

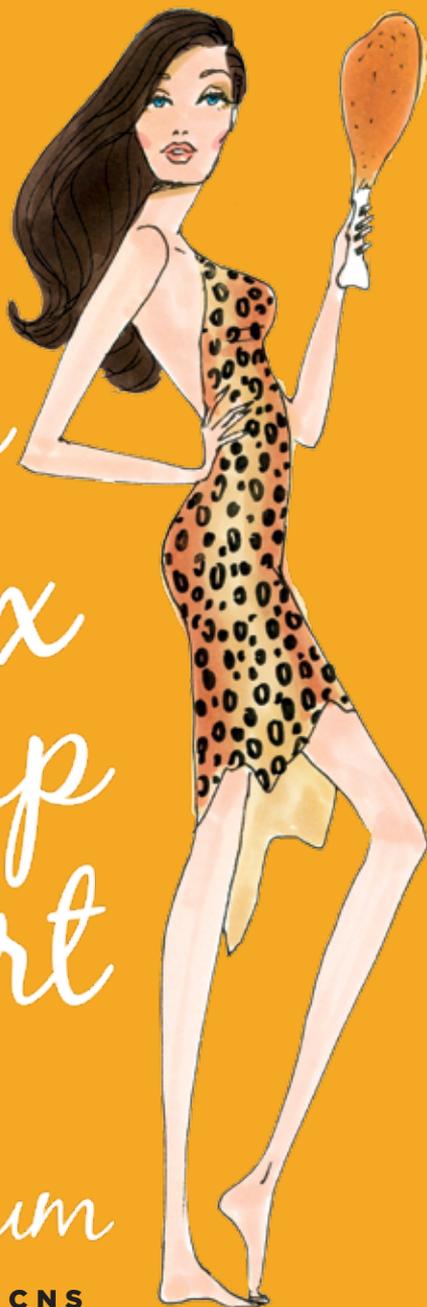
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Cave
woman
Detox
Jump
Start

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For most of my life, I've hated the word "diet." I'm not a fan of the word diet for many reasons, but mostly because no "diet" has ever worked for me. I've just never figured out how to reconcile eating "diet foods" with living a happy and balanced life.

Does this sound familiar?

Most women I work with feel the same way: when we hear the word "diet" we quickly duck into a hidden place of shame, where we secretly know we'll fail—despite our best efforts. That's because most diets try to force us into a kind of submission—Eat this! Avoid that!—that undermines everything we know to be true about being confident, healthy, independent women.

For me, like many of you, there's nothing worse than putting all of our past failures aside and making a commitment to this or that diet, only to find that, after initially losing weight by exerting an unsustainable level of willpower, the pounds that we diligently shed find their way back to us. Oh, and I'm sure you noticed that those lost-and-gained pounds usually bring a few new pounds home with them.

It's high time we throw up our hands and admit that trying to lose weight the "traditional" way just doesn't work. But what then? Should we just resign ourselves to the fact that we may be carrying around five, ten, twenty, or more pounds that keep us from feeling as sexy and healthy as we deserve to? Do we settle for mercurial mood swings, constant food cravings, terrible PMS or scorching hot flashes, foggy brains, and low energy?

Or, do we toss the notion of dieting out the window and decide that we're just going to simplify our lives and finally get back to eating the way we were always designed to?

It really is that easy. All we need to do is look to our ancestors for the answers. And no, I'm not talking from your great, great grandma. I'm talking about going way back. Back to the time

before smart phones, cars, electricity—even farming. It all begins and ends for us women, nutrition-and-health wise, back in Paleolithic times.

I discovered that if I follow a diet similar to the one that my long ago Paleolithic sisters ate, I can be lean, strong, sexy, and healthy. Forever. And you will be, too.

And here's why: Most diets fail for a reason that may surprise you. It's not because they're so restrictive, which they are, and that's just never any good—especially for someone like me who believes in balance and freedom of choice, rather than deprivation. Most diets fail because they sabotage our metabolism by promoting a way of eating (usually a low calorie, low protein) that ignores how our bodies work.

