obesity. A lion or other predator would have had an easy and quick meal of anyone who was overweight and could not run for his life. Author Robb Wolf was a research biochemist who went on to become a strength coach and what this tells you is that the whole book is basically a guide written by a coach to tell his clients how to understand and institute a Paleo diet and lifestyle, and the job Wolf does is EXCELLENT. This is probably the best Paleo book on the market for everyday use as opposed to a theoretical exercise. In this book you will learn: * Why INSULIN dysregulation is the key to everything! * Why our body's system is CONFUSED and BROKEN in our modern world. * Why the French, Spanish, and Greeks consume more fats than we do and yet are healthier. * You need to control the CARBS to control the INSULIN.

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