

# Healthy Weight Loss *with* **Paleo Diet**



***Lose weight permanently without starving,  
intense workouts or expensive pills***

## **CONTENTS**

1. **Over Weight – A Symptom Or A Problem? An Understanding Of The Human Body** .....**2**
2. **The Social-Economic And Medical Implications Of Being Overweight** .....**7**
3. **Approaches To Weight Loss**.....**13**
4. **Paleo Diet And How It Scores Over Other Diets**.....**16**
5. **Starving Against Eating Well**.....**28**
6. **Healthy Weight Loss With Paleo Diet Plan (1000)** .....**31**

## 1. Over Weight – A Symptom Or A Problem? An Understanding Of The Human Body



Obesity is defined as a medical condition caused due to accumulation of fat in the body thereby posing a health risk. According to accepted definitions based on Body Mass index (BMI) any human being, having a BMI exceeding 30 is obese. However this does not accurately give the state of health of a human being because most individuals having a BMI exceeding 30 may be fat they are not necessarily obese. Obesity by itself is a medical condition, which increases risk of other health problems related to the heart mainly.

One of the major causes for obesity around the world today is over eating. Over eating results in excessive consumption of calories and current way of living leaves little scope for individuals to burn them off. Most individuals today do not know what their bodies require and what kind of foods are best suited for them. Many are also unaware about how their bodies function, thus not knowing how much food to consume.



While it is essential to cater to body's natural hunger, most people who are obese, have a conditioned system where eating is desired even if the individual is not hungry. Over eating results in the conversion of consumed food to fat which is subsequently stored by the body in the muscles. The liver, is already a storage house but when the storage capacity of liver is also exceeded, the body has no choice but to store the excess calories in the muscles. The increased waist size is only a small consequence as other problems caused due to overweight can be potentially life threatening. Normal living is not possible for obese people as their muscles are not optimally functional and cannot even take the body weight.

Apart from overeating, it is also eating wrong that is one of the leading causes of obesity. Today the human society has at its disposal several foods that are not natural. These are artificial and processed in factories, which not just assist in piling pounds but also put the body at risk of several diseases. This health risk can be considered a bane of modern living, when natural food has lost its place to fast-food.

Sedentary lifestyle should also be examined. Sedentary living is mostly a bane of modern living, where we receive very little exercise. Work stress allows for very little exercise in individuals working all kinds of professions. Individuals are hard pressed for time and lack the motivation for physical exercise.

The importance of exercise is not understood in modern times. Unlike earlier, when there was more time at our disposal and when life was more leisurely and less stressful, the human bodies were naturally fit without the need for dedicated exercise. Many researchers report, that in prehistoric time, particularly when man was a food gather, the bodies were naturally more fitter, thereby rendering the body more immune to disease. This fitness was attributable to both lifestyle and diet. While the built of man was slightly different, the fitness, i.e. the potential of the body to carry out normal activities, was far higher than what we can do today. Sedentary lifestyle has not just affected adults but it has also affected kids. Children do not play as often the previous generations did earlier. With the advent of video games and computers, children do not derive fun from outdoor activities. As a result their bodies gain disproportional amounts of weight. Children are hardly meant to be obese but with the kind of lifestyle they lead today, there is no room for fitness.

While lack of exercise can cause obesity, there is one angle that warrants mention here, which can be attributed to modern times – the bane of over exercising. Today youngsters tend to keep their bodies fit through the aid of modern gyms. Building muscle in modern times requires individuals to consume enormous of protein, most of which is artificial. This helps an individual to gain rapid muscle mass in a short duration of time which is again toned by the workout.

However when an individual tends to stop working out his body piles on weight because he has to sustain his heavy metabolism that was developed during workout periods. It is a common sight today to see sportspersons and bodybuilders who have either given up their sports or have stopped working out, with large waists. This makes one wonder how such bodies have put on some much weight.



