

# Paleo Basics That Will Make You Want to Diet

(SAMPLE ARTICLE)

The Paleo Diet has been around since the age of humankind and, literally, has never changed. What has changed is people's ability to produce, procure, harvest, and then create. The answer as to how we could consider going backward in the dietary evolution is not complicated, so, continuing with the basics, why go Paleo?

## The Upsides of Paleo

The idea behind a Paleo Diet is to limit carbs by eating natural and healthy fats. To do this, the diet mimics what our ancestors ate in their hunter-gatherer lifestyles. Face it, they didn't have a lot of the same health problems we do today, and we'd like to figure out how to get back to that healthy lifestyle. The thought behind this diet is that it helps necessary bodily functions become more effective by feeding them healthy fats to burn. The fats in the diet contribute to mental functions that improve the brain and mind while at the same time enhancing body systems that impact weight loss, endurance, fatigue, and overall body health.

With an upsurge in people adopting a Paleo routine, we are repeatedly discovering more and more advantages. As the upsides continue to outweigh the downs, people are now starting to consider Paleo as being more than a one-time fad, but a lifestyle choice.

## Acceptable Meals

What does a hunter-gatherer consume then? The easy answer is anything in nature that you can hunt, find, or gather. There should also be very little preparation, if any, necessary to eat a completely Paleo meal. Think of it as the minimalist approach to dieting. The best part is that, as long as you choose foods according to restrictions, you can eat as much and as often as you want.

## A Quick Breakdown of How to Prepare and Eat Foods

Don't go chowing down on all non-carbs in your fridge just yet, remember that this is before the age of agriculture and modern-day cooking. While organic grains can be grown and bread baked, they aren't considered a part of being paleo. Most likely the baking plans, recipes, and other specifics that you regularly use in your kitchen are going to need adjusting before getting on par with ancient cooking techniques.

Certain products, such as dairy anything, are considered unnatural, processed, and off the menu as well. Humans happen to be the only mammals that continue to drink milk past a certain period of life, and when going Paleo, anything that isn't natural and occurring in nature is marked as inedible. To get the most out of your paleolithic experience, say bye-bye to your morning coffee and cream. Be sure to also exclude yogurts, cheeses, milk, and any other random dairy products; this applies no matter how innocent they may seem.

Preserved foods are some of those that seem to follow all the rules, but are a hot topic of debate too because of the added preservatives. Luckily, there is an alternative. Fermentation eliminates the use of harmful chemicals and preserves and is an entirely natural way to add an array of probiotics and nutrients to a diet that are important to essential gut health. Because of this, fermenting is becoming a very popular substitute to typical preservation methods.

## Exchanging Certain Products for Healthier Diet Alternatives

Many people have an issue with dieting in general because they are wary of strict restrictions, like those mentioned above. They believe they won't be able to eat their favorite foods or cook any meals the family will like, but Paleo is easy to follow and please the ages if you know a few basic rules.

For those stressing about never eating favorite foods, there do happen to be a swarm of substitutes available, especially if you insist on using ingredients like flour and milk in your cooking. A glance through the aisles of your local natural food store will provide you with a slew of alternatives. Most likely you have never heard of half of them, but a quick sift through the overload should find you some appropriate fill-ins. A few grocery

trips and you are bound to become an expert in alternative cooking. With a little effort and investigative experimentation, you should be able to recreate your favorite meals. After a while, you might even be able to revert to an almost normal, but certainly healthier, diet.

## What is Acceptable to Prepare

Meats coming from organic, grass-fed stock, fish, and wild game are excellent sources of protein. Gatherable material, such as herbs and mushrooms, are also always considered fair game. Roots, tubers, plants, nuts, berries, and fruits all fall into this category. Naturally unprocessed oils, like coconut, are okay too, but be sure to find only unprocessed, pure and organic.

If unsure about a product, consider two separate steps in categorizing your potential food list. First, decide whether the item is acquirable on its own. Next, determine whether or not it requires an elaborate process to make and eat, if so, don't use it. When meeting both requirements, it is a definitive thumbs up.

Once you have an idea of what to prepare, eat to your heart's content!

With a small learning curve, lots of substitutes, and an array of health benefits, it is difficult to see the downsides. Why not go Paleo?