On a low-calorie diet, your body notices that it's receiving fewer calories, so it initially sheds some weight. While this is happening, your body's ability to produce, distribute, and balance key hormones efficiently becomes compromised and though you may lose a few pounds, (or even more than a few), your system is otherwise sent into distress. The interplay of hormones is what makes up metabolism, so when this happens, your health—including your body's ability to regulate weight—is thrown out of whack. Your body says, "Okay, sister, it's just a matter of time before you and I either: 1) plateau on that particular diet and stop losing weight or 2) throw in the towel and give in to our debilitating hunger, fatigue, moodiness, sleep deprivation, cravings, and other symptoms of metabolic distress."

It seems that our ancestors didn't suffer from this kind of metabolic trauma. Instead, they ate for fuel and were rewarded with the physical strength, stamina, and body health they needed to make it to the next day.

I've been a holistic nutritionist in New York City for nearly two decades and believe me: I've seen (and often tried) every fad diet out there. But the Paleo diet, which has been around

for millions of years, works—especially when it’s adapted by someone like me, who understands how to tweak these ancient principles and apply them to our modern lives, which are fast, complicated, fun, and, at times, pretty overwhelming.

Paleo meets feminine in my Paleo Chic Plan, which is custom-tailored to meet the ancient needs of the modern woman. Eating like our human ancestors did is particularly effective for today’s modern woman who wants to be slim, toned, and fit. The Paleo Diet you’ve heard so much about isn’t just for hardcore Crossfitters and meat-loving men. By eating like a cavewoman, you’ll enjoy foods that are protein-rich, hormone balancing, detoxifying, and satisfying.

My Paleo Chic diet is the ultra modern version of the Paleo Diet that is specifically tailored to the nutritional, hormonal, and real world needs of women like you and me. It is a three-step evolution in achieving transformation.

Phase one is the Paleo Detox plan, which hits the metabolic reset button by clearing out extra sugar and extra carbs. Doing so will quench your inner inflammatory fires and let your body release extra water and bloat. You’ll also give your gut a rest and help it start to repair itself by clearing out high allergy foods that are packing on extra weight.

Next up is the Paleo Reset plan, which gently reintroduces carbs to sustain your energy and throws you a bone with an optional cheat meal. You will still continue on your weight loss path in this phase, with the addition of a complex starch in your day.

And finally, the Paleo Chic plan lets you live gorgeously as a modern cavewoman and maintain your physique with a whole foods, balanced, clean way of eating. Within the Paleo Chic realm, you can enjoy up to two complex starches per day and up to two cheat meals per week for the uber-active exercisers.

While most diets take a one-size-fits-all approach; my plan let’s you custom tailor the program to fit your individual needs.

And it will give you the tools to streamline your relationship to food and streamline your body. Think of carbs as your metabolic modulators on this plan; eating less generates faster results; eating more generates slower results. Your energy levels, workouts, and changes in body fat will all dictate the role that carbs play in your everyday food choices and in changing your physique. And when you understand the relationship that they have with your body, you'll finally get the results you're looking for—for good.

I've watched, gratified and humbled, how the Paleo Chic Plan has transformed the lives of hundreds of my clients—start to finish.

Now it's time for you to reap the benefits of the Paleo Chic Plan, too.

The Paleo Chic Diet will help you:

- Improve your energy levels
- Balance your hormones naturally
- Burn fat
- Stabilize your brain biochemistry and gain control over cravings
- Promote digestive health and improve nutrient absorption
- Build lean muscle mass
- Sleep deeply and restoratively
- Manage and reduce stress
- Detoxify your body
- Improve your endocrine health and metabolic functioning

The Paleo Chic Diet is not about:

- Calorie Counting
- Low-fat dieting
- Living with hunger and cravings
- Having to engage in hard-to-sustain high-impact fitness regimens
- Forfeiting muscle for weight-loss
- Promoting processed foods
- Abusing your body (or soul) in any way

Your body knows what it needs to function optimally—in fact, it's known for a very, very long time. And I know that you can heal your body with food. All you need to bring to the table is your willingness to be the best, sexiest, sveltest, and healthiest you possible. If you follow my plan, you'll lose those annoying, extra pounds, build lean muscle mass, and feel like the gorgeous goddess you are meant to be.

