

# THE PALEO DIET™

## The Paleo Diet Update

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Loren Cordain, Ph.D.

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Hello! Welcome to **The Paleo Diet Update** a look at the consequences of meeting our evolutionary nutritional needs with modern food production practices. The agricultural revolution resulted from a massive and rapid increase in agricultural productivity, and vast improvements in farm technology. It was unfortunately not based on research into how our nutritional needs were built into our genetic legacy of more than two million years of living as hunter-gatherers. Evidence from scientific research is increasing showing that certain foods contribute to many of the debilitating and life-threatening conditions that plague modern society. Likewise, scientific research is also showing that a Paleolithic diet or Stone-Age type of diet incorporating lean meat, fish, vegetables, and fruit may prevent and treat many common modern diseases.

In this issue, we look at comparative health markers of hunter-gatherer societies, and we'll show you how to stay Paleo on a shoestring by buying in bulk.

Enjoy.



Loren Cordain, Ph.D.

### In This Issue

[How Healthy Were Our Ancestors?](#)

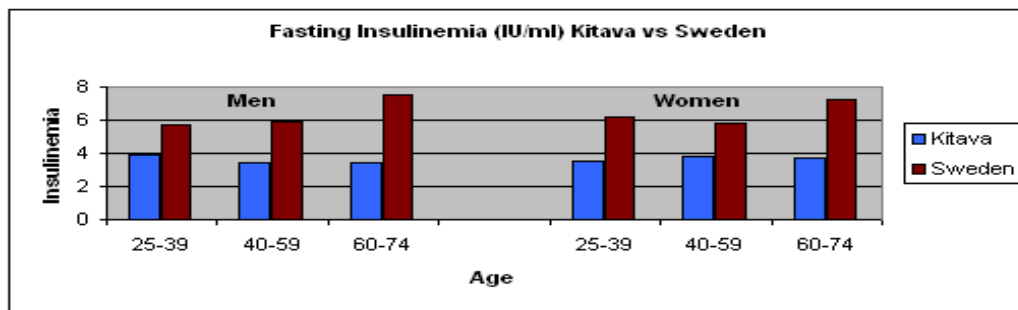
[This Week's Food Tip](#)

[News and Upcoming Events](#)

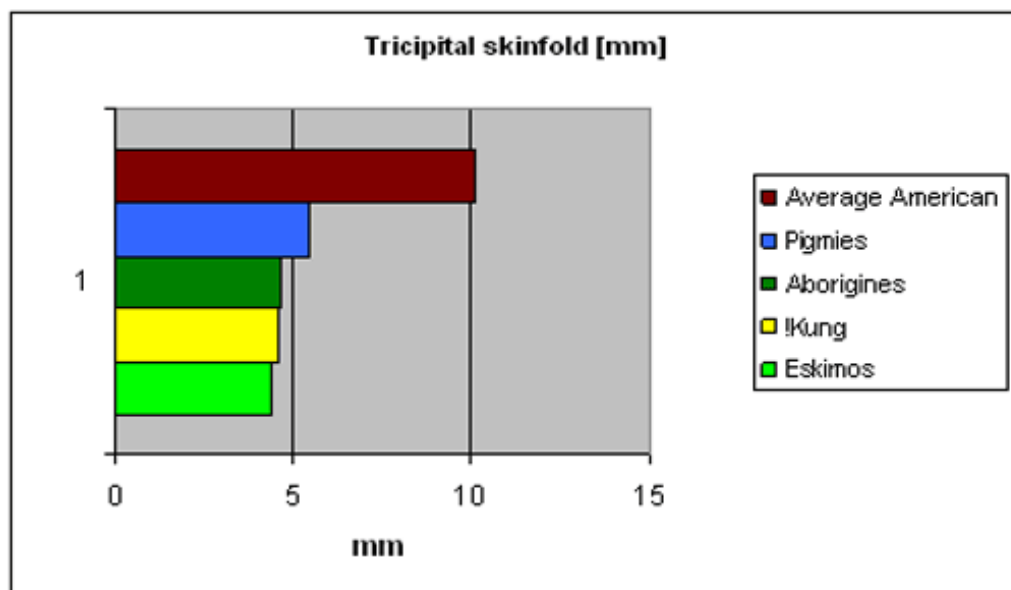
[Our Recommendations](#)

It is generally accepted that hunter-gatherer societies, and other less "Westernised" populations, exhibited superior health markers, such as body composition and physical fitness, when compared to Western populations. Consider the following comparative study findings regarding health markers:

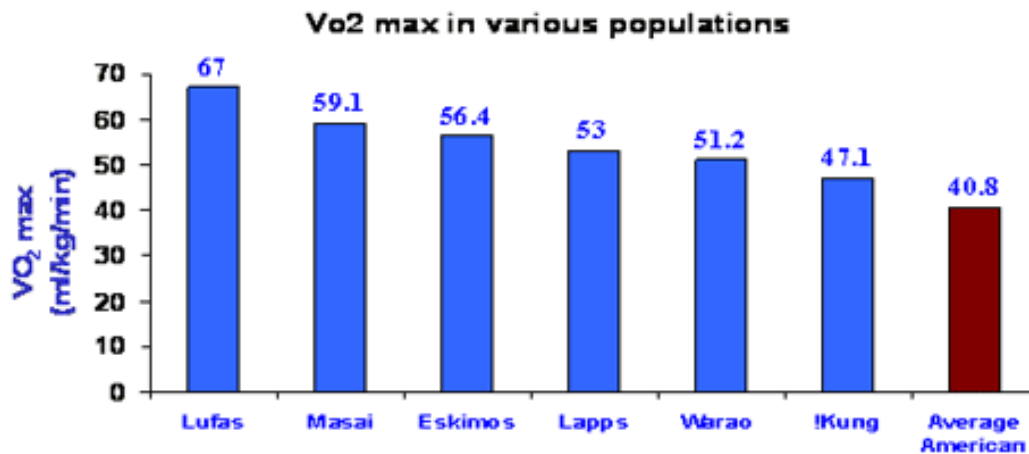
1. Lower total blood cholesterol in primitive populations versus average American populations.<sup>1-3</sup>
2. Lower blood pressure among hunter-gatherers.<sup>4</sup> Optimal blood pressure values are less than 120/80,<sup>5</sup> and the average blood pressure among hunter-gathers is 100-110 mmHg / 70-75 mmHg.
3. Lack of association between blood pressure and age in Yanomamo Indians<sup>6</sup> compared to North Americans.<sup>5</sup>
4. Good insulin sensitivity in populations adopting a primitive lifestyle.<sup>7-18</sup>
5. Lower blood concentrations of insulin in the Horticulturalists of Kitava (Papua-New Guinea) versus Swedish populations,<sup>11</sup> as shown in the graph below:



6. Lower blood concentrations of leptin in the Horticulturalists of Kitava and the Ache Indians of Paraguay when compared to healthy Swedish populations<sup>19</sup> and North American runners.<sup>20</sup>
7. Smaller waistline measurements in the Horticulturalists of Kitava compared to healthy Swedish populations.<sup>19</sup>
8. Lower tricep skinfold in hunter-gatherers compared to healthy Americans,<sup>1</sup> as shown in the following graph:



9. **Higher maximum oxygen consumption (Vo2 max)** in primitive populations versus average Americans,<sup>1</sup> as shown below:



10. **Lower fracture rates** in Papua-New Guinea primitive populations compared to Western populations.<sup>21, 22</sup>

11. **Better bone health markers** in hunter-gatherer fossils compared to primitive agriculturists and Western populations.<sup>23-36</sup>

12. **Very low incidence of chronic degenerative diseases** (such as metabolic syndrome and type 2 diabetes,<sup>1, 4, 9-11, 37, 38</sup> cardiovascular disease,<sup>1, 4, 38-42</sup> cancer,<sup>1,43-48</sup> acne<sup>49</sup> and myopia<sup>50</sup>) in primitive populations compared to Western populations,<sup>1, 4, 37-39, 41-44, 51</sup> ancient Egyptians,<sup>1, 44</sup> and medieval Europeans.<sup>44</sup>

These comparative markers of health collectively indicate that our hunter-gatherer ancestors were lean, healthy, fit, and free of the signs and symptoms of most diseases seen in modern civilization.

This evolutionary template shows that to achieve optimal health, body composition and physical fitness, we should try to emulate our ancestors' diet and lifestyle.

Next time, we'll look at the Paleolithic athlete as the original cross trainer, and we'll show you how to do Valentine's Day the Paleo Way.

## Paleo on a Shoestring: Buy in Bulk

[Nell Stephenson](#)



In the current economy, many are forced to cut corners in an attempt to fit a smaller budget. While it may mean fewer trips to your favorite local (but possibly expensive) health food store, don't assume you've got to ditch your healthy Paleo eating and revert to boxed, processed, grain-based foods! The Paleo Update's first issue of every month features tips to help you stay Paleo even on a lower than usual budget!

