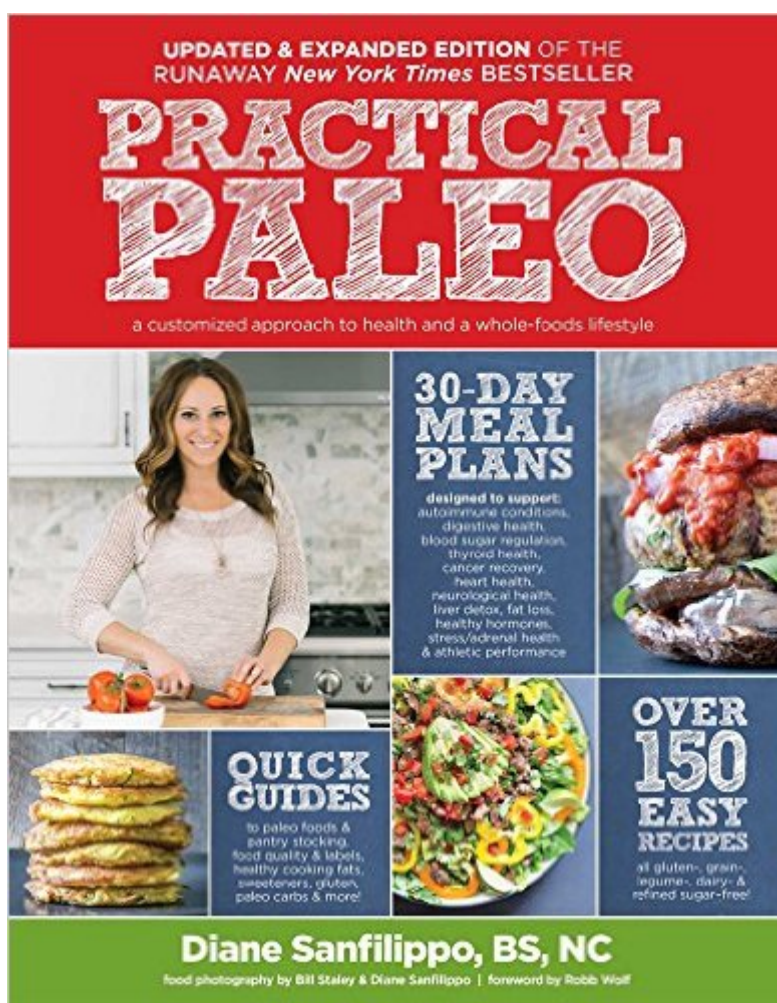


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# Practical Paleo, 2nd Edition (Updated And Expanded): A Customized Approach To Health And A Whole-Foods Lifestyle



## Synopsis

With more than half a million copies sold, the first edition of *Practical Paleo* revolutionized the way we think about food and our bodies. Dubbed "The Paleo Bible" by readers, it explained how simply eating real, whole foods and avoiding processed, refined foods can improve our health—including reducing or even eliminating symptoms associated with common health disorders. Now, this second edition has been updated to include new information, answer common questions, and make it even easier for you to customize your diet to meet your personal health goals.

**What's new? TWO ENTIRELY NEW CHAPTERS** "Getting Started with Paleo" shows you step by step how to switch to the Paleo way of eating, whether you want to go all-in all at once or transition gradually over time. This chapter also includes a more comprehensive explanation of the 4R Protocol, which walks you through removing harmful foods, repairing the gut, re-oculating with beneficial bacterial, and reintroducing foods that were previously eliminated. "Living the Paleo Lifestyle" offers tips and suggestions for navigating holidays and parties, talking to friends and family about Paleo, getting your kids involved in the kitchen, and much more.

**3 NEW 30-DAY MEAL PLANS** The new meal plans provide guidance for addressing common health concerns: Adrenal Health (stress management), Healthy Hormones (for both women and men), and Liver Detox Support. There's also a new detailed guide to finding the meal plan that's right for you, so you can get the health benefits you need with the fewest restrictions.

**40+ NEW RECIPES!** These brand-new, mouthwatering recipes range from breakfast foods to family-friendly weeknight meals—many of which are one-pot or meal-in-one and use budget-friendly proteins. Recipes from the last edition have been updated based upon reader feedback over the years. There's also a new guide to special ingredients and where to find them. Plus, additions throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. And the organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly and easier to apply to your own health needs.