Here are the main benefits of the Paleo Chic Diet:

You will be able to eat more food and lose weight.

You will not feel hungry or experience overwhelming cravings because you will eat three healthful meals and two nutritious snacks every day.

Your body will become the lean, mean fighting machine that it is designed to be.

You will lose fat and gain lean muscle mass.

Your skin will glow.

Your blood sugar levels will remain steady, so you won't crash and burn or have nasty mood swings.

You will enjoy deep, restorative sleep every night.

Your body and mind will be better able to cope with and ward off stress.

Most importantly, eating like a Paleo cavewoman will ground you in a very deep, authentic way of living that will free up your most valuable and vital resources.

If you're anything like me, though, jumping into the deep end with anything radically new can be a recipe for disaster: I do much better and have a better chance of success when I approach change gently. I've found that when I approach a major lifestyle change with a sense of patience, I have a better chance of making that change sustainable over the long-term and so better set myself up for success. That's why I encourage any of you who want to lose weight, feel more energetic, balance your hormones, and just be healthier, to try my Paleo Chic Diet for a month. That's all. Just give it four weeks. I feel confident that by

making this minimal commitment to detox your body and eat delicious, clean food you will want to make this a way of life.

During the first month, I'm going to encourage you to give your body a fighting chance at health by ditching all those toxic processed foods—soda, candy, crackers, snack foods, etc.,—you may have been eating. I'll also ask you to look at your sleep habits and make a commitment to getting adequate, rejuvenating rest each night. I'll coach you to de-stress your life as best you can, too. I'll show you how to increase your intake of lean, healthy proteins while reducing your intake of carbohydrates (especially the processed kind). I'll ask you to be extra nice to yourself, because it takes time—and a lot of compassion—to unlearn all of our modern eating habits.

How do I know all of this? Been there, done that. And I've never felt better and looked better now that I eat like a cavewoman.

The Paleo Chic diet will improve your overall health and quality of life. So I hope you embrace these changes and think of them as giving your body a gift for the rest of your life. As you embark upon creating your own Paleo kitchen, you may need to initially prepare meals that are different from the ones your family eats until everyone gets on board. That's all okay, and it's part of this process. I want to encourage you to be as passionate about this way of eating as possible, because I know how well the Paleo Chic plan works. Each and every one of us has unlimited potential to build lean muscle, burn body fat, and stoke our metabolic fire. The changes in your body will come with time, but the first step lies in changing how you feel.

Now more than ever we need to go back to the land and clear out the fake-food clutter from our bodies. We need to understand that millions of years of evolution can't be wrong, and that returning to our roots will restore our health, balance hormones, revitalize energy, and burn fat. It's exactly the wakeup call we women need to reclaim our forgotten bodies.

Let's get started!

DETOX JUMPSTART

Most of my clients who want to detox show up at my door envisioning a liquid juice fast for three days. While some women feel good on a juice cleanse, I'm not a huge fan of jumping right in. Number one, fasting can deplete glutathione levels—the liver's most important antioxidant. Number two, juice fasting can cause the body to rapidly dump toxins into the bloodstream, where the liver has to work overtime just to remove those extra toxins. Number three, most people feel incredible crummy subsisting only on vegetable juice for three days. My goal is to de-bloat you and give you more energy; not have you flopped on the sofa, feeling exhausted and dreaming of your next real meal with solid food!

Juice fasting can also do quite a number on a woman's psyche. True, you may drop five pounds in a weekend and finally be able to button up those skinny jeans, but the results will be short-lived. Upon your return to eating solid foods, at least a couple pounds will come back to visit, and the results are only temporary.

My plan will give you results that come slower, but that last. And so when I say "jump-start", I mean jump-starting your energy, helping you sleep better, and helping you perform better in your life and at the gym. In fact, you should feel so good on this detox plan that you may want to stay on it until your weight loss goals are reached. It will cut inflammation, boost your energy levels, and help your skin glow. It will also settle your digestion, keep your hormones in check, and keep those happy neurotransmitters in your brain flowing. Sign me up!