Earlier it was emphatically stated that obesity is a problem, it can also said that it is a symptom. There are several diseases like diabetes and also other genetic problems that can cause

obesity. In this case, despite the individual eating normally, the body converts the food to fat and eventually puts on weight. No matter what the individual does, he is not able to shed off the weight. When obesity is not attributable to either overeating or lifestyle, then it needs to be examined in order to determine the underlying cause. Problems in the genes can get compounded over time and hence warrant early treatment.

It also needs to be mentioned in this chapter that obesity is an indicator for disease. In this sense it is a symptom for impending or existing diseases which were mainly caused by being obese.

This class of diseases are several and range from heart related to metabolic disorders like diabetes. Obese people are at a serious health risk and unless drastic intervention is sought, the body is headed for a certain ruin. However the interventions sought should not alter the body's natural equilibrium, which the body has evolved over millions of years. This equilibrium not only keeps the fit, it keeps it in its natural state which it is accustomed and finds perfect harmony in.

In this chapter, we made mentions of 'pre-historic' times, naturally evolved equilibrium and also several references to the state of human body prior to modern times. Much of what paleo diet is about is mainly descriptive of the lifestyle and diet of humans during the Paleolithic times when the human society was not about a agricultural society.

## 2. The Social-Economic And Medical Implications Of Being Overweight



In the previous chapter problems caused due to being overweight were mentioned but not elaborately discusses. The objective of any weight-loss program is incomplete if it does not tell its proponents

about the dangers of being overweight. By understanding the health and social-economic aspects of obesity, an individual will not just lose weight but would also live a lifestyle that does allow unhealthy weight gain in the future. The contents of this chapter are presented keeping this objective in perspective.

Ever increasing studies today are establishing that overweight is mainly a problem that modern human beings living in the 21<sup>st</sup> century is facing. Owing to several factors discussed in the previous chapter, it can be seen that man is only heading further away from nature and times that are to come, there is no reason to presume any changes in direction. However every individual, besieged with the problem of being overweight is in a plight that deprives one of normal living. Overweight individuals hence need to realize that apart from loss of function, there is more to lose if they do not change their course.



The medical implications of being overweight are several. Today the most talked about problem associated with being overweight is those related to the heart. The heart is considered a very important organ, absolutely vital for life. Supplying oxygen to the entire body, over a course of a lifetime it works really hard and subjected to natural wear. While this natural wear can be corrected naturally by the body, the stresses caused due to overeating and bad eating habits or owing to causes of obesity, can cause irreparable damage to the cardiovascular system, which when accumulated over time can be fatal. Cardiac arrest, when the heart muscle stops functioning and starts to die, is linked to coronary artery disease, a condition where deposits in the blood vessels of the heart itself get blocked due to cholesterol. This coronary artery disease (CAD) is a silent killer as its onset does not really leave any symptoms. Usually an individual who suffers a cardiac arrest is not aware of the condition. But studies have shown that obese individuals are more prone to the disease than others. How does being obese cause heart attacks?

The excess fat that the body stores in its muscles, results in high cholesterol levels in the blood. As the blood flows through the network arteries, capillaries and veins, it tends to leave these deposits which over time can get bigger and finally big enough to obstruct blood supply.

If this happens in one of the coronary arteries, i.e. the blood vessels which are the heart's supply of oxygen for its nourishment, the heart is depleted of oxygen supply which in turn can cause it to die. Though from the time an individual starts putting on excess weight to the time he actually has a heart attack there can be considerable lapse of time, population and lifestyle studies conducted in the last few decades have revealed that more people are on this course.



Apart from heart related problems, several other health related problem plague those who are obese. Obese individuals have a higher incidence of diabetes. Diabetes today is increasingly being recognized a commonality not just amongst the adults but also among youngsters. Today children as young as 10 years are suffering with it. By being overweight, or by consuming more calories than required, the human body loses its ability to metabolize sugar. The pancreas is not able to produce insulin which in turn causes rise in blood sugar levels. Diabetes is also a silent killer as it makes the body susceptible several other health conditions. Obese individuals are at increased risk for this disease and unless they cut down on their calorie and sugar intake, researchers say that diabetes is eminent.