*Practical Paleo* has proven to be the resource people reach for again and again for information on healthy living, delicious recipes, and guidance on changing your diet to improve your health.

## Book Information

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## Customer Reviews

As someone who's been actively involved in this community for years, as someone who's attended seminars (even the Practical Paleo seminar), someone who wrote a paleo book (Eat Like a Dinosaur) I am LEARNING NEW STUFF in Diane's book. There's SO much information - I've had the book for weeks and am still finding new things. Diane's poignant and practical definition of complicated concepts, are so very clear to me - a skill she has a knack for unlike anyone I know of in our community. The entire book takes all the ideas you just can't quite figure out, and makes it easily digestible, easy to understand, and absolutely practical to implement. This book is intended to be used like a reference book, and that's just what it is. From the tailored information on specific conditions (in my case, Autoimmune) to the reference points on leaky gut, carbs and blood sugar regulation, everything you're looking for is here. There's even sections on stress reduction and self care. I personally followed the Autoimmune protocol defined in the book for 3 weeks. I took seriously Diane's personal challenge to de-stress and followed, exactly, her defined protocol in Practical Paleo. I added the supplements and nutrient dense foods. I stuck to the defined foods to avoid and to add. I left work earlier every day. I played with electronics less. I went to bed sooner. After some serious hair pulling, temper tantrums and screaming about how limited I sometimes felt (thankfully the book has lots of ideas and recipes to make it interesting)... the results are in: My skin is clearing up! Admittedly, the massive break-outs on the lower half of my face are one of the main contributors for my commitment to eating more cleanly.

This is a great book, but it's suffering from some inattention to detail. My husband and I have been following a paleo/primal way of eating for about a year now and after completing a Whole30 program, we discussed having him try an Autoimmune Protocol for the lingering issues he was still

dealing with. I was completely overwhelmed at the thought of feeding us without eggs or nightshades so when I heard about the meal plans in this book I was elated! I snapped it up in the Kindle format and started reading. Since I mainly wanted it for the meal plans, I largely skimmed the first half of the book. If you're already familiar with Robb Wolf and other paleo authors, this book will be mostly review. For the uninitiated, the book is easy to read and understandable without needing a degree in biochemistry. The meal plans themselves have some oversights. In theory, each meal plan will specifically note what, if any changes need to be made to a recipe in order to make it adhere to a specific health condition and, in some cases, it does just that. In others it's completely overlooked. For example, the autoimmune meal plans uses potato pancakes for several meals which, if you look at the recipe, include eggs. Neither the meal plan nor the recipe itself offer suggestions for how to alter the recipe to eliminate the egg, but still end up with something resembling a pancake instead of hashbrowns. It's not necessarily a huge issue if you keep in mind your "avoid" list, but even though I was pretty certain I understood the protocol, I still went back and forth between the meal plan and the avoid list multiple times feeling like I had missed something. The formatting of the Kindle edition also leaves something to be desired.

After years of doing all variety of "diets" or eating lifestyles, from raw vegan to vegan to vegetarian to omnivore with calorie counting to eating-at-home-only to regular juice fasting for quick weight loss, I was so ready for a major change. I grew up on a Persian diet so lots of meats and vegetables and rice and moderate amounts of bread, cheese, but also a ton of fruits and salads and the usual sweets all cultures adore. So deep inside, I always craved the meats when I was on vegan or vegetarian diets. I knew that meat wasn't "the problem". I also knew that certain breads and pastas and noodles and foods in general would give me this heavy feeling after eating, and I wanted to get rid of that once and for all. So when a friend talked about her Paleo diet at length, I jumped onboard without hesitation. My husband and I went Paleo late January and we're in week 8 or 9 as I write this review. This was one of the books she recommended and I love the author and follow her on social media. Here's my review of this book. 4-stars. It is the most comprehensive book on Paleo, giving you every reason and logic behind why eating this way is to your ultimate health and longevity. I felt that she spent a long time - about 125 pages - giving you all the health issues you could develop if you eat gluten and processed sugar and how your body reacts to all of that crap and I read them. She lost me when she was talking about all the biology and anatomy but I followed along and appreciated it. Then between 125-225 are her meal plans but they won't apply to everyone.

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