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**Transform your life in 30 days!**  
LOSE WEIGHT • GET FIT • REVERSE DISEASE

*"Robb Wolf's Paleo Solution is an outstanding work. You will laugh out loud as you learn the science and practical application of the original human diet. I highly recommend it."*

— Loren Cordain, Ph.D.  
Author of *The Paleo Diet*

the  
**Paleo  
Solution**  
The Original Human  
**DIET**

Foreword by Loren Cordain, Ph.D.

**ROBB WOLF**

Robb Wolf

## The Paleo Solution: The Original Human Diet



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Do you wish to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other ailments? With Robb's unique perspective as both scientist and coach you will learn how simple diet, exercise and changes in lifestyle can radically modify your appearance and wellness for the better. Written by Robb Wolf, a study biochemist who exchanged in his lab coat and pocket protector for a whistle and a stopwatch to become probably the most popular strength and conditioning coaches in the world. The Paleo Remedy incorporates the latest, leading edge study from genetics, biochemistry and anthropology to help you look, experience and perform your best.



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Those who fail to learn from history are doomed to repeat it... Convince yourself that eating this way is "Safe and sound," and try and then concentrate on how good you feel when doing so. READ THIS Publication! Find a thing that you love to accomplish and make it your business to do it. This book takes the low carb approach made popular by Dr. Atkins and perfects it all. That was child's play compared to skipping the breads.<sup>12</sup>: bacon, chilly cuts) and replaced them with GRASS FED, naturally raised meats while restricting my calories from fat. Add in some interval exercises, get plenty of sleep, do not get as well stressed and BAM - the weight comes off! Small did I understand I was following a Paleo lifestyle! Too much cardio is NOT HEALTHY! The protein will satiate you through lunch time as well.<sup>14</sup>. My hip and legs fell asleep 3 x - it's that good! For the carb bingers out there (I am one of them), understand that refined carbohydrates are addictive.<sup>8</sup>. Limit caffeine. Even though fat is 9 calorie consumption per gram, there were many reports that prove a 1500 calorie per day consumption of fats will shed weight faster than 1500 calorie consumption of proteins or carbs. I know this to be accurate from personal encounter. It stands to cause that if you have a lot of fat, a whole lot of leptin is being sent to the brain to tell you to stop eating, ideal? Stop putting chemicals within your body! Thank you because of this book Robb! In the event that you eat 5 rib steaks every night, you won't lose weight. Help to make at least 50% of your calorie consumption." By depriving yourself of the high carb foods you have been accustomed to, the body may react to this loss in the same way it could have reacted 5000 years back when food was scarce - with stress.<sup>2</sup>. The only carbs you eat ought to be from fruits, nuts and vegetables, and they should end up being organic whenever you can. No grain, no pasta, no rice, no sugar, no way. In case you are overweight, keep your fruit to one or two servings daily. Avoid extreme dairy. This will reduce chronic inflammation within your body, which is the root cause of most autoimmune illnesses today and a significant factor on poor health and pounds gain (as explained extremely clearly in Robb's book). Reducing carbs will also help restore your own body's sensitivity to both insulin and leptin, two key hormones linked with energy storage space and utilization. 2a. If you don't like seafood and want to health supplement - browse the labels. It is mostly produced in the fats cells, and among it's functions is to tell your hypothalamus when you are full. Fats is wonderful for you. In a suit person, yes - however in an overweight person over time the mind (and muscle tissue) become leptin resistant. Which means that the brain stops listening to the leptin and doesn't know to stop eating. This is analogous to how type 2 diabetics develop insulin level of resistance from chronically over producing insulin. Excellent book So glad I ordered this for my partner. Lastly - there are a lot of "Don'ts" here. Your mood will improve, along with your considering and the rest. Jack Kruse, the neurosurgeon who is pioneering the notion that increasing leptin sensitivity is the key to fat loss.<sup>3</sup>. You must defeat this addiction. It is universally accepted that eating breakfast is normally a cornerstone of a healthy lifestyle, you will want to make it a big one that keeps you going during the day. He cites both anthropological and biochemical proof to aid the plan within an easy to understand, fun read. It is poison. I would recommend this book to anyone who wants a practical approach to Paleo that's simple and direct. Beef ought to be grass fed, eggs should be free range, and fish should be wild caught. It's far away from talking nearly paleo and what our ancestors did, it's about explaining what goes on with food inside our body, whenever we exercise and when we sleep. Consume 3 grams of omega 3 fish oil each day. A can of sardines or some crazy salmon should do the trick. You will discover more information on this by looking into Dr. Well, I was wrong!: Notice on Leptin: Leptin is the master hormone in your body that controls ENERGY. A lot of "MEGA" omega three pills only possess 300 mg of actual epa/dha. Eat three meals a day and don't snack - this will assist you to reset your leptin receptors. It's easier to get it in food form anyway. Amazing! Crazy salmon contains omega 3, farm raised contains much less omega 3 in fact it is less absorbable. Also note: Omega 3 oil is among the best items you can place into your body to reduce chronic inflammation.<sup>6</sup>. In order to successfully change your way of life you must transform your mind. No matter what you eat, if you eat an excessive amount of you won't ever lose pounds. Remember - the heart

