

**EPISODE 269**

[INTRODUCTION]

**[0:00:20.7] AVH:** Hello friends and welcome to Paleo Magazine Radio. I am your happy host, Ashleigh VanHouten. Some of you may know me as The Muscle Maven, if you follow along with my shenanigans on Instagram. If you aren't, head over there and say hi, because I'm always happy to hear ideas, or suggestions for the show. I try my best to be as entertaining as possible over there. Say hi.

Life isn't about Instagram, or podcasts. It's about enjoyment of life. It's about optimal health and happiness. That's what the paleo lifestyle hopes to bring to people. The concept of paleo eating, while of course it is not new, that's the whole point, it did burst on to the mainstream scene, I guess, maybe about a decade or so ago. It's been growing and evolving a lot since then. Like any popular catchphrase or diet or trend, the concept can get diluted and misconstrued and muddied over time, right? As it becomes more popular and word starts to spread.

I thought it might be nice to take it back to basics for just a brief introduction, or a reintroduction to what the concept means for listeners and for people who are maybe new to Paleo, or who just want to get a better handle on what living a paleo lifestyle really boils down to. Maybe you want to explain to people, some people who are asking what you're doing and why you're eating weird now. You want to be able to intelligently explain what it is.

That's why I wanted to read to you Paleo Magazine's Paleo 101, which is a very clear, very easy to understand illustration of what the paleo lifestyle is and how you can apply it to your life. This is available for free on the website and I can put the link to this entire outline in the show notes. You can read it, you can send it to people, you can refer to it. If there's anything you feel that's missing from our Paleo 101, don't hesitate to reach out to us. Let us know what you think.

Send us a message on social media @paleomagazine. Talk to me @themusclemaven. Let's have a conversation, because ultimately, this podcast is all about learning and sharing ways to live a vibrantly happy and healthy life. There is no one bullet point prescription to do that. This is

meant to be a great introduction and a great guideline, but there is more to it than just the 101, right?

Anyway, before I get into it, I want to give you a quick word about our show sponsor, which is ShopAIP. They're an online shop. They are founded by a woman named Sandra Dorst, who suffered from a very rare autoimmune disorder. She realized when she was sick and trying to fix her diet and her lifestyle, that she needed a place, a market where she could go and buy resources and feel safe that the products were healthy and AIP compliant and specific to her needs, so she created it for herself. That is ShopAIP.

Now they have treats and snacks and food and spices and condiments and skin care and gift packs and bundles and all kinds of stuff, all of it is anti-inflammatory, most of it is paleo-friendly. There's something there for everybody. Sandra is giving our listeners a discount for their first order. If you head to [shopaip.com](http://shopaip.com), use the code `paleomag`, you'll get 10% off.

Head over there and have a look, it's not just for AIP folks. It's for anybody who wants healthy, tasty treats. You can go and buy me some plantain chips, if you're feeling generous. They're my favorite. If you want to learn more about Sandra's story, because it is an interesting one, her journey with autoimmune disease, check it out. I did an interview with her, it's Episode 261 of Paleo Magazine Radio. Without further ado, here it is, Paleo 101.

**[0:04:01.3] AVH:** What is paleo? The notion of paleo as a diet and lifestyle descriptor developed from the study of evolutionary biology and the assimilation of ancestral food ways from around the globe. With a commitment to good science, rigorous research, epidemiological studies and plenty of anecdotal evidence to boot, paleo has evolved from a little-known nickname for a prehistoric era to a diet and lifestyle template that is sweeping the nutrition scene, helping to reinvigorate the health and happiness of millions of people.

But what, you ask, is pale? Quite simply, it provides a model for holistic, healthy living. The paleo diet recommends whole, nutrient-dense foods and is at its most basic an elimination diet. By removing many of the causes of allergies and autoimmune disorders, as well as the processed food-like products, brought about by modern manufacturing, the human body is able

to detox from foreign substances and naturally reset those basic functions that make eating, breathing and moving so effortless in a healthy system.

Paleo looks to ancestral wisdom, whether from cave dwelling paleolithic ancestors, or remote native populations untouched by Western disease for guidance on what to eat and how to live. The foods that our great-great-grandparents wouldn't have recognized in our modern supermarkets shouldn't be food for us in the first place and paleo offers guidance in avoiding these products that do more harm than good.

As it is, the modern human body is assaulted on all sides by environmental pollutants that are toxic to our basic chemical processes. Avoiding these contaminants in addition to the many additives found in foods, assists our body to reach vibrant wellness on its own, often without the help of medicine or invasive surgery.

What do you eat on the paleo diet? The Paleo diet advises the avoidance of grains, gluten, legumes, low-fat, pasteurized and homogenized dairy, corn, soy and sugar. Instead, fill up on grass-fed meat from ruminants, like cattle, bison, goats, lamb or wild game. Seek out pastured chicken, eggs and pork and prioritize wild-caught fish and seafood, whenever possible.

