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□ Dec 30 2014 by Chris Kresser (Author) 4.6 out of 5 stars 443 ratings See all 8 formats and editions

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The national bestseller that "condenses Kresser's vast knowledge to help you look, feel, and perform your best." - Robb Wolf, author of The Paleo Solution As the Paleo movement sweeps the nation, millions have discovered the health benefits of following the lifestyle of our hunter-gatherer forebears. But what happens when we hit a wall and weight loss stalls, energy flags, illness sets in, or we're tired of restricted eating? In The Paleo Cure, Chris Kresser

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uses the Paleo diet as a template from which you can tailor a simple yet powerful three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, and genetic blueprint. You'll learn how to eliminate the toxic foods that cause illness and weight gain, how to sleep better, exercise like our ancestors, cultivate pleasure, and vastly improve overall health. Kresser helps further personalize your prescription by addressing specific health conditions, from heart disease to digestive problems. Best of all, you only have to follow the program 80 percent of the time; there's room to indulge, in moderation, and still experience dramatic results.

Comprehensive, dynamic, and enlightening, The Paleo Cure is based on cutting-edge research and combines the best of ancient wisdom and modern science. It provides a flexible and accessible program with helpful charts and quizzes, a seven-day meal plan,

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and delectable, nutritious recipes to help you lose weight, reverse disease, and achieve optimum health. \*Originally published as YOUR PERSONAL PALEO CODE

An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In Your Personal Paleo Code, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, genetic blueprint, and individual needs. Kresser helps

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further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and delectable, nutritious recipes, Your Personal Paleo Code offers natural solutions and an avalanche of groundbreaking advice on how to restore a healthy gut and immune system; how to eliminate toxins; which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still experiencing dramatic results. Based on cutting-edge scientific research, Your Personal Paleo Code is designed to be flexible and user-friendly, with helpful charts, quizzes, and effective action steps to help you lose weight, reverse disease, and stay fit and healthy for life.

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The idea behind the Paleo, or 'caveman', diet is simple - eat the food we humans were genetically and biologically meant to eat, as our hunter-gatherer ancestors once did, and we can all experience near-effortless weight loss, increased vitality and greatly improved health. But does it really make sense to restrict yourself to the limited range of foods available to our ancestors? Although we share a lot in common with them, we each have our own genes, tastes and health goals. In this groundbreaking book, leading expert Chris Kresser offers his unique solution - a 3-step plan that will fit your body, your lifestyle and your specific health issues. Start by following the basic Paleo plan for 30 days and enjoy a satisfying diet of lean meat, fish, non-starchy vegetables, some fruit, nuts and seeds but avoid grains, dairy, sugar and refined foods. After this

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30-day plan, Chris helps you re-introduce certain foods in moderation to find out what agrees with you and what doesn't. So what are you waiting for? You can enjoy life more, look slimmer and feel more vital. And because Chris advocates an 80/20 approach - we all have to live in the real world after all - you can still enjoy your favourite treats from time to time. In addition to dietary advice, the plan also includes guidance on fine-tuning your sleep, exercise and response to stress - all crucial elements in living a life that suits our natural design.

Suffering from chronic illness and unable to get satisfactory results from doctors, husband and wife scientists Paul and Shou-Ching Jaminet took an intensely personal interest in health and nutrition. They embarked on five years of rigorous research. What they found

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changed their lives and the lives of thousands of their readers. In Perfect Health Diet, the Jaminets explain in layman's terms how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet, and supporting healthy immune function. They show how toxic, nutrient-poor diets sabotage health, and how on a healthy diet, diseases often spontaneously resolve. Perfect Health Diet tells you exactly how to optimize health and make weight loss effortless with a clear, balanced, and scientifically proven plan to change the way you eat and feel forever!

Irritable Bowel Syndrome is the most common gastrointestinal disorder in the world. People with IBS are prescribed more medications, miss more work days, have lower work productivity and higher suicide rates than people without it. Yet the causes are



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still unknown, and there is no cure. Or rather □ there was no cure, until now. Cutting-edge scientific research has found that IBS is nearly always connected to anxiety and depression through something called the gut-brain axis. Heal the gut and you can heal the brain □ and vice versa. Enter *The Kefir Solution*. Developed by Shann Nix Jones, it uses kefir, a powerful natural probiotic to support your microbiome and help heal IBS without the use of chemicals. It has no nasty side effects but loads of health benefits □ including alleviating the anxiety and depression that often go hand in hand with IBS. Combining common sense with uncommon science, Shann shares stories, tips and recipes to help you on your way to better gut health and a happier life. If you suffer from IBS, or know someone who does, and it's taken hold of your life, this book could lead you back to health and freedom.

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Combining science, culture, anthropology, and philosophy, explains how to stay healthy and live with purpose in the modern world by returning to the way humanity's hunter-gatherer ancestors ate, moved, and lived in the wild.

Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide-over 100,000 copies sold to date! Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health, The Paleo Diet will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and

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prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses. Breakthrough nutrition program based on eating the foods we were genetically designed to eat-lean meats and fish and other foods that made up the diet of our Paleolithic ancestors This revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic research Six weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipes This bestselling guide written by the world's leading expert on Paleolithic eating has been adopted as a bible of the CrossFit movement The Paleo Diet is the only diet proven by nature to fight disease, provide maximum energy, and keep you naturally thin, strong, and active-while enjoying every satisfying and delicious bite.

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Diabetes is one of the fastest growing diseases in the world; the American Diabetes Association reports that 1.7 million new diagnoses are made each year. After her own diagnosis, Gretchen Becker became a "patient-expert," educating herself on every aspect of type 2 diabetes and eventually compiling everything she had learned into this step-by-step guidebook for others. Now in its third edition, *The First Year: Type 2 Diabetes* takes you through everything you need to know and do in your first year with diabetes. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, from coming to terms with your diagnosis to diet and exercise, testing routines, insurance issues, and the most up-to-date information on new medications and supplements.

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An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah D. Ballantyne, Ph.D., draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free—the natural way. The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as "healthy"—such as whole grains, soy, and low-fat dairy—can contribute to the development of autoimmune conditions. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which

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simple lifestyle changes—along with changes in diet—will make the biggest difference for your health. There's no need to worry that "going Paleo" will break the bank or require too much time in the kitchen preparing special foods. In *The Paleo Approach*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day—how to stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out—take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing. Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests,

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treatments, and supplements (as well as the most counterproductive ones) to help you open a dialogue with your physician. Features such as these make The Paleo Approach the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with The Paleo Approach!

Winner of the 2014 IACP Cookbook Award in the category of "Food Matters." The next stage in the food revolution--a radical way to select fruits and vegetables and reclaim the flavor and nutrients we've lost. Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. Unwittingly, we've been selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants for more than 400 generations. EATING ON

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THE WILD SIDE reveals the solution--choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.

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