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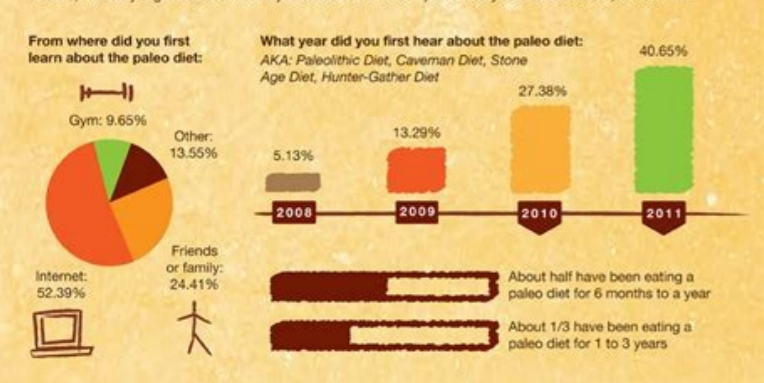
THE PALEO Revolution

It's taken 10,000 years, but the paleo diet is making a comeback. Originally modeled after the diet of primitive man, the paleo lifestyle is becoming more and more well known as authors and events are inspiring folks to give it a try.

THE REVOLUTION

Several events in the past few years have led to more and more people going paleo.

- In 2011, **Green.com** ranked paleo exports **Mark Gibson and David Wolf** in the top 36 Most Influential People in Health and Fitness.
- Paleo cookbooks have ranked high on Amazon when the past few years.
- The first PaleoFX conference took place in Austin in Spring 2012.
- Fitness programs, like some CrossFit gyms, encourage their clients to follow the diet.



WHAT IS THE PALEO DIET?

It's a modern nutritional plan based on what early humans ate during the Paleolithic Era.

The diet originally became popular in 1975 by gastroenterologist **Walter L. Voegtlin**. It's since been promoted by a number of authors, researchers, and gyms.

The Paleolithic Era, which lasted about 2.3 million years, ended about 10,000 years ago with the development of agriculture.

The diet is based on the idea that humans evolved over millions of years under environmental conditions that shaped the human genome. The human genome has changed little since then, so a diet similar to the one they ate then is best.

All foods may be cooked, although some choose not to.

According to Paleo Magazine, there are several reasons why people are choosing to go paleo:

- The diet reconnects us with nature by promoting unprocessed, natural foods.
- People want to take control of their lives, a diet is one way they can do that.
- The concept of a simple, clean diet simply makes sense to many people.
- People are inspired by stories of how the diet has changed the lives of others.

HEALTH BENEFITS

The health benefits can be numerous, according to primal-palate.com:

- Balanced energy throughout the day
- Burn off stored fat
- Stable blood sugar
- More efficient workouts
- Clear skin & better hair
- Anti-inflammatory
- Improved sleep patterns
- Reduced allergies (specifically milk & cashew allergies, as well as gluten allergies)
- May provide relief from:
 - Diabetes
 - Obesity
 - Cardiovascular disease
 - Auto-immune diseases
 - Intestinal bowel syndrome
- According to the 2012 **NaturallyEngineered.com** survey:
 - A large majority of readers says they've noticed improved overall health while on the paleo diet.
 - AND have improved energy levels.