Research has also established that diabetes is fairly a modern problem and not one that Paleolithic ancestors had to worry about. They say that the consumptions of sugars by modern man, has resulted in the evolution of the disease itself. Credible research explains that the prehistoric man mostly depended on a diet that comprised of minimal amounts of natural sugars which did not in any way alter the mechanisms of the body. But due to synthetic foods and heavy consumption of processed sugar, diabetes is on the rise.

The third most important health problem that being overweight causes is cancer. Cancers, researchers say are also fairly modern and can be attributed to mutations in the human genome. The modern man has at his disposal processed foods that are high on chemicals that are unhealthy. These chemicals are not naturally processed by the body and hence when the body absorbs they cause damage. Cancers are of several types and their occurrence has been mainly linked to diet and lifestyle. Research has also established that in countries where there is a greater dependence on naturally occurring forms of foods, the incidence of the disease is fairly low. Overweight people, who consume too many calories and have sedentary lifestyles, block all body's natural mechanisms for detoxification. The equilibrium that was discussed in the last chapter, that evolution has bestowed man, is being disturbed because enough calories are not being burnt and the human body is not sweating out enough to get rid of the wastes.

So far there has been mention of food, and lifestyle but another factor that needs to be pointed out with regards to modern living is alcohol consumption and intake of caffeine. Alcohol and caffeine in the form of coffee, have become part of the diet of modern humans. This is a relatively new addition into the diet of modern humans which their ancestors at the end of Paleolithic era did not indulge in. In all studies conducted so far, consumption of alcohol has been associated with increased cancer risks while consumption of caffeine has been shown addictive. Added to it, is the problem of smoking or chewing of tobacco. These were practices that early humans who lived fitter, did not have.

Obesity caused due to changes in lifestyle and diet do not just causes health problems, but they also have social economic implications. Being overweight is as much a social problem as it is a problem of health. Individuals are not confident and often subjected to ridicule when in the company of friends and relatives. Because being overweight also comes in the weight of living a full life, such individuals mostly depressed and need constant motivation. Their relationships can sour and many of them do not find suitable life partners. While this may be an overgeneralization of what is today seen as a common phenomenon, it accurately represents the facts from many parts of the world.



With regards to social implications it is apropos to draw a parallel between the implications that man faces today and those that our prehistoric ancestors did thousands of years ago. Today living may be difficult for an obese human being but for pre-agriculture man, obesity meant a certain death. This is because societies were mainly game gatherers and if a human was not fit, he could not fend for himself. Life in the terrains was harsh and fitness was most important. The adage "survival of the fittest" best described the situation back then.

The social implications apart, being overweight also has economic implications. The sheer cost of overeating can strain financial resources. Fast foods and junk foods are frequently consumed. Though economies of scale might make them cheaper, the health destruction that they cause in the future will only add to your costs. Problems caused due to obesity like heart diseases and diabetes can be chronic. Sustained medical treatment for maintaining a desired quality of life is expensive. Besides the medical costs such diseases can also limit or devoid a person of earning potential. Cancers can take away several man hours if not many years of work besides burdening an individual with heavy medical costs for sustaining.

### 3. Approaches To Weight Loss



Weight loss is fairly a modern idea where individuals go through specified routine in order to shed the pounds. Our ancestors did not have the need for such approaches because they were naturally fit. But since we do, it is essential to understand such programs if we are to make headway with weight loss and thus improve our health.

Weight loss programs abound. They involve crash diets, intense workouts, consuming special drinks and may also involve starving. While some of them may show results, many of them don't. On contrary many of the may actually cause more damage than benefit. The reason – these programs are not based on the understanding the human body and how it has evolved.

Approaches to weight loss today are mostly based on depriving the human body of the calories but do not take into consideration the requirement for nutrition. Hence most diets suggest workouts but do not suggest diets that can meet the body's nutritional requirements. As a result the benefits are skewed and there really are no benefits. That apart, most diets also do not focus on the sources of foods.



