

# The Paleo Diet: What is It and Why Should I Consider It?

by **dr. lisa hunt** | photo by **dawn kelly**

The word Paleo stems from the Paleolithic era. The main premise behind the Paleo Diet is that our way of thinking about what food is has changed dramatically from pre-agricultural days. We have switched from a diet of whole, real, organic, locally-grown foods to industrialized food-like substances. Our bodies are designed to process nutrient-dense foods, not processed chemicals. The ingestion of highly processed foods has led to hormonal, psychological and physical complications that are at the root of many chronic and autoimmune diseases.

## WHAT FOODS ARE INCLUDED IN THE PALEO DIET?

It's not just about what types of foods are consumed, but also about the quality of the foods that are consumed. Grass-fed, pastured, organic, raw, local, seasonal and wild are all important principles when it comes to choosing food. Whenever possible, choose the best quality you can afford such as: Meat and Seafood (preferably grass-fed/pastured and organic); Fruits and Vegetables (preferably organic, local and seasonal); Nuts and Seeds (in moderation, preferably raw or dry

roasted); and Fats (coming from grass-fed/pastured meats, avocados, coconuts, olives and nuts/seeds).

## WHAT FOODS ARE EXCLUDED IN THE PALEO DIET?

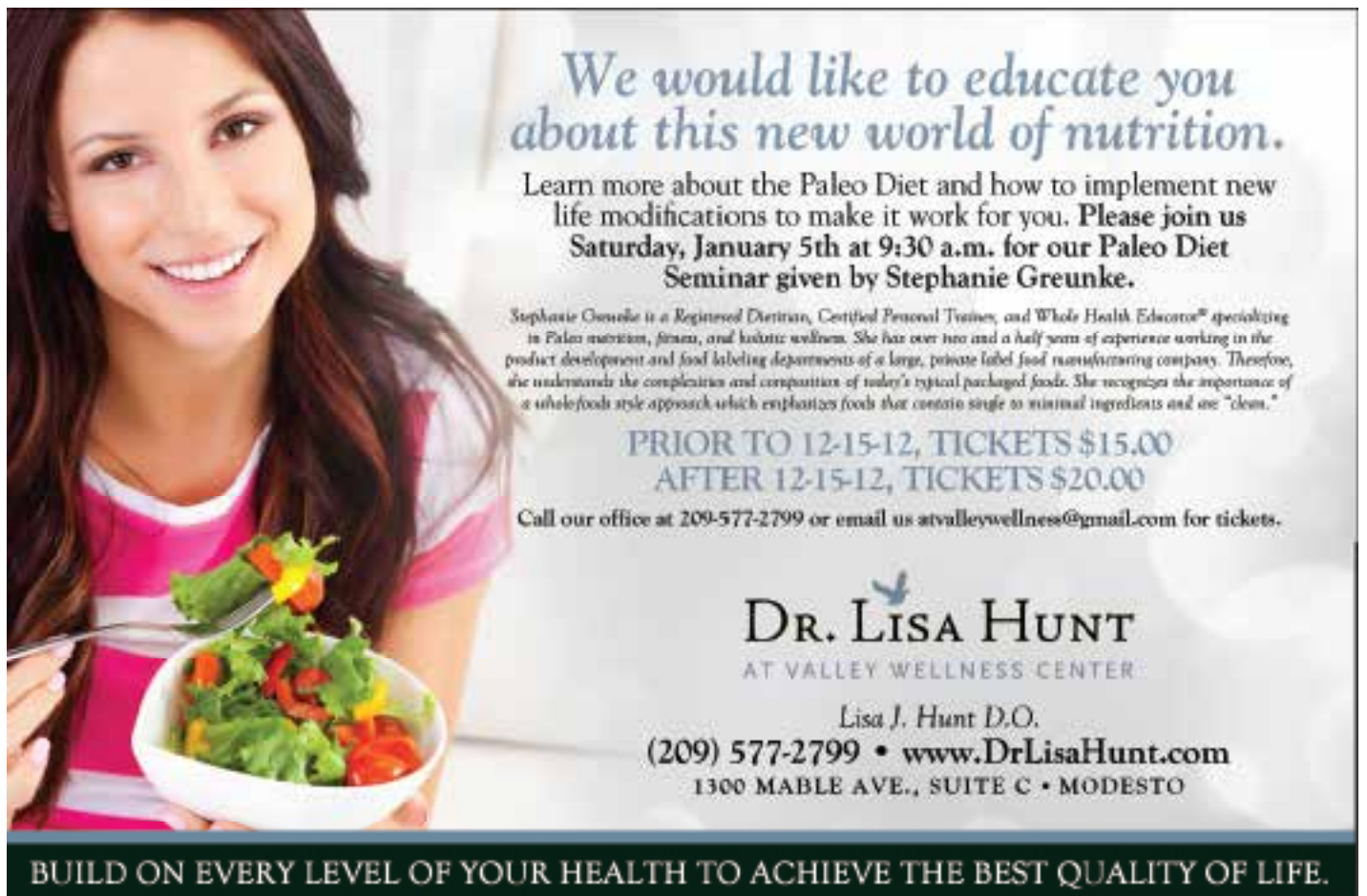
The Paleo Diet does not exclude foods just for the heck of it. The foods below are not as nutrient-dense as the ones listed above. They are also more allergenic, inflammatory and irritating to the gastrointestinal tract. These foods may also cause blood sugar imbalances and hormonal disruption: Dairy (includes milk, yogurt, cheese, ice cream, half-and-half, etc.); Grains (includes corn, rice, oats, wheat, barley, rice, all gluten-free pseudo-grains, etc.); Legumes (this includes all beans, even soy and peanuts); Industrial seed oils (canola, soybean, corn, safflower, etc.); and Artificial Sweeteners.

Choosing to follow the Paleo Diet principles and eating the recommended foods will not only provide you with optimal nutrition, but will also help balance your hormones. By optimizing your diet to include high-quality protein and fat sources, in combination with eliminating sugars (yes, even complex carbohydrates could be inserted here), you will be able to eliminate cravings, snack attacks and mood swings. Why wait?!

*Dr. Lisa Hunt*



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.



*We would like to educate you about this new world of nutrition.*

Learn more about the Paleo Diet and how to implement new life modifications to make it work for you. **Please join us Saturday, January 5th at 9:30 a.m. for our Paleo Diet Seminar given by Stephanie Greunke.**

*Stephanie Greunke is a Registered Dietitian, Certified Personal Trainer, and Whole Health Educator® specializing in Paleo nutrition, fitness, and holistic wellness. She has over two and a half years of experience working in the product development and food labeling departments of a large, private label food manufacturing company. Therefore, she understands the complexities and compositions of today's typical packaged foods. She recognizes the importance of a wholefoods style approach which emphasizes foods that contain single to minimal ingredients and are "clean."*

**PRIOR TO 12-15-12, TICKETS \$15.00  
AFTER 12-15-12, TICKETS \$20.00**

Call our office at 209-577-2799 or email us at [atvalleywellness@gmail.com](mailto:atvalleywellness@gmail.com) for tickets.

**DR. LISA HUNT**  
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