

Study Proves That the Paleo Diet Can Improve Health

By: *Joey Cardillo, Natural News*

The Paleo diet is a way of eating that revolves around keeping food and lifestyle choices in line with what our Paleolithic ancestors would have eaten. As with any diet or food plan, there are the supporters, and then there are those who simply just don't agree. Among all of the confusion and back-and-forth disputing, science has stepped in by means of shedding a much-needed light on this way eating, and for the most part, the results and conclusions have been quite promising.

The study

At the Department of Medicine within the *University of California San Francisco School of Medicine*, researchers set up an outpatient study with nine participants. Within the study, a Paleolithic style of eating (lean meats, vegetables, fruits and nuts) was heavily incorporated. On the other end of the spectrum, non-Paleolithic type foods (grains, dairy or legumes) were excluded - the results were incredible!

What was found?

- More balanced blood pressure
- Improved arterial function
- Insulin improvements
- More balanced cholesterol levels

These results suggest that humans should possibly be following more of a Paleolithic diet than what most Westerners are accustomed to following these days. With that said, it's important to also note that this diet might not be the correct choice for everybody.

What one must keep in mind when choosing a diet plan is that each person is unique in his or her own special way? In other words, one style of eating is not going to react or process the same for two different people. A person's metabolism is genetically unique to that person - much like a fingerprint. It is this individuality that must be recognized if people are to have any sort of luck on a "new diet," or specific style of eating.

Metabolic typing and the Paleo diet

Metabolic typing is a method that accurately taps into understanding a person's particular metabolic function. In simpler terms, it is a way of finding out one's own requirements for nutrition, mostly regarding carbohydrates, proteins, and fats. If a person is looking to get to a better level of health, it is important that these amounts are understood. This also doesn't mean that going full on Paleo isn't recommended; rather, it may be wiser to take a catered approach with it all. In other words, tailoring macronutrient ratios, but with a Paleo approach.

The take-home message with eating Paleo

Science has shown that eating in this fashion works for many people. If looking to lose weight, avoid disease, and feel good overall, going the Paleolithic route may be a great idea. From an evolutionary standpoint, it makes a lot of sense, as the human body has evolved to work (and be fueled) in a certain fashion. Unfortunately, millions of people across the globe aren't going about their decisions with these very essential pillars in place.

Maybe, if more people begin to take the Paleo approach with their daily choices, society as a whole can begin to heal. With disease rates as high as they are today, it seems appropriate to pursue other avenues. There's a lot out there (health wise) that's obviously not working, so it makes logical sense to try something different.

The challenge

Try going Paleo for 30 days and see what happens. For a lot of people, the results can be pretty amazing. If you'd like more information on the Paleo diet and how to get started, make sure to browse through the reference section below.

Sources for this article include:

<http://www.ncbi.nlm.nih.gov/pubmed/19209185?dopt=Abstract>

<http://robbwolf.com/what-is-the-paleo-diet/>