and lungs provide the muscle groups, not the other way around. Paleo Solution Diet Excellent book whether or not you think the debated paleo principle or not. Lay off alcohol. Switch your mindset, strengthen your body and SUCCEED! Alcohol will postpone fat loss while it is being processed by your body, plus it can cause a spike in insulin that will give you hunger cravings. Personally for me, alcohol is the trigger that makes me operate for the pizza and wings.. You will find that you will feel very different after a glass or two once you start eating low carbohydrate anyway - the result won't be as pleasant. Stay the hell from beer! That's liquid breads!

MY ADVICE TO YOU, Dear Reader, if you want to lose weight, reduce inflammation and Experience better is to follow the following rules once you have read Robb's book:

1. FAT will help you lose weight faster than protein, carbs or alcohol. Caffeine can screw up your insulin levels too. Remember - if insulin is certainly high, you CAN'T GET RID OF FAT. You must reduce your blood insulin levels. I've bought this reserve more than 4 a few months ago but for some reason I was more interested in other publication so I've put this one aside, I guess I had a feeling it's all about advertising paleo and telling me what to consume and I've already modified my diet plan to be paleo so I didn't expect anything revolutionary.
9. Dump the dietary plan drinks or anything with artificial sweeteners. Yes, actually SATURATED fat, provided that it is usually from a natural resource - no GMO's or anything processed. That stuff is normally toxic!
13. For example, whole this time I was hearing that carbs become fat but I was thinking how specifically.
10. DRINK Plenty of PURE, FILTERED Drinking water! I recommend investing in a reverse osmosis filtering. 12 glasses a day - you are likely to require it to flush out all of the toxins you'll be shedding. Remember - poisons are stored in excess fat cells. SLEEP 8 straight hours every night.
11. Shut the T.
12. off! This is when your body heals. Your hormones will balance out, your leptin sensitivity will come back, your stress will be decreased and you will feel better and get rid of weight faster if you get more than enough QUALITY, uninterrupted sleep.
- U. STOP GRAZING! Fill your spare time doing something you enjoy and distract your sub conscience from what it really is being denied. You would need to swallow ten of these softgels to get the same amount of omega three within ONE can of cold water sardines! Give your liver and digestive tract a break, you'll experience better. Intermittent fasting is normally organic and healthy. It has been established that pets who consume fewer calorie consumption live longer. dinner food strategy with easy assembly type foods and some basic recipe type foods.
- g. Workout every day for 30 minutes minimum. Warm-up with just a little cardio, and change to body-weight or fat bearing exercises.

Robb's publication brought a whole lot of what We already suspected into concentrate and taught me A LOT about WHY eating paleo works. Discover Kevin Richardson's website and book on this. Besides, if you are eating proteins and fat, you will not be nearly as hungry and this restriction may happen naturally. In the event that you focus even more on FULL body, Substance movements you will notice greater results. Example: 20 mins on treadmill to warm up and get the blood flowing followed by: pull ups, press ups, rows, overhead presses, deadlifts, squats plus some core exerciese (crunches etc. Stay away when you can!). Use organic movements that employ more than one joint and several muscle group. Ensure that you are sweating for at least 20 minutes to help obtain rid of all those toxins! Sweating is GOOD! In addition all of those glucose substitutes can spike insulin as well. Do no eat 4 hours before bed. That is a great idea - you will sleep more soundly if your body isn't working hard to digest dinner. This is another way to greatly help reset your leptin sensitivity. I read this reserve mostly while sitting on the can (where I really do all of my quality learning), and I did so it in two times!

