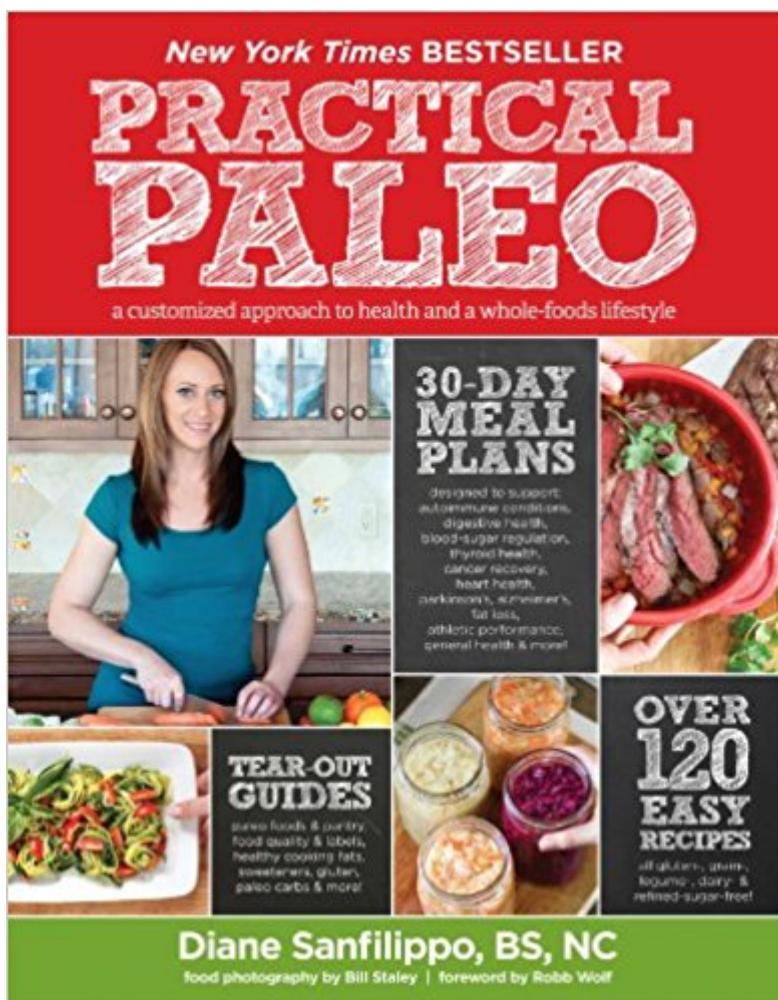


The book was found

Practical Paleo: A Customized Approach To Health And A Whole-Foods Lifestyle



Synopsis

Our great-grandmothers didn't need nutrition lessons—then again, they weren't forced to wade through aisle after aisle of packaged foods touting outlandish health claims and confusing marketing jargon. Over the last few decades, we've forgotten what "real food" is—and we're left desperately seeking foods that will truly nourish our bodies. We're disillusioned with the "conventional wisdom" for good reason—it's gotten us nowhere. Achieving optimal health without calorie-counting, diet foods, or feelings of deprivation has never been easier. Practical Paleo explains why avoiding both processed foods and foods marketed as "healthy"—like grains, legumes, and pasteurized dairy—will improve how you look and feel and lead to lasting weight loss. Even better—you may reduce or completely eliminate symptoms associated with common health disorders! Practical Paleo is jam-packed with over 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs. Meal plans are also included, and are designed specifically to support: immune health (autoimmune conditions) blood sugar regulation (diabetes 1 & 2, hypoglycemia) digestive health (leaky gut, IBS & IBD) multiple sclerosis, fibromyalgia, and chronic fatigue syndrome thyroid health (hypo and hyper - Hashimotos, Graves) heart health (cholesterol & blood pressure) neurological health (Parkinson's & Alzheimer's) cancer recovery fat loss athletic performance a "squeaky-clean" Paleo approach Practical Paleo is the resource you'll reach for again and again, whether you're looking for information on healthy living, delicious recipes, or easy-to-understand answers to your questions about how a Paleo lifestyle can benefit you, your family, and your friends.

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Customer Reviews

"Diane has made a work in Practical Paleo that is as useful as it is beautiful. Are you an athlete? Do you suffer from digestive distress? Have you been diagnosed with an autoimmune condition? Maybe you just want to live a long life and look good naked! Whatever your goals, Diane has done the heavy lifting by condensing the science and a lot of practical how-tos into bite-size pieces." •Robb Wolf, New York Times best-selling author of The Paleo Solution

"The recipes in Practical Paleo are nothing short of exceptional. I say this without hesitation because I tasted every single dish in this book. Watching Diane cook was inspiring, and I'm proud to say I learned much more about cooking just from being in the kitchen with her. This book will not only feed your brain with knowledge of health, but also nourish your body with outstanding recipes." •Hayley Mason, co-author of Make it Paleo

"Practical Paleo is a gold mine for those new to the Paleo diet or struggling to integrate it into their everyday lives. I've always believed that personalization is the key to long-term success, and Diane's 30-Day Meal Plans will help you achieve just that. Practical Paleo will prove to be a resource I recommend to my patients and online community again and again." •Chris Kresser, L.A.c, integrative-medicine practitioner

Diane Sanfilippo holds a BS from Syracuse University and is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health. Diane writes for her popular health blog www.BalancedBites.com, works with clients 1:1, teaches Paleo nutrition seminars nationwide and has a top-rated weekly podcast in iTunes, "The Balanced Bites Podcast."