Weight loss today is mostly due to the consumption of foods that are processed and farmed. Excessive consumption of carbohydrates due to rice, wheat and other farm products aid in weight loss. In countries where rice is the staple diet, there is an increased incidence of diabetes and heart problems. There is also an increase incidence of other problems like cancers and secondary disorders. In countries where affluence prevails obesity is mostly caused due to overconsumption of calories from carbohydrate rich foods, which the body cannot burn. Consumption of artificial sugars compounds the problem.

Several weight loss programs have populated modern society today. Many of them do not any scientific backing and can be dangerous. Some of them have caused people to lose disproportional amount of weight leading to anorexia. Many diet programs require adherents to follow very strict procedure that is not in tune with modern living. Such diet programs also leave no room for natural activity and certainly do not suggest how some of the inevitable problems of modern living, can be tackled. Weight loss programs do not actually explain the human metabolism and how it changes over time.

The body is constantly evolving and its consumption depends on the environmental conditions. Hence if a set prescribed diet is the only to get rid of weight, then that program is actually not going to aid in any weight loss. On contrary it can cause numerous other unwarranted health problems like hypotension or deficiency of essential minerals.

If weight loss has to be addressed then it has to be done based on evolutionary genetics, which suggest that we must consider replacing our diet with those of our ancestors. While that may not be entirely possible now it is possible for us to mimic the diet in the closest way possible. This diet called the Paleolithic diet or the Paleo diet has several benefits which are discussed in later chapters.



## 4. Paleo Diet And How It Scores Over Other Diets



Paleolithic diet, also called as Stone Age diet, ancient man diet or caveman's diet, is a result of extensive work of gastroenterologist Walter L. Voegtlin. It was found that modern humans have evolved a genetic capacity for the diet of prehistoric humans but not for the agriculture diet. This is the main reason for the deluge of health issues that mankind faces today.

Paleo diets are centered on recipes mainly consisting fish, grass-fed pasture raised meats, vegetables, fruit, roots, and nuts. Foods cultivated through extensive agriculture practices like grains and legumes are avoided. Dairy products, salt, refined sugar, and processed foods are also not consumed.

Paleo diets are mainly consumed for their nutritional content. The ability of Paleo diets to help maintain weight despite their high nutritional value can be attributed to two kinds of fiber components in them - The soluble and insoluble fiber. Soluble fiber in Paleo diet, called beta glucans, can be dissolved in water and on dissolving, a gel like substance results.

This can trap bad cholesterol particles i.e. LDL. This action helps prevent the onset of heart diseases occurring due to the accumulation of fat in the blood vessels, mainly arteries. Many scientific studies have found that even moderate consumption of Paleo foods can help reduce cholesterol accumulation by 3%. In the process of combating LDL from the food consumed, the good cholesterol (HDL) is not affected.

The gelatinous substance tends to change the properties of the digested food in the stomach. Due to this change, the contents tend to move slowly, thereby giving a feeling of fullness and reduction in unnecessary excessive intake of food. The prolonged stay also results in complete digestion activity by the enzymes present in the stomach and intestines. The contents are changed to the extent that they slow down but not completely stop.

Another function of soluble fiber and the resultant gel is regulation of excess nutrients in blood. Since soluble fiber prolongs digestion, there is time for nutrients to enter the blood stream without having the body intake more. This function is very important in the case of Diabetics. Since carbohydrates and sugar molecules undergo slow digestion due to soluble fiber, the body has ample time to convert these into energy before the requirement to eat arises again. Hence pile up of sugar in blood is reduced.

The Insoluble fiber serves to push the contents in the intestines. This it does by absorbing water and becoming heavy. The excess weight and expansion exerts more pressure in the Gastrointestinal (GI) tract and pushes the contents out of the body smoothly. Hence regulated bowel movement is achieved and constipation prevented.



Paleo diets help maintain pH balance in the intestines. pH is an indicator of acidity. If the contents of the stomach are acidic and the condition turns chronic then chances of colorectal cancer increases many fold. Paleo diet serves to negate this effect of pH change. They also contain Lignans which have been found to reduce risks of hormonal cancers. Several researches have found a relation between decreased risks, due to Paleo diet consumption, of breast cancer in women. These women had lower levels of estrogen which reduced the risk.