Here's the list of everything you'll need to get started:

SHOPPING LIST

PROTEINS

(Grass-fed meats, poultry and eggs are best)

BEEF

BEEF, BISON, VENISON,

ELK JERKY

(grass-fed)

BISON

CHICKEN

DUCK

EGGS

ELK

FATTY COLD-WATER

FISH: SARDINES,

MACKEREL, HERRING,

COD

LAMB

NITRATE- AND GLUTEN-FREE DELI MEAT

(Applegate Farms)

PORK

RABBIT

SAUSAGES

(no fillers, gluten-free)

SHELLFISH

(escargots, shrimp,

oysters, mussels,

lobster, clams)

TURKEY

VENISON

WILD ALASKAN

SALMON

(filet, canned, smoked)

CARBOHYDRATES VEGETABLES

ARUGULA

ASPARAGUS

BEETS

BROCCOLI

BROCCOLI RABE

BRUSSELS SPROUTS

CABBAGE

CARROTS

CAULIFLOWER

CELERY

COLLARD GREENS

CUCUMBERS

ENDIVE

EGGPLANT

GARLIC

GREEN BEANS

KALE

LEEKS

LETTUCES

(arugula, Boston,

butter, radicchio,

romaine)

MUSHROOMS

ONIONS

PEPPER

RADISHES

SHALLOTS

SNAP PEAS

SPINACH

SPROUTS

(bean sprouts,

broccoli sprouts)

ZUCCHINI

TOMATOES

STARCHY VEGETABLES

(These count as carbohydrates)

ACORN SQUASH

BUTTERNUT SQUASH

PARSNIPS

PLANTAINS

SPAGHETTI SQUASH

SWEET POTATO (YAM)

TARO

TURNIPS

FRESH FRUITS

APPLES

APRICOTS

BERRIES

CANTALOUPE

CHERRIES

CLEMENTINES

GRAPEFRUIT

KIWI

LEMONS

LIMES

ORANGES

PEACHES

PEARS

PLUMS

SHOPPING LIST *continued*

FATS

NUTS AND SEEDS:

RAW ALMONDS, BRAZIL NUTS, CASHEWS, HAZELNUTS, MACADAMIA NUTS, PECANS, PINE NUTS, PISTACHIOS, WALNUTS, CHIA SEEDS, FLAXSEEDS, PUMPKIN SEEDS, SESAME SEEDS, SUNFLOWER SEEDS
(store in airtight containers in the freezer prevent them from turning rancid)

NUT AND SEED BUTTERS

ESPECIALLY SUNFLOWER, PUMPKIN, AND SESAME SEEDS, ALMONDS, WALNUTS, PISTACHIOS, HAZELNUTS, BRAZIL NUTS, PECANS, CASHEWS, AND MACADAMIA NUTS,
(which are rich in trace minerals and quality fats)

ALMOND MEAL

AVOCADO

COCONUT OIL

COCONUT FLAKES

(unsweetened)

CHICKEN FAT

DUCK FAT

OLIVES

EXTRA VIRGIN OLIVE OIL

GRAPESEED OIL

UNSALTED BUTTER AND CLARIFIED BUTTER FROM GRASS-FED COWS
(Kerrygold brand)

HEAVY CREAM FROM GRASS-FED COWS

LARD

CHICKEN FAT (SCHMALTZ)

BEEF TALLOW

CONDIMENTS

ORGANIC BEEF, CHICKEN AND VEGETABLE BROTH

MUSTARD

HOT SAUCE

HORSERADISH

FRESH HERBS

DRIED SPICES

(gluten and soy free)

ORGANIC TOMATO PASTE

EXTRA VIRGIN OLIVE OIL

VINEGAR

(balsamic, apple cider, white)

WASABI

HYDRATION

WATER. WATER. WATER.

