



EAT LIKE A CAVEMAN: The Paleo Diet and You

By Dr. Lisa Hunt



With all the talk in the media lately, you might have already heard of the Paleo Diet. But do you know the theories underlying this revolutionary new eating plan and what it might offer to you?

What is the Paleo Diet

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 the pre-agricultural days. We have switched from a diet of whole, real, organic, locally grown foods to industrialized food-like substances. As 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 Can Eating Paleo Do For You

Choosing to follow Paleo 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.

The Paleo Diet will help heal any sort of gastrointestinal distress you may be experiencing. Undiagnosed food allergies and sensitivities affect millions of people and you could easily be one of them. The Paleo Diet eliminates many common food allergens such as soy, dairy, wheat and food additives allowing you to investigate hidden allergies or sensitivities.

Inflammation plays a role in virtually all diseases. It is important to reduce the inflammation in your body for optimal health. The Paleo Diet will reduce your exposure to inflammatory foods such as omega 6 fats, artificial food additives and added sugars.

Find Out More About the Paleo Diet

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. [CH](#)

For more information, contact Dr. Lisa Hunt at Valley Wellness Center by calling (209) 577-2799 or visiting DrLisaHunt.com.