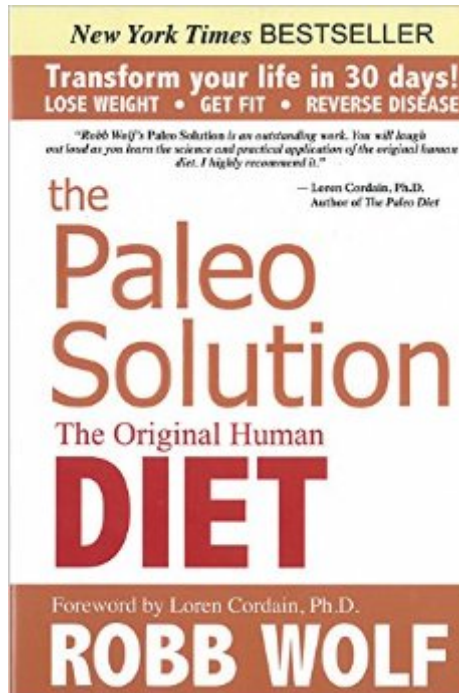


The book was found

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

Hardcover: 320 pages

Publisher: Victory Belt Publishing (September 14, 2010)

Language: English

ISBN-10: 0982565844

ISBN-13: 978-0982565841

Product Dimensions: 6 x 1.3 x 9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews Â (1,293 customer reviews)

Best Sellers Rank: #5,839 in Books (See Top 100 in Books) #2 in Â Books > Cookbooks, Food & Wine > Special Diet > Cancer #7 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #8 in Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

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.

[Download to continue reading...](#)

Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo: 30 Day Paleo Challenge: Unlock The Secret To Health And Dramatic Weight Loss With The Paleo Diet 30 Day Challenge; Complete 30 Day Paleo Cookbook with Photos Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People (Paleo Diet Solution Series) The Paleo Solution: The Original Human Diet Paleo Cookbook: 300 Delicious Paleo Diet Recipes DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Paleo Holiday Recipes: Delicious, Easy & 100% Paleo-Friendly Thanksgiving and Christmas Recipes The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker The Complete Paleo Slow Cooker: A Paleo Cookbook for Everyday Meals That Prep Fast & Cook Slow Nursing: Human Science And Human Care (Watson, Nursing: Human Science and Human Care) Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health! Accessible XHTML and CSS Web Sites: Problem - Design - Solution (Wrox Problem--Design--Solution) The Paleo Diet For Beginners Meals For One: The Ultimate Paleolithic, Gluten Free, Single Serving Cookbook Paleo Tennis Diet: A Guide to Becoming Stronger, Fitter,

Healthier and Happier The What When Wine Diet: Paleo and Intermittent Fasting for Health and Weight Loss The New Green Smoothie Diet Solution: Nature's Fast Lane To Peak Health The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best

[Dmca](#)