The natural carbohydrate content in Paleo diets are a rich source of energy. This energy is released instantly and it has been proven that they can enhance work performance in individuals within 30-40 minutes after consumption. This is ideal when you wake up in the morning and don't feel like having a lot but want to consume just enough to keep you going till lunch.

There are many other benefits of Paleo diets. Essential fatty acids present have been found to keep a check on the blood pressure. They are also known to help with circulatory problems. The amino acids present are essential for protein creation which are an important source of energy for the body. Many minerals present in Paleo diets help in improving the oxygen carrying capacity of blood. The most prominent are Iron and magnesium. These are present in adequate quantities. Regular intake of Paleo diets can help keep in check the blood pressure. Consumption of Paleo diets results in general well being. They are easily available, inexpensive and can be part of your full day program.

Paleo Diet is also noted for its no milk stand. One may wonder why milk and dairy products are not included. Milk and dairy products are major causes of health related issues like cardiovascular disease. As most of them are processed, the naturalness in them is lost and hence is avoided in Paleo diet.

### **Why no milk?**

Milk allergy is an immune system reaction when milk is consumed. Proteins present in milk are the cause of the allergy. Some people have an immune system that simply can't adapt to these proteins and consider the proteins as foreign bodies.



Hence the immune system rushes to counter and flush these proteins out of the body. It is like any other food allergic reaction. Milk allergy should not be confused with lactose intolerance or Milk protein intolerance. Milk allergy is purely an immune system reaction while lactose intolerance is the inability of the produce to the enzyme Lactase to digest lactose present in milk. Milk protein intolerance is a delayed reaction to a food protein. It is not an allergy reaction and cannot be detected by allergy test though the symptoms are similar to milk allergy. Usually milk allergy is seen in infants and children and lactose intolerance on consumption of large quantities of milk.



Allergy reaction to milk is caused by mainly two proteins- casein and whey. Casein is the largest component of milk (the curd part of milk) and is the main cause for allergy. The remaining part of milk i.e. the watery part is whey. Infants and children are likely to be allergic to milk. Very rarely do adults develop it if they dint have it as children. However most of them tend to get rid of it by the time they turn 10. But some a good number of them also fail to leave it behind and tend to suffer when they are adults. A study also found that the symptoms are not fixed. Over a period of time, the allergy can manifest itself in a not encountered previously in the sufferer.

The best way to avoid an allergy is avoiding milk and milk products. Though there is medication, milk avoidance is a sure shot.



If you want to lose weight, then there are several options. So how do you know which of those work and which of those don't? Well simply going by the number of people using the program is testimonial enough of how good a program. Paleo diet is one such program that is tried and tested by several people who wanted to lose weight and wanted to get in shape in little time. It is a healthy diet but not a crash diet. There is no need to starve or go on a diet that is binding. There are several options but modern processed foods are a NO because they were not available to our ancestors. With Paleo diet you can stay healthy, build strength and lose weight but not muscle mass. You become leaner and fitter, without hurting your metabolism.

Research suggests that when you go on a restricted diet for a week, the body is just about to enter the starvation mode. At this point you cheat by indulging in your favorite food. This way you keep it from entering starvation as the metabolism is not shut down and continues to burn fat. Unlike diet programs Paleo diet works with the body and not against it.

The Paleo diet program is essentially about what food needs to be eaten and what should not be eaten. There is a schedule which you have to follow in order to benefit the most. There is no idea of cheating in this diet program as it suggests lifestyle changes while cheating implies you can retain some of your older eating habits. This helps you get rid of weight but also satisfy your food cravings.

When you are on Paleo diet you are losing weight permanently. Unlike dieting programs, you won't put on weight once you lose it. You are not going to harm your metabolism or lose any muscle mass. You don't have to count calories worriedly when you are on Paleo diet nor will you need to punish yourself because Paleo recipes are delicious.

