

Paleo Dietary Template

When your computer starts running slowly, applications are crashing left and right and you can't even move the cursor anymore, what do you do?

Control-alt-delete. Or if you're a Mac user, you hold down the power button to restart.

Sometimes we need to do the same thing with our bodies. They're under constant assault in the modern world. Refined, processed food, environmental toxins, stress, sleep deprivation and chronic infections can all wreak havoc on our health.

We're simply not adapted to live this way.

Life might look a lot different today, with smartphones, electric cars and space travel, but our genes haven't changed all that much. This means that we're still hard-wired to eat the foods our hunter-gatherer ancestors ate. When we follow that genetic template, as we did for thousands of generations, we're naturally healthy and vital. But when we stray from it, as we have in the recent past, we suffer.

So when things start to go awry, the best thing to do is to get back to basics. To return to that genetic template that humans are meant to follow.

In other words, we need to hit the reset button.

How do you do this? You commit to a period where you avoid the modern foods that cause disease as well as the foods people are most often allergic to or intolerant of, and focus on the safe, nourishing foods our ancestors have thrived on.

Then, after you've "hit the reset button" and returned to that basic template, you can customize it to find the approach that works best for you over the long term.

By removing the foods that most commonly cause problems, you allow your body to rest and recover from whatever symptoms those foods have been provoking.

What foods can you eat?

Eat liberally:

- **Meat and poultry**
 - Emphasize beef and lamb, but also pork, chicken, turkey, duck and wild game like venison, elk, etc.
- **Bone broth soups**
 - Bone broths are rich in glycine, and amino acid found in collagen, which is a protein important in maintaining a healthy gut lining.
- **Fish**
 - Especially fatty fish like salmon, mackerel and herring. Wild is preferable. You should eat three 6 oz. servings of fatty fish per week to get enough omega-3 fatty acids.
- **Eggs**
 - Preferably free-range and organic.
- **Starchy tubers.**
 - Yams, sweet potatoes, yucca.
- **Non-starchy vegetables.**
 - Cooked and raw.
 - If you have some digestive symptoms, you may do better with vegetables that are lightly steamed rather than raw, as this makes them softer and easier to digest.
- **Fermented vegetables and fruits**
 - Sauerkraut, kim chi, beet kavas, coconut kefir, etc. These are excellent for gut health.
- **Traditional fats**
 - Coconut, avocado, and olive oil. Avocado, nuts, and seeds.
- **Spices**
 - Sea salt and spices. Avoid sugar or artificial flavorings.

Eat in moderation:

- **Processed meat**
 - Sausage, bacon and jerky
- **Whole fruit**
 - Approximately 1-3 servings per day, depending on your blood sugar balance. Favor low sugar fruits like berries and peaches over tropical fruits, apples & pears.
- **Legumes**
 - Including beans of all kinds (soy, black, kidney, pinto, etc.), peas, lentils and peanuts.
 - This is in the grey area for us. Watch your symptoms and listen to your body when consuming legumes
- **Coffee and black tea**
 - Black, or with dairy-free creamer.
- **Dark chocolate**
 - 70% or higher in small amounts (i.e. about the size of a silver dollar per serving) is permitted.
- **Vinegar**
 - Apple cider vinegar is especially well tolerated.
- **Restaurant food**
 - The main problem with eating out is that restaurants cook with industrial seed oils, which wreak havoc on the body and cause serious inflammation. You don't need to become a cave dweller, but it's best to limit eating out as much as possible during this initial period.
- **Concentrated sweeteners, real or artificial**
 - Including sugar, high fructose corn syrup, maple syrup, honey, agave, brown rice syrup, Splenda, Equal, Nutrasweet, xylitol, stevia, etc.

Avoid:

- **Dairy**
 - Including butter, cheese, yogurt, milk, cream & any dairy product that comes from a cow, goat or sheep.
- **Grains**
 - Including bread, cereal, oats, or any gluten-free pseudo grains like sorghum, teff,, amaranth, buckwheat, etc.
- **Processed or refined foods**
 - As a general rule, if it comes in a bag or a box, don't eat it. This also includes highly processed "health foods" like protein powder, energy bars, dairy-free creamers, etc.
- **Industrial seed oils**
 - Soybean, corn, safflower, sunflower, cottonseed, canola, etc.
 - Read labels - seed oils are in almost all processed, packaged and refined foods (which you should be mostly avoiding anyway)
- **Sodas and diet sodas**
 - All forms
- **Alcohol**
 - In any form. (It's only 2-4 weeks)
- **Processed sauces and seasonings**
 - Soy sauce, tamari, and other processed seasonings and sauces (which often have sugar, soy, gluten, or all of the above).