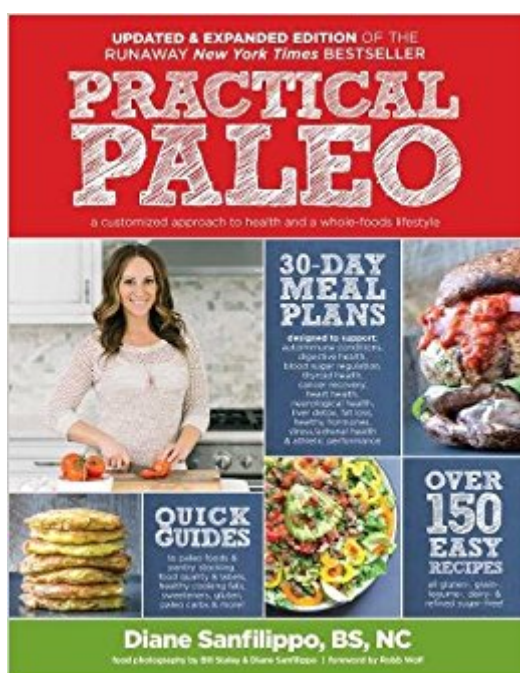


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# Practical Paleo, 2nd Edition (Updated And Expanded): A Customized Approach To Health And A Whole-Foods Lifestyle



## 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-inoculating 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

"Diane has made a work in Practical Paleo that is as useful as it is beautiful. Are you an athlete? Do you suffer from digestive distress? Have you been diagnosed with an autoimmune condition?

Maybe you just want to live a long life and look good naked! Whatever your goals, Diane has done the heavy lifting by condensing the science and a lot of practical how-tos into bite-size pieces." — Robb Wolf, New York Times best-selling author of *The Paleo Solution*

"The recipes in Practical Paleo are nothing short of exceptional. I say this without hesitation because I tasted every single dish in this book. Watching Diane cook was inspiring, and I'm proud to say I learned much more about cooking just from being in the kitchen with her. This book will not only feed your brain with knowledge of health, but also nourish your body with outstanding

recipes." — Hayley Mason, co-author of *Make it Paleo*

"Practical Paleo is a gold mine for those new to the Paleo diet or struggling to integrate it into their everyday lives. I've always believed that personalization is the key to long-term success, and Diane's 30-Day Meal Plans will help you achieve just that. Practical Paleo will prove to be a resource I recommend to my patients and online community again and again." — Chris Kresser, L.A.C., integrative-medicine practitioner

--This text refers to an out of print or unavailable edition of this title.

Diane Sanfilippo holds a bachelor's degree from Syracuse University and is a Certified Nutrition Consultant. She writes a popular health blog called *Balanced Bites* ([www.balancedbites.com](http://www.balancedbites.com)), has a private nutritional-consulting practice, teaches Paleo nutrition seminars nationwide, and has a top-rated weekly podcast, *The Balanced*

Bites – Podcast, available free from iTunes.

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. She addresses major conditions such as high cholesterol, or diabetics or fibromyalgia or other conditions before getting to "Squeaky Clean Paleo" which would apply to you if you don't fall under those conditions (I didn't so this section applied). I'm honestly not sure if I'll follow 30-day plans, which naturally refer to a lot of her recipes. And then finally Part 3 - the recipes section starts on page 225 but first a few lessons on chopping and slicing and cooking essential. The book is about 400 pages, and my favorite recipe so far is the blueberry cobbler (see picture) but these recipes do look slightly complex. She's also huge into bone broth and sauerkraut which I'll have to see if I make - she has recipes. I love her no-nonsense approach with reasoning and science behind it so if you love nutrition and science, you'll LOVE this book. I am giving it a 4 star even though I highly recommend the book because I wish there were less sections on all the human ailment conditions and MORE on just Paleo - how to eat Paleo, how to make quick easy Paleo foods. I hope this helps and happy Paleo eating!

I'm a 67 y/o woman and recently became interested in the paleo food plan, hoping to improve painful joint inflammation, autoimmune issues and diverticulitis. I find this book to be very helpful

and informative. After two months of following the guidelines suggested for my specific conditions I do believe that certain foods were contributing to some of my discomfort. I feel much better - less pain, more energy, and have lost 20 lbs. I haven't missed ditching the grain because reducing pain and losing weight feels better than the best whole grain product ever tasted!! I like to cook and have made many of the recipes. Right now I am cooking the Balsamic Braised Beef Short Ribs in my crockpot. Second time I've made them and they are delicious.- made them for company last time and got rave reviews. I served them with the Candied Carrots and Fauxtato (cauliflower) Mash. I also bought the book as a birthday gift for my 48 y/o son who has similar health issues and he is doing very well. His acid reflux problem is conquered, and he has lost 30 lbs. I almost bought this book at Target, and I'm so glad I decided to check instead. I saved almost \$20 by purchasing this with Prime. Don't be afraid to try something different. You might be pleasantly surprised. I certainly was.

I love this book! For anyone new to the Paleo approach to health and eating, Ms. SanFilippo's Practical Paleo is a perfect starting place. While the market has seen an explosion of books in the Paleo diet world over the last decade, this book is unique in that it combines the wisdom of the Paleo approach to nutrition with the unique insights that are emerging from the "functional medicine" approach to health. She provides, for instance, 30-day meal plans that are tailored to specific health conditions, such as thyroid health and athletic performance. There's an especially delightful and informative discussion about gastrointestinal health (including a Poop Pageant in which she describes how stool character can be used to discern digestive problems that left me laughing until it hurt!). The book is packed with beautiful illustrations that make the discussions crystal-clear. There are also a substantial collection of recipes, most of them unique that I have not seen before, consistent with the Paleo approach. Even readers who have read other Paleo cookbooks will discover many new twists on meals and snacks in this book. All in all, Practical Paleo is a masterful piece of work.

I have only had this book for 3 days, but I love it already! Diane not only explains what the Paleo, or whole-foods lifestyle is, she also details WHY we should be doing it and how. There are customized approaches for different health issues, and each is mapped out in a very clear and detailed manner. I always like to know why something works the way it does. Diane does a great job explaining health issues to the average person. She gives just enough scientific information about the body and how it works for the everyday person. I was a vegetarian for 2 years in the past and have contemplated going back to that, but not now! I'm so excited to try the Paleo lifestyle! I have

yet to try any of the recipes, but they all look AMAZING.

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