

Real Food Diets:

Paleo/Primal Pros and Cons

- A real food diet that eliminates difficult to digest and low nutrient foods
- Paleo has a very health-giving lifestyle component to it
- Decreases inflammation for mostly-healthy people

Paleo and Primal are more or less pre-agriculture diets. “Our modern Western diet” bares little resemblance to the eating habits of early humans throughout ancient history. Since the agricultural revolution, we’ve adopted a nutritional regime that doesn’t provide for our physiology. Mark Sisson considers Paleo/Primal eating as a diet that...“operates with, instead of against, our natural physiology. More simply: eat as our ancestors ate, and we’ll be healthier for it.”¹ The common ground of these two diets eliminates all grains (corn, wheat, rice, rye, teff, barley, buckwheat, quinoa...), processed sugar, legumes, non-fermented non-GMO soy, and commercial dairy. Both replace grains with lots of vegetables and use moderate amounts of meat. Paleo, from Loren Cordain, and Primal, from Mark Sisson’s book, are continually evolving as the science continues to prove foods healthy or not healthy. Today the two approaches are essentially the same. “What a diet is not” is never a good stopping point. So, as the science of understanding how our food provides nourishment, paleo/primal are accepting the least processed, most nutrient-dense forms of food. The best foods according to a paleo/primal perspective are: no processed sugars, no grains, occasional fermented legumes, and raw dairy. It’s an extremely non-processed, individualized type of diet. If you don’t react well to dairy, eggs, or fermented soy, then it is not “paleo/primal” to eat those. Since ancient groups of people didn’t have hospitals, they are more likely to eat things that brought health to them when given the choice. Eat as though there is no health care system to catch you if you get sick. Paleo eating improves immune function, decreases inflammation, sustains weight loss, and subdues autoimmunity. Eat for your optimal health.

Autoimmune Paleo Protocol (AIP)

- Paleo without nightshades, eggs, and nuts
- Used to eliminate foods to find out which type of foods are causing your body a problem
- Great for autoimmune diseases and very difficult conditions

This is a form of the paleo diet that is particularly impressive at managing autoimmunity, not only controlling the symptoms, but actually reversing the impact naturally without the harmful side effects of steroids. Nightshades, eggs, nuts, and seeds can all aggravate autoimmune conditions. So in addition to the principles of paleo, AIP also avoids nightshades, nuts/seeds, and eggs for a period of time. Eggs tend to be a more temporary restriction. Disorders involving the joints are particularly reactive to nightshades. These conditions do quite well on the AIP. I like to use the AIP as an elimination type of diet to find food allergens at home. There is a lot of supportive media surrounding this diet: facebook, podcasts, blogs, and cookbooks greatly help the user.

¹ Sisson, Mark. “What’s the Difference Between Primal and Paleo?” Mark’s Daily Apple. N.p., 12 Nov. 2008. Web. 01 Apr. 2017. <<http://www.marksdailyapple.com/whats-the-difference-between-primal-and-paleo/>>.

Ketogenic Pros and Cons

- Under 40 grams of carbohydrates
- Using fat to fuel your brain and body
- Best for those intolerant of carbohydrates, weight loss, diabetes, neurological problems like parkinson's, dementia, and epilepsy.
- Con: It is a difficult diet and many people do it dangerously wrong. You are replacing carbs with fat. You need to eat enough fat to do that.
- If you don't have a condition which requires extremely low carbs., after the first month you should switch to a cyclical ketogenic diet.

The standard diet is an energy profile predominantly using carbohydrates as fuel. There are many cultures that use that primary energy source, but also there are groups of people that utilize fat as the dominant fuel. It is physiologically possible to use fat as the primary energy source. Fatty acids can feed your entire body, including your brain. There are specific advantages to this. Those with uncontrollable seizures, neurological issues, and dementia tend to do extremely well with this type of diet. Diabetes, weight loss, and any blood sugar management problems are also well served. The profound benefits experienced by patients are not without precautions. If not done properly, like not eating enough fat, vegetables, protein, or proper individual balance, this diet can cause potential harm. Everyone's requirement and reaction to the switch from carbs to fat differs. This diet in particular is best done under the supervision of a professional that understands the ketogenic diet. Figuring out what type and how many carbohydrates are needed for the various activities of normal everyday life, can be complicated. There are adaptations for transition, hormone balance, and activity level. Intermittent fasting, intentional carbs, and carb-cycling are all modalities a ketogenic professional can implement. Supplementation can ease some of the uncomfortable symptoms that many beginners face. When done properly, the ketogenic diet is a profound tool that can halt or even reverse specific chronic diseases. It can give hope to patients where the allopathic medical system has none.

