

LIVING PALEO

Explained



Living Paleo can seem like a difficult challenge if you don't know much about it. Like the Ketogenic diet or any other diet trend that has taken the world by storm, it can be difficult to differentiate it from the rest. However, there is one distinct and important difference between going Keto and living Paleo. One is a diet that can actually kill you if you are on it too long because it physically alters your body and puts you into starvation mode, while the other is a very beneficial way to reframe your life so that you are focusing on doing things as naturally as possible to emulate the lifestyle our Paleolithic ancestors might have had if they had more advanced technology.

A lot of people are intimidated by the sound of going Paleo. It is a strong word. It refers to our ancestors and can bring to mind very powerful images. But going Paleo means more than just hunting and fishing, though eating lean meats and fish is a huge part of the lifestyle. Living a Paleo lifestyle means making sure that you are taking care of your body and treating it the way it was meant to be treated by nature. Our bodies are theoretically designed to follow this diet. Right down to the way our jaws and teeth are designed.

We are meant to be eating these types of foods biologically, and introducing grains and dairy and other types of processed foods and refined sugars has actually caused us quite a lot of harm over the years. There are scientific studies, in fact, that show how hormonal changes have caused young women, and sometimes even men, to develop breasts prematurely because they have been eating too many hormones that would never have been present in their food in the Paleolithic era.

Those types of findings are very disturbing. It is time that we start to take accountability. We need to know exactly what we are putting into our bodies and be brave enough to look society in the eye and reject the status quo. Just because it is convenient and it is making things simple, it doesn't mean that it is the best way to do things. We do not need to be feeding chickens growth hormones that are affecting children as young as eleven years old. We do not need to be eating foods that are harmful and can contribute to diseases such as cancer and Alzheimer's later in life.

No matter where you may find yourself on the spectrum of living Paleo, one thing is common to us all. We deserve to be healthy and live the best lives we possibly can. And doing so begins with a choice that we make to put the healthiest possible foods into our bodies as fuel and prepare ourselves for the journey that lies ahead.