It does not matter if obesity is in your genes as Paleo diet can help combat this factor. Several extremely overweight people have been able to drastically lose weight and reclaim their lives.

Omega 3 fatty acids in Paleo diets have been shown to prevent cancer and reduce tumor growth in those with cancers. The immune system has a better chance to fight off cancer because it is strengthened. A study conducted on patients who were to undergo surgery for tumor removal showed that on consumption of Paleo diets their tumor growth had slowed down considerably. LDL content in the body is also significantly decreased in the body without harming HDL.

This reduces the risk of formation of plaques in arteries thereby reducing the chances of heart attacks. They have also been shown to help keep the blood pressure in check.

The benefits of Paleo diet can be seen in as little as two weeks within which the body starts the detox process. These first few days might prove tough as you have to go on a restricted diet of high nutrition fruits and vegetables, lean meat and eggs. Eating healthy is the key to the success of the program. Paleo diet fat loss programs detail healthy food recipes that are not only easy to make, but are delicious enough to replace junk food. You can also learn how you can control frequent snacking and your food cravings.



Paleo diet also does not allow you to indulge in alcohol. The effects of alcohol are well known and many research studies have weighed various effects it has on the body. They had all concluded that alcohol is bad when taken in excess and the required quantity has to been taken only to provide warmth to the body in areas of extremely low temperature. Alcohol is an intoxicant and any amount of consumption will get the body working to get rid of it. Excessive intake will cause violent reactions. A person will lose muscle control and strength. It also affects the tongue and results in slurred speech.



Alcohol affects sense of orientation. The balance mechanism is present in the inner ear and its consumption results in changes of fluid pressure in the ear. Alcohol also affects the nervous system causing a sense of euphoria which can result in accidents and drunken behavior. Alcohol is dangerous for pregnant mothers. Consumption can result in babies born with mental and physical disabilities. Since alcohol runs in the blood stream the babies would also be infused with it and can cause irregularities in their delicate systems.

Chronic consumption of alcohol results in the damage of liver. Alcohol can cause liver inflammation and corrosion. Cirrhosis is a disease of the liver where liver cells are damaged and the body needs a liver transplant as the existing liver has lost its regenerative capacity. Liver is the most affected organ as its function is to metabolize alcohol.

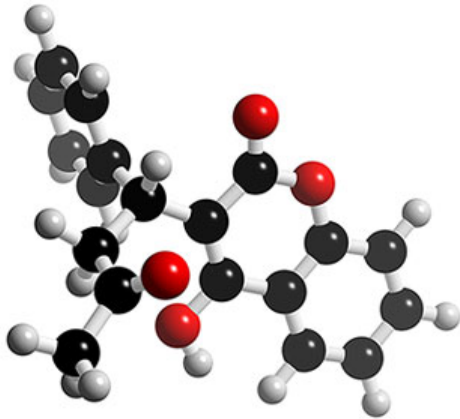


Heart disease is another major ill effect. It causes the weakening of heart muscle and thereby increases the chance of a stroke or arrest. Since it tends to elevate blood pressure, alcohol pushes the heart to work harder and over time results in heart failure. Due to the increased pressure, the vessel walls also get damaged. Pancreas is also affected. The organ helps in production of enzymes necessary for digestion.

Excess long term drinking can cause swelling of pancreas. The condition is called Pancreatitis. Pancreases are also responsible for insulin regulation and if they are affected by alcohol, diabetes can result

Kidneys which are filters of the body can take a beating due to excessive alcohol consumption. Once the kidneys are damaged, the body accumulates toxins. Alcohol usage in modern times is also associated with depression and insomnia. People who consume it have fitful and erratic sleep patterns.

Vitamin A is an anti-oxidant, helping prevent cells from the harmful effects of oxygen. Oxygen, despite its essentiality for living life can also be damaging. Paleo Diet is rich in anti oxidants and along with other vitamins, it neutralizes free radicals that can radicalize healthy cells and damage them. It was also observed that prolonged use of Diet tend to reduce carcinogenic risk and other DNA mutations. The presence of anti oxidants can make the skin remain healthy and blemish free. They can reduce the ageing of skin and lend it a young feel and also helps prevent night blindness. The vitamin A in Diet is responsible for this. Other benefits of the Diet due are strengthening of bones, prevents heart diseases and help combat respiratory problems like asthma.