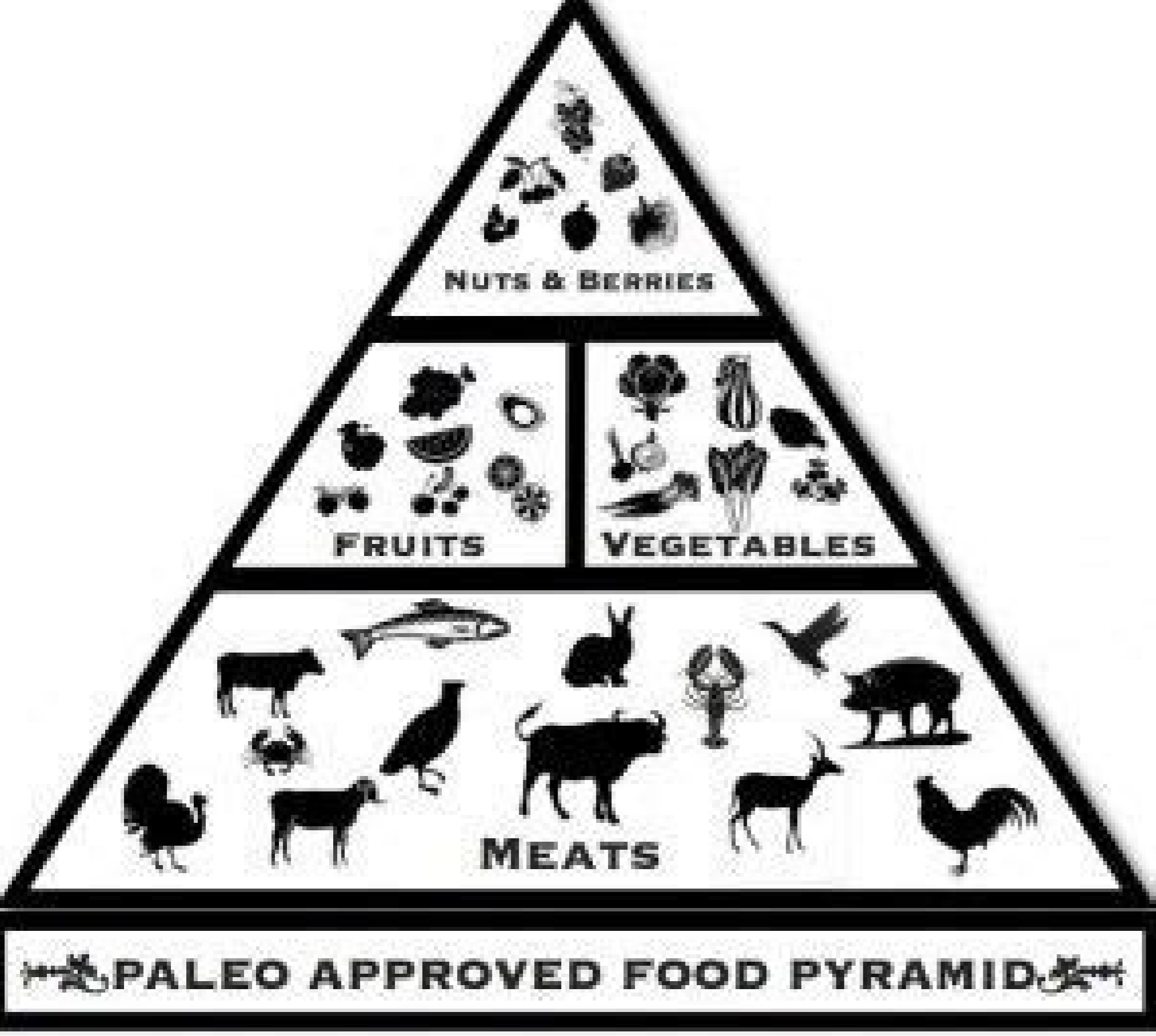
DISPELLING MYTHS

- It's too expensive**: There are many ways to go paleo on a budget including buying in bulk, freezing extra meat and produce, and buying whole foods rather than prepared.
- It's too strict**: Some have found it's easier to transition by easing into the diet over a period of a few days or weeks. Plus, some find it easier to adhere to the diet 80% of the time, which allows for some "cheating".
- But cavemen died young**: Cavemen didn't live long lives not because of their diets, but rather because of the harsh environments they lived in without medicine or proper shelter.
- It's a fad**: While most fad diets lead to temporary results, paleo is viewed more of a lifestyle change that is used for long-term optimal health, based on man's original diet.

SOURCES: naturallyengineered.com/blog | myfitness.com | greatist.com | paleomagazine.com | paleo.org | paleo.org.com | mekadayipaleo.com | robbow.com | paleomama.com | eatmymedicine.com | chrishessner.com | cavemenandmeat.com | hachipgm.com | hermanrooney.com | ew.wikipedia.org

MEDICAL BILLING & CODING
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	Breakfast	Lunch	Dinner	Snack
Monday	Bowl of berries /w coconut milk	Salad /w roasted chicken, cherry tomatoes & olive oil / lemon juice vinaigrette	Paleo Spaghetti	Macadamia nuts
Tuesday	Leftover paleo spaghetti	Chicken & veggie soup /w liver pâté	Beef goulash	Beef jerky
Wednesday	Onion and spinach omelet /w leftover liver pâté	Tuna salad wrapped in lettuce /w almonds	Beef bourguignon Dessert: Coconut ice cream	Hard boiled eggs
Thursday	Bacon & eggs /w piece of fruit	Zucchini and sweet potato frittata	Grilled trout /w butternut squash soup	Pork Rinds
Friday	Coconut milk smoothie	Citrus beef salad stir-fry	Citrus roast chicken /w sweet potato fries	Bowl of berries /w almonds
Saturday	Cold Leftover roast chicken /w mayo	Lemon & garlic scallops Dessert: Coconut ice cream	Bone marrow /w Waldorf salad Dessert: Baked apples	Dark chocolate covered bacon
Sunday	Tomato and egg stir-fry	Bacon, grape & broccoli salad	Butter chicken	Raw veggies /w guacamole



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Calendarpedia

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Britto S, Kellermayer R. Since today's A diet no longer contains the same variety and nutrition, however, there is an increase in chronic diseases caused by both eAAUndernutritioneAAA and eAAOvernutrition.eAAA Multiple other smaller-scale studies confirm similar results. Physicians across the globe have been trying to incorporate healthy dietary and lifestyle habits into the therapeutic regimen of their patients. Since then, the public has shown a tremendous interest in this diet, also called the eAAAacave man dieteAAA or eAAAStone Age diet.eAAA Many cookbooks have been published claiming to have Paleolithic recipes. Objectives: Identify the function of the paleolithic diet. Describe the issues of concern regarding the paleolithic diet. Review the clinical significance of a paleolithic diet. Outline interprofessional team strategies for improving care coordination and communication to advance patient education about diet and improve outcomes. Obes Rev. Nutrient Composition Comparison between a Modified Paleolithic Diet for Multiple Sclerosis and the Recommended Healthy U.S.-Style Eating Pattern. Br J Nutr. Postprandial levels of GLP-1, GIP and glucagon after 2 years of weight loss with a Paleolithic diet: a randomised controlled trial in healthy obese women. [PMC free article: PMC6390390] [PubMed: 30419974] Compared to this diet, A Amodern diets provide much less variety and are loaded with artificial sugars and salt. Since it is A AmpracticalA Ato mimic the exact diet that our Stone Age ancestors ate, we can reasonably take some key foods and adapt them to a modern lifestyle. Whalen KA, et al. In the modern world, about a dozen or so tribes still follow aA Hunter and gatherer concept. Nephrol Dial Transplant. 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Grown barley that was beaten in flour, vegetables and flowers. As the Hadza group resides in the tropical forest, its diet consists mainly of plants, fruits, tubers and hunting animals. As discussed above, the diet that our ancestors ate had a great impact on our genetic evolution, evolution.

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