I hardly ever bother to create reviews, but I thought this book was worth it. Years ago, I sucked on two packs of Newports a day time and was able to quit. I originally began on Atkins and finally changed my diet plan according to what I always thought was common sense - For instance - While keeping under 30 carbs a day time I added 2 servings of fruit, ate lots of fatty fish (only wild caught), eliminated processed meats (e. There is absolutely no denying the extremely addictive character of refined, processed foods and the only way to break an addiction is normally to remove it completely. Make no mistake, refined carbohydrates are insidious and will kill you just as surely as

cigarette smoking will - probably quicker. Eat a big breakfast with plenty of protein. Don't even think about refined starch as food, because it is not.<sup>4</sup> Once you get through the first 30 days you're home free. In the event that you fall off the wagon, don't allow that be an excuse to quit! Visit the gym, burn off that sugars and get right back on the program!<sup>15</sup> This is a very new idea for the reason that leptin was only discovered in 1995. Keep it under 1500-1800 calories a time. When you deny yourself factors that you would like (like the pizza), your mind can interpret this as "loss. Go ahead and eat that poultry epidermis! This body equates this tension to fear of starvation, and reacts by retaining as much energy (calories) as possible. There is a actual physiologic response to the "stress" of dieting. He carries a 30 day breakfast, lunch & and by background I mean human development. Also, distract yourself from the feeling of loss by presenting something positive in your daily life.. This is the best diet book I have ever read, and I lost 44 pounds following it. Being happy and content with life can make it much less difficult to lose weight. I usually knew this theory of "Consuming 6 small meals a day time to keep your metabolism from slowing down" was bull. Become fulfilled with something apart from food. Drink wine if you have to, but maintain it to two glasses or less. ALL THE BEST!-Christopher Snow The Paleo Solution I've read a number of books about the Paleo diet plan and this one is certainly fun and entertaining due to the author's humor. Mr. Wolf doesn't get bogged down in an excessive amount of technical science so this is great for the person interested in 'how to' and a small amount of the 'why' of paleo. Not to get worried, though, all his info is supported by a meaty (pun meant) reference section - it comprises 11% of the kindle version of the book! If you like to read all the science, he provides many references for you to do that. You must change your mindset to be able to minimize this feeling of reduction. You can offset any metabolic slow down with moderate exercise. Meats should be normally raised organic.<sup>7</sup> The writer says his case with clearness and humor. He also has an extensive list of food options to at least keep his eating system interesting. My experience from the Paleo Solution is that I lost 14 lbs. The initial fourteen days were challenging because moving away from of white carbs wreaks a bit of havoc on your own brain however the discomfort will probably be worth it because you shed your craving for sweets. You also have to workout at least 3 x a week but the Paleo approach does appear to increase energy levels as the body learns to get rid of fat more efficiently. Note: GRASS FED beef contains omega 3, corn fed beef will not; If you're thinking about paleo and wish to know what it's all about, this is most likely the least intimidating reserve out there, and There is his 30-day meal plan (Chapter 12) incredibly useful. If you need the coffee (like I do), keep it to 1 or two cups in the morning, no sugars! Omega 3 fish oil has shown to transform the small, high density type of LDL cholesterol (which damages your arteries) to the smooth fluffy (safe) variety of LDL. This publication was just what I required - biochemical background, hormones and physiology of digestion.<sup>5</sup> Do that for a few weeks and then try a diet soda and you'll observe how awful that artificial stuff really tastes. I really loved Robb's description with palmitic acid and it was a concept that I approved pretty well and I came across myself explaining that concept to my close friends. I guess in the end the most important matter is that the writer offers tips and explanations with strong biochemical history which are easy to acquire And which reader can explain to other people basically. Just remember that you still need to watch your overall calorie intake. Severe information with a folksy tone While entering the most technical details on digestion I've ever browse (or ever desire to read once again), Mr. Wolf manages to keep his tone light, as if he were seated beside you, having a cozy chat. He presents the same details on the paleo life style and diet as various other authors, but in a far more accessible way. Also, you can easily miss the nitty-gritty chapters on your body's chemistry in the event that you chose, and slice to the chase; he in fact lets you know when to jump ahead and what chapter to go to! I keep carefully the book downloaded simply therefore i can consult that chapter. He includes recipes actually I can do (nobody calls me Chef Mary), and can help you make decisions when you do not know what the heck to eat. You should "RESET" your leptin receptors which means that your human brain starts hearing the "Stop eating" signal. It has

been a video game changer for sure Change your diet To get healthy Good book Easy read and very informative Informative Good book to learn for those searching for a lifestyle change Enjoyed this book! Hard to believe but I love this reserve and I did so not find the author offensive. Childish, badly written Tries too hard to put down other diets. Additional diets such as for example vegan, etc work very well for a lot of as the dietary plan does for others. Writer will take great leaps across scientific studies to bolster his conclusions. This is a good diet plan, not sure why he writer felt he needed to sprinkle a coating of BS to time of year it Five Stars My wife is pleased with Paleo.. My suggestion: Take up a spare time activity simultaneously you begin restricting carbs.



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