Paleo Diet can improve clotting properties of blood in those with problems like hemophilia. Women with excessive menstrual bleeding can also benefit from the diet because it is holistic in terms of nutrition. Many women have reported that such a diet helps in normalizing menstrual cycles and helps make the bleeding normal. People suffering with osteoporosis, mainly women in the menopause phase can also greatly benefit from it. Their bones are strengthened and they have fewer fractures just like our ancestors.

These foods also offer protection of the body from sun burns. The vitamin E present prevents the skin from the damage that ultra violet rays of the sun can cause. Diet also protects the body against skin diseases like psoriasis and skin allergic inflammation.

Vitamin C present in the foods is another anti oxidant. It helps in maintaining the structure and elasticity of blood vessels. Blood vessels have to be in proper shape for the blood to flow with the right pressure and to prevent undue stress on the heart. Vitamin C also helps in maintaining the heart muscle itself.

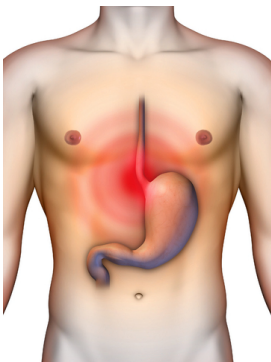
Magnesium, potassium and calcium are present in high concentrations in Paleo Diets. These three minerals help the body regulate blood flow and control pressure in small capillaries. When people with high blood pressure started consuming Paleo foods, over a period of a week their blood pressure fluctuations decreased by about 30 percent.

The Phytochemical sulphorane helps prevent gene modification by diseases like cancer. It also helps the body fight cancer and prevents it. Sulphorane is also beneficial for liver. It was shown that liver with injury recuperated faster on consuming Paleo foods.

As was mentioned earlier Paleo Diet is also known for its fiber content. The ability of paleo foods to help maintain weight despite its high nutritional value can be attributed to the fiber in it. Fiber can be dissolved in water and on dissolving a gel like substance results. This can trap bad cholesterol particles i.e. LDL. This action helps prevent the onset of heart diseases occurring due to the accumulation of fat in blood vessels, mainly arteries. In the process of combating LDL from the food consumed, the good cholesterol (HDL) is not affected.

## 5. Starving Against Eating Well

While you may think that starving is most logical way to lose weight, you are not going to get anywhere if you are going to starve. It result in drastic loss of body mass but you can also end up severe problems like GERD or acid reflux.



Acid reflux is one problem that knows no age or gender. It can happen to anyone. It can either be acute or chronic. In many people, the pain and discomfort that it causes are momentary but in a good percentage of people, it causes symptoms for years.

It is commonly due to GERD, which in turn is caused by keeping the stomach empty. GERD affects a good number of people due to changes in eating habits and lifestyle. But you should know that GERD does not just stop at causing heartburn and discomfort. It brings with it more sinister problems, the most dreaded being cancer. Yes, prolonged deterioration of the stomach and esophageal mucus lining can cause cancer of these organs which are symptom less and most often fatal. However health care providers and medical professionals are happier handing out prescription drugs rather than finding the cause, hence that leaves us to tend to your problems over time.

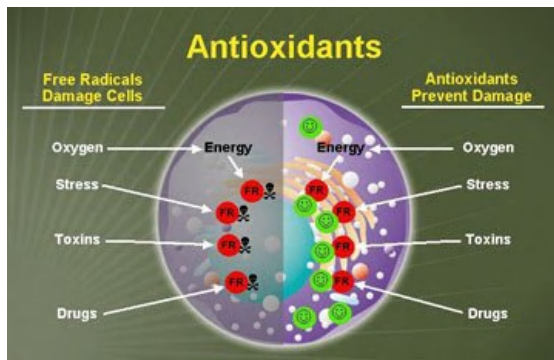


The approach with Paleo diet lets you have a grip on your problem. It helps you understand your causes. It also helps you understand why modern medicine remedies have not worked for you. These things seem like familiar but when you actually get to know them, you are made aware of the ignorance.