This month's tip is BUY IN BULK, where you can:

Dried herbs, spices, herbal tea leaves, raw nuts (which you can grind into your own almond or walnut butter), and dried berries (perfect for post-workout recovery!) are just a few things that many stores offer in bulk. Not only are you saving money because you're not paying for packaging, you're

also helping to save the environment by not throwing away that packaging!

· Use the same principle for meat and fish. While filet mignon may no longer be an option except for a special occasion, buying a large piece of tri-tip or flank steak, for example, will go a lot further for a lot less. Cut it into individual portions, throw in your favorite marinade, and place it in the freezer. The day before you're going to serve it, put it in the fridge to defrost, and you'll have a tasty, inexpensive steak!

· The same goes for fruits. Buy what is in season, prep some, and freeze the rest. Frozen banana makes a decadent treat all by itself, while frozen berries are handy to throw into your blender when you're making a protein smoothie for breakfast.

Remember to look for more tips on staying Paleo on a budget in the first newsletter of the month!

## News and Upcoming Events

We are hosting a teleseminar on Multiple Sclerosis on Feb. 20th, 2009 at 5 p.m. EST and 3 p.m. MST. The following speakers will help you learn what foods may contribute to this disease, and what you can do to slow the progression and help ameliorate symptoms.

- Loren Cordain, Ph.D. will share latest findings on the relationship between diet and MS.
- Pedro Bastos will discuss the impact of dairy, and essential nutritional supplements.
- Rosalie McClung, author of the soon-to-be-published book titled "M.S. is B.S.". will talk about how she has successfully treated her own MS by following the Paleo Diet.

Following a discussion of the issues, we hope to have time to open up the call for questions. When you sign up, you will receive an email providing the phone number and access code. Everyone who signs up will receive an mp3 audio recording of the call.

The price for the teleseminar is only \$29.95. Sign up at [http://www.ThePaleoDiet.com/ms\\_teleseminar.shtml](http://www.ThePaleoDiet.com/ms_teleseminar.shtml). Anyone who owns or purchases the How to Treat Multiple Sclerosis with Diet program is invited to attend free of charge. If you sign up but are unable to attend, you will also receive an mp3 recording of the call.

Because they ate wild game, including organ meats and brains, our Paleolithic ancestors consumed higher amounts of omega-3 fatty acids and lower amounts of omega-6. They also had high vitamin D levels as a result of the sun exposure they received from living outside. Both of these nutrients have powerful health benefits. To maintain adequate omega-3 intake and vitamin D levels, most modern humans will need to supplement with fish or krill oil, and vitamin D. Many people take cod liver oil because it contains both omega-3 and vitamin D; however, it also contains pre-formed vitamin A that antagonizes the action of vitamin D. A very powerful and important commentary was recently published in the [Annals of Otolaryngology, Rhinology & Laryngology](#) examining this issue. We will present a more detailed review in a future issue, and we recommend getting your supplemental omega-3 from fish or krill oil, and NOT from cod liver oil.

## Our Recommendations

**The Dietary Cure for Acne Valentine's Day special** - If you know anyone who is fed up with having acne and ready to get rid of it for good, be sure to let them know about this special. From now until April 15th, we are offering **\$20 off The Dietary Cure for Acne Program**. They will learn how certain foods set up the conditions that result in acne, and how to prevent and cure acne simply by changing what they eat. In a matter of days, they will begin to see improvement in their skin. Their skin will feel less oily, and they will quickly notice a reduction or elimination of new outbreaks as Anne, below, did.

"All that I can say is that my life changed a lot since I have been following the Paleo Diet. Not only my acne has almost vanished, but I also feel much better, and at last my depressions are gone."

Anne

Visit [www.DietaryAcneCure.com](http://www.DietaryAcneCure.com), and when checking out make sure to put in this discount code: **hearts09**. This program is guaranteed to work, and comes with a full money-back guarantee.

**The total archive of The Paleo Diet Update is available in zip file format for just \$99.95 — that's half the cost of buying separate newsletters.** This offer is available at <http://www.ThePaleoDiet.com/store.shtml>.

**Our free nutritional tools section** includes information about vegetable oil fatty acid composition, nut fatty acid composition, and seed fatty acid composition in the *Fats and Fatty Acids* section. There is also a section about omega-3 fatty acids in fish. These and other nutritional tools are available at <http://www.ThePaleoDiet.com/index.shtml>.

To your optimum health,

Wiley Long, M.S., Nutrition and Exercise Science

Editor

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