GREEN AND BLACK TEA

ORGANIC COFFEE

HOT COCOA MADE FROM WATER, UNSWEETENED COCOA POWDER AND STEVIA

SELTZER

ALMOND AND COCONUT MILK
(unsweetened)

COCONUT WATER

(unsweetened)

AND—OBVI—GREENS

KALE

SPINACH

ARUGULA

Nutritious greens—dark, leafy ones like kale, spinach, arugula, and others—clean up your liver, quench any inflammatory fires in your intestinal tract, give you gorgeous skin, and tons of energy. Plus, they are full of live, active digestive enzymes. So they ultimately stimulate digestion, regulate appetite and sugar cravings, and promote weight loss. So important are greens that I recommend you drink green juices three times per day during your Paleo Detox, in addition to your meals.

There are three ways you can drink your greens (see p. 13 for recipes):

1. Freshly juiced in a juicer
2. Blended together in a Vitamix, which combines whole vegetables and leaves the fiber intact.
3. Add powdered greens to a glass of water or to a post-workout smoothie.

Getting Started

What does a typical day's worth of meals look like on a detox plan? Squeaky clean, healthful, and energizing:

DAY 1

MEAL 1: 3 scrambled eggs with spinach, tomatoes, and onions, cooked in 1 tablespoon coconut oil.

MEAL 2: 2 tablespoons almond butter on two celery sticks and a green juice.

MEAL 3: 6 ounces grilled chicken breast with a spinach, tomato, cucumber, and carrot salad, dressed with 1 tablespoon each of extra virgin olive oil and balsamic vinegar, and a green juice.

MEAL 4: Two rolled turkey slices with $\frac{1}{4}$ avocado and a green juice.

MEAL 5: 6 ounces grilled flank steak, roasted Brussels sprouts, and green salad with 1 tablespoon each extra virgin olive oil and balsamic vinegar.

DAY 2

MEAL 1: 4 slices turkey bacon with sliced tomatoes and a green juice.

MEAL 2: 3-ounce can wild Alaskan salmon mixed with 1 teaspoon extra virgin olive oil and 2 teaspoons cider vinegar. Serve atop cucumber slices with a green juice on the side.

MEAL 3: Lettuce roll ups: 6 ounces sliced chicken topped with 1 teaspoon mustard and wrapped in romaine lettuce leaves; green juice on the side.

MEAL 4: 2 ounces beef jerky and a green vegetable juice.

MEAL 5: 6 ounces grilled tilapia with kale chips and green salad with 1 tablespoon each extra virgin olive oil and balsamic vinegar.

DAY 3

MEAL 1: 3 slices turkey bacon with 1 sliced tomato and ¼ avocado. You know the drill: green juice.

MEAL 2: 2 ounces grilled chicken and asparagus spears and a green juice.

MEAL 3: 6 ounces grilled, baked, or poached wild salmon on bed of cooked spinach, topped with the juice of 1/2 lemon and 1 tablespoon extra virgin olive oil.

MEAL 4: 2 ounces sliced turkey with tomato slices and a green juice.

MEAL 5: 1/3 pound ground bison, sautéed with onion powder, garlic powder, and fresh parsley; 2 cups steamed broccoli.

Additional Recipes

DETOX JUICES

I recommend you make a large batch of juice first in the morning and drink your juices throughout the day. If you're on the run, put them in a to-go cup on the rocks. Here is my favorite straight up, no nonsense, green drink that will leave you fresh as a daisy and energized for the day:

THE GREEN GANGSTA

- 1 CUP SPINACH**
- 2 CUPS KALE**
- 2 CUPS PARSLEY**
- 1 CUCUMBER**
- 1 CELERY STALK**

Put all ingredients in a juicer or Vitamix; add 1 cup of water if you are using a Vitamix. Drink immediately or consume throughout the day.

LIGHT'N'LOVELY

- 2 LARGE CUCUMBERS**
- 1 BUNCH KALE WITHOUT STEMS
(ABOUT 4 CUPS CHOPPED)**
- ½ LEMON, SQUEEZED**
- ¼ INCH OF GINGER**
- 1 BUNCH OF MINT (ABOUT ½ CUP)**

Chop ingredients so they are able to fit into juicer. Juice ingredients one at a time. Enjoy!