It is also essential to understand the relationship between physical activity, diet and acid reflux. While we might initially think that the existence of such a connection is absurd, you would learn that it all makes sense.



Paleo diet is highly recommended for those suffering with diabetes. Diabetics cannot go on crash diets or programs that induce starvation. It was shown that mild insulin resistant patients on consuming natural diet had witnessed reduction in insulin reaction. A long-term study published reported a 30-percent decrease in HbA1c (average blood glucose level) in type 2 diabetics who consumed a healthy diet including walnut. Since it enhances digestion, sugar levels in the blood are relatively stable. Ketosis is a major problem for diabetics. If the concentration of ketones increases in blood, it can cause problems like loss of sleep, starvation and palpitation. By helping the digestion process smoothly, Paleo diets helps diabetics fight off this condition.



Oxygen, despite its essentiality for living life can also be damaging. Paleo foods were rich in anti oxidants and along with vitamins, it neutralizes free radicals that can radicalize

healthy cells and damage them. It was also observed that prolonged use of walnuts tend to reduce carcinogenic risk and other DNA mutations. The presence of vitamins and anti oxidants can make the skin remain healthy and blemish free. The anti oxidants present can reduce the ageing of skin and lend it a young feel.

Natural diets are very useful in keeping the body clean and helping it clean itself. Later in the book you can see which of the combinations are best for keeping your body healthy.

With Paleo diet you would be amazed to know that there is so much to acidity. Several people have successfully used the diet and have been able to get rid of long standing health conditions like bile reflux, hiatal hernia and also peptic ulcers.

## 6. Healthy Weight Loss With Paleo Diet Plan (1000)



When trying to lose weight, most of us do not have the right direction. We try anything that promises and take a leap. As a result we would have tried umpteen diet programs which are mostly scam and do not show results. All these programs don't work because they work against the body rather than working with it to lose weight.

All modern diet programs would say this –

“The core is claimed to be “secret regimen” that the some illustrious people stay fit. It is a an X week program that helps you concentrate on overall fitness. You lose weight without hampering the body's metabolism. You can eat what you want and lose weight. This program uses the body's metabolism to burn fat off. By using this strategy, no matter what you eat, you can digest. There is no crash dieting, no calories counting. You get a schedule that balances your cravings for food with health. ”

The truth is all programs require you to calorie count and also crash diet if not starve. While it has been shown how unhealthy this can be in the last chapter, they still thrive.

Crash diet programs suggest that you starve the body, devoid it of calories, devoid it of fat and you can lose kilos in days. Whatever weight you may lose that way, you pile it back on when you stop your regimen. And the damage that you cause to your metabolism can become irreparable.



Eating healthy is the solution. Paleo diet's approach is revolutionary in losing weight. You don't have to starve or refrain from your favorite food yet you can lose the weight.

In order to succeed you need to understand how your body works. It takes a week for the body to enter starvation when its daily requirement of calories is not meant. Once it enters the starvation mode, it starts shutting down the metabolism to conserve resources. When that happens, the fat is not burnt off but is just there.

There are cheat programs which suggests that at this point you cheat by indulging in your favorite food. But this only makes you binge on the food because post starvation the body is starved. The cheating concept does not contain information about what food needs to be eaten when you are not cheating. The schedule which you have to follow makes little sense leave alone the fact that it is not convincing. This does not help you get rid of weight but also satisfy your food cravings. Cheating techniques are also not permanent weight reduction techniques. The claims that you won't put on weight once you lose is a fad. While many programs say that you are not going to harm your metabolism or lose any muscle mass it is not true. How can the body not be harmed when it is deprived of essential nutrition?

Paleo diet seeks to answer these questions and works along with the body rather than against it. It does not matter of obesity is in your genes. Several extremely overweight people have been able to drastically lose weight and reclaim their lives with Paleo diet.