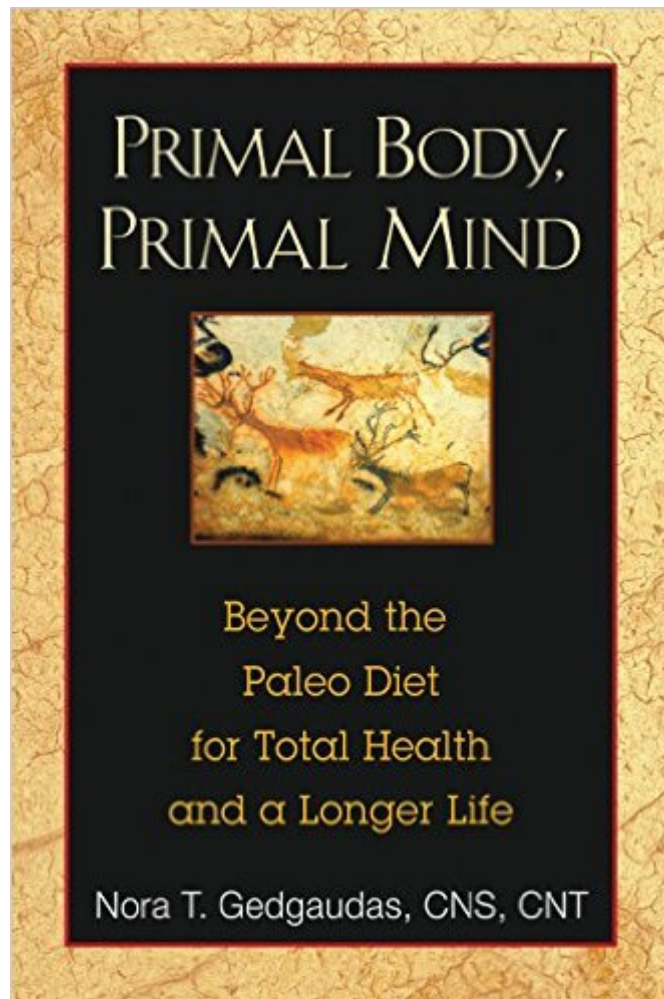


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# Primal Body, Primal Mind: Beyond The Paleo Diet For Total Health And A Longer Life



## Synopsis

Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness • Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention

Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people's diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

## Book Information

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## Customer Reviews

Finally a book I can unreservedly recommend! I've been very interested in books on diet for a while now, but this one really stood out. It doesn't miss out anything vital nor have anything in it that is so wrong that unreservedly recommending it is difficult. It's so well done and the most complete book on diet I have found so far. This book is a pretty good summary/amalgamation of many of the very best books on diet I have found, such as Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats by Sally Fallon, Deep Nutrition: Why Your Genes Need Traditional Food by Catherine Shanahan, Real Food: What to Eat and Why by Nina Planck, Know Your Fats : The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol by Mary G. Enig, The Coconut Oil Miracle by Bruce Fife, The Whole Soy Story: The Dark Side of America's Favorite Health Food by Kaayla T. Daniel, The Schwarzbein Principle: The Truth About Losing Weight, Being Healthy, and Feeling Younger by Nancy Deville....Plus: Gut and Psychology Syndrome by Natasha Campbell-McBride, Traditional Foods Are Your Best Medicine: Improving Health and Longevity with Native Nutrition by Ronald F. Schmid, The Cholesterol Myths: Exposing the Fallacy That Saturated Fat and Cholesterol Cause Heart Disease by Uffe Ravnskov and The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series) by Mark Sisson. What is also wonderful about this book is that it is also a book about health and treating illness. It deals with the topic of health in some depth and does NOT just tell you to eat well and as your ancestors did and everything will be fine.

I'm recommending this book to everyone. I have studied nutrition for 20+ year and have read several diet books trying to unlock the diet "secret". This is my first and only Paleo book. Actually it's NOT Paleo but BEYOND Paleo as the title says. It's NOT another Paleo book. I did peruse the other 2 (Rob Wolf and Mark Sisson) on and decided on this one. I have already tried the Paleo diet a

year ago and got great results. I lost my belly, looked like a competitive bodybuilder and fit into the size of jeans I wore 20 years ago. I wanted to know more about the diet and why, scientifically, was it doing. I wanted a book by more than a diet advocate (I greatly respect the other two authors I mentioned above) but someone who would give me the why so I could really take control of my health. Boy did I get that and then some! Nora's chapters on Carbohydrate Metabolism and Weight Management are golden. So much information about glucose and insulin and why we don't stay lean and healthy on the SAD (Standard American Diet). What the real bonus of the book is the information and insight into longevity she gives. The chapters about Leptin and Insulin give you the information you need to restore your Leptin Sensitivity. Also why hydrogenated oils and Trans fats are to be avoided at all costs, the extreme importance of Omega 3's, Insulin's role is not to reduce blood sugar, how the SAD is driving everyone toward diabetes. She also mentions, and I experienced myself twice, the euphoria you get when you reach the point when you are much stronger than your food cravings. They weaken and it is so much easier to just say no to cupcakes, ice cream, cookies, pizza, pasta, rice, corn chips, etc... These things don't rule you anymore. She likens carbs to feeding a fire with kindling and paper.

I first reviewed this book in 2010, and I have purchased about 30 copies of Nora's book to give away. Now I have read Nora's new book. WOW!!! It's hard to believe something so informative and well done could be even better now. The second edition is AMAZING. My diet is so much better than it was 5 years ago, and I will always be honing my gardening, buying, cooking and eating to maximizing nutrients. It REALLY helps to reread and reinforce ALL the tremendous breadth of topics Nora so deftly covers. I am retired and about to become a grand-mother for the first time. My daughter guarantees a beautiful nutrient-dense baby.... she's all about delicious food from working at Chez Panisse while she was a student at Cal... so knowing that that deliciousness comes from nutrient dense foods made her love reading Nora's book too. And, I know I will be giving away many, many more Primal Body books... I always have one handy to give to anyone curious about why my family seems so healthy. Every time a new best-seller comes out, I seem to get sucked in and buy it. Wheat Belly, Fat Chance, Salt Sugar Fat.... they're all good and helpful, but Nora just leaves them in the dust... she covers what they cover in one chapter, then Nora goes on to lay out the big picture. She just so clearly knows stuff they still haven't figured out. What a beautiful mind you have Nora... truly brilliant. What follows I wrote about 30 months ago (slightly edited): Primal Body--Primal Mind: Empower Your Total Health The Way Evolution Intended by Nora Gedgaudas; All the other five-star reviewers have covered what's in this book, but I want my 3

minutes to sing praises too! This book is off the charts, I'd give it 10 stars if I could.

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