BROCCOLI AND ARUGULA SOUP

This recipe can also be consumed throughout the day with each meal to up your intake of fresh vegetables. When you're detoxing and drinking lots of juices and smoothies, it's a nice change to have something warm.

1 TABLESPOON OLIVE OIL
1 CLOVE GARLIC, THINLY SLICED
½ YELLOW ONION, ROUGHLY DICED
1 HEAD BROCCOLI,
CUT INTO SMALL FLORETS
2 ½ CUPS WATER
¼ TEASPOON EACH COARSE SALT AND
FRESHLY GROUND BLACK PEPPER
¾ CUP ARUGULA OR WATERCRESS
½ LEMON

Heat the olive oil in a medium saucepan over medium heat. Add the garlic and onion and sauté for just a minute or until fragrant. Add the broccoli and cook for four minutes or until bright green. Add the water, salt and pepper, bring to a boil, lower the heat and cover. Cook for eight minutes or until the broccoli is just tender. Pour the soup into a blender or Vitamix and puree with the arugula until creamy and smooth. Be very careful when blending hot liquids; start slowly and work in batches if necessary (you don't want the steam to blow the lid off). Serve the soup with freshly juiced lemon.

FRESH VEGGIE SNACK

Prepping vegetables in bulk ahead of time ensures you'll actually eat them and not just stare at them in your fridge—natch. 10 minutes of prep time (max) is all you'll need.

CELERY

RADISHES

CUCUMBER

GREEN BEANS

OLIVE OIL

LEMON JUICE

SALT

PEPPER

Cut up celery, radishes, cucumber and green beans. For dressing, combine olive oil, lemon juice, salt, and pepper. Mix well. Consume as often as you'd like throughout the day.

SALAD WITH CARROT & GINGER DRESSING

**1 LARGE CARROT, PEELED
AND ROUGHLY CHOPPED**

**1 LARGE SHALLOT, PEELED
AND ROUGHLY CHOPPED**

**2 TABLESPOONS ROUGHLY CHOPPED
FRESH GINGER**

1 TABLESPOON SWEET WHITE MISO

2 TABLESPOONS RICE WINE VINEGAR

**1 TABLESPOON ROASTED
SESAME SEED OIL**

¼ CUP GRAPESSEED OIL

2 TABLESPOONS WATER

**1 HEAD OF BIBB LETTUCE
(OR ANY GREENS), ROUGHLY CUT**

¼ RED ONION, THINLY SLICED

¼ AVOCADO, DICED

Pulse the carrot, shallot and ginger in a blender until finely chopped. Scrape down the sides, add the miso, vinegar and sesame seed oil and whiz together. While the blender is going, slowly drizzle in the grapeseed oil and the water.

Combine the lettuce, onion and avocado in a bowl, drizzle with plenty of dressing and serve.

Other Adjunct Therapies to Support Detoxification:

- Saunas are the it-girl of beauty treatments and detoxification. Infrared saunas can pull out toxins such as metals and plastics, while heat saunas can facilitate fat loss. To get rid of those toxins and stay hydrated, drink ice water in a metal bottle while basking in the glow of the sauna's dry heat.
- Dissolve two cups Epsom salts in a warm bath and soak for twenty minutes.
- Exercise is a great detoxifier too—the sweatier the better!
- Make sure that your diet is rich in protein and fiber to support detoxification in both the liver and the gut.
- Sprinkle two tablespoons of flax meal or chia seeds into your salads or smoothies to give you a daily dose of fiber.

Looking Good Is in Your Genes

If you're like most women (including me, of course), over your lifetime, you've tried at least three to five different diets—without experiencing lasting success from any of them. The American dieting industry has blossomed into a multibillion-dollar-a-year behemoth that thrives on desperate women who will try anything to lower that number on their scales. Our cultural obsession with “dieting” makes us vulnerable to counting points or calories, having low-calorie meals delivered to our doors, or drinking “cleansing” drinks five times a day. Yet we're still overweight, stressed out, unhealthy, and exhausted.