Do your part to support your local economy and agricultural system by consuming local, organic fruits and vegetables, or grow your own to be even more sustainable. Try your hardest to limit your exposure to rancid seed oils, like canola, corn, soy, sunflower and safflower oils and instead, use pastured animal fats, like lard, tallow or schmaltz, coconut oil, grass-fed ghee, or cold-pressed olive oil for your cooking, baking and drizzling needs.

Nuts and seeds are also included in a paleo diet and offer a healthy alternative to a diet devoid of conventional snacks. Many people find that chocolate, some dairy, some alcohol and other items fit nicely into their personal paleo template and this is fine. The diet offers an evolutionary framework for the most nutritious way of eating, but the fact remains that every body is different.

Try the paleo template at its most basic before adding or subtracting. You may discover food intolerances, reactions or new favorite ingredients along the way, that could shape how you eat for the rest of your life. Along with the diet component, paleo seeks to address serious ailments

caused by modern living, with a focus on stress reduction, community engagement and support, fitness and play, exposure to nature and honoring the body's circadian rhythms, paleo encompasses so much more than just food, like fitness.

Smart exercise is an important component of paleo. With a focus on weight-bearing loads, mobility and lots of slow, sustained movement, we can model the fitness patterns of our ancestors to promote both peak physical performance and longevity with minimal effort. No longer our health conscious folk relegated to the cardio machines at the gym, rather we recommend combining pleasure with prescription and taking exercise outdoors whenever possible.

Compete in a sport, or play with the kids, go for a walk downtown, or a hike through the woods, kayak, sprint, deadlift or swing kettlebells. Whatever you do, do it with joy and with a focus on long-term results. Next is sleep. Sleep is an integral part of fitness as recovery makes up a significant proportion of the body's overall performance level. To improve sleep, limit exposure to artificial light after sundown to reduce disruption of the circadian rhythm and sleep for at least eight hours whenever possible in a dark, cool room. Whenever possible, align sleep patterns with the cycles of the sun.

Speaking of the sun, it is not only useful as an alarm clock, smart sun exposure boosts production of vitamin D; a hormone crucial to most of the body's chemical pathways. It is a relief to no longer fear the sun as something harmful. In fact, when harnessed for good and managed responsibly, a little sun every day boosts mood, hormonal regulation and overall health.

Next is community. The human journey is not an isolated one, and no man is an island. In social circles, seek meaningful relationships, rather than hundreds of online friends, and cultivate those relationships through the sharing of food, activities and significant life events. Face-to-face conversations, physical touch and emotional exchange are all valuable aspects of human relationships. Plus, the support of a community helps to mitigate stress in times of need, as well as improve quality of life.

What about technology? When it comes to a paleo lifestyle, use the most natural products available, but also know that modern life does make it difficult to walk barefoot, or shun all

electronics for the sake of historical reenactment. Use the gadgets and employ social media enough to enhance your life, but establish boundaries such that technology does not rule it. Make a point to regularly unplug and reconnect with nature yourself and your community.

Then there's stress. Stress management is a key factor in mitigating the onset of disease and an important aspect of paleo living. Stress reduction calls for personalization, whether you require deep meditation, a yoga practice, a church service, or the embrace of a loved one, the end result is improved neurology and cortisol response, thereby contributing to a healthier, happier you.

Simply put, we believe there are three equally important components that make up the paleo lifestyle; diet, movement and lifestyle. If it sounds simple, that's because it is. There may seem like a lot of complicated information to take in the beginning, but once you start your paleo journey, it's easy to see how our bodies, minds and spirits adapt quickly to the changes. It's because we are created to move often and with joy and a sense of playfulness.

We are meant to eat whole foods found in nature, properly raised and free of additives and chemicals. We evolved to live in a closed community with others, to share our resources and experiences with close friends and family. All the rest falls into place as we learn to listen to our bodies for what they really are; intelligent, finely-tuned machines that require the right fuel for optimal performance.

Okay, that's it. That's it for this week. Thanks for listening, everyone. Now you can tell people you're not trying to be a caveman. It's actually quite a reasonable common-sense approach, this whole paleo thing, if you ask me.

All right, join me next week. We're doing a deep dive into PEMF, or Pulsed Electromagnetic Field therapy. If you don't know what the heck that is, I guess you just have to subscribe to the podcast and make sure you tune in next week. That's it.

Thanks to Shop AIP for sponsoring. Check them out at [shopaip.com](http://shopaip.com). You get a 10% discount if you use the code `paleomag` on all of their healthy food, skincare items, snacks, pantry staples

and more. Yeah, go do yourself a favor. Get some healthy snacks that you can maybe munch on while you're listening to the podcast.

If you liked, it as always, leave me a nice rating and review on iTunes, so that I can keep doing this awesome job and get the information out to you awesome people.

All right, have a great day folks. See you next week.

[OUTRO]

**[0:11:24.7] AVH:** The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]