According to author Loren Cordain, modern health and diet problems didn't start with the advent of packaged snack food, but much earlier—back at the dawn of the agricultural age many thousands of years ago. As humans became less nomadic and more dependent on high-carbohydrate diets, we left behind the diet we had evolved with, which is based on low-fat proteins and plenty of fruits and vegetables. Sugars, fats, and carbs were rare, if they were present at all, and survival required a steady, if low-key, level of activity. Cordain's book The Paleo Diet blends medical research with a healthy sprinkle of individual anecdotes, practical tips, and recipes designed to make his suggestions into a sustainable lifestyle, rather than a simple month-long diet; he even includes cooking recommendations and nationwide sources for wild game. Claims of improving diseases from diabetes to acne to polycystic ovary disease may be a little overstated, but
in general the advice seems sound. Can any of us really go wrong by adding lots more vegetables and fruits to our daily regimen? One recommendation on safe tanning with a gradual reduction in sunscreen is surprising and not much detail is provided for safety issues that can accompany increased sun exposure. Still, Cordain's assertions have helped many people, and could provide exactly the changes you've been looking for to improve your health. --Jill Lightner

**Personal Review: The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat by Loren Cordain**

I've been following the Paleo Diet for about two weeks now, and here are the results so far:

- I've lost 7 pounds...with hardly ANY exercise. (Imagine if I DID!)  
- My skin is more clear, smoother, and glowing.  
- I have much more energy than before.  
- I sleep less, but wake up more refreshed and ready to go.  
- I am...um...regular.  
- I am never famished.  
- My hair has stopped falling out like it was.

I eat as soon as I feel hungry, until I'm full (and by full, I mean stuffed). I still eat a piece of cheese once in a while and put a tablespoon of lactose-free milk in my tea. It's not a typical low-carb way of eating, as all fruits and non-starchy vegetables are included. The book is very informative, and if something isn't explained to your liking, [...] and your questions will surely be answered.

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[The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat by Loren Cordain 5 Star Customer Reviews and Lowest Price!](#)