



# Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle

By Diane Sanfilippo

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## Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle By Diane Sanfilippo

Our great-grandmothers didn't need nutrition lessons—then again, they weren't forced to wade through aisle after aisle of packaged foods touting outlandish health claims and confusing marketing jargon. Over the last few decades, we've forgotten what "real food" is—and we're left desperately seeking foods that will truly nourish our bodies. We're disillusioned with the "conventional wisdom" for good reason—it's gotten us nowhere.

Achieving optimal health without calorie-counting, diet foods, or feelings of deprivation has never been easier. *Practical Paleo* explains why avoiding both processed foods and foods marketed as "healthy"—like grains, legumes, and pasteurized dairy—will improve how you look and feel and lead to lasting weight loss. Even better—you may reduce or completely eliminate symptoms associated with common health disorders!

*Practical Paleo* is jam-packed with over 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs. Meal plans are also included, and are designed specifically to support:

- immune health (autoimmune conditions)
- blood sugar regulation (diabetes 1 & 2, hypoglycemia)
- digestive health (leaky gut, IBS & IBD)
- multiple sclerosis, fibromyalgia, and chronic fatigue syndrome
- thyroid health (hypo and hyper - Hashimotos, Graves)
- heart health (cholesterol & blood pressure)
- neurological health (Parkinson's & Alzheimer's)
- cancer recovery
- fat loss
- athletic performance
- a "squeaky-clean" Paleo approach

*Practical Paleo* is the resource you'll reach for again and again, whether you're looking for information on healthy living, delicious recipes, or easy-to-

understand answers to your questions about how a Paleo lifestyle can benefit you, your family, and your friends.

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### Editorial Review

#### Review

"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

#### About the Author

**Diane Sanfilippo** holds a BS from Syracuse University and is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health. Diane writes for her popular health blog [www.BalancedBites.com](http://www.BalancedBites.com), works with clients 1:1, teaches Paleo nutrition seminars nationwide and has a top-rated weekly podcast in iTunes, "The Balanced Bites Podcast."

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##### Donald Shelby:

Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle can be one of your beginner

books that are good idea. We all recommend that straight away because this guide has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into delight arrangement in writing Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle however doesn't forget the main place, giving the reader the hottest as well as based confirm resource info that maybe you can be among it. This great information can certainly drawn you into brand-new stage of crucial thinking.

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