The plain truth is that our modern lifestyle and the foods that are aggressively marketed to us are making our bodies and us sick, fat, bloated, and unrecognizable. It's time to revisit our foundations as human animals and fuel our bodies in ways that are more in synch with the natural world. Sometimes in order to move forward, we have to be willing to look back. If you've learned this the hard way and have spent most of your life chasing one fad diet after another, I've got your number. But you need a game changer. It's time to stop what you are doing and listen to your body. I have spent years looking at all the medical literature and data that show that

a diet high in lean proteins and low in unhealthy carbohydrates—yes, there are healthy carbs: vegetables and fruit—will keep us lean, healthy, and metabolically at our peak.

My Paleo Chic diet offers a three-way mirror that lets you look at the effect of how you nourish yourself from all angles. You'll look gorgeous from every angle, too.

Evolution Comes Full Circle

Our species—or, more specifically, the human body—did not evolve to run on “fuels” such as chips, candy, and prepackaged cakes and meals. We aren't equipped for highly processed foods that are loaded with bad fats, sugar, salt, and unpronounceable chemicals. In fact, our metabolic needs have changed little over the past ten thousand years, and our bodies—reliable systems that they are—still function best when they're fueled with whole, unprocessed foods. In other words, Paleolithic people would not have done well on a diet of McDonald's, either. Instead, our ancestors ate what was fresh and at hand: whether it was game, fruit, nuts, seeds, vegetables, or fish. We were hunters and gatherers, not fast-food chasers. Since there was no refrigeration way back then, our diets were primarily made up of fresh, nutrient-dense foods that were rich in vitamins, minerals, fiber, protein, and other crucial fuel generators.

I'm not saying that Paleolithic people were disease-free or lived longer than we do. (As a point of fact, the lifespan of Paleolithic people was pretty short, due to the “eat or be eaten” nature of human existence back then.) But we do know that Paleolithic people ate to live—which is all our bodies really need us to do. If we can remember this, and if we can strip away all of the temptations we face from engineered foods in pretty packaging and eat in order to live as well as we possibly can, we'll approach food as medicine rather than as comfort, stress relief, drugs, or distractions, and we'll be oh-so-much better and better-looking for it.

In other words, the simpler the better. That's the core message and principle of the Paleo Chic diet.

The Paleo Chic plan helps you to reboot your metabolism in ways that will do your body and mind more good than you can imagine: losing weight and gaining health. It's all about learning to work with—not against—your body, to listen to its ancient, evolved wisdom. Instead, it's about giving that awesome body of yours exactly what it needs.

The Paleo Chic diet is designed to support and enhance your genetic potential, and the net benefit is an improvement in your overall health and well-being. I know how it rolls. Because I'm often in a cocktail state of mind, I've found that the Paleo Chic plan allows me to “live hard, play hard,” and because of it, I feel (and look) better than I ever have.

Let's be clear that I'm not perfect on it, and the truth is, I don't want to be. I know I can go out with my friends for Saturday-night drinks and dinner and wake up the next day and hit the ground running because the Paleo Chic plan has taught me how to strike a balance between the big picture and the moments of decadent fun that we all need. I can let loose from time to time, without any of the guilt and without losing my sense of well-being. It's a pretty gorgeous thing.

PALEO CHIC TERMS

Here's a handy list of Paleo words and terms used throughout the book:

Carbohydrates. A component of foods that supplies energy (calories) to the body and has the greatest influence on your body's ability to burn fat. The three broad categories of carbohydrates are sugars (also called simple carbohydrates), starches (also called complex carbohydrates), and fiber. Except for fiber and

resistant starch, which resists digestion and acts like dietary fiber, carbohydrates cause a higher and faster rise in blood glucose (sugar)—the body’s chief source of fuel—than proteins and fats do. Berries, apples, pears, spinach, kale, Brussels sprouts, sweet potatoes, winter squash, rutabagas, parsnips, turnips, and jicamas are all carbs that won’t tip the fat-burning scales.

