



The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat

By Loren Cordain

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Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide-over 100,000 copies sold to date!

Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health, *The Paleo Diet* will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses.

- Breakthrough nutrition program based on eating the foods we were genetically designed to eat-lean meats and fish and other foods that made up the diet of our Paleolithic ancestors
- This revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic research
- Six weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipes
- This bestselling guide written by the world's leading expert on Paleolithic eating has been adopted as a bible of the CrossFit movement

The Paleo Diet is the only diet proven by nature to fight disease, provide maximum energy, and keep you naturally thin, strong, and active-while enjoying every satisfying and delicious bite.

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Editorial Review

Amazon.com Review

According to author Loren Cordain, modern health and diet problems didn't start with the advent of packaged snack food, but much earlier--back at the dawn of the agricultural age many thousands of years ago. As humans became less nomadic and more dependent on high-carbohydrate diets, we left behind the diet we had evolved with, which is based on low-fat proteins and plenty of fruits and vegetables. Sugars, fats, and carbs were rare, if they were present at all, and survival required a steady, if low-key, level of activity.

Cordain's book *The Paleo Diet* blends medical research with a healthy sprinkle of individual anecdotes, practical tips, and recipes designed to make his suggestions into a sustainable lifestyle, rather than a simple month-long diet; he even includes cooking recommendations and nationwide sources for wild game.

Claims of improving diseases from diabetes to acne to polycystic ovary disease may be a little overstated, but in general the advice seems sound. Can any of us really go wrong by adding lots more vegetables and fruits to our daily regimen? One recommendation on safe tanning with a gradual reduction in sunscreen is surprising and not much detail is provided for safety issues that can accompany increased sun exposure. Still, Cordain's assertions have helped many people, and could provide exactly the changes you've been looking for to improve your health. --*Jill Lightner*

From Library Journal

Like Ray Audette's *Neanderthin* (St. Martin's, 1999), this is another "if you can't find it in the wild, don't eat it" diet that takes the germ of a useful idea and runs with it. According to Cordain (health and exercise science, Colorado State Univ.), Paleolithic humans were fit and lean because, as hunter-gatherers, they ate what was available: meats low in saturated fats, fresh fruits, and nonstarchy vegetables. Nor did they suffer from heart disease, cancer, and diabetes, the byproducts of our poor eating habits and lack of exercise. Then again, the average Paleolithic life span was about 30 years, not long enough to develop most chronic illnesses. Still, the author asserts that by eliminating grains, dairy, refined sugars, and processed foods from our diets, we, too, can thrive as our ancestors did. Three levels of diet and six weeks of sample menus, with recipes, are included.

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Review

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