After years of doing all variety of "diets" or eating lifestyles, from raw vegan to vegan to vegetarian to omnivore with calorie counting to eating-at-home-only to regular juice fasting for quick weight loss, I was so ready for a major change. I grew up on a Persian diet so lots of meats and vegetables and rice and moderate amounts of bread, cheese, but also a ton of fruits and salads and the usual sweets all cultures adore. So deep inside, I always craved the meats when I was on vegan or vegetarian diets. I knew that meat wasn't "the problem". I also knew that certain breads and pastas and noodles and foods in general would give me this heavy feeling after eating, and I wanted to get rid of that once and for all. So when a friend talked about her Paleo diet at length, I jumped onboard without hesitation. My husband and I went Paleo late January and we're in week 8 or 9 as I write this review. This was one of the books she recommended and I love the author and follow her on

social media. Here's my review of this book. 4-stars. It is the most comprehensive book on Paleo, giving you every reason and logic behind why eating this way is to your ultimate health and longevity. I felt that she spent a long time - about 125 pages - giving you all the health issues you could develop if you eat gluten and processed sugar and how your body reacts to all of that crap and I read them. She lost me when she was talking about all the biology and anatomy but I followed along and appreciated it. Then between 125-225 are her meal plans but they won't apply to everyone. She addresses major conditions such as high cholesterol, or diabetics or fibromyalgia or other conditions before getting to "Squeaky Clean Paleo" which would apply to you if you don't fall under those conditions (I didn't so this section applied). I'm honestly not sure if I'll follow 30-day plans, which naturally refer to a lot of her recipes. And then finally Part 3 - the recipes section starts on page 225 but first a few lessons on chopping and slicing and cooking essential. The book is about 400 pages, and my favorite recipe so far is the blueberry cobbler (see picture) but these recipes do look slightly complex. She's also huge into bone broth and sauerkraut which I'll have to see if I make - she has recipes. I love her no-nonsense approach with reasoning and science behind it so if you love nutrition and science, you'll LOVE this book. I am giving it a 4 star even though I highly recommend the book because I wish there were less sections on all the human ailment conditions and MORE on just Paleo - how to eat Paleo, how to make quick easy Paleo foods. I hope this helps and happy Paleo eating!

I'm a 67 y/o woman and recently became interested in the paleo food plan, hoping to improve painful joint inflammation, autoimmune issues and diverticulitis. I find this book to be very helpful and informative. After two months of following the guidelines suggested for my specific conditions I do believe that certain foods were contributing to some of my discomfort. I feel much better - less pain, more energy, and have lost 20 lbs. I haven't missed ditching the grain because reducing pain and losing weight feels better than the best whole grain product ever tasted! I like to cook and have made many of the recipes. Right now I am cooking the Balsamic Braised Beef Short Ribs in my crockpot. Second time I've made them and they are delicious. - made them for company last time and got rave reviews. I served them with the Candied Carrots and Fauxtato (cauliflower) Mash. I also bought the book as a birthday gift for my 48 y/o son who has similar health issues and he is doing very well. His acid reflux problem is conquered, and he has lost 30 lbs. I almost bought this book at Target, and I'm so glad I decided to check instead. I saved almost \$20 by purchasing this with Prime. Don't be afraid to try something different. You might be pleasantly surprised. I certainly was.

I love this book!For anyone new to the Paleo approach to health and eating, Ms. SanFilippo's Practical Paleo is a perfect starting place. While the market has seen an explosion of books in the Paleo diet world over the last decade, this book is unique in that it combines the wisdom of the Paleo approach to nutrition with the unique insights that are emerging from the "functional medicine" approach to health. She provides, for instance, 30-day meal plans that are tailored to specific health conditions, such as thyroid health and athletic performance. There's an especially delightful and informative discussion about gastrointestinal health (including a Poop Pageant in which she describes how stool character can be used to discern digestive problems that left me laughing until it hurt!). The book is packed with beautiful illustrations that make the discussions crystal-clear. There are also a substantial collection of recipes, most of them unique that I have not seen before, consistent with the Paleo approach. Even readers who have read other Paleo cookbooks will discover many new twists on meals and snacks in this book. All in all, Practical Paleo is a masterful piece of work.

I have only had this book for 3 days, but I love it already! Diane not only explains what the Paleo, or whole-foods lifestyle is, she also details WHY we should be doing it and how. There are customized approaches for different health issues, and each is mapped out in a very clear and detailed manner. I always like to know why something works the way it does. Diane does a great job explaining health issues to the average person. She gives just enough scientific information about the body and how it works for the everyday person. I was a vegetarian for 2 years in the past and have contemplated going back to that, but not now! I'm so excited to try the Paleo lifestyle!*I have yet to try any of the recipes, but they all look AMAZING.

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