

A Modern Day Hunter—Gatherer Part 1.

Why I eat what I eat...

The Paleolithic diet, also called the primal diet, also called Ancient diet, and even Biblical diet, is unique in its growing number of grass-roots followers, practitioners, advocates, and loyal, almost obsessed fans. Loren Cordain, PhD followed in the footsteps of Guru Arthur De Vany who was one of the earliest proponents of this way of life. Full credit, however, goes to our hunter—gatherer ancestors who, according to the fossil record, thrived as some of the most fit humans in history. Dr. Cordain's book, *The Paleo Diet*, is the mainstay and a great read that I would recommend picking up immediately as a main source of information and application. I stumbled onto this way of life about a year ago. It was a natural progression for me. Two years before that I discovered the evils of dairy consumption and excluded it along with breads and pastas. Body fat levels dropped, and performance showed improvement in my health and fitness and those of my clients who followed suit. But I didn't go far enough. Through much investigation and research I caught wind of a growing number of elite level athletes that were singing the praises of a Paleolithic diet that excluded the grains, gluten, beans, legumes, and oats I was still consuming. I also read a few books on the topic of going Gluten-Free and studied the many health concerns from consuming a modern diet. That was an eye-opener as well. There is the "Cross Fit" community of athletes and gym rats who subscribe to the Paleo diet in huge numbers and claim phenomenal performance gains from this system of eating. There were the tons of university studies and real life testimonials I found online that continued to sing its praises. But the big one for me is when the great triathlon and cycling Coach Joe Friel got on board and even co-wrote a sister book to the Paleo Diet with Dr. Cordain himself called simply, *The Paleo Diet for Athletes*. After digesting everything I could on the topic for over 6 months, and Blogging online with many in the fitness and nutrition circles who swear by this way of living, I decided to go full-on myself into the Hunter—Gatherer life and jumped in with both feet on Jan 4th 2010 after a month of holiday binge eating that took me up to an out of shape 201 pounds! Just thirty-seven days into a strict Paleo style diet, I dropped 13 pounds of body fat and my performance skyrocketed. Other big impacts on my health were the following:

- I often suffered from hip pain and some back pain that I chalked up to age and beating myself up in the gym. After two-weeks it all but disappeared. (They said it would).
- I woke in the morning feeling refreshed and energetic and slept better at night. I could also perform better on less sleep. (They said I would).
- My moods improved.
- My cravings STOPPED! I literally do NOT crave the bad foods anymore. Saying NO to the bad foods is easy now.
- I could not believe how simple and intuitive it is. It makes so much sense and adjustments are not painstaking. (They said that too).

After guiding others in their health and fitness goals for over 16-years, I can honestly say that this is the most “makes sense” way of consuming nutrients I’ve ever known or tried. I highly recommend it to all my clients, friends, and anyone else who will listen. Now, I know that there is so much more involved than what you’re reading here. These articles serve as a simple primer. My goal is to provide you with as much usable, hands on experiences as I can as a personal trainer and coach. The results from my training as well as the many clients, gym members, and online followers, will be documented as much as possible to help you along. Those who are close-by geographically can also get involved in some personal coaching, or attend one of the many classes, clinics and workshops I offer regularly. My blog is a fun resource as well that’s full of regular updates on my training and nutrition journey. Please check it out. There’s link directly to it off my main site. Lastly, I recommend picking up a couple of the books in the “recommended reading” section of my website and using them as a resource in your journey too.

Nearly every day I remind clients and members at the gym where I train that exercise is for strength, health, and conditioning. You apply proper strength training and cardiovascular principles in order to be a highly functional machine that’s prepared to take on any of life’s challenges... and look good in the process. For fat loss, weight loss, etc... that comes from what you eat. Remember, exercise is for performance and

strength, and a fine-tuned chiseled physique. But getting lean and losing weight comes from what you put or do not put into your mouth. Period.

Look for STEP 3 on my website to take it to the next level.

Good luck, God Bless, and go hard!

Go further:

www.paleodiet.com

www.arthurdevany.com/

www.marksdailyapple.com/

www.livingpaleo.com/