Nourishing Traditions

- Paleo with the addition of traditionally prepared dairy and fermented grains and beans
- It is a great real food diet if you are completely healthy. (Healthy is not someone with a condition that is being managed with drugs.)

This research was started by Dr. Weston A Price in his book Nutrition and Physical Degeneration, and was made more "kitchen friendly" by Sally Fallon's cookbook Nourishing Traditions. Doctor Price found that isolated cultures eating a traditional diet were free of chronic degenerative diseases and dental malformations, and they birthed robust healthy children all without medical intervention. He also noted that this idyllic situation drastically changed within several generations of an industrialized diet. He surmised that it was the culture's traditional, nourishing foods that provided the vitamins and minerals for growth and development. The Nourishing Traditional lifestyle focuses on high quality, nutrient-dense wild/grass-fed/pastured meats and fats, traditionally fermented grains, and raw grass-fed dairy. Processed foods are inferior to real food and have a negative impact on health and vitality. Weston A. Price Foundation's work is very similar to a modern paleo type diet. As a nutrient investigator, I have found that our modern society cannot always handle the grains like wheat even when traditionally prepared.

The Best You Plan

- More of a paleo diet
- Has charts to help you decide that best foods
- More of self guided, discovery diet

Your whole body is connected, so evidence of health and clues to your nutritional requirements are found throughout all of your body systems. There are so many questions that influence optimal diets that there is a whole career that has developed surrounding this need: Holistic Nutrition. But really, folks have been optimizing this for centuries; we just have more availability of foods to confuse us. You are the best experiment for your optimal diet. Take notes and learn. Remember, most of the symptoms that modern people consider “normal” are not typical of a truly healthy individual. Health doesn’t mean tolerable enough to get through the day. Health is excess vitality to not just endure but thrive no matter the circumstances surrounding you. The “Best You Pyramid” is designed to give you a nutrient-dense visual for real food proportions. It uses primal principles as a starting point. Variations for exercise, age, health conditions, and individual metabolism will require adjustments. In general, this is ideal for the entire family with tweaks to accommodate individual energy expenditures. With only 1 tsp of sugar in the bloodstream at any one time, making allowances for energy output is really quite easy. Squash, fruit, sweet potato, and rice with protein can accommodate most any carbohydrate balancing needs. Children, pregnancy, illness, and athletes may require additional carbohydrates. Hormonal changes (thyroid, stress, and sex hormones) will also vary the carbohydrate demands (sometimes more, sometimes less). The Best for You Eating plan is targeted to build nutrient reserves and reverse damage so that you can have a well lived life both now and into your elder years.

[Support material is in my Book.](#) If you can’t afford it, I can help you.

Whole 30

- More of a paleo diet without any of the sweeteners
- This is a great diet for those with difficult cravings and weight loss
- Helps to identify food strongholds and foods that are causing your body problems.
- Much support material

The **Whole30** Program **Rules**. Eat moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats; and herbs, spices, and seasonings. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're **whole** and unprocessed.

[Whole 30 rules](#)

21 Day Sugar Detox

- Steps toward a paleo whole foods diet
- helps break the chains of processed foods and added sugars
- There are 3 levels of detox. They are increasingly difficult. This diet has something for everyone at every real food level.
- Much support material

It is a good choice for those just beginning the whole food process. “*The 21-Day Sugar Detox* is a clear-cut, effective, whole-foods-based nutrition

action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn!

Use the easy-to-follow meal plans and more than 90 simple recipes in this book to bust a lifetime of sugar and carb cravings in just three weeks. Three levels of the program make it approachable for anyone, whether you're starting from scratch or from a gluten-free, grain-free, and/or Paleo/primal lifestyle."

--<https://balancedbites.com/21dsd/>

Trim Healthy Mama

- It can be a real food diet. Not inherently so.
- Decreases inflammation for mostly healthy people
- Eliminates most processed foods
- Food combining can sometimes be a cumbersome, but a great idea for those who want to lose weight. You could food combine in all real food diets, except keto.

Trim Healthy Mama is not an inherently real food diet. It needs a few tweaks. This diet strongly uses food combining to help the body use one energy source at a time. You can combine protein with fat or protein with carbohydrates, but not both at the same time. It works well for weight loss.

[Whole Food Trim Healthy Mama](#) article