Cavewoman. Although the modern woman isn’t really a cave-woman, she can certainly eat like one. This means that she can hunt and gather locally grown produce, livestock, poultry, fish, and eggs. It also means she steers clear of processed foods filled with chemicals, artificial colors, flavors, sweeteners, and genetically modified organisms, or GMOs (explained on page 51). A cavewoman uses natural skin care and cleaning products, and lives as natural a life as she can under modern circumstances and the influence of technology and social norms.

Clean Eating. Clean eating is a lifestyle choice. When someone decides to “eat clean” she eliminates all processed foods and additives from her diet. In other words, you are choosing to eat whole, unrefined foods that have not been altered in any way and are as close to their natural state as possible. Nowadays, this means eating foods with five or fewer ingredients—all of which are pronounceable. Eating clean has many benefits, including weight loss, clear skin, improved energy, deep sleep, and a lean body composition.

Clean foods have many definitions in my home. The first is in its preparation. I wash all fruits and vegetables in a 3-to-1 solution of water to vinegar to remove pesticides from conventionally grown produce. I also wash under running water any foods wrapped in plastic, such as meat, poultry, and fish. I have my meats packaged in butcher paper whenever possible, *sans* plastic, and store food in glass containers with snap-on lids. Clean foods are minimally processed, meats are grass fed until they’re taken to market, and fruits and vegetables are grown

locally and/or organically—in other words, foods that walked, flew, swam, or grew from the ground (or trees).

Fats. Fats are both a major form of energy and a delicious addition to any food. Butter, heavy cream, olive and coconut oils, raw nuts and nut butters, and avocados all had me at hello. The right fats can combat PMS, migraines, coronary artery disease, diabetes, and obesity; hydrogenated oils like margarine that contain trans fats and poor-quality oils such as soybean, corn, canola, and cottonseed can make you inflamed, arthritic, obese, and depressed.

Hormones. Hormones are biochemical messengers produced by the endocrine organs that control bodily functions such as growth, sexual development and reproduction, weight control, stress, and sleep. Cortisol, a stress hormone produced by the adrenal glands, can either build or break down muscle. Estrogen and progesterone regulate sexual development, menstrual cycles, and fertility; testosterone helps build lean muscle (yes, women's bodies do make some testosterone); and dehydroepiandrosterone (DHEA) works in conjunction with the reproductive hormones to support fertility. Leptin and ghrelin regulate hunger and fullness. Growth hormone (GH) supports the production of lean muscle mass.

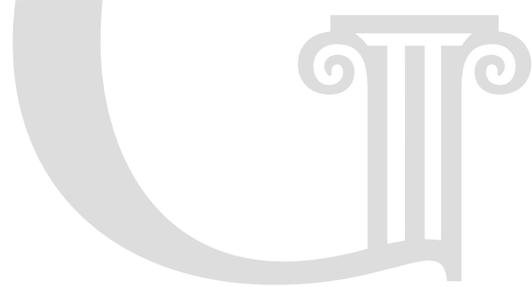
Metabolism. Metabolism encompasses all the chemical processes that occur within the body to keep us functioning. How well we eat, how active we are, and how many toxins we're exposed to determine how well our metabolism runs.

Neocarb. A neocarb is a carbohydrate introduced to the human diet within the last ten thousand years with the advent of modern agriculture. Think grains, legumes, and soy.

Paleocarb. Paleocarbs are carbohydrates that have existed since the beginning of time. They include vegetables, nuts, seeds, and

fruits. These carbs are considered healthy because they contain antioxidants and fiber and are relatively low in sugar.

Protein. Proteins make up our cells, skin, hair, nails, and every organ and tissue in our bodies. The dietary protein we eat helps rebuild and repair the proteins in our bodies. Paleo-friendly proteins include pastured meats, poultry, fish, eggs, and wild game. Although our bodies can make some amino acids—organic compounds that are essential to cell growth and maintenance and to all metabolic processes—they also require that we eat protein from